



CONCLUSIONS AND RECOMMENDATIONS

Process that has been implemented during the last 4 months helped us understand better different aspects of the education in/through sport, starting from the fact that baseline of the same is set on and by the triangle “young athlete-coach-parent”, targeting in the next step local clubs’ management and official structures dealing with sport, youth and education on all levels. Although the main target group of our project have been young coaches, it has shown that the substantial changes require a synergistic approach and involvement of all mentioned actors, starting from the initial triangle.

Specificity of this project, comparing with the similar ones dealing with non-formal education on positive social values in/through sport (starting from the coaches along with further transfer of knowledge and information to young athletes) is that this one has been dealing with different sports disciplines, demonstrating at the end **that every branch needs same approach aimed at introduction of HRE as everyday activity** in order to create genuine life champions instead of only the sports ones.

Therefore, conclusions and recommendations refer to **holistic approach and systematic set of actions** from all stakeholders of relevance:

- 1.** Although the thematic focus has been put on positive social values, as part of a wide corps of human rights of direct relevance for the well-being of children and youth, working process underlined that there are two aspects more important for education in/through sport than the topic itself - 1) way how coaches approach young athletes (methodological approach focusing on non-formal and informal interactive learning) and 2) setting in which the education is offered (among peers and by the figure considered to be a genuine authority, in relaxing and stress-free environment);
- 2.** When having fun, feel joy and have positive feelings towards the figure who presents the information, children are much more responsive and positive when it comes to education, regardless the subject of the same - this is the main fact to be used for strengthening the role of education in/through sports, especially when it comes to younger categories;

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3. Coaches can introduce to the children/youth a number of issues of everyday relevance, all being connected to the sport - from nutrition and healthy eating habits (contrary to wide-present obesity problem), combating different forms of verbal and non-verbal violence, hate speech, discrimination based on different parameters, usage of PAS and drugs, acting in digital environment, etc., taking into account that these issues are not elaborated properly/with patience/in youth-friendly manner by any other structure dealing with children/youth (such as schools);
4. Therefore, perception of coaches as educators and pedagogues (and not only the ones working on psychical performances) should not be a “project-based” issue but the concept promoted by all official sport structures and supported by the administration of sport clubs, starting from the local level. Clear connection between youth, sport and education should be presented all along the process;
5. Still, in order to have both good coaches and good pedagogues and educators, apart from sending them to regular seminars for their basic coaching performances, it is of utmost relevance to organize them periodically non-formal education dealing with their information, knowledge and skills to act as educators on different issues of daily relevance as part of their regular training routine;
6. Parents, as the ones who frequently set high expectations from their children/youth should be included in this process from the very beginning, regularly being consulted about the topics to be discussed on the training according to their own observations - even now, they have been the ones to indicate the relevance of promotion of healthy eating and healthy lifestyles in general, as well as how to act and react to different types of aggression in and outside the court;
7. More informative/educational work should be done with media, trying to bring them closer the relevance of grass root sport, and in general - sport as a tool for fun, recreation and education, and not only for the achieving of top results. More positive stories linked with good-practice results on the role of sport in combating obesity, stereotypes, negative social appearances, life in virtual reality, even if they come from the local level, should be confronted to the space dedicated only to top-level athletes and their extraordinary achievements;

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- 8.** Management of the clubs should also become aware of the long-term benefits of this approach - if elaborated and discussed properly, these topics will also influence the ones of direct relevance for themselves, which consequently should lead to reduction in the number of obese children, inconsistent or children with inappropriate behavior within the group in their own sports structure;
- 9.** Detail analysis of positive long-term social impacts of this approach should be examined, demonstrating in which directions the trends of social changes would go if more attention would be dedicated to systematic work on revitalization of pedagogic and educational role of sport coaches;
- 10.** Following all above mentioned, stakeholders of relevance should have more consultative meetings in order to launch the campaign and start promoting the concept of “life champions” instead of sport ones, insisting on creating the excellent people contrary to excellent athletes only. Seeking for the society based on genuine values of solidarity, fair play and unity, one should start from the influence sport has on development of these characteristics and therefore, use all available resources to put sport at the service of further social development. Life champions should bring us a step closer to the society of excellence.