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## A FEW RECENT DEVELOPMENTS IN SPORTS

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### ABSTRACT:

*Actors in sport, academia, private sector, non-profit and non-governmental organizations, government agencies, UN agencies and international organizations, the media, the general public as well as young people are increasingly interested in the potential of sport as a tool to reach personal, community, national and international development objectives. They are also interested in how sport can be used as a tool for addressing some of the challenges that arise from humanitarian crises and in conflict and post-conflict settings.*



**KEYWORDS :** non-governmental organizations, government agencies, UN agencies.

### SPORT MEANS WHAT?

In the area of Sport & Development, sport is generally understood to include physical activities that go beyond competitive sports. Incorporated into the definition of 'sport' are all forms of physical activity that contribute to physical fitness, mental well-being and social interaction. These include: play; recreation; organized, casual or competitive sport; and indigenous sports or game.

### WHAT IS DEVELOPMENT?

Sport can have a positive impact on a number of different topics. According to the Sports for Development and Peace; International Working Group, sport is seen to have the most benefits in:

- ❖ Individual development
- ❖ Health promotion and disease prevention
- ❖ Promotion of gender equality
- ❖ Social integration and the development of social capital
- ❖ Peace building and conflict prevention/resolution
- ❖ Post-disaster/trauma relief and normalization of life
- ❖ Economic development
- ❖ Communication and social mobilization.

Sport has been linked to the Millennium Development but it has been widely recognized that sport alone will not be able to achieve all eight goals. In the past, sport has been most commonly linked to: eradication Of poverty and extreme hunger; achieving universal primary education; responding to the

psychosocial needs of victims of disasters and emergencies; promoting gender equality and empowering women; and combating HIV/AIDS, malaria and other diseases. This thematic profile attempts to broadly introduce some of the current themes related to physical education and sport for children and youth. In the literature related to physical education and sport there is much debate across the world over definitions of physical education, sport and physical activity. There is also great variance in the standard age boundaries for youth world-wide. These issues will not be explored in detail here. Rather a number of links to further reading and resources are provided after each sub-theme to direct readers to additional information. Within schools physical education is an essential component quality education. Not only do physical education programs promote physical activity, such programmes also correlate to improved academic performance under certain conditions. Sport can also, under the right conditions, provide healthy alternative to deviant behavior such as drug abuse, violence and crime.

### Healthy development of children and young people through sport

- ⇒ Actual training and game have an instructive effect. Changes should be visible in (1) coordinated abilities improvement and execution and (2) instructive potential. This shows the positive connection between being involved exercises and psychosocial development. Sport and actual schooling is key to early advancement of kids and youth and the abilities acquired during play, actual instruction and game add to the comprehensive improvement of youngsters. Through support in sport and actual schooling, youngsters find out about the significance of key qualities, for example,
- ⇒ Honesty
- ⇒ Teamwork
- ⇒ Fair play.
- ⇒ Respect for themselves and others
- ⇒ Adherence to rules

It likewise gives a gathering to youngsters to figure out how to manage rivalry and how to adapt to both winning and losing. These learning viewpoints feature the effect of actual training and game on a kid's social and moral improvement notwithstanding actual abilities and capacities. As far as physical and wellbeing parts of kid and youth improvement, there is an over whelming measure of proof that spotlights on the (generally constructive outcomes) of game and exercise on actual wellbeing, development and advancement.

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