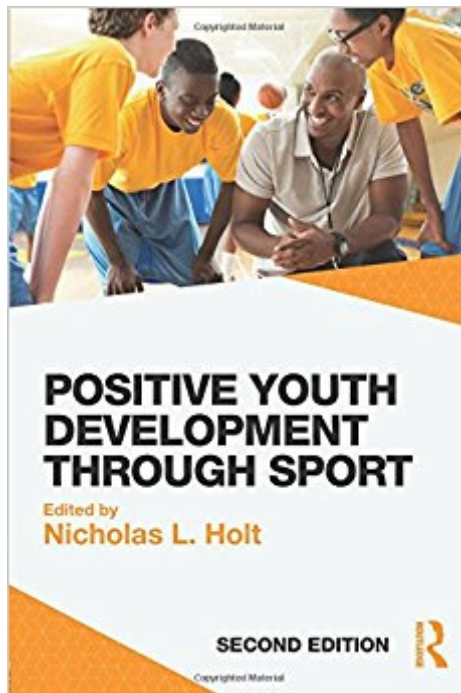




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# Positive Youth Development Through Sport: Second Edition



## Synopsis

Cutting through the political rhetoric about the power of sport as a tool for social change and personal improvement, this book offers insight into how and why participating in sport can be good for children and young people. As the first text to focus on the role of sport in positive youth development (PYD), it brings together high-profile contributors from diverse disciplines to examine critically the ways in which sport can be used to promote youth development. Now in a fully updated, revised and expanded new edition, *Positive Youth Development through Sport* covers a wider range of disciplines including sport psychology, development psychology, physical education, sport development and sport sociology. Its three main sections focus on: the theoretical and historical contexts of PYD quantitative and qualitative methods for assessing PYD in sport the potential of PYD in sport across different ages and abilities. With expanded guidance on how to apply positive youth development in practice, this is essential reading for all students, researchers, educators, practitioners and policy makers with an interest in youth sport.

## Book Information

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## Customer Reviews

"This work, in its second edition, brings together leading researchers from diverse disciplines to provide a critical examination of sport in the youth developmental process. The book takes a clear position that sport itself does not lead to positive youth development (PYD) and cuts through political and social stances on the role that sport plays in society. Contributors provide solid examples of approaches, structures, and delivery modes in which sport can positively influence child development. Summing Up: Recommended. Lower-division undergraduates and above;

faculty and professionals." - R. D. Sheptak Jr, CHOICE

Nicholas L. Holt is a professor and leader of the Child and Adolescent Sport and Activity lab in the Faculty of Physical Education and Recreation at the University of Alberta (Canada). He conducts research examining psychosocial aspects of participation in sport and physical activity among children, adolescents, and their families.

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