



UNIVERSITY OF MICHIGAN  
School of Social Work

**SW 503: SOCIAL WORK & SPORTS**

Spring/Summer 2012

May 11<sup>th</sup> and May 19<sup>th</sup> ~ 8:30am to 4:30pm

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### 1. COURSE DESCRIPTION

A growing body of research documents the positive health and mental health benefits of participating in organized sports. While much of the current research is focused on youth participation in sports, there is also evidence of how participation in sports can benefit people across the life span and from different ethnic and socioeconomic groups. This 2 day mini-course will discuss how social work values, concepts, and interventions on both the micro and macro levels can enhance sport activities. Specific strategies such as strength-based coaching, teambuilding, conflict resolution, family collaboration, diversity training, community engagement, advocacy and policy development will be discussed. Model interdisciplinary programs that serve at-risk youth, older adults, individuals with disabilities and other special populations will be highlighted. The application of macro social work practice will focus on the “pay to play” issue, anti-bullying initiatives, use of social media, childhood obesity prevention, community organization and global social work. Clinical social work concepts from Systems Theory, Cognitive Behavioral Therapy, Solution-focused strategies, and Adventure Therapy and other models will be discussed as tools to enhance self-esteem, youth development, sports performance and promote the prevention of dangerous behaviors.

### 2. COURSE CONTENT

Since this is a mini-course, it is not possible to examine each topic in detail. We will provide an introduction to each topic, including suggested readings and resources. Through brief lectures, discussion, video presentations, and group projects, students will apply social work competencies including, assessment, engagement, intervention, critical thinking, evaluation and professional behavior. Guest lecturers will highlight practice issues, resources and trends in the field.

### 3. COURSE OBJECTIVES

Students who complete the mini-course will be able to:

- Discuss the value of micro and macro social work theory and practice in sport activities
- Explicate the relevance of social work values and ethics to promote socially just services and programs
- Identify the protective factors of sports in the areas of psychosocial development, physical health and self-esteem
- Define the concept of strength-based coaching
- Discuss the importance of teambuilding, conflict resolution and diversity training
- Identify key issues regarding parental involvement in sports
- Describe the needs of special populations in sports - individuals with disabilities, LGBT youth and older adults
- Apply macro interventions of community engagement, advocacy and policy development to sport activities
- Identify model interdisciplinary programs, global initiatives and trends in this emerging social work practice area

#### 4. RELATIONSHIP OF THE COURSE TO CURRICULAR THEMES

- **Multiculturalism and Diversity** will be addressed by discussing the need for cultural humility and inclusion in sport activities. Lecture content and group activities will address the important factors in creating strength-based programs for diverse populations, including individuals with disabilities, older adults and LGBT youth.
- **Social Justice and Social Change** will be addressed by discussing the importance of making sports available to all people regardless of age, ability, gender, sexual identity, social economic class or ethnic background. Model interdisciplinary programs will be highlighted. The use of macro social work skills such as, advocacy, community organization strategies and legislative initiatives will be presented.
- **Promotion, Prevention, Treatment and Rehabilitation** will be addressed by discussing the positive outcomes of sport activities such as, protective factors, positive youth development, resiliency, and the enhancement of self-esteem. Social work intervention strategies that promote growth throughout the lifecycle will be highlighted.
- **Behavioral and Social Science Research** will be presented throughout this mini-course including findings from social work, psychology, sociology, counseling, anthropology, and education.
- **Social Work Ethics and Values** will examine the many issues within the field of sports and the implications for social work practice will be an important component of this mini-course.

#### 5. COURSE REQUIREMENTS

##### A. Academic Conduct and Integrity

Please refer to the [Student Code of Academic and Professional Conduct](#) in the Student Guide to the Master's in Social work Degree Program for a discussion of student responsibilities for academic conduct and integrity.

##### B. Attendance and Participation

Attendance for the entire class and active participation is required. In consideration of your classmates, please arrive on time and turn off your cell phone. Please do not text-message, read your e-mail, surf the Internet, etc. during class. If you are on call, please let us know in advance.

- [Accommodations for Students with Disabilities](#)  
If you need accommodation for a disability or any other special need, please let me know so that we can work on the necessary arrangements.
- [Religious Observances](#)  
Please notify us if religious observances conflict with any part of the class so that we can make appropriate arrangements.

##### C. Assignments

Students who are enrolled for credit will complete the following assignments:

- Participation in class activities and discussions
- Completion of the two course assignments. Details will be provided in a separate handout
- Attendance for the entire class
- Assignments will be distributed in class in separate handouts.
- Continuing Education students are required to attend the entire class and participate in discussion and group activities.

