

The Decline In Youth Sport Participation

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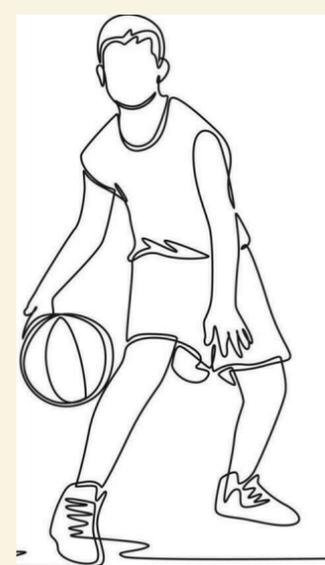
01 Learning Objectives

1. Learn why Youth Sport Participation has been on the decline
2. Find out how we can prevent this issue from continuing to occur



02 Discussion Questions

- How has societal changes such as screen time and sedentary lifestyles affected sport participation?
- What can we do to make sport cheaper for the youth populations?



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3 Main Takeaways

Youth Participation in Sports

1. Participation has been on the decline in youth sports for the past decade. This is important for youth development and health/fitness social skills. (Emmonds, 2024)

Coaching Skills

2. Knowing how to coach is essential for youth sports, especially to aid in growth of participation. Coaches must understand the key concepts of coaching styles. (Hopkins, 2022)

Effects on Youth Athletes

3. Coaches that promote and create a thriving environment for the athletes will have positive impacts on them and vice-versa. (Brown, 2014)

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Additional Information:



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References

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3. Brown, H., Salmon, J., & Pearson, N. (2014). ecological correlates of sport participation in youth. *Science & Sports*. p. 29, S38. <https://doi.org/10.1016/j.scispo.2014.08.075>
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