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 3 half day sessions mini-course will discuss how social work concepts (Diversity, Equity and Inclusion (DEI), National Association of Social Work (NASW) Code of Ethics and the Council of Social Work Education (CSWE) Competencies) and interventions on both the micro and macro levels can enhance the positive impact of 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 interventions from Systems Theory, Cognitive Behavioral Therapy, Solution-Focused strategies, Adventure Therapy and other models will used to enhance youth development, sport 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 peer consultation, 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
- Integrate the concepts of Diversity, Equity and Inclusion (DEI), National Association of Social Work (NASW) Code of Ethics and Council of Social Work Education (CSWE) into the practice of sport social work

4. RELATIONSHIP OF THE COURSE TO CIRRICULAR THEMES

Multiculturalism and Diversity will be addressed by discussing the need for cultural humility, equity 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. The University of Michigan School of Social Work Diversity, Equity, and Inclusion Initiative will be discussed and applied to the practice of sport social work.

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.

PROPER USE OF NAMES AND PRONOUNS:
All students will be referred to by the names and pronouns they use (e.g. she, they, ze, he). If you have a name that differs from the one that appears on the roster, please inform the instructor before the second class period so that they use your correct name and pronouns.
Students can designate their personal pronouns on the class roster via Wolverine Access: Student Business > Campus Personal Information > Gender Identity.

There are two inclusive restrooms in the SSW building: room 1784 (1st floor, near Registrar’s Office) and B833T (Lower Level). Click here for the Spectrum Center’s map of gender inclusive restrooms on campus.

STUDENT MENTAL HEALTH AND WELLBEING
The University of Michigan is committed to advancing the mental health and wellbeing of all students. If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available. For help, contact:

- Counseling and Psychological Services (CAPS) at (734) 764-8312
- The SSW embedded CAPS Counselor is Meghan Shaughnessy-Mogill, LLMSW. She is dedicated to supporting the wellbeing of social work students and the SSW community and offers short-term, solution-focused individual therapy. All services are free and confidential. Contact her at (734) 763-7894 or via email at mshaughm@umich.edu.
- University Health Service (UHS) at (734) 764-8320
- Additional campus health and wellness resources

The Office of Student Services' Health and Wellness Program provides supportive services to MSW students which promote wellness, self-care and maintenance of a healthy academic and mental health balance, as well as to increase disability awareness.

- SSW Health and Wellness Guide
- Contact the Health and Wellness Program at ssw.wellness@umich.edu

SAFETY & EMERGENCY PREPAREDNESS:

In the event of an emergency, dial 9-1-1 from any cell phone or campus phone.

All University of Michigan students, faculty and staff are required to familiarize themselves with emergency procedures and protocols for both inside and outside of the classroom. In the event of possible building closure (i.e. severe weather conditions, public health notices, etc.) you may contact (734)764-7793 for up-to-date School closure information.
Be prepared. Familiarize yourself with the emergency card posted next to the phone in every classroom/meeting room. Review the information on the emergency evacuation sign (located nearest the door) and locate at least two emergency exits nearest the classroom.

Each SSW classroom is equipped with door locks. Pressing the button (located on the door handle) to lock the door from within the room.

If you are concerned about your ability to exit the building in the case of an emergency, contact the Office of Student Services (Room 1748) at (734) 936-0961 or via email at ssw-ADA compliance@umich.edu.

All University of Michigan students, faculty and staff are required to familiarize themselves with emergency procedures and protocols for both inside and outside of the classroom. Click here to read more about the School of Social Work’s emergency policies and procedures.

Additional resources:
- Report a hate crime or bias-related incident
- Register for UM Emergency Alerts

View the annual Campus Safety Statement

ACCComODATIONS
If you are in need of an accommodation for a disability, please let your instructor know at your earliest convenience. Any information you provide is private and confidential and will be treated as such. Additional information about accommodations for students with disabilities, as well as a list of appropriate accommodation forms, is available here. Please present the appropriate paperwork at least two weeks prior to the need for the accommodation (field work, test, project, etc.).

For more information, contact:
Services for Students with Disabilities G-664
Haven Hall | 505 South State St.
(734) 763-3000 | ssdoffice@umich.edu

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 use your tech devices during class.
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 including the team presentation.
- Completion of the two course assignments (free writes). Details will be provided in a separate handout
- Attendance for the entire class

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.

6. COURSE SCHEDULE

Day One – Tuesday, August 28, 2018 (1pm to 5pm)

1pm to 1:30pm Welcome, introductions and review of the syllabus.

