



## Actividad física y resiliencia: Una práctica en Europa para la inclusión social [

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text (article)

Analítica

This study assumes the previous assumption that resilience applied to sports programmes can be very useful to promote social inclusion. In this sense, a systematic proposal is presented based on 6 experiences from different European countries that are united by the desire to promote resilience and social inclusion through sport. The aim of the study is to identify the key aspects to be taken into account in order to make sport experiences resilient, with the aim of improving their educational and inclusive value. A qualitative methodology has been implemented using 6 focus groups and 6 SWOT matrices as data collection techniques. The most important contribution of this study is the concretisation of actions -by professional and academic teams- based on their daily experience. These actions are organised along 3 time axes, triangulated with 6 aspects of resilience applied in a social organisation. In the discussion, emphasis is placed on the importance of including a change of mentality in the professional teams of the sport practice to assume a model of resilience and, thus, facilitating social inclusion

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