

The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by all Member States in 2015 as a universal call to end poverty, protect the planet and ensure that all people enjoy peace and prosperity to 2030. The 17 SDGs are integrated because they recognize that interventions in one area will affect the results of others. Achieving these goals requires the creativity, knowledge, technology, and financial resources of the entire society to achieve the SDGs in each context.

What is the role of sport in Sustainable Development Goals?

To achieve these objectives included in the 2030 Agenda, sport plays a very important role due to its transformative potential, as well as being a crucial element for the lives of children and young people around the world, offering advantages in the field of health, education, and life opportunity.

Of the 17 SDGs, the following 8 have been chosen as those in which sport can influence to transform society.



Goal 3: Ensure healthy lives and promote well-being for all at all ages. Reducing significant global levels of physical inactivity among the adult and youth population is a priority that can, in part, be addressed to increase participation in sport.

Goal 4: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all. The combination of physical activity and sport together with the curriculum is a perfect opportunity to offer complete and lifelong learning. The values and skills that sports can bring are essential for participation in group activities and stimulate social cohesion within communities and societies.



Goal 5: Achieve gender equality and empower all women and girls. Sport and physical activity are a mean of empowering women and girls by helping them demonstrate their talent and achievements to society by showing their skills and abilities. It also provides opportunities for social interaction and friendship questioning the stereotypes and social roles of women.



Goal 8: Promote sustained, inclusive, and sustainable economic growth, full and productive employment and decent work for all. For some communities that do not know the culture of sports, if an adequate training program is carried out and adapted to the needs, projects related to the creation of sports schools that allow young people to be trained in sports subjects can be developed.



Goal 10: Reduce inequality within and among countries. In a more local field of action and specific situations, sports practice can help reduce inequalities in communities through the values that sport provides as teamwork, cohesion, trust, etc. After all, sport is a universal language that allows ethnic groups and societies to be united.



Goal 11: Make cities and human settlements inclusive, safe, resilient, and sustainable. Sport contributes to making cities and communities more inclusive. In contribution to inclusion, sport can promote social development by changing perceptions of people with disabilities by allowing them to participate.



Goal 16: Promote just, peaceful, and inclusive societies. Sport is a valid tool for conflict prevention and thanks to its universality it can transcend cultures. For the promotion of peace, sport helps to create safe environments as well as it can build ties between communities of different cultures or political divisions.



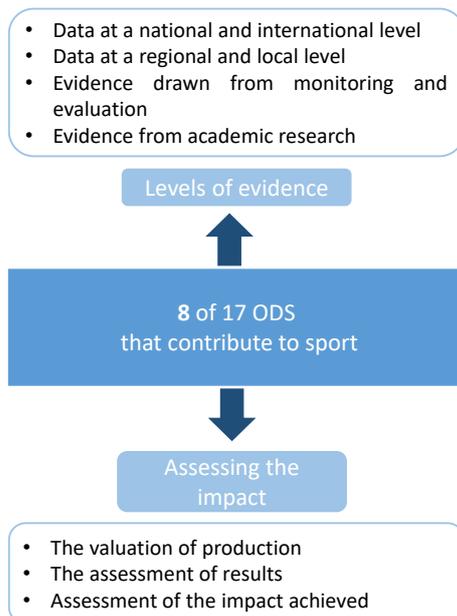
Goal 17: Revitalize the Global Partnership for Sustainable Development. Today's society is interconnected, and the global phenomenon of sport has the power to establish relationships between governments and private and/or civil societies, organizations, sports federations, etc. All of them can be configured in different ways to collectively contribute to sustainable development. From the alliance between entities or projects, synergies can be established to work with the same sense and purpose.



Elements to analyze the Sustainable Development Goals

After identifying the sport-related SDGs, it is necessary to establish what are the data sources and levels of evidence that allow helping make judgments about the contribution of sport towards the SDGs.

- **Data at a national and international level**, of official statistics on the economy, health, education, and labor market, some of which may have relevant indicators for sport.
- **Data at a regional and local level**, such as census data and official statistics, and data generated to monitor public sector initiatives driven by local politics.
- **Evidence drawn from monitoring and evaluation**. Based on discrete initiatives, such as monitoring and evaluation at the international, national, or local level of sports-based initiatives, carried out by civil society or private sector organizations.
- **Evidence from academic research**: specific disciplinary or thematic foci that can therefore provide evidence on, for example, political decisions to expand sport-based approaches.



Evidence-based value arguments on progress towards the SDGs are vital for informing policies at the global, national, and sub-national levels, but, as is well known, producing reliable indicators of impact can be difficult. As well as the evidence of social, economic, or environmental impact can be subject to a very wide range of interpretations.

Methods for measuring and evaluating the impact of sport-based approaches

Claims regarding the direct or indirect contribution of sport-based approaches to the goals of the SDGs should take care and attention to how definitions of value are constructed and how data sources are interpreted to indicate whether they are positive contributions or not.

Considering specific indicators of each SDG with different ways of measuring and evaluating sport-based approaches, a series of terms have been identified that can be used to distinguish between different sources of impact assessment:

- **The valuation of production**: it is generally a measure of the value of the productivity of the intervention. It is often possible to list this value, that is, the number of people who participated in a sports initiative, or in specific educational activities or who fulfilled leadership roles. Such measures indicate the level of productivity of a project, but do not necessarily indicate its social, economic, or environmental value.
- **The assessment of results**: results can be defined as changes in people's lives, the economy or the environment that has been achieved as a direct result of an activity associated with institutional policies, interventions, or initiatives.
- **Impact value**: impact can be defined as the identification of a tangible effect that fully or partially meets broader strategic objectives. This aspect is more difficult to measure because initiatives and interventions generally occur in contexts of other indirect influences.

Diverse sport-based approaches with the involvement of varied actors can contribute directly or indirectly to providing evidence of positive change. Furthermore, progress towards the SDGs may not always be a linear process, so caution and realism must be applied to any judgment regarding the contribution of sport-based approaches and policies. Therefore, there is a need to create a meaningful capacity and strategic reflection focused on reviewing effective approaches, allowing to review and measure progress in different contexts and realities.