1:30pm to 2:15pm Group activity: “What’s your Sports Story?”

2:15pm to 2:30 pm Break/huddle


3:30pm to 4pm Understanding Human Development and Sport from a Biopsychosocial Perspective.

4pm to 4:15pm Seventh Inning Stretch

4:15pm to 4:45pm Introduction to the class team project. Formation of teams.

4:30 pm to 5 pm Closure – Free write assignment, ‘What, Now What, So What.”
Day Two – Wednesday, August 29, 2018 (8:30am to 12pm)

9 am to 9:30 am  Check in and report out from Free Write Assignment.

9:30 am to 10:15 am  Using Micro and Macro Social Work Skills to Improve the Positive Impact of Sport.

10:15 am to 10:30 am  Break/huddle

10:30 am to 12 pm  **Mental Health and Sport**
Nate Recknagel, MSW, LMSW
Clinical Manager, Player Care Foundation
National Football League (NFL)

Day Three – Thursday, August 30, 2018 (8:30am to 1pm)

8:30am to 8:45am  Check in

8:45am to 9:15am  Video: Sports from the Kids’ Perspective - Ryan and Friends

9:15am to 10:30am  **U-M Athletic Department, Edge Youth Program**
Kayla Douglas, MSW, LLMSW and Sara Driesenga, MSW, LLMSW
Program Managers
Tishanna Taylor, MSW Candidate
U-M Athletic Department, EDGE Program

10:30am to 10:45am  Break/huddle

10:45am to 11:45am  Group Project – working in teams and group presentations.

11:45am to 12:30pm  Group presentations

12:30am to 1pm  Final free write, ‘What, So What, Now What’ and review of the course.
References – In addition to the following resources, please refer to our Canvas site.

WEB RESOURCES, YouTube VIDEOS, and ARTICLES

MODEL PROGRAMS

Columbia University of International and Public Affairs and Nike

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

……”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**


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**


Sports are a Global Tool for Social Change

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**

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.
United States Power Soccer Association

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

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 AND POSITIVE IMPACT OF SPORT

CNN Heroes: Kids Kicking Cancer
https://www.youtube.com/watch?v=nmNnS8VzN4Y&feature=em-share_video_user

NFL Characters Unite
http://www.usanetwork.com/videos/embed/?_vid18130349/medium/autoplay/charactersunite
Professional athletes give back to the community.
http://www.charactersunite.com/programming/nfl/overview

The Total Athlete - S1E2: Student-Athletes Self Perception
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=zPYUIWaT8I8
Senior Wii bowling activities.

****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=jnAXdluG6Q8&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-CbrIIhAi8

****Women In Sports: Unequal Underdogs

http://www.youtube.com/watch?v=sTYrmNY3BZc&feature=related
Highlights women in Sport.

****Dr. Emmett Gill - NCAA and professional athletics

http://www.youtube.com/watch?v=mSg-VVz7fgM-
Dr Emmet Gill-Rutgers, a social work faculty researcher discusses his work.

****It Gets Better

http://www.glaad.org/blog/looking-back-mlbs-it-gets-better-videos
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.

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=zZ0ufiIwaB0

MSNBC - Hudson Taylor Continuing Effort To Battle Bullying
http://www.youtube.com/watch?v=nVzIf-kCUPQ&feature=related

Bullying - A Revolutionarily Simple Solution, Part Two
http://www.youtube.com/watch?v=6hzaqi_R1Kw&feature=related

****We Give a Damn about Sports
http://www.youtube.com/watch?v=yKht5rZBiFU –
Hudson Taylor-wrestling coach/Columbia.

POSITIVE COACHING/SPORTMANSHIP

Texas High School Basketball Team Displays Incredible Sportsmanship
http://www.goodnewsnetwork.org/texas-high-school-basketball-team-displays-incredible-sportsmanship/#.VPXkmAV9qBI.email

****Learning From Losses
https://www.youtube.com/watch?v=UHW5brQyQdc

****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=7w9HZCH6L0A&feature=results_main&playnext=1&list=PLF46628D E220900EB

****Phil Jackson and Positive Coaching Alliance
http://www.youtube.com/watch?v=0tofc3895d8

Why Positive Sports Coaching
http://www.youtube.com/watch?v=hK3yUZEU-MA

NEGATIVE INFLUENCES AND IMPACT

Why Positive Sport Coaching?
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.

29-110
Parent Bullies
http://www.youtube.com/watch?v=GFoiO2HA_dk

Crazy Sports Parents - Marv Marinovich
http://www.youtube.com/watch?v=5EfmlNSQLGIHighlights