



Learning in Fitness and Education through Sports (LiFEsports)

Purpose

The LiFEsports 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

In 2015-2016, over 1,700 youth engaged in the four-week LiFEsports Summer Camp, 11 sports clinics, Youth Leadership Academy or in programs using the LiFEsports curriculum. Youth improved social skills such as self-control, effort, teamwork, social competence, and transfer of learning.

Through employment opportunities, internships, volunteering experiences, or academic coursework, approximately 300 OSU students from 14 different academic departments participated in LiFEsports. Additionally, nearly 50 student-athletes also participated in various aspects of the program.

The LiFEsports program model was presented at international, national, and regional conferences, such as the Social Work in Sport Symposium. Additionally, research on LiFEsports was published in books and journals such as the *Journal of Applied Sports Psychology* and *Research on Social Work Practice*.

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
- Sports & Society Initiative

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
- Columbus Youth Foundation
- Local Matters
- Mid-Ohio Food Bank
- Ohio Child Care Resource and Referral Association (OCCRA)
- Youth to Youth International
- Cardinal Health
- Columbus Metropolitan Housing Authority
- Greater Columbus Arts Council
- Huntington National Bank
- Pitney Bowes Presort Services
- ADAMH Board of Franklin County
- Ohio Department of Education
- Pickerington Local Schools
- Nike
- Continental Real Estate Companies
- Wells Fargo Advisors, LLC
- Plunkett Cooney
- Boren Brothers

How you can get involved:

- Complete an internship in sport industry or social work
- Volunteer at year-around LiFEsports Clinics
- Volunteer at the LiFEsports Games at our Summer Camp
- Join our summer camp staff!

To get involved, contact:

Rebecca Wade-Mdivanian
 Director of Operations
 College of Social Work
wade-mdivanian.1@osu.edu
lifesports.osu.edu



THE OHIO STATE UNIVERSITY

LiFEsports™

at The Ohio State University®