



CANADA

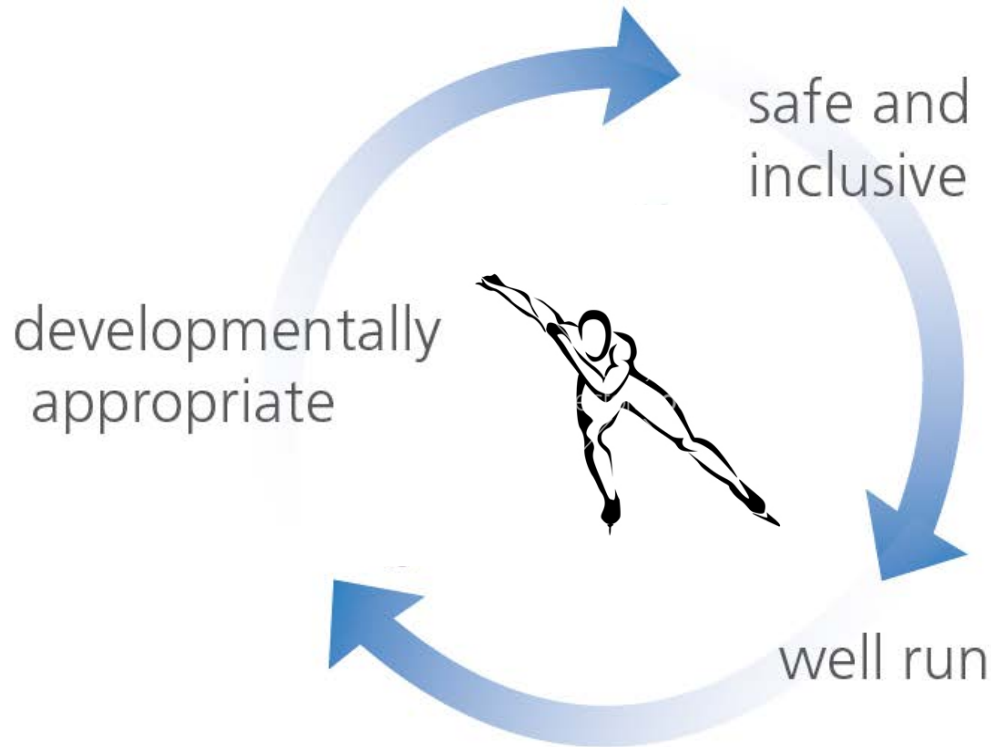
LONG-TERM DEVELOPMENT
IN SPORT AND PHYSICAL ACTIVITY
3.0

From Long-Term Athlete Development to Long-Term Development in Sport and Physical Activity:

The new name is more inclusive. Organizations can use Long-Term Athlete Development, or some other iteration (e.g. Long-Term Participant Development, Long-Term Player Development, Long-Term Sailor Development) as it fits their circumstances. The name retains the critical concept of good development as a lengthy process, while becoming more accessible to those in the recreation, education, and health sectors.

Quality sport

Quality sport based on Long-Term Development in Sport and Physical Activity is...



...leading to

**individual excellence
and optimum health**



CANADA

Key Factors have evolved: Originally, we highlighted 10 Key Factors that were essential to athlete development. Now, we feature 22 key factors which are categorized into personal, organizational, and system factors, to better explain the complexity underlying Long-Term Development in Sport and Physical Activity.

PERSONAL FACTORS

The Personal Factors are particularly important for parents and caregivers, teachers, instructors and coaches to consider as they plan quality programs for young participants and athletes.

ORGANIZATIONAL FACTORS

Organizational Factors inform the ways sport, recreation, education and other organizations create and deliver programs for their participants and athletes.

SYSTEM FACTORS

System Factors are important for policy-makers and organization leaders, informing the ways organizations cooperate and collaborate to build an optimal system.