##### D. Grading

Grading for the mini-course is satisfactory/unsatisfactory and is based on attendance, participation in class activities and successful completion of the two course assignments. **Students taking class for academic credit, must attend BOTH days in their entirety to be eligible to earn a satisfactory grade.**

## 6. COURSE SCHEDULE

### Day One – Friday May 11, 2012

8:30am to 9:00am	Registration and introductions
9:00am to 9:45am	Overview of the course and review of the syllabus
9:45am to 10:15am	Small group activity – “What’s your sports story?”
10:15am to 10:30am	Break
10:30am to 11:00am	<b>The Social Work &amp; Sports Connection – Professional Competencies of Our Profession</b>
11:00am to 11:30pm	<b>Youth Development in Sports</b>
11:30pm to 12:00pm	<b>Best Practices in Sports Programs – YouTube videos</b> <ul style="list-style-type: none"><li>• Mentoring</li><li>• Peer Support Groups</li><li>• St. Louis University’s Cardinals Dementia Care Project</li></ul>
12:00am to 1:00pm	Lunch
1:00pm to 2:00pm	<b>Strength-based Coaching</b>
2:00pm to 2:10pm	Seventh Inning Stretch
2:10pm to 3:30pm	<b>Ethical Dimensions of Social Work &amp; Sports</b> Betsy Voshel, LMSW, ACSW University of Michigan School of Social Work Director of Field Instruction and Associate Clinical Professor National Association of Social Workers – Michigan Chapter Ethics Committee
3:30pm to 4:30pm	Introduction to the class group project, formation of groups and distribution of assignment #1.

**Day Two - Saturday  
May 19, 2012**

8:30am to 9:00am	Check in and overview of the day
9:00am to 9:30am	<b>Social Work and Sports from the Kids' Perspective (Ryan and friends)</b>
9:30am to 10:15am	<b>Using Social Work Skills for Teambuilding, Conflict Resolution and Diversity Training to Enhance Sport Performance</b>
10:15am to 10:30am	Break
10:30am to 12:00pm	<b>Diversity and Sports</b> Carolyn Grawi, MSW, LMSW, ACSW Director of Advocacy and Education Ann Arbor Center for Independent Living Lecturer, University of Michigan School of Social Work
12:00pm to 1:00pm	Lunch
1:00pm to 1:45pm	<b>Student Presentation – Creating a Social Work &amp; Sports Field Placement and Research in the Field</b> Tarkington Newman University of Michigan ~ MSW Candidate – 2012
1:45pm to 2:30pm	<b>Future Careers in Social Work &amp; Sports (Micro &amp; Macro)</b> YouTube Videos of Model Programs
2:30pm to 2:45pm	Seventh Inning Stretch
2:45pm to 4:00pm	Group Project
4:00pm to 4:30pm	Review of the Course and Closure

## WEB & VIDEO RESOURCES AND BIBLIOGRAPHIES

### ❖ MODEL PROGRAMS

- **Columbia University of International and Public Affairs and Nike**

[http://sipa.columbia.edu/academics/concentrations/epd/documents/Final\\_Report\\_Ashoka\\_Columbia.pdf](http://sipa.columbia.edu/academics/concentrations/epd/documents/Final_Report_Ashoka_Columbia.pdf)

Columbia University School of International and Public Affairs and Nike—Soccer program for girls in the Middle East. In 2007, after successfully completing the partnership's pilot phase, we developed and extended our partnership with Nike for another three years. It has now grown to support a total of eleven projects in Egypt, Morocco, and Palestine, including the expansion of three of the original projects. The successful implementation of these projects, and the tangible impacts they have had on the communities they serve, prove the effective, innovative nature of sports used as a tool for social change and, specifically, gender empowerment. Bringing girls together to play soccer, or enabling women to pursue physical fitness, appears recreational and fun on the surface, and this is an important benefit, but, in the Arab region, it also challenges entrenched social norms. It changes the way girls and women view themselves and their own potential, and it changes the way they see their role in society. Through sports we can help women and girls to have a space for free expression, where they can build self-esteem, develop leadership skills and strengthen social relationships.

- **Sport for Social Change Network /Social Justice**

<http://www.ncaa.org/wps/wcm/connect/public/NCAA/Resources/Latest+News/2010+news+stories/December/2011+NCAA+Colloquium+tackles+social+justice+issues>

....."They'll offer a menu of thought-provoking topics ranging from student-athletes' rights to racial, gender and physical equality.

