Seeking Positive Behavioral Change Through Sports Ministries and Physical Education Programs at Forest Lake Academy

"REAL VICTORY IS IN CHRIST"
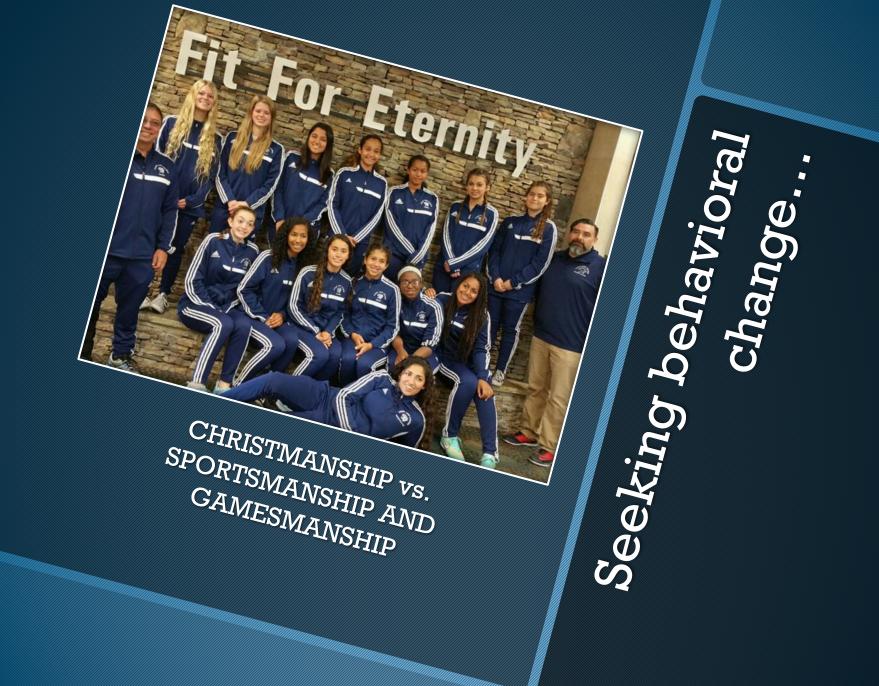## 1 Cor. 15:57

GO PANTHERS!!!!

SDA-HPERA CONVENTION, BOSTON

MARCH 13 2017

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CHRISTMANSHIP vs. SPORTSMANSHIP AND GAMESMANSHIP
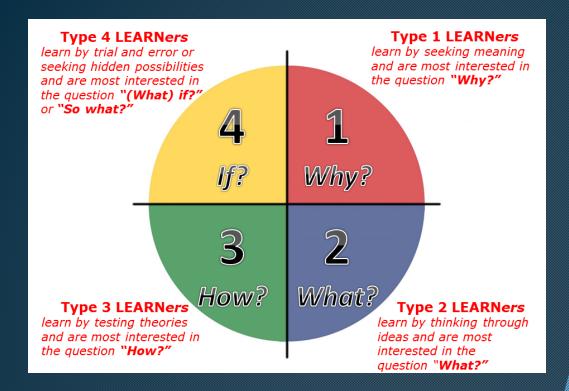
Seeking behavioral change…

BECOMING CHRIST-LIKE STUDENT-ATHLETES (CHRISTMANSHIP)

- Activity based PE classes offered all four years (8 semesters, 3 required, 5 optional)

- Hundreds of prayers before and after PE classes, rec time, home and away games, trips and practices, etc.

- Several student-athletes baptized and 1 coach

- Multiple varsity members leading and coaching at their local churches and other schools

- Over 4000 hours of practice/training/conditioning

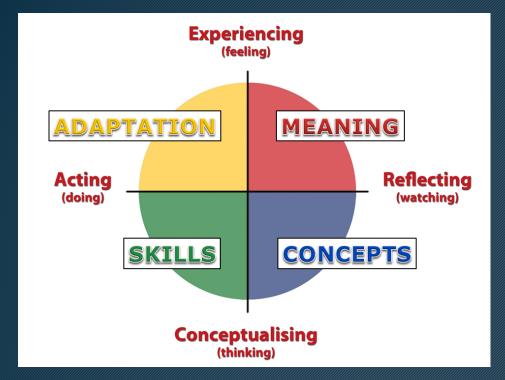- 500+ games and matches (Athletics, Classics, Lunch League, etc.)

