



# The therapeutic value of snooker

A resource for healthcare professionals



Photo: WPBSA / Andy Chubb

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This guide has been created by occupational therapy and physiotherapy students while on a clinical placement.

The guide has been led by Sport for Confidence and the content created by students as part of their clinical placements, supervised by occupational therapists. Please contact Sport for Confidence for more information: [info@sportforconfidence.com](mailto:info@sportforconfidence.com)

Acknowledgements: Jake Turner, Liz Fletcher, Lyndsey Barrett, Anna Pettican, Charlie Collins, Andy Chapman, Joshua Blowers, Emily Judge, Craig Barker, Max Barker, Gayle Oliver, Barnaby Kingdon, Zoe Richards, Christopher Colville, Nicholas Wood.

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## INTRODUCTION

**Snooker is a popular sport believed to have been played first in the late 19th century by British Army officers stationed in India. Individual players or teams take turns, using a cue stick, to strike the white cue ball, aiming then to pot the other coloured balls, sinking them into six pockets. The object is to score the most points per frame (a single game of snooker). This guide will introduce you to snooker as a therapeutic tool for maintaining health, wellbeing, and quality of life.**

The benefits of sport and physical activity for physical health, mental wellbeing and social connections are becoming well known. Nonetheless, it is further reported that people with disabilities and long-term health conditions are much less likely to be engaged in sport and physical activity than the general population<sup>(1)</sup>. As this disparity broadens there is an increasing interest in the use of sport and physical activity as a therapeutic means<sup>(2)</sup>. This guide has been developed to provide people working in the health and sport sector with a tool for practice to bring together available literature exploring snooker as physical activity and demonstrate the therapeutic potential. It has been led by Sport for Confidence but the content was co-produced with occupational therapy and physiotherapy students from the University of the West of England, Bristol and working in collaboration with The World Professional Billiards and Snooker Association, Sport England, Royal College of Occupational Therapists, The Chartered Society of Physiotherapy, Moving Occupational Therapists (social media page), Health Education England, World Disability Billiards and Snooker and the Stephen Harrison Academy.

The intention of this brochure is to provide a resource of ideas for planning the use of snooker for therapeutic purposes. Its purpose is to be of use to health professionals, sports coaches, snooker groups, schools, and other interested groups.

The content is guided by principles of occupational therapy and physiotherapy, which adhere to an international framework that considers the relationship between body function, activity, participation, and wellbeing. Similarly, both disciplines are concerned with facilitating the recovery of function to increase a person's independence and participation in meaningful activities<sup>(3,4)</sup>.

During an assessment process, when prescribing a treatment or intervention, the graded approach is often used. This involves increasing or decreasing the difficulty of the intervention based on how the participant responds.

This guide aims to provide ideas on where to begin with introducing snooker and progressing it as a therapeutic activity.

The varying aspects of snooker may appeal to people in different ways. It is, therefore, important to begin by considering the person. What is it that makes, or could make, snooker exciting for them specifically? Fundamentally the practice of the use of sport and physical activity should remain person-centred and essentially adhere to the individual's personal preferences, interests, and values.



## What is snooker?

**Snooker, a cue sport, involves a participant aiming a cue over a table to hit a ball on to another, in the hope of sinking the coloured balls into the six pockets.**

Usually, you would think of someone bending down resting the cue onto their other hand pulling it back and performing their shot. This can be quite different when you look at inclusive snooker. The participant may be using a wheelchair and, therefore, does not need to bend or the participant is using one hand and a rest device, to perform the shot.

Not all participants in snooker are the same and people may engage for very different reasons. Barriers to entry can be incredibly low (should a snooker club be in your local area) and snooker can easily be adjusted to meet the individual's requirements, simply requiring a little creative thinking. Building up skills to impersonate favourite players such as Ronnie O'Sullivan, Judd Trump, and many more, may not take very long! Snooker can be a fantastic way to improve confidence, gain social connections and increase exercise without even thinking about it.

## How can you support someone to start playing snooker?

### Start by thinking about the person:

- Work with someone to consider how snooker can be adapted; rules adjusted to meet personal goals. Check out this [webpage](#), which demonstrates in detail how to play snooker.
- Explore what is exciting about snooker and talk through any worries. Have they played before? If so, explore what they remember and what they enjoyed. Also consider what might increase anxiety and explore ways to alleviate this.
- If the participant is nervous in a social setting, try it 1:1 or slowly integrate them into an inclusive club with others.
- Think about the type of cue and equipment that may be needed. See the equipment section below for tips.
- Choosing your snooker clubs. Have a look online for inclusive snooker. The following links have great lists, see [here](#) and links at the end of the guide for hubs in England and [here](#) for worldwide information. Although inclusive snooker clubs may not always be local to you, consider contacting the WPBSA/WDBS to explore your options.
- Don't forget to celebrate ALL achievements no matter how small – potting a ball, winning a game, taking your first shot are all achievements.



## Getting started

**Preparing to go to your first snooker club can be exciting but also daunting. Remember, everyone starts off as a beginner.**

### Top ten considerations:

1. Make sure the cue is right, explore for example the varied sizes available. You can also investigate rest/cueing devices, such as a cannonaid if you are playing one handed. Previously owned cues are worth considering.
2. Watch videos on technique and distinctive styles of shots. You can find many great videos on YouTube [here](#).
3. Set collaborative goals. If appropriate, start small, grade, and adapt, as necessary. Aiming to win may not be the target. Think of social and communication goals not just physical and competitive.
4. Make that first step and simply go and visit a club, talk to the members.
5. Keep chalking! This will prevent deterioration of the cue and help to perform the best shot possible.
6. Drink water! A game can last longer than 20 minutes so keeping hydrated is a must.
7. Try mini games or skill practice. You can always refresh your games by trying challenges rather than a full game of snooker, for example click [here](#).
8. Take a break, grab a refreshment, and have a catch up with your opponents.
9. Clean your cue, to stop it rubbing against your hand or the table. There is lots of cue cleaning advice online [here](#).
10. Have fun! Enjoy it! Why not play with your participant and even join a club yourself?



## What equipment is needed?

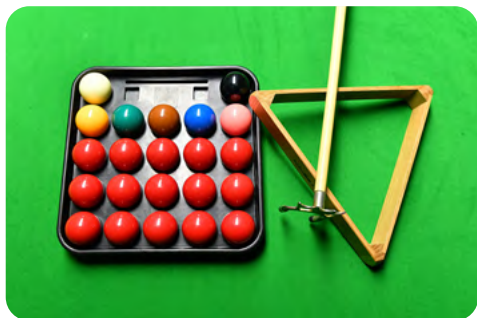
**Snooker is a great sport as little equipment is needed to get started. There is the basic equipment and some extras and adaptations you may want to add as you progress.**

### The Basics

- A **cue** – of the participant's choosing. When starting out ask the local clubs if cues can be borrowed or they might have recommendations of where to purchase reasonably priced equipment.
- A **cue case**, when you buy a cue, it will often come with a case for protection.
- **Chalk**, this is always important to keep the cue in good shape and to help it perform at its best.
- A **water bottle** to keep you hydrated.
- Things like the **balls, triangle** and **rests** will often be supplied by the club itself therefore there is no need to purchase these.

### Extras

- A **cue extension** – to assist with difficult shots. This is something you may investigate when becoming more advanced.
- **Snooker gloves** – These may help to reduce friction and sweatiness when playing for long periods of time.



### Adaptations

*Snooker can be adapted in so many ways, for example:*

- For someone who is playing using one arm it may be useful to try a cueing device to help with potting, such as a cannonaid. Click [here](#