

**LiFEsports**<sup>™</sup>

at The Ohio State University®

## What does the research show?

- Youth who participate in the LiFEsports summer camp show significant pre- to post-camp improvements in the areas of self-control, effort, teamwork and social responsibility.
- Longitudinal analyses over the course of two years demonstrate that youth who enter the LiFEsports Summer Camp with the poorest social skills show the most significant improvements.
- Studies demonstrate that the more youth feel connected to and supported at LiFEsports, the more likely they are to experience positive social skill growth.
- Youth participating in LiFEsports demonstrate significant pre- to post-program improvements in relation to their physical fitness levels and self-efficacy for physical activity.

**LiFEsports**  
The Ohio State University  
218 Stillman Hall  
1947 N. College Road  
Columbus, OH 43210  
Phone: 614-247-7237  
Email: lifesports@osu.edu

[lifesports.osu.edu](http://lifesports.osu.edu)



THE OHIO STATE UNIVERSITY

College of Social Work  
Department of Athletics

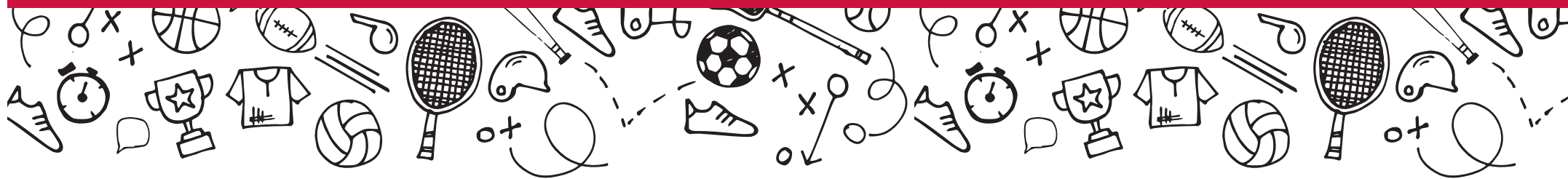


**LiFEsports**<sup>™</sup>

at The Ohio State University®

*Sport-Based  
Curriculum to  
Enhance Youth  
Social Skills*





## What is LiFEsports?

Many of today's youth face unmet basic needs, are involved with antisocial peers, experience family conflict and instabilities, and suffer from emotional, behavioral and mental health issues.

LiFEsports (**L**earning in **F**itness and **E**ducation through **S**ports) is a sports-based positive youth development program developed by The Ohio State University for summer and afterschool programs. Our goal is to even the playing field by engaging youth, especially those from diverse circumstances, in sports activities designed to enhance social skills.

Our LiFEsports curriculum is based on more than 10 years of research that has repeatedly shown the following: Youth are strongly influenced by sport, and that through sport, youth can be taught invaluable social skills that will stay with them throughout their entire lives.

**Now you can bring this award-winning program to your afterschool or summer program!**

LiFEsports consistently increases social and athletic skills among youth involved in the program and has earned the *Excellence in Summer Learning Award* from the National Summer Learning Association.

## How does it work?

LiFEsports stresses the importance of social skills with Chalk Talk, and then engages youth in popular sports activities.

### CHALK TALK

Chalk Talk explores 15 one-hour, play-based social skills lessons that teach self-control, effort, teamwork and social responsibility (S.E.T.S.).



Self-Control



Effort



Teamwork



Social Responsibility

S.E.T.S. lessons are reinforced throughout the LiFEsports curriculum and can be easily implemented in afterschool or summer programs.

### SPORTS ACTIVITIES

LiFEsports offers nine different sports for afterschool and summer camp programs to choose from. Each sport consists of 15 one-hour lessons. All sports lessons are focused on teaching the fundamentals of the sport while simultaneously reinforcing S.E.T.S.

#### Sports include:

- Basketball
- Baseball/Softball
- Football
- Lacrosse
- Soccer
- Tennis
- Ultimate Frisbee
- Volleyball

• Also available as a sport option is *Healthy Lifestyles*, which teaches youth about healthy physical activity, positive nutritional practices and self-care.

## How do I start?

Purchase the curriculum that's right for your program.

### ■ BRONZE MEMBERSHIP (\$4,000 annually)

- Chalk Talk
- Three sports (includes two copies)
- A one-day staff training visit
- Program support

### ■ SILVER MEMBERSHIP (\$6,000 annually)

- Chalk Talk
- Four sports (includes two copies)
- A one-day staff training visit
- Program support
- Support developing staff training schedule
- Training videos
- 400 reward buttons (100 of each S.E.T.S.)

### ■ GOLD MEMBERSHIP (\$8,000 annually)

- Chalk Talk
- Five sports (includes two copies)
- Two one-day staff training visits
- Program support
- Support developing staff training schedule
- Training videos
- Program evaluation support, data analysis and outcomes report
- Assistance provided in creating program schedule
- 400 Reward buttons (100 of each S.E.T.S.)
- 50 youth camp shirts, water bottles, sling bags and printed youth journals

There is a 10% package discount if purchasing curriculum for more than three sites.

Programs receive a 25% discount at annual membership renewal.

To purchase or learn more about LiFEsports, contact us at 614-247-7237 or [lifesports@osu.edu](mailto:lifesports@osu.edu)!