

INNOVATIVE SPORTS EDUCATION AT SAS

BAABDA, LEBANON

The ISF Academy team went to meet Dr. Georges Assaf, School director of the sports academy school in Baabda, Lebanon, who has just affiliated his school to the School in Motion (SIM) label.

The unique ethos of the Sports Academy School in Baabda, Lebanon

The Sports Academy School (SAS), established in 2015 by Dr. Zeina Mina and Dr. Georges Assaf, is Lebanon's pioneering vocational school where high-level sports training is integrated with academic studies. SAS offers a major in "Sports and Physical Education," providing a dual-pathway from 8th grade (Brevet Professionnel, BP) through to the baccalaureate technical (Baccalauréat Technique, BT). We are dedicated to the holistic development of young athletes, ensuring they excel both athletically and academically.

Our innovative curriculum balances over 10-12 hours of physical practical subjects per week with technical education, including specific and scientific subjects.



This model nurtures young talents in a professional setting, preparing them for diverse careers in the sports industry. Our purpose is to foster excellence in sports education and prepare aspiring professionals for successful careers. Our ethos centers on creating a dynamic educational community where students are empowered to achieve excellence and lead in their fields. Through our integrated approach and numerous local and international opportunities, SAS is shaping the future of sports education in Lebanon, preparing students to become leaders and innovators in the sports industry.

How much importance does your school place on physical education ?

Our school highly values physical education and sports, integrating them into the curriculum to promote health, teamwork, and prepare students for sports careers. Physical education is a cornerstone at the Sports Academy School (SAS), blending sports training with academics. Students engage in track and field, team sports, racket sports, combat sports, and more, supported by a robust preparation program.

The curriculum aims to develop students holistically, enhancing physical abilities, resilience, teamwork, and leadership. It prepares students for sports careers, incorporating biomechanics, nutrition, and psychology to optimize performance and health. Participation in sports fosters life skills like goal-setting, time management, and community building.

Tell us more about projects led by the schools that are aimed at promoting health and well-being in young people

This year, our school initiated significant projects promoting health, physical activity, Olympics, and youth well-being:

1. Youth Volunteer Training: Preparing young volunteers for the Paris Olympics, enhancing their roles in major events and community engagement.
2. Relais Terre de Jeux: Uniting Lebanon's Francophone educational community through a global relay race, fostering Olympic spirit and featuring high-level athletes.



3. Olympic Day: Celebrated with diverse sports activities, cultural quizzes, and increased student engagement with Olympism.
4. Olympic Exhibition: An itinerant exhibition on Olympic values and Lebanese athletes, enriching understanding through interactive experiences.

5. Sports Photo Contest: Merging sports and arts to promote Francophone culture and physical activities in schools.

6. Inclusive Sports Events: Students participated in basketball and table tennis events, showcasing sports' unifying power.

7. Environment and Health Initiatives: Organizing hiking events focused on environmental cleanliness.

How can your school benefit from the SIM project in future ?

The Sports Academy School (SAS) stands to gain significantly from the School in Motion (SIM) project, enhancing international exposure and networking. Participation in SIM connects SAS with a global network dedicated to integrating sports into education, fostering knowledge exchange and innovative methodologies. SIM's recognition elevates SAS's profile, attracting partners and sponsors. Professional development opportunities for educators ensure leadership in sports education. Students benefit from international events and exchanges, enhancing skills and global experience. SAS promotes community health through sports and physical education beyond school activities.

Share a brief message for school students around the world

To all the “sports lovers” around the world:

Embrace your education with enthusiasm—it's your most powerful tool for the future. Challenge yourself, stay curious, and remember that every day offers a new opportunity to learn and grow. Dream big, be kind and positive, and believe in your ability to make a difference.



A specific message for all directors around the world linked to Physical Education and School Sport ?

In our field, emphasizing inclusivity and innovation is crucial, ensuring sports are accessible to all students, fostering a healthier school environment, and imparting lessons on teamwork, respect, and perseverance.



Dr. Georges Assaf

*Sport Academy School
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