La importancia del asociacionismo deportivo en el aprendizaje a lo largo de la vida

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Abstract: The participation in the sport associations movement develops in the life of a person depending upon her/his needs and motivation. This participation offers many possibilities for the development of self-learning, personal and social skills, involvement in leisure activities and health and active life improvement. Actually, it also promotes ludic education within lifelong learning. Our study will show how, by involvement in sports associations, people learn better and appreciate a joyful education in which they learn without taking notice of the objectives that adult education wants to achieve and carry out for them.

Keywords: Aprendizaje a lo largo de la vida, asociacionismo deportivo, educación no formal

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