THE OVERALL IMPACT OF SPORT AND PHYSICAL ACTIVITY ON...

GOOD EVIDENCE

physical wellbeing
- PREVENTION OF MEDICAL CONDITONS
- MAINTENANCE OF STRENGTH, BALANCE, MOTOR SKILLS
- MANAGEMENT OF MEDICAL CONDITIONS

mental wellbeing
- SOURCE OF ENJOYMENT AND HAPPINESS
- IMPROVED SELF-ESTEEM
- IMPROVED COGNITIVE FUNCTIONS

individual development
- DEVELOPMENT OF SOFT SKILLS
- IMPACT ON EMPLOYMENT OPPORTUNITIES
- IMPROVED CONFIDENCE AND SELF-ESTEEM

social and community development
- REDUCING ISOLATION
- BRINGING PEOPLE TOGETHER FROM DIVERSE BACKGROUNDS
- PROMOTING ENGAGEMENT AND CIVIC TRUST

economic development
- EMPLOYMENT AND EMPLOYABILITY
- SPORT TOURISM
- HEALTH SECTOR SAVINGS

MIXED EVIDENCE

physical wellbeing
- IMPROVED QUALITY OF SLEEP
- INCREASED ENERGY LEVELS
- HEALTHY DEVELOPMENT IN EARLY YEARS

mental wellbeing
- REDUCED ANXIETY, STRESS, DEPRESSION
- IMPACTS AROUND DEMENTIA

individual development
- EDUCATIONAL BEHAVIOUR AND ATTAINMENT
- INCREASED LEVELS OF SELF-EFFICACY
- REDUCTION IN ANTI-SOCIAL BEHAVIOUR

social and community development
- VOLUNTEERING AND SOCIAL ENGAGEMENT
- HELPING NEW MIGRANT COMMUNITIES INTEGRATE

economic development
- ECONOMIC VALUE OF CRIME REDUCTION

GAPS

- IMPACT ON VOLUNTEERS AND SPECTATORS
- LARGE SCALE EMPRICIAL STUDIES
- TYPES OF EXERCISES
- MITIGATE NEGATIVE IMPACTS
- IMPACT ON OLDER INDIVIDUALS
- IMPACT ON SUBGROUPS
- LONGITUDINAL STUDIES

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