

Recreational Sports Contributes to Student Development: Examples

Developed by Elaine Guerrazzi

Below are some examples of how the recreational sports environment (as a mini-society) contributes to student development (applying Arthur Chickering's vectors)

Achieving Competence

- Sports participation enhance self image
- Classification systems used in programming contributes to building competence
- Social interaction and challenge of participation
- Positions of responsibility provide opportunities to build competence
- Learning rules, how to work together as a team, strategy of play and competition

Managing Emotions

- Participation helps express aggression (cathartic effect)
- Sport environment allows opportunity to try new ways of expressing emotions
- Co-recreational opportunities enhance social interactions
- Need to adhere to rules and regulations

Autonomy

- Participation in sports helps in character development, self sufficiency, and self support
- Sports teams help in disengagement from parents (transition to college)
- Enhances ability to use each other's strengths to make progress as teams make decisions and solve problems
- Cooperation among team members and opponents is necessary to have a successful play experience

Interpersonal Relationships

- Tolerance may develop by creating a plane of equality on the playing field
- Classification of sports and variety of program offerings aid in diversity of personal interactions
- Sports environment helps to eliminate social and racial barriers

Establishing Identity

- Self concept varies directly with one's body concept and this can be enhanced through sports
- Helps develop ability to handle/respond to competitive pressure

Developing Purpose

- Participation may enhance goal directed behavior
- Setting of team or performance goals and persistence in accomplishing these goals can be enhanced
- Individual and dual sports aid in lifestyle development

Developing Integrity

- Participation enhances loyalty and altruism
- Sport environment allows one to observe, analyze, and evaluate others value structures
- Sport environment develops its own behavior structures, norms, and statuses