"The 'social justice' theme is a timely topic, and we had an easy time attracting speakers," said Scott Kretchmar, who has chaired the Colloquium's editorial and advisory board since the event was first staged at the 2008 NCAA Convention. "In fact, with so many social justice issues out there, the committee had a hard time deciding what to allocate a major session to."

- **SSCN**

<http://sscnlondon.org.uk>

The purpose of SSCN London is to build partnerships and coordinate efforts to accelerate the growth and increase the quality and sustainability of the sport for social change movement in London.

This is a unique initiative that has been developed by four founding partners – Active Communities Network, the Community Action Zone, Nike and the Mayor of London – with the intention of ensuring that Londoners of all ages and abilities have easy access to a range of sporting opportunities. It was borne out of a shared belief in the power of sport to make a difference to peoples' lives; and also by a commitment to helping the thousands of people and organizations who dedicate their time and effort to creating sporting opportunity for others.

- **Sports for Social Change Network in Zambia**

<http://www.sportanddev.org/newsnviews/events/?3069/Sport-for-Social-Change-Network-Conference-in-Zambia>

The Sport for Social Change Network in Southern Africa (SSCN) and the National Organization for Women in Sport Physical Activity and Recreation (NOWSPAR) are hosting the Sport For Social Change in Zambia Conference. The Conference will bring together experienced practitioners and experts in the field of sport and development in order to actively share 'good practice' experience, discuss collaboration strategies and make recommendations on an improved cooperation and performance in Sport and Development.

- **Christian Science Monitor- Sports are a Global Tool for Social Change**

<http://www.csmonitor.com/2005/1021/p09s03-coop.html>

For many people in the world, the United Nations brings to mind a picture of Security Council negotiations and debates over weighty international problems like nuclear proliferation.

Still, if you pull back the curtain of mystique, you see an unexpected variety of UN programs changing lives in practical but important ways. On a daily basis, UN programs collaborate with governments, the private sector, and other partners to improve health, education, and living standards around the world.

- **The Interdisciplinary Electronic Journal of African Sports - Ohio University**

<http://www.ohio.edu/sportsafrica/journal/Volume2/forward.htm>

We welcome our network of readers, among them scholars, policy-makers, research scientists, educators, and coaches worldwide to this second issue of *The Interdisciplinary Electronic Journal of African Sports*, which is devoted to the study of sport and social change. The contributors to this issue come from sport management and sport development fields. Their papers focus on Kenya, Morocco and Senegal and provide original insights into how the contemporary human condition is related to sports. The authors write from the perspectives of outsiders, reading the changing African condition through sport organization, practice, and discourse. Individually and collectively, these papers highlight the ways in which sport in Africa is influenced by economic forces, political factors, and cultural practices.

- **States Power Soccer Association**

<http://www.powersoccerusa.net/>

Power Soccer is a sport developed specifically for those who use power wheel chairs. According to the United States Power Soccer Association, "Athletes' disabilities include quadriplegia, multiple sclerosis, muscular dystrophy, cerebral palsy, and many others." The game is similar in format to outdoor soccer, but is played indoors on a basketball court. "Two teams of four players attack defend, and spin-kick a 13-inch soccer ball in a skilled and challenging game similar to able-bodied soccer."

While relatively new, Power Soccer is played all over the globe, and every four years there's a world cup - which Team USA won in 2007. The athletes involved have varying levels of physical handicaps; some are 100% dependent on others when out of their wheelchair. And in similar fashion to "the beautiful game," Power Soccer not only gives these athletes an outlet to express themselves through sport, but also a way to meet people and make new friends.

- **Out of Bounds**

<http://oobnyc.org>

Out of Bounds is a non-profit, tax-exempt organization that supports and promotes sports and recreational organizations with interests in the gay, lesbian, bisexual and transgender community of the greater New York City area.

## YouTube VIDEOS

### ❖ HUMAN DEVELOPMENT

- **NFL Characters Unite:** <http://www.usanetwork.com/videos/embed/?/vid18130349/medium/autoplay/charactersunite->  
Professional athletes give back to the community
- *The Total Athlete - S1E2: Student-Athletes Self Perception:* [http://www.youtube.com/watch?v=y\\_lGjwpQme4](http://www.youtube.com/watch?v=y_lGjwpQme4)  
Sports psychology's approach to enhancing individual performance
- **Columbia Health Care Center:** <http://www.youtube.com/watch?v=zPYUIWaT8l8>  
Senior Wii bowling activities
- **Treating Dementia with Memories of Cardinals Baseball:** <http://www.ksdk.com/news/article/270980/3/Treating-dementia-with-memories-of-Cardinals-baseball>  
St Louis Cardinals, Alzheimer's Association, and the VAMC developed a Reminiscence Support group for veterans with dementia.
- **Social Impact Breakthrough - Student Athletes Rising:** <http://www.youtube.com/watch?v=ueuUCPtOzho>  
Student Athletes Rising, an organization that takes a holistic approach to working with young student athletes.

