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### Life skill development through sport in Wales

Study into life skill development through sport has increased in recent years, with researchers beginning to evidence the transfer of skills nurtured through sport to other walks of life (Jones, 2012). The aim of this symposium is to provide insight into a number of programs set up by researchers at Cardiff Metropolitan University in collaboration with sporting institutions that aimed to support the development of life skills through sport. The first presentation gives insight into the collaboration with Carmarthen Golf club to develop PasSPORT for life ([www.passport4life.co.uk](http://www.passport4life.co.uk)), a resiliency related, life skills intervention for adolescents through sport – in this case golf. The second presentation offers an overview of the development of a coach education program in collaboration with the Welsh Football Trust that aims to work with coaches during formal training to integrate life skill development during soccer practice. The third presentation introduces LiveSMART, a 5-year program that aims to develop the life skills of 8-12 year olds within the Golf Union of Wales' Coaching Centers. The final presentation discusses the support for coaches accredited by the Golf Union of Wales to deliver their Coaching Centers initiative – with a particular focus on supporting their implementation of LiveSMART. Collectively, these programs have evidenced the value of systematic approaches to practice that introduce, develop, and facilitate the transfer of life skills through sport. This has been achieved through explicit consideration of the role of the sporting context, the importance of the coach, and the holistic development of young people. Consequently, these programs support growing calls for sporting programs to be based upon the key principles of positive youth development. Importantly, time will be allocated for questions and recommendations from the delegates in attendance.

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#### PasSPORT for Life: Developing adolescent resiliency and life skills through sport

The need for adolescents to foster skills and strategies to thrive within their current and subsequent environments has prompted researchers, coaches, and practitioners to explore the role that sport can play in developing life skills (Lerner et al., 2006). The aim of this presentation is to provide insight into the findings of a life skills intervention that utilises golf as a vehicle for learning within adolescents. Following a pilot process, the 16-hour intervention was developed utilising Gould and Carson's (2008) model of coaching life skills through sport to provide a structured programme that focuses on transferability of psychosocial developmental assets. Cognitive, behavioural, and intrapersonal skills associated with resilience and the ability to overcome adversity were targeted to cultivate participants' coping strategies. Results from the Youth Life Skills Scale (Cauthen, 2012) and the Adolescent Resilience Questionnaire (Gartland et al., 2011) will be presented alongside a content analysis of participant focus groups, providing a mixed-method evaluation of the programme effectiveness. The intervention process will be discussed via an auto-ethnographical approach that explores the challenges encountered with educational school-based programmes involving non-athletes. Recommendations to applied practitioners and researchers alike will be discussed highlighting the implications in engaging adolescents within an alternative learning environment.

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### A collaborative approach to coaching resiliency related life skills within football: The role of the coach

This presentation provides an overview of the development, implementation, and evaluation of a football (soccer) coach education program that focuses on nurturing coaches to deliver sessions that promote resiliency and life skill development. In collaboration with the Welsh Football Trust (WFT), a rigorous process was undertaken that involved consultations with stakeholders (i.e., parents, players, coaches, and teachers) to inform the design of a context and location specific education program. The findings of this initial research facilitated the development of coach education workshops designed to better prepare coaches to deliver and facilitate the development and transfer of life skills in young football players. Delivered through a mix of classroom and on pitch activities, the program has currently reached 706 coaches who have delivered to over 10,000 players. Parents have also been engaged in order to reinforce key messages promoted within the program and support transfer of skills to other contexts. Evaluation of the effectiveness of this program in influencing coaching and developing resiliency related life skills in adolescent players is highlighted through coach log books, social validation interviews, researcher observations, and player interviews. Triangulating this evidence has outlined the efficacy of the coach education program and uncovered the potential for such findings to be transferred to different contexts.

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### Golf Union of Wales Coaching Centres: The development and implementation of LiveSMART

Two years ago the Golf Union of Wales (GUW) conceived their Coaching Centers, which are aimed at giving junior golfers from age 8-12 the opportunity to learn to play golf at GUW certified facilities under the expert tuition of a GUW accredited PGA Professional. The golfers develop under one of four pillars: 1) SwingSMART; 2) PlaySMART; 3) MoveSMART; and, 4) LiveSMART. This presentation gives insight into the LiveSMART pillar, which is being driven by Cardiff Metropolitan University. Specifically, it will give an overview of the 5-year program that attempts to use golf as a mechanism to develop life skills within young golfers. The life skills are developed through four key categories; Live Aware, Live in Control, Live as Yourself, and Live Positively. As the program progresses through the 5 years, the young golfers are encouraged to develop their levels of understanding and application of specific life skills that fall under the four categories. To facilitate the delivery of LiveSMART, professional coaches attend coach education workshops in order to develop their knowledge of, and delivery in, the area of life skill development. The understanding and transfer of life skills is measured through golfer log books, periodic reviews (every 6 weeks), coach and parent survey, selected interviews, and completion of the Well-being Process Questionnaire (Williams & Smith, 2012).

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### Golf Union of Wales Coaching Centres: A coach support programme for delivery of coaching centre content

To support those professional coaches accredited by the Golf Union of Wales (GUW) to deliver the Coaching Centre content (e.g., LiveSMART) an investigation was conducted into their perceived training needs. The purpose of this presentation is to provide insight into this examination, which included an online survey (76% response rate from all golf professionals in Wales), follow-up interviews ( $n = 10$ ), and the development of a CPD training program for coaches aimed at improving their confidence in, and the effectiveness of, their delivery within the GUW Coaching Centres. The findings indicated the desire for coaches to move beyond the traditional 'content knowledge' largely advocated through coach education programs to a greater emphasis and need to develop skills associated with creating effective learning environments and positive coach/athlete relationships. In addition, coaches referred to the need to develop the attributes and attitudes associated with approaches to positive youth development. The subsequent training program has considered the use of different approaches to pedagogy (e.g., problem-based learning, reflective practice, mentoring) as a way of engaging coaches in the non-traditional content. Further, the potential of blended learning approaches to coach development that utilize modern technologies have been explored.