CUSTOMIZED BEHAVIORAL CHANGE/TEACHING/COACHING BASED ON 4MAT MODEL OF TYPE OF LEARNERS AT FOREST LAKE ACADEMY LINKED TO FITNESS/SPORTS AND HEALTH
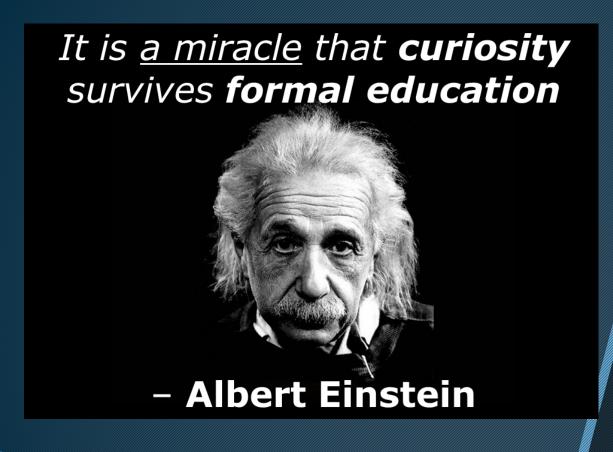
WE KNOW WHO YOU ARE…

Type 4 LEARN*ers*
learn by trial and error or seeking hidden possibilities and are most interested in the question "(What) if?" or "So what?"

Type 1 LEARN*ers*
learn by seeking meaning and are most interested in the question "Why?"

4 If?
1 Why?
3 How?
2 What?

Type 3 LEARN*ers*
learn by testing theories and are most interested in the question "How?"

Type 2 LEARN*ers*
learn by thinking through ideas and are most interested in the question "What?"

4MAT – developed by renowned educational theorist **Bernice McCarthy**.

TEACHING-COACHING BASED ON TYPES OF LEARNERS

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4MAT – developed by renowned educational theorist **Bernice McCarthy**.

It is a miracle that **curiosity** survives **formal education**

– **Albert Einstein**

WE KNOW WHO YOU ARE…

FITNESSGRAM, SPORTS, ETC.

PE classes using Polar Heart Rate Monitors

PE classes using Polar Heart Rate Monitors

CLASSICS, LUNCH LEAGUE

COMPETITION AND RECREATION, NURTURING AN ENVIRONMENT FOR ACTIVE STUDENTS

PRAYER BEFORE, DURING AND AFTER EACH ACTIVITY

THE HEART OF A SPORTS MINISTRY

Who were the first Christian competitors in history?

From Peter, Paul and Barnabas and many other Christian leaders of the first followers of Jesus, the competition among themselves and against the forces of evil through leaders of their time was constant. They had to share the news, the gift of the Holy Spirit. Paul considered Barnabas too young to do that, and Barnabas had to prove him wrong, as well as other young leaders of the initial Christian church. There was a healthy competition about who could do the job and who had the blessing of God to do it. They were not doing it for a trophy or an award, they just wanted to share a gift that was given to them while at the same time being a part of a special group who traveled, run, hid and survive several catastrophes. They understood that this competition made them better, "iron sharpening iron".
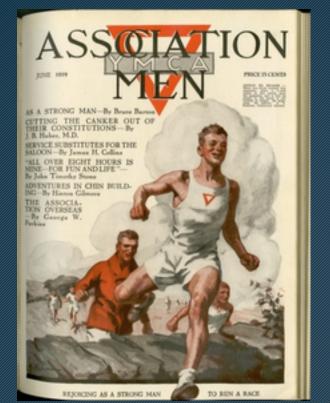
The origins of COMPETITION in Christian times

Who were the first Christian competitors in history?

The common adversary was evil, and unless we know evil, we cannot understand Good. This process of competition between evil and good requires individuals to work in teams, improving their skills, making progress and growing in knowledge as well as socially, mentally and emotionally.