### ❖ SPORTS and SOCIAL CHANGE –/SOCIAL JUSTICE / WOMAN'S SPORTS

- *Wales - Homeless World Cup 2009:* <http://www.youtube.com/watch?v=inAXdluCGO8&feature=related>  
The story of the homeless soccer team in Wales.
- *Kicking It, The Homeless World Cup Documentary:* <http://www.youtube.com/watch?v=DcqftJXh9wl&feature=related>  
This ESPN documentary looks at the start of the homeless soccer world cup.
- **Title IX, Women's Sports and Social Change - Donna Lopiano:** <http://www.youtube.com/watch?v=y-CbrllhAi8>
- **Women In Sports: Unequal Underdogs:** <http://www.youtube.com/watch?v=sTYrmNY3BZc&feature=related>  
Highlights women in sports.
- **Dr. Emmett Gill - NCAA and professional athletics:** <http://www.youtube.com/watch?v=mSg-VVz7fgM->  
Dr. Emmett Gill-Rutgers, a social work faculty researcher discusses his work.
- *It Gets Better:* <http://news.change.org/lgbt-sports> -  
Professional sports teams promote the "It Gets Better" program
- **Rock and Wrap It Up! on Fios News:** <http://www.youtube.com/watch?v=52GSysAXigY&feature=related>  
The Rock & Wrap it Up Program is highlighted.
- *Rock and Wrap It UP:* <http://www.youtube.com/watch?v=F2KNW27SUU8>  
Rock & Wrap it UP Program overview.

## YouTube VIDEOS - continued

### ❖ COACHING/ BULLYING

- **Why Sports Kids Bully - According to Bullying Expert:** <http://www.youtube.com/watch?v=B8PKLpQNPf4->  
Why do sports kids engage in bullying?
- Bullying in Sports - A Quick Reference for Coaches  
<http://www.youtube.com/watch?v=zZ0ufilWaB0>
- *MSNBC - Hudson Taylor Continuing Effort To Battle Bullying*  
<http://www.youtube.com/watch?v=nVZif-kCUPQ&feature=related>  
[www.youtube.com/watch?v=NBTW9z9NRiA](http://www.youtube.com/watch?v=NBTW9z9NRiA)
- *Bullying - A Revolutionarily Simple Solution, Part Two*  
[http://www.youtube.com/watch?v=6hzaqi\\_R1Kw&feature=related](http://www.youtube.com/watch?v=6hzaqi_R1Kw&feature=related)
- **We Give a Damn about Sports:** <http://www.youtube.com/watch?v=yKht5rZBtFU> –  
Hudson Taylor-wrestling coach/Columbia.

### ❖ POSITIVE COACHING

- **John Wooden: Coaching for people, not points:**  
<http://www.youtube.com/watch?v=0MM-psvqiG8>
- *Plant an ELM Tree of Positive Coaching for Your Kids -- Ultimate Soccer Mom Joy Fawcett for Cuties*  
[http://www.youtube.com/watch?v=7w9HZCH6LOA&feature=results\\_main&playnext=1&list=PLF46628DE22090EB](http://www.youtube.com/watch?v=7w9HZCH6LOA&feature=results_main&playnext=1&list=PLF46628DE22090EB)
- **Phil Jackson and Positive Coaching Alliance:** <http://www.youtube.com/watch?v=0tofc389Sd8>
- *Why Positive Sports Coaching:* <http://www.youtube.com/watch?v=hK3yUZEU-MA>

### ❖ ANGRY PARENT

- *Why Positive Sport Coaching?:* <http://www.youtube.com/watch?v=KgYm-P7FH5I>  
Good Morning America report covering angry reactions by parents at sporting events.
- **Parent Involvement In Youth Sports**  
<http://www.youtube.com/watch?v=ssBwPPdhy28&feature=related>  
This video shows parent involvement in sports, kids' reactions and training tips.
- *Parent Bullies:* [http://www.youtube.com/watch?v=GFoIO2HA\\_dk](http://www.youtube.com/watch?v=GFoIO2HA_dk)
- *Crazy Sports Parents - Marv Marinovich*  
<http://www.youtube.com/watch?v=5EfmLNSQLGIHighlights>  
This video highlights parents who go to extremes to prepare their children for participation in sports.