SPRINT PATTERN APPLIED TO THE KNOWLEDGE OF THE MARRIAGE OF SPORTS AND TRAINING OF THE PERSON

Abstract
The sport in Italy involving tens of thousands of young people with passion and dedication to train, play and compete under the constant guidance of coaches and instructors. You make a reflection, because the sport is not education per se, as also all other human activities. Being based on the difference physical and athletic that is increasingly enhanced and emphasized in the race, the sport is not for everyone and anyone who has had experience of racing knows that the important thing is not to participate, but that the very structure of the sport expected to looking for the win and you play to win. The task of the instructors, coaches is to move slightly accents where you practice sport at youth level: youth sport has its dynamics and its specificity if he wants to be educational, and therefore must be something more and something different from only sport. Then it should be possible for a coach or a trainer working for the practice of a sport education, focusing on the material elements of the sports event, such as the rules of the game, materials, field, opponents and turn them into option education.

Key words: sport, pedagogy, growth, value of sport, motor skills, integration, lifestyle