



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Creating a Positive Environment in Sport

Dr. Giulia Guardavilla



Funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Sport plays a very important role in a person's development and can be a fundamental element for their physical and psychological wellbeing.

The coach can significantly influence the sporting environment through a positive approach to body image, nutrition, and performance.

A coach's appropriate behavior can reduce the risk of athletes developing an eating disorder and can provide a positive role model with regard to topics of nutrition, weight, and body image.



Funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Focus on What the Body Can Do, Not How It Looks

It is important for the coach to emphasize the functions of different body parts, explaining what they are for and how developing them is useful for improving performance, rather than focusing on appearance.

Emphasize what the body can do, not how it looks.



Funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Set Realistic Goals

It is important to set realistic goals for each athlete that motivate them to improve, yet are achievable without compromising their wellbeing through excessive training or unhealthy behaviors.

Goals should be discussed with athletes to ensure they are shared and that the commitment required is proportionate to each athlete's resources and aspirations.



Funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Prioritize the Athlete's Wellbeing Over Performance

When a coach is faced with a highly talented athlete, they are tempted to demand a great deal, but it is always important to remember that the athlete is a person and that sport is just one part of their life - for very few does it become a top priority.

It is more important to allow the athlete to have a positive experience of sport than to achieve results at any cost.



Funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Teach That Good Performance Depends on Many Different Factors

It is important for athletes to understand that good performance comes from a balance of many different factors, not only weight and body shape.

Training quality, overall health, psychological resources, sleep, and muscle mass should all be considered. It is more important to strengthen these factors than to focus on changing body weight.



Funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Use Positive Coaching Styles

It is important to focus one's coaching style on commitment, wellbeing, and the growth of athletes.

Perfectionism should be avoided, and mistakes should be framed appropriately even when they affect performance.

Motivation and team spirit should be supported - collaboration toward achieving a result, without excessive pressure.



Funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Address Weight and Nutrition Topics in the Right Way

If it is necessary to address the topics of weight and nutrition, it is important to avoid giving dietary advice and to always suggest consulting a professional who can properly consider all of a person's individual characteristics.

If athletes need to be weighed, always do so in private and consider whether it is better to communicate the weight or simply record it without disclosing it.



Funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.