



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

THEMATIC AREA 1

Understanding the uniqueness and diversity of body image and body structure

Every person has a unique body structure, shaped in part by factors that cannot be changed. These cards help athletes and parents recognise and accept individual differences as part of each person's identity, moving beyond the idea that there is a single "right" body model.

IN THIS AREA:

- Card 1** There are different body shapes
- Card 2** The body has a function
- Card 3** Valuing individual differences



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AREA 1 • BODY UNIQUENESS AND DIVERSITY — CARD 1

There are different body shapes

Body shapes are not all the same: the starting characteristics of one person compared with another are not the same, and there are aspects of the body, such as bone structure, that cannot be changed.

Individual physical characteristics that cannot be modified also determine each person's appearance and body shape.

The body therefore has its own starting structure, which is partly shaped by the sport a person practises.

Sport acts on body shape, for example by developing certain parts of the body more than others, but it cannot completely change the body's structure.

It is important to accept one's own body shape and to make it part of one's identity and uniqueness.



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AREA 1 • BODY UNIQUENESS AND DIVERSITY — CARD 2

The body has a function

The body is often seen as a shell that must be attractive and meet purely aesthetic standards.

However, the body performs many other functions that require it to change. For example, you cannot expect to have a completely flat stomach after a meal, because digestion makes slight bloating normal. If this is interpreted as something wrong, because only outward appearance is taken into account, dangerous thoughts may arise, such as avoiding eating.

For an athlete, muscles are essential, and every part of the body plays a specific role within a sporting discipline. It is important to consider the function performed by the muscles, and not simply to wish, for example, for slender legs because they are a standard of beauty.

In general, it is essential to consider the body as a whole, not only for its aesthetic function, and to understand that its appearance also reflects the activity a person carries out.



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AREA 1 • BODY UNIQUENESS AND DIVERSITY — CARD 3

Valuing individual differences

A person's identity is made up of their individual characteristics, both of personality and of the body.

The process of conforming often leads individual characteristics to be seen as something negative when they do not match the proposed models.

As a result, many people — especially girls and boys — consider themselves inadequate and are constantly seeking a change that might bring them closer to the images continually proposed by social media.

It would instead be important to reverse this way of thinking and to value individual differences, because they are what define a person and allow them to be unique.

Variety is positive, and originality is a way of expressing one's own way of being and one's creativity. You do not have to be all the same in order to be accepted.



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