Paul utilized sports metaphors to narrate his own spiritual, moral and ethical journey in life; "I have run the good race, I have kept the faith" (2 Timothy 4:7) "I have become all things to all men, so that I might reach some" (1 Corinthians 9:19-23), opening the door to freedom in methodology on how to reach people for Christ.

The origins of COMPETITION in Christian times

SPORTS MINISTRIES

BRIEF HISTORY OF SPORTS MINISTRIES IN EUROPE AND AMERICA

The origins of Sports Ministries and the transition from considering sports a waste of time (Kimball, 2008) to almost bringing them to the level of importance of religion in America, has been a theme of study for decades. How Sports Ministries started with the purpose of more muscular and masculine citizens in America in the 19th century is intriguing. Furthermore, some ministers from England started a movement called "Muscular Christianity" (Old, 2008) in public schools because of the increasing number of young men who moved from rural areas to big cities and changed their physical activity habits to a more sedentary life. Besides the concern of a lack of exercise, there were other Christian leaders who were concern with the _increasing effeminacy_ of these new urban men (Old, 2008) who were not exposed to hard manual labor anymore. This Muscular Christianity did not spread all over America until later decades, when the Young Men's Christian Association (YMCA) became a popular place for young men to meet and exercise, have Bible studies, prayer and commit to other missionary work. By the beginnings of the twentieth century, the YMCA started to promote competitive new sports that included teams, rules and audiences, still promoting Christian values and service for others.

SPORTS MINISTRIES

SPORTS MINISTRIES

BRIEF HISTORY OF SPORTS MINISTRIES IN AMERICA

Likewise Higs (2015) in his book God in the stadium: Sports and religion in America, narrates the origins of several other pioneers (Stagg, Naismith and Spalding) from Springfield, Massachusetts, who also utilized the YMCA setting to invent and develop competitive sports that became a key cultural element in America, like Basketball, Football and Baseball. After the civil war, several organizations began to aim to develop citizenship and character especially for boys and young men. Sports and military training became very popular. William Earl Dodge, a philanthropist and merchant was another creator who in 1886 added the word "Physical" to the goals of the YMCA locations, turning the whole object of this association into "the improvement of the spiritual, mental, social, and physical condition of young men" (Higs, 2015, p. 189). We use similar phrases to develop our Mission and Vision statements at several Christian institutions, including churches. This process started through Sports Ministries. Other organizations also embraced this goal of character building through Sunday Schools (Macleod, 2004) and other clubs, like the Boys Scouts of America (the Adventist version is called Pathfinders), and other Sports and activity based programs from 1870-1940 began. The relationship between sports and religion became a weekly dynamic, and that is how and where many Sports Ministries were born.

SPORTS MINISTRIES

What a Sports Ministry is definitely NOT is a place where winning at all cost is the only option to measure success and accomplishments. It is not a program just for the physical and talent development of players and coaches, but more importantly to build a Christ-like character and leadership skills through mentoring.

SPORTS MINISTRIES

CHALLENGES FOR A SPORTS MINISTRY

- Keeping competition and self-aggrandizement from swamping the soul of a Christian with temptations

- We Need Intentional Godly Leadership to Make Sports Evangelistic and Disciplining

- Develop the Virtues of Ethics of Fairness and Fair Play

- Parental Pressures (sponsors)

SPORTS MINISTRIES

Seeking Behavioral Change at

Forest Lake Academy

by Understanding Emotional Intelligence development applied to Sports Ministries

Peter Salovey and John D. Mayer coined the term 'Emotional Intelligence' in 1990 describing it as *"a form of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and action*

A Brief History of Emotional Intelligence

In the 1990's Daniel Goleman became aware of Salovey and Mayer's work, and this eventually led to his book, *Emotional Intelligence*. Goleman was a science writer for the New York Times, specializing in brain and behavior research. He trained as a psychologist at Harvard where he worked with David McClelland, among others. McClelland was among a growing group of researchers who were becoming concerned with how little traditional tests of cognitive intelligence told us ***about what it takes to be successful in life***.

