



Learning in Fitness and Education through Sports (LiFE Sports)

Purpose

The LiFE Sports Initiative aims: “to enhance the quality of youth development, sport, and recreational programs through service and outreach, teaching and learning, and research, thereby increasing positive developmental outcomes for youth.”

Impact

569 youth engaged in four weeks of social skill and sport education and 249 youth attended at least one of six sports clinics. Youth reported improved social skills and sport competence.

183 OSU students from 14 different academic departments participated in some Teaching and Learning element of LiFE Sports. 21 student-athletes also participated in LiFE Sports programming.

The LiFE Sports program model was presented at international, national, and regional conferences, such as the National School Mental Health Conference, the Society on Social Work Research, and the Ohio SHAPE Conference. Additionally, research on LiFE Sports was published in books and journals such as the Journal of Sports Management.



**THE OHIO STATE
UNIVERSITY**

Ohio State Colleges/Units Involved

College of Social Work
Department of Athletics
Department of Recreational Sports
Office of Outreach and Engagement
College of Education and Human Ecology, Department of Human Services
College of Food, Agricultural, and Environmental Sciences
College of Nursing
College of Dentistry
College of Arts and Sciences
College of Optometry
Undergraduate Admission and First Year Experience
Office of Student Life
P-12 Project
Facilities Operations and Development
Dining Services

Community Partners Involved

Illinois State University
Michigan State University
After School All-Stars Ohio
All THAT
Boys and Girls Club of Columbus
Columbus City Schools
I Know I Can
Local Matters
Mid-Ohio Food Bank
Ohio Child Care Resource and Referral Association (OCCRA)
Youth to Youth International
Cardinal Health
Columbus Crew
Greater Columbus Arts Council
Huntington National Bank
Ortho Neuro
Pitney Bowes Presort Services
Willis of Ohio
Ohio Department of Education

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LiFEsports
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