

Abstract

This study aimed at investigating causal effects of sport participation. It was hypothesized that the sport participation would cause positive effects on academic performance, goal orientations and self-esteem. Twenty-five secondary school students were assigned to two kinds of sport training program, basketball or fencing, for 4 weeks. The control group consisted of another twenty-seven students who did not receive any extra sport training. Both groups were required to fill in task and ego orientations in both sport and academic areas and Self-Esteem Inventory before and after sport training. Academic results before and after athletic program were also collected from the school. The results were that the short term program made sport participants obtain less decreased academic results than non-participants. But the effect was small and limited. There was no significant interaction effect on goal orientations and self-esteem. These results suggest that sport can be used as a means to enhance academic performance to a certain extent.