

Kolloquium „Berner Gespräche zur Sportwissenschaft“

Monday, 08.04.2024

4.15pm - 5.45pm

University of Bern, ZSSw building C, room C001, Bremgartenstr. 145, 3012 Bern

Examining the Factors Leading to and Consequences of Youth Sport Involvement

This presentation will provide a comprehensive overview of the youth sport research landscape. More specifically, I will utilize the Personal Assets Framework as a guiding model, to establish connections between processes and outcomes present in the youth sport system. The process factors describe three interacting elements: 1) activities (what) 2) social dynamics (who) and 3) settings (where; Côté, et al., 2020). The outcomes factor describes the intended consequences of the sport program in terms of immediate, short-term, and long-term outcomes. More specifically, the process factors have multiple layers that positively interact internally and with each other to create engaging and interesting immediate sport experiences that, when occurring regularly (e.g., over a season), lead to changes in the personal assets of the athletes involved (Competence, Confidence, Connection, Character; 4Cs). Over multiple seasons, changes in individuals' assets lead to long-term outcomes in terms of Personal development, Participation, and Performance (3Ps). Research that links the three interacting processes of youth sport to positive changes in outcomes will be discussed, along with guidelines that can be derived from the research.

Jean Côté



Dr. Côté is Professor in the School of Kinesiology and Health Studies at Queen's University, in Canada, where he served as the Director of the School from 2006-2019. He is a Fellow of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) and the International Society of Sport Psychology (ISSP). Dr. Côté published more than 200 refereed papers on various sport psychology and youth sport topics and 65 book chapters.