



Child Development Through Sports

James H Humphrey

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A guidebook for adults involved in children's sports!

Child Development Through Sports is a commonsense guide for anyone involved in children's sports, presenting thoughtful analysis with an emphasis on maximizing the development of a child's social, emotional, physical, and intellectual capabilities through sports. Written by Dr. James H. Humphrey, who has been involved in children's sports at every level for nearly 60 years, the book stresses the potential contribution sports participation can make to a child's development and the negative impact it can have if programs are not conducted in an appropriate manner.

Child Development Through Sports focuses primarily on the risks and benefits of sports participation for children ages 5-12. This valuable book addresses health and stress as developmental factors, how to identify and develop motor skills, the positive and negative effects of competition, and an overview of the more pressing issues of children's sports, including supervision, injuries, benefits, and interest. The book is largely based on extensive surveys and interviews with proponents and critics of children's sports, including parents, professional athletes, coaches, school personnel, and children themselves.

Among the topics Child Development Through Sports addresses are:

- the age at which children should begin playing organized sports
- which sports are best for children
- how many sports a child should play—and how often
- how to judge a good sports program
- and much more!

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