

Can 2012 deliver a youth sport participation legacy - a podcast

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Professor Kathleen Armour (<http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?ReferenceId=36988&Name=professor-kathleen-armour>). Professor of Education and Sport and Head of the School of Sport and Exercise Sciences, talks to Ideas Lab about whether the Games can deliver a youth sport participation legacy. Can the jaw-dropping sporting feats of the world's elite athletes really inspire young people to take up sport? Or will the legacy materialise only as a fleeting spike of interest? Kathleen talks about the importance of having the right coaches and methods in place to help develop children's skills from an early age, discusses what those basic skills should be, and explains how gaining an understanding of where we lose people from physical activity is absolutely key. Because instead of trying to play catch-up and find those people again later in life, it's better not to lose them in the first place.



Listen to the podcast below:

Can 2012 deliver a youth sport participation legacy - transcript (http://www.ideaslab.bham.ac.uk/MP3s/Transcript_Predictor_Podcast_53.doc)

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