SPORTS IN EDUCATION: HARNESS TO LEADERSHIP AND BEHAVIOUR

by

Derick V. Garcia

Master Teacher I, Orani National High School

The integration of sports in education is now being intensified by the Department of Education through Special Program for Sports – a special curriculum that aims to identify potential athletes and train them for higher level of athletic competition. This strategic combination of sports and education greatly enhances behavior and leadership skills that can open a wider horizon for an improvement of life.

Sports Produce Leaders

A number of studies have revealed that sports involvement upgrades leadership qualities of youth.

Some are the reasons that highlight sports producing good leaders.

. In aiming for something that the team should be achieved, it is imperative that one must have a clear vision of what the team is aspiring for. A good leader always has a clear vision.

. Collaborating with the team members allows the establishment of common goal and goal setting is a leadership quality.

. To understand that the team members are unique and different from one another is an effective characteristic of a leader.

. What you want to install in your team, you should be the first to uphold. Whether it is confidence, communication or keen work, these must reflect on you. Leader is the mirror of the team.

. To motivate and to inspire team members show that you are a leader.
Sports Refine Behavior

A misconception that sports involvement limits the study time of learners has been amended. Out of the study time, youth are involved in various activities that may not be beneficial for them. Such are watching television excessively, playing violent video games, smoking, drinking and going out with friends who may influence them negatively. Sports involvement limits these bad activities, not the time for studies.

Moreover, evidence among those at risk of being excluded from school shows that an increase in the availability of sports activities act as gateway in drawing children and young people towards attending school. Sports also help in forming the character of a person because it teaches behavioral habits like motivation, discipline, responsibility, determination and confidence which are not always acquire in classroom activities. In addition, the value of humility is installed among them in times of success and gracious acceptance in times of defeat. That is the spirit of sportsmanship.

The department strongly believes that upon this, we are on our way to producing refined and excellent leaders in the future. Sports now hold the key.

Reference:

Sports for All, Pay for Life; 2017