

**BUILDING  
ENTREPRENEURIAL  
DISCIPLINES THROUGH  
SPORTS AND HOBBIES**

**LEARNER HANDOUT**





## INTRODUCTION TO THE TOPIC

Entrepreneurial competence and engagement in sports and hobbies are two seemingly distinct domains that share surprising parallels in shaping individuals for success. Both require a combination of skills, including discipline, strategic thinking, and perseverance. The world of entrepreneurship demands innovative problem-solving, risk management, and adaptability—qualities equally valuable in excelling on the playing field or in pursuing personal passions. This convergence between business acumen and recreational pursuits underscores the interconnectedness of diverse skill sets. In this material, we delve into the remarkable ways these worlds intersect, revealing how honing competencies in one domain can significantly enhance performance in the other.

## CASE STUDY

Imagine that you are a very good tennis player. You are doing great with climbing to the top of your sports career. Your dream is also to become an entrepreneur. What sports qualities can help you achieve this dream?

To complete the task correctly, answer the questions:

1. What are the qualities of a sportsman?
2. What entrepreneurial qualities do you know?
3. Can the qualities of an athlete help you acquire entrepreneurial qualities?

## LEARNING ACTIVITY

After reading the case study, think and list 5 qualities of an athlete that can help you succeed in business. Justify your answer.

Don't worry if coming up with 5 examples gives you trouble, instead try and do 3 of them!

1. Example of a quality:

Why?

2. Example of a quality:

Why?

3. Example of a quality:

Why?

4. Example of a quality:


Why?

5. Example of a quality:

Why?

## LEARNING ACTIVITY

<b>Transversal Theme</b>	Sport and Hobbies
<b>Activity Title</b>	How can the qualities of an athlete help in business?
<b>Type of resource</b>	<b>Learning Activity</b>
<b>Photo</b>	

			
<b>Duration of Activity (in minutes)</b>	60 minutes	<b>Learning Outcome</b>	<ul style="list-style-type: none"> <li>Getting acquainted with the qualities of an athlete and entrepreneurial qualities</li> </ul>
<b>Aim of activity</b>	Gain knowledge of entrepreneurial qualities and emphasize the importance of sport and hobbies.		
<b>Materials Required for Activity</b>	<ul style="list-style-type: none"> <li>paper</li> <li>pen</li> <li>the Internet</li> </ul>		
<b>Step-by-step instructions</b>	<ol style="list-style-type: none"> <li>1) Read the contents of the case study</li> <li>2) Answer the questions in the case study</li> <li>3) Read the content of the learning activity and follow the instructions.</li> <li>4) Don't stress yourself out. We wish you good luck! :)</li> </ol>		

## ADDITIONAL READING OR STUDY MATERIALS

Congratulations, you have reached this point and completed your self-reflection activities related to **Entrepreneurial competence, Sport and Hobbies**. What comes next? If you would like to learn more about the topics you have covered so far in this lesson, we have prepared the following additional reading materials for you. This section presents some links to extra materials and videos that we have found online that we think will help you to take the next step in developing your knowledge.

<b>Resource Title:</b>	10 characteristics of an athlete
<b>Topic Addresses:</b>	qualities of an athlete
<b>Introduction to the resource:</b>	By reading this article you will learn examples of the qualities of an athlete
<b>What will you get from using this resource?</b>	<ul style="list-style-type: none"> <li>• Knowledge of the characteristics of an athlete</li> </ul>
<b>Link to resource:</b>	<a href="https://athleticevolutionspt.com/top-10-characteristics-of-an-athlete/">https://athleticevolutionspt.com/top-10-characteristics-of-an-athlete/</a>

<b>Resource Title:</b>	Entrepreneurial Skills
<b>Topic Addresses:</b>	Entrepreneurial Competence
<b>Introduction to the resource:</b>	Learn more about entrepreneurial skills through the video.
<b>What will you get from using this resource?</b>	<ul style="list-style-type: none"><li>• You will gain knowledge of entrepreneurial competence.</li></ul>
<b>Link to resource:</b>	<a href="https://www.youtube.com/watch?v=2Vhcjg74PnA">https://www.youtube.com/watch?v=2Vhcjg74PnA</a>



# ONE STEP UP



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