



# Social Emotional Learning (SEL) For Sport and Recreation

## Course Overview:

This course will provide an introduction to social emotional learning with a focus on the 5 core competencies, unconscious bias and how best to integrate this learning into your practice.

## Who Should Take the Course?

This course is for sport and recreation leaders to increase knowledge of behavioural and cognitive skills related to character education, youth development, and behaviour.

## Course Objectives:

This course is about social emotional learning (SEL) within the context of youth sport and recreation. You will learn about:

- The concept of SEL and its 5 core competencies
- How unconscious biases can impact on sport and recreation, and the importance of actively seeking to understand and address the cultural or social realities of diverse individuals, groups, and communities
- General strategies to integrate SEL into sport and recreation in ways that best support respect, equity, and inclusion
- Your personal SEL skills & opportunities

## Evaluation Process:

There is one module to the training, at the end of the module there is a knowledge evaluation. Participants must successfully complete the evaluation before completing the course. Participants that do not achieve a passing score of 80% can review the module content and try as many times as necessary to complete the course.

***Upon successfully completing all modules, there is a printable certificate for your records.***

## Course Duration:

This online course is self-paced. Participants may leave the course at any time and can resume where they left off. The duration will depend on the individual participant and their prior knowledge of the subject matter. On average, the course will take about 1-2 hours to complete.