Goleman argued that it was not cognitive intelligence that guaranteed business success but emotional intelligence

Daniel Goleman and Emotional Intelligence

He described emotionally intelligent people as those with four characteristics:

- They were good at understanding their own emotions (self-awareness)

- They were good at managing their emotions (self-management)

- They were empathetic to the emotional drives of other people (social awareness)

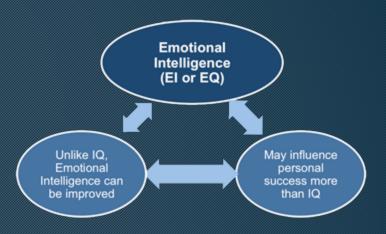- They were good at handling other people's emotions (social skills)

Daniel Goleman and EI

EMOTIONAL INTELLIGENCE, COACHING, MENTORING and LEADERSHIP

Managing EI

Emotional Intelligence domains:
- Know Your Emotions
- Manage Your Emotions
- Recognize & know Others' Emotions
- Manage the Emotions of Others
- Motivate Yourself

Emotional Intelligence (EI or EQ)
- Unlike IQ, Emotional Intelligence can be improved
- May influence personal success more than IQ

BANDURA: SOCIAL COGNITIVE THEORY

"…the temporal extension of agency through intentionality and forethought, self-regulation by self-reactive influence, and self-reflectiveness about one's capabilities, quality of functioning, and the meaning and purpose of one's life pursuits…"

"Social cognitive theory distinguishes among three modes of agency: direct personal agency, proxy agency that relies on others to act on one's behest to secure desired outcomes, and collective agency exercised through socially coordinative and interdependent effort. Growing transnational embeddedness and interdependence are placing a premium on collective efficacy to exercise control over personal destinies and national life

EMOTIONAL INTELLIGENCE DEVELOPMENT

THROUGH COACHING FOR TODAY AND MENTORING FOR ETERNITY

- **321 students tried out; 80%+ of student body**

- 11 teams

- Volleyball (3), Soccer (3), Basketball (4), Golf (1)

Honoring the Sabbath…but with some details to be discussed…
http://www.adventistreview.org/church-news/volleyball-team-presented-trophy-after-honoring-sabbath

GIRLS JUNIOR VARSITY VOLLEYBALL

GOLF TEAM

ZACKARY HUEBNER BROKE
SEVERAL SCHOOLS' RECORDS
5 EAGLES, 15 BIRDIES, -6 SEASON

GIRLs VARSITY BASKETBALL

2016 SWAU CHAMPIONS

AFTER 19 YEARS!!!!

GIRLS JUNIOR VARSITY
BASKETBALL

BOYS VARSITY BASKETBALL

2016 SWAU TOURNAMENT CHAMPIONS!!!!!

BOYS JUNIOR VARSITY BASKETBALL

BOYS VARSITY SOCCER

BOYS JUNIOR VARSITY
SOCCER

GIRLS VARSITY SOCCER

"And endurance builds character, which gives us a hope that will never disappoint us. All of this happens because God has given us the Holy Spirit, who fills our hearts with his love." (Romans 5:4,5).

GO PANTHERS!!!!

RECOMMENDATIONS:

Recommendations

- First, we recommend and suggest for coaches and administrators involved in Sports Ministries, to downplay the winning-at-all-cost mentality (Covrig, 1996) which is ingrained in our society today, where instead of just training and practicing, we can have more time and allotted resources for mentorship, discipleship and servant leadership training.

- Secondly, we should continue combining and linking our Physical Education classes as well as intramurals, lunch leagues, recreational options and classics (class vs. class games) with our more competitive teams who represent the school in order to not only increase the school spirit for amusement and entertainment but to grow as an evangelistic team.

- Third, Leadership should be taught with Christian Values through Sports Ministries to prepare our young participants of today in leaders of tomorrow to continue making disciples for the Lord by serving the local community and overseas.

GO PANTHERS!!!!

PLEASE CONTINUE TO PRAY FOR OUR PROGRAM AND FOR OUR STUDENTS

GO PANTHERS!!!!

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