



Quebec Approach to Sport Development and the Promotion of Regular Physical Activity



PARTNERS IN COACH EDUCATION

The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/provincial/territorial sport organizations, and the Coaching Association of Canada.



The programs of this organization are funded in part by Sport Canada.



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The Quebec government has invested in sport development and the promotion of regular physical activity since it created the Quebec sport federations in the 1960s, the Kino-Québec program in 1978, and the skill-based health and physical education curriculum in 1999.

That commitment is unique to Quebec and stems from our powerful drive to support implementation of various programs, in line with Quebec's exclusive jurisdiction in education, health, sport, recreation and physical activity.



Physical education and physical literacy – 8 million people

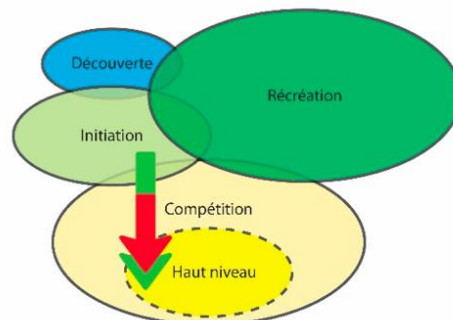
In Quebec, health and physical education classes are mandatory in all elementary schools, secondary schools and CEGEPs, and must be taught by specially trained teachers. The department of education's curriculum is based on the current state of international research on physical literacy. It includes three interconnected skills¹ that students must acquire: performing movement skills in different physical activity settings; interacting with others in different physical activity settings; and adopting a healthy, active lifestyle.

Through various adapted games, sports and physical activities, students acquire a wide range of fundamental movement skills that support their physical and overall development. Developing a broad skill set is a good thing for all children and teenagers—no matter their potential or aspirations—and a physically active lifestyle will be the chief legacy of their health and physical education journey.

Sport participation – 1 million people

In Quebec, sport participation is divided into five categories depending on the participant's skills, the nature of the sport, the structure in place, and the equipment or facilities required. Discovery is the stage where a participant tries out a new sport; introduction is about learning the play-related aspects of the sport; recreation is about having fun more than improving your performance—unlike competition, which focuses on performance rather than fun; lastly, high performance is only for athletes striving for excellence.

This diagram shows that participant journeys are not necessarily linear—participants do not have to go through the four other categories to reach the high performance stage. The five categories are meant to provide a dynamic overall representation of sport participation, which suggests that participants may take various journeys. Any given person may move between categories or be in two different categories at the same time, at various life stages.



Athlete development – 25,000 athletes

The Quebec sport federations oversee sport talent development to build a pipeline of high performance athletes, and they create athlete development models for their respective

¹ Quebec department of education and higher education. Health and physical education curriculum for elementary schools and high schools.

sports. Their athlete development models are based on both the demands of high performance sport and the fundamental principles of athlete growth and maturation. Among other things, each model sets out the federation's terms of reference and, for each category, identifies athletes' sport development goals for every aspect of training: physical, technical, strategic/tactical and psychological. Athlete development models should guide the efforts of all stakeholders who are directly or indirectly involved in supporting athletes with both the talent and inclination for high performance sport.

Now it's your turn!

We encourage all our partners to use and promote the tools and programs discussed here. They are the pride of our province, and they help position Quebec as a Canadian leader in sport development and the promotion of regular physical activity.