Physical literacy has evolved: There has been an increased emphasis on the psychological components of physical literacy, including confidence and motivation as well as social connectedness, which are all critical for physical literacy development through the life course.



More emphasis on the adolescent participant:

Adolescence is a time when many youth become less active and involved with sport and physical activity, while others develop into high performance athletes. We provide more insight into the needs of the adolescent athlete in this resource.

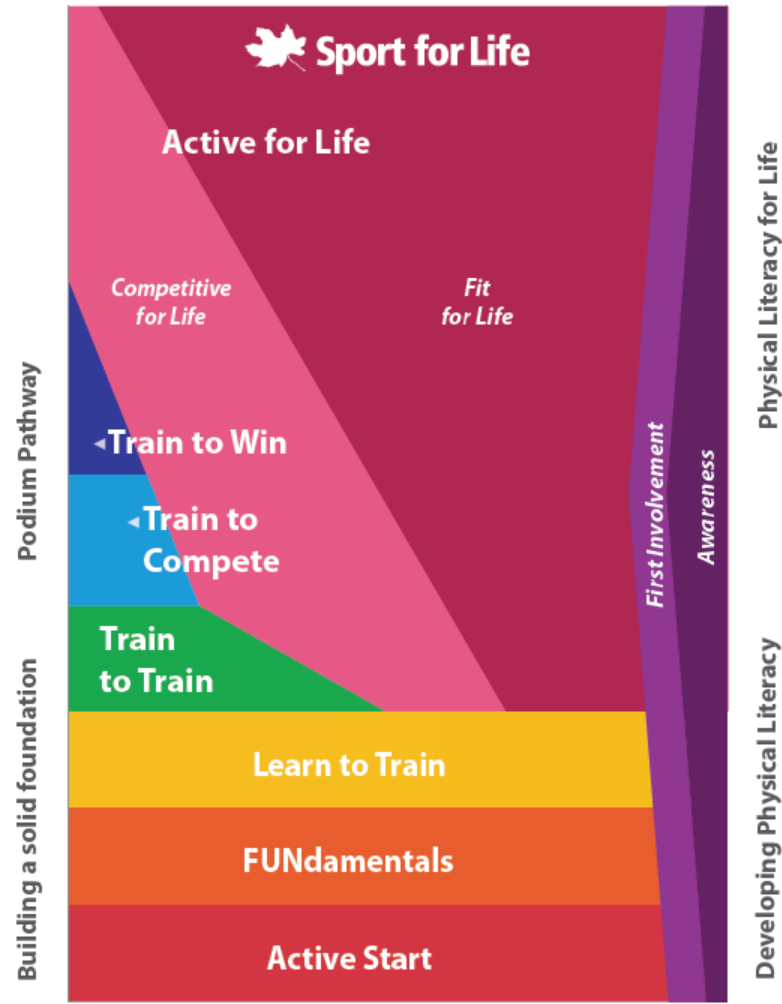
Greater emphasis on stage of development versus chronological age: The important thing in development is not age, but how participants develop capabilities to move from stage to stage. In this revised framework, emphasis on chronological ages has been diminished while there is more emphasis on the biological markers.

Different types of sports: For simplicity, earlier editions of Sport for Life described only early and late specialization sports. Several more types of sport specialization are now recognized.

Alignment with system stakeholders: Working together is better than working in isolation, so we have included language used by other stakeholders to show how Long-Term Development in Sport and Physical Activity integrates with their approaches to sport and physical activity development.



Long-Term Development in Sport and Physical Activity:

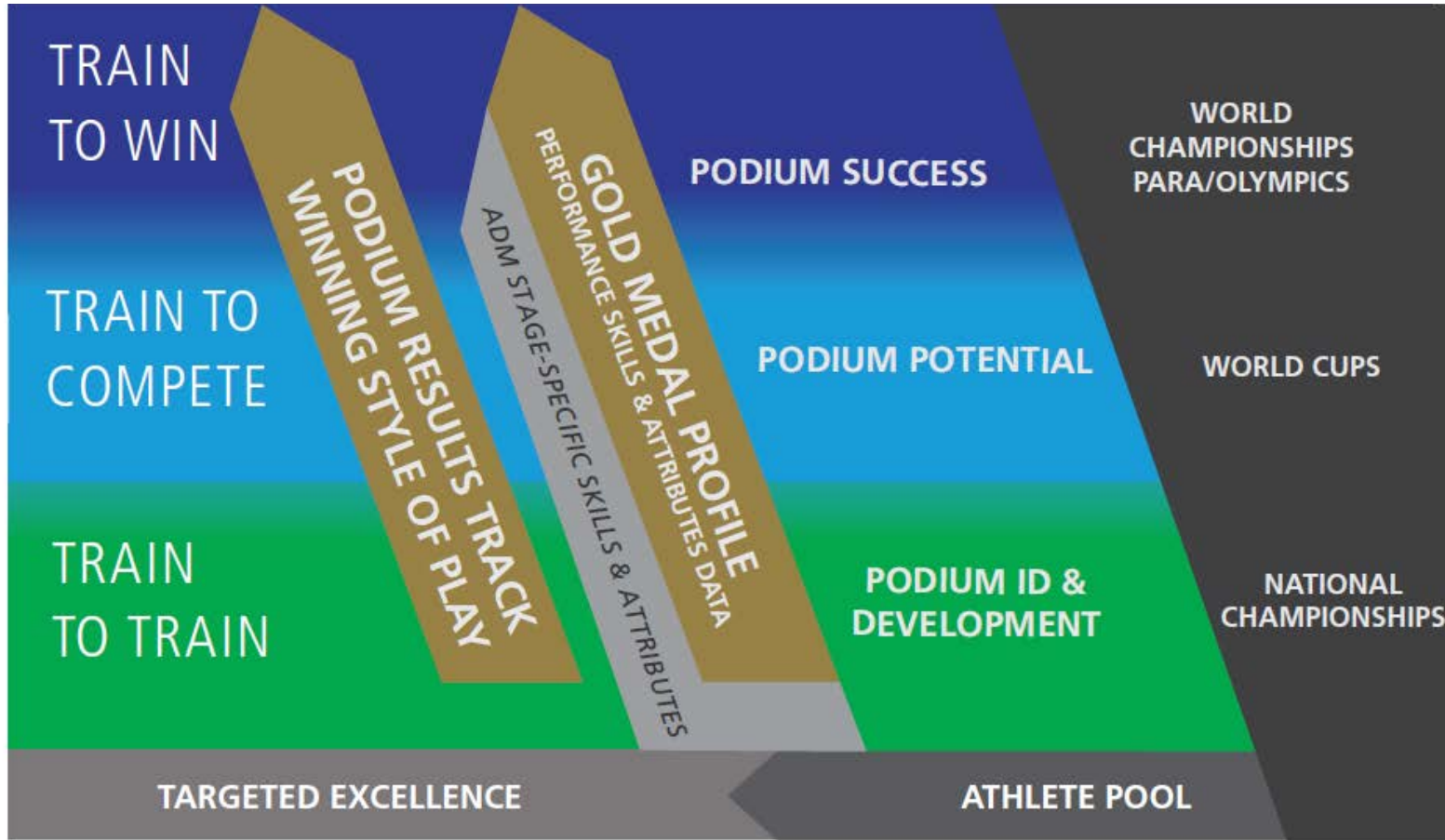




PODIUM PATHWAY



Sport for Life



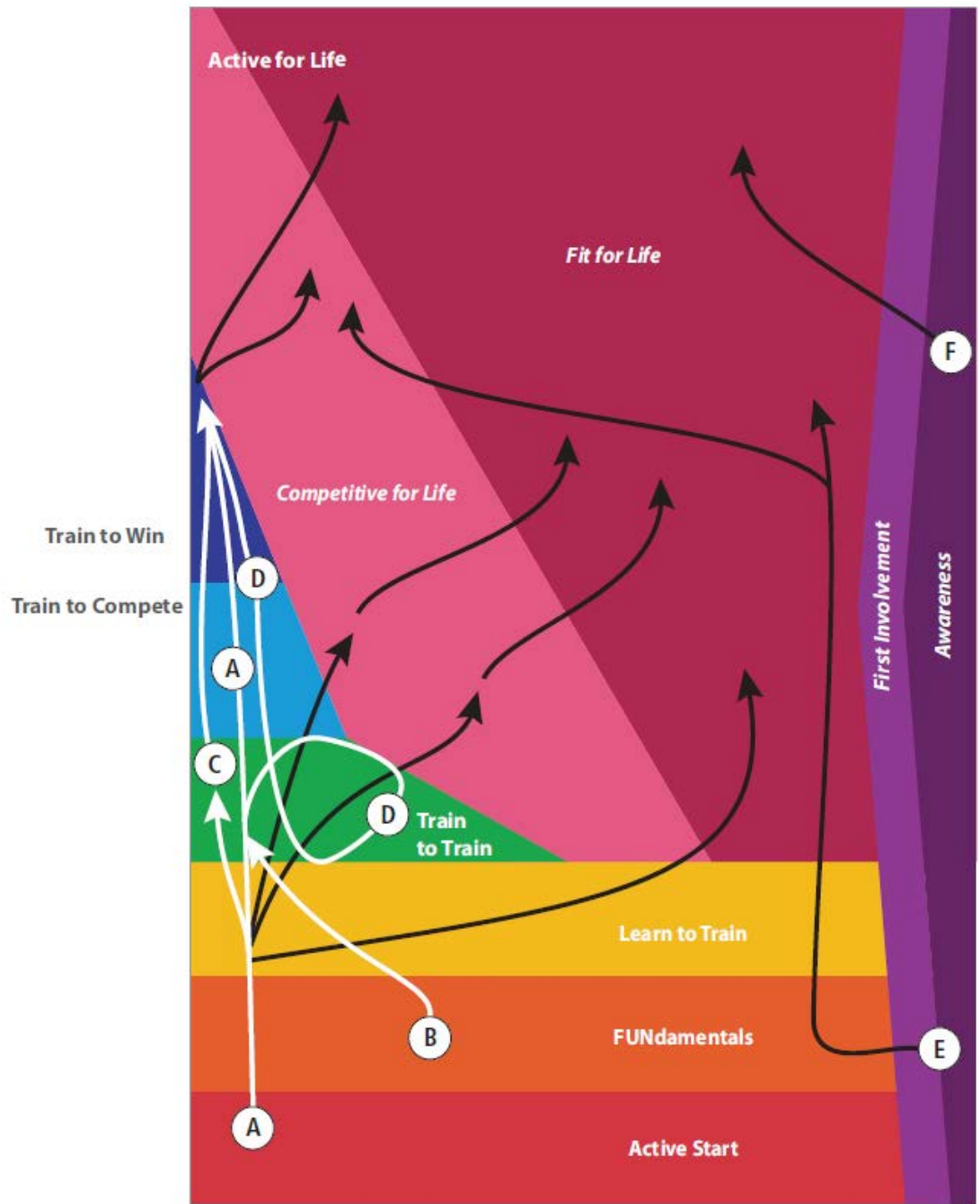


Figure 14: Unique Pathways

Quality Sport

based on Long-Term Development in Sport and Physical Activity is...

- Good Programs...
 - are developmentally appropriate
- Good Places...
 - have safe and inclusive programs
- Good People...
 - deliver well run programs



CANADA

LONG-TERM DEVELOPMENT IN SPORT AND PHYSICAL ACTIVITY 3.0