

PREPARING FOR RIO? OR PREPARING FOR POST-RIO? PARALYMPIC ATHLETES AND TRANSITIONS OUT OF SPORT



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BACKGROUND

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PURPOSE

METHODS

FINDINGS

DISCUSSION



The English Institute of Sport (EIS) is a significant provider of sport science and sport management services to athletes representing Great Britain

- Performance Lifestyle advisors provide services that support lifestyles conducive to optimal performance
- This includes mentoring athletes at transitional stages in athletic careers
- Also includes supporting athletes in their transitions from 'in sport' to 'out of sport'

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Mainstreaming of disability sport means same services are now provided to elite para-athletes

- There is no empirical research into the out of sport transitions of disabled athletes
- Performance Lifestyle advisers' practice is guided by research conducted exclusively with non-disabled athletes

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Purpose 1:

Map the existing literature on para-athlete career pathways identifying the sources of evidence currently available as well as gaps in knowledge.

Purpose 2:

Provide service providers with specific directions for further inquiry.



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Scoping survey

- Systematic search of databases, reference lists and key journals
- Topics: Paralympic athletes, career transitions, retirement, education and employment
- Studies synthesized and interpreted using a descriptive-analytical method

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Literature on psycho-sociological aspects of disability sport including:

- Robust and addresses stress, coping and emotion of Paralympic athletes

Literature on retirement of Paralympic athletes

- While many have indicated need for further work and speculated there is no empirical work following the out of sport transition of Paralympic athletes



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PURPOSE

METHODS

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- Paralympians may have different pathways into elite sport compared to non-disabled athletes (often later start and different employment history)
- There are reasons for leaving sport unique to Paralympic athletes (changes in classification, changes to events on Paralympic programme)
- Engagement with retired para-athletes is needed to understand these interactions and provide better services to current para-athletes

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Para-Athlete Retirement: Insights, Support, Management

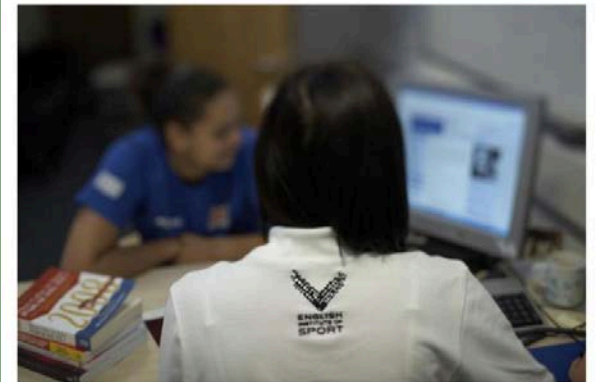
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Research

Para-Athlete Retirement: Insights, Support, Management



Dr. Andrea Bundon talks about Project PRISM with the English Institute of Sport



Project PRISM

While there have been considerable advances in para-sport in recent years, very little is known about the experiences of para-athletes after they retire from competitive sport. The English Institute of Sport cares passionately about athletes and wants to ensure their practitioners are

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