

RECREATION & HEALTH FACT SHEET



YOUTH SPORT



On the individual scale:

Benefits:

Participation...

Citations:

- ✓ Physical Fitness **requires** regular physical activity which contributes to overall fitness and health; encourages development of cardiovascular endurance, muscular strength, flexibility, and coordination
- ✓ Teamwork & Social Skills **emphasizes** the importance of working together towards a common goal; participants learn to communicate, cooperate, and collaborate with teammates, fostering valuable social skills that are essential in various aspects of life
- ✓ Discipline & Time Management **requires** commitment, regular practice, and adherence to a schedule
- ✓ Confidence Building **contributes** to increased self-esteem and confidence; setting and achieving personal and team goals can boost a young person's belief in their abilities
- ✓ Resilience & Perseverance **requires** facing challenges, setbacks, and losses; learning to cope with failures and bounce back is a valuable life skill
- ✓ Healthy Lifestyle Habits **encourages** the development of healthy habits, including proper nutrition, adequate sleep, and avoiding harmful substances
- ✓ Leadership Skills **provides** opportunities for young individuals to develop and enhance their leadership skills, including communication, decision-making, and motivating others; often through roles such as team captain
- ✓ Emotional Regulation **encourages** effective management of stress, anxiety, and emotions; experience with triumphs and defeats provides a platform for emotional growth and control
- ✓ Lifetime Leisure Time PA Enjoyment **encourages** a love for sports at a young age; this can foster a lifelong interest in physical activity, promoting a healthier lifestyle throughout adulthood
- ✓ Academic Performance **encourages** discipline, time management, and focus which can transfer to academic endeavors

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[Palomäki et al. \(2018\)](#)
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