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

PREVENTION OF MEDICAL CONDITIONS
MAINTENANCE OF STRENGTH, BALANCE, MOTOR SKILLS
MANAGEMENT OF MEDICAL CONDITIONS

SOURCE OF ENJOYMENT AND HAPPINESS
IMPROVED SELF-ESTEEM
IMPROVED COGNITIVE FUNCTIONS
DEVELOPMENT OF SOFT SKILLS

IMPACT ON EMPLOYMENT OPPORTUNITIES
IMPROVED CONFIDENCE AND SELF-ESTEEM

physical wellbeing
mental wellbeing
individual development

social and community development
economic development

GOOD EVIDENCE

REDUCING ISOLATION
BRINGING PEOPLE TOGETHER FROM DIVERSE BACKGROUNDS
PROMOTING ENGAGEMENT AND CIVIC TRUST
HEALTH SECTOR SAVINGS
SPORT TOURISM
EMPLOYMENT AND EMPLOYABILITY

IMPACT ON VOLunteers AND SPECTATORS
LARGE SCALE EMPRICAL STUDIES

TYPES OF EXERCISES
MITIGATE NEGATIVE IMPACTS
IMPACT ON OLDER INDIVIDUALS
IMPACT ON SUBGROUPS
LONGITUDINAL STUDIES

MIXED EVIDENCE

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

REDUCED ANXIETY, STRESS, DEPRESSION
IMPACTS AROUND DEMENTIA

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

VOLUNTEERING AND SOCIAL ENGAGEMENT
HELPING NEW MIGRANT COMMUNITIES INTEGRATE

ECONOMIC VALUE OF CRIME REDUCTION

GAPS