



SCHOOL OF  
**SOCIAL WORK**  
UNIVERSITY OF MICHIGAN

**COURSE TITLE:** SW 510, Section 2: Social Work and Sport  
**TERM:** SEED Week (Fall 2020)  
**DATES:** Tuesday, August 25th, Wednesday, August 26th and Thursday, August 27th, 2020  
**School of Social Work/ ONLINE/ZOOM**  
**INSTRUCTORS:** Warren Clark, MSW, LMSW - [clarkw@umich.edu](mailto:clarkw@umich.edu)  
Bill Vanderwill, LMSW, ACSW, LMFT, BCD - [wmvand@umich.edu](mailto:wmvand@umich.edu)

### **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 be 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, breakout rooms and large group discussion, video presentations, students will learn how to apply social work competencies including assessment, engagement, intervention, critical thinking, evaluation and professional behavior. Guest speakers will include a panel of experts in the practice area of a sport social work.

### **3. COURSE OBJECTIVES**

1) Outline the history of sport Social Work focusing on the contribution of Jane Addams and prominent Sports social justice Pioneers from our past

2) Describe the relevance of Social Work values and ethics, PODS, DEI, anti-racism, anti-oppression interventions and program design in sports Social Work / social justice.

3) Identify curricula for sport and recreation programs across the lifespan by applying a foundational Social Work theories and skills

4) Describe the needs of special populations in sports - individuals with disabilities, LGBT youth and older adults

5) Apply the competencies of Engagement, assessment, intervention, research, social and economic Justice, human behavior in the social environment, social policy and evaluation to sports Social Work practice

6) Identify human development issues across the lifespan and how participation in organized sport in use of Social Work interventions can improve quality-of-life.

7) Apply Sports Social Work practice in the context of the MSW Pathways: Community change global social work practice, interpersonal practice in Integrated Health, mental health and substance abuse, management and Leadership, policy and political Social Work, Program evaluation and applied research, Social Work practice with older adults, and families from a lifespan perspective And child welfare and families

#### **4. RELATIONSHIP OF THE COURSE TO CURRICULAR 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 Alejandro Rojas. He 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 him at (734) 763-7894 or via email at [aroja@umich.edu](mailto:aroja@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](mailto: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](mailto: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

## **ACCOMMODATIONS**

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](mailto: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. This means being present at your screen and with the camera on.

### **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 small and large group discussions.
- Attendance for the entire class

### **D. Grading**

Grading for the mini-course is satisfactory/unsatisfactory and is based on attendance, participation in class activities.

## 6. COURSE SCHEDULE

<b>DAY 1: Tuesday, August 25th, 2020 (2:15pm-5:15pm)</b>		
2:15pm-2:45pm	Overview of course, goals and introductions	Warren Clark
2:45pm-3:00pm	<u>Breakout Rooms</u> What is your sports story?	Kayla Douglas
3:00pm-3:05pm	BREAK	
3:05pm-3:35pm	Expanding scope of SW & sport- history, SWSA, Field Education	Bill Vanderwill
3:35pm-4:05pm	DEI, PODS (Sport & Social Justice timeline)	Warren Clark
4:05pm-4:10pm	BREAK	
4:10pm-4:30pm	Competencies, Ethics & Values	Kayla Douglas
4:30pm-4:40pm	Field Education Application	Bill, Warren, Kayla
4:40pm-5:00pm	Group Discussion Q&A + Wrap Up: What, So what, Now what?	Bill, Warren, Kayla

<b>DAY 2: Wednesday, August 26th, 2020 (8:30am-12:00pm)</b>		
8:30am-9:30am	Social Work & Sport through the lens of the UM SSW Pathways	Bill, Warren, Kayla
9:30am-10:00am	<u>Breakout Rooms</u> What pre-MSW experience do you bring to your pathway? What made you choose your pathway? What are your future career aspirations? How do you plan to apply your pathway in your future career?	Warren Clark
10:00am-10:15am	<u>Class Discussion:</u> What did you learn from your classmates in your breakout group?	Bill Vanderwill
10:15am-10:20am	BREAK	
10:20am-11:20am	Social Work & Sport: Theoretical Frameworks & Macro, Micro & Mezzo Level	Kayla Douglas & Sara Driesenga
11:20am-11:50am	Applying a Strengths-Based Approach to Coaching	
11:50am-12:00pm	Summary + Q&A	Bill, Warren, Kayla

<b>DAY 3: Thursday, August 27th, 2020 (8:30am-3:00pm)</b>		
8:30am-9:00am	<u>Check In &amp; Reflections</u> What additional topics are you hoping to learn from this Social Work & Sport course?	Bill, Warren, Kayla
9:00am-10:00am	Aging- Maintaining the connection to sport through Reminiscence Therapy (RT)	Warren Clark
10:00am-11:00am	Instructor Panel	Bill, Warren, Kayla
11:00am-11:30am	TBD	
11:30pm-12:30pm	LUNCH	
12:30pm- 2:30pm	<u>Social Work and Sport Panel</u> Dr. Ramona Cox Sara Driesenga Greg Harden Dr. Tarkington Newman Lauren Shute Bill Vanderwill	<u>Moderator:</u> Kayla Douglas
2:30pm-2:45pm	<u>Breakout Rooms</u> What, So what, Now what?	Bill Vanderwill
2:45pm-3:00pm	Summary & closing	Bill, Warren, Kayla

**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**

[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/newsviews/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>

#### **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.

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

### **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.

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

### **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.

<http://oobnyc.org>

## **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](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](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\\_IgjwpQme4](http://www.youtube.com/watch?v=y_IgjwpQme4)

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**

<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=ueuUCPt0zho> – 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=jnAXdluC6O8&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 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=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/SPORTSMANSHIP**

### **Texas High School Basketball Team Displays Incredible Sportsmanship**

<http://www.goodnewsnetwork.org/texas-high-school-basketball-team-displays-incredible-sportsmanship/#.VPXkmAV9gBI.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=PLF46628DE220900EB](http://www.youtube.com/watch?v=7w9HZCH6L0A&feature=results_main&playnext=1&list=PLF46628DE220900EB)

### **\*\*\*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>

## **NEGATIVE INFLUENCES AND IMPACT**

### **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.  
29-110

### **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>