



# Youth Development and Sport

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## Introduction

- Athletic activity is a common pastime in young populations across the globe.
- This research highlights the effects and therefore purpose of having children participate in youth sports throughout their years of adolescence.
- It analyzes the general trend of effects of youth sports on children, as well as more specific case studies focused on different gender groups.
- The results of this research trend towards playing youth sports helping the children both in the time of participation and long after.



## Results

- Children who participate in sports do better in school in respect to standardized test and class exam grades because of their connection with school employees (Bowen, H., and Hitt 10).
- The coaches of youth athletic teams play a major role in the effects of youth sports on children's futures. A coach with the values of education and behavior during the activity can enhance the positive future effects whereas a coach focused solely on winning may instead encourage negative effects in the future (Gould 2).
- Participating in sports at a young age correlates with better civic behavior in the future. Previous athletes are better at working with others, are more persistent when faced with adversity, stand up for things they see as unjust, and "develop initiative." However, participating in other school-sponsored activities will have the same effect (Levine 3).
- Both men and women who played sports as a kid have better body schema and body awareness than those who did not play sports. Men who played sports when they were younger also have a better body image (Mirucka, Beata, and Kisielewska 11).
  - Body schema is the internal awareness of a body's position and movements. It refers to things such as motor control and spatial awareness.
  - Body awareness is how conscious someone is of external sensations such as pain or temperature.
  - Body image refers to the perceptions about someone's outward appearance.



## Conclusions

Most studies find positive future effects from playing sports as a child in several aspects of their lives such as behavioral, academic, and physical. However, a lot of the results are dependent on the individual or situation in which they are playing the sport. Furthermore, many of the results can be attained through participating in other activities as children, such as school-sponsored events. As time continues to pass, many of these results may change. Therefore, more research can be continuously performed to find more updated and thorough results. This poster only reflects the ideas of the few sources I studied, but there are endless amounts of sources that can also be consulted to find more information and perhaps different results. In the future, more time would be needed to find more thorough effects of playing sports as a child. These results are simply scraping the surface of all the effects of playing sports as a child.



## Methods

My research mentor wanted to find sources she can have her students read on youth development in sport in her Sports Anthropology class. Therefore, beginning in October of 2023, I performed a literature review on timely and relevant articles using databases such as JStor and Google Scholar. I read the articles published after 2004 related to my topic of participation in youth sports correlating to child development. With the ones I deemed most relevant based on the inclusion of keywords, I annotated the source and copied important quotes and notes into a running Google Document. I used keywords found in the first sources including "youth", "development", "academics", "physical", "behavioral", and "gender" to find more sources. Using these words, I found articles to expand upon previous ideas. I performed this process over and over until I saw the same information consistently. This occurred in February of 2024.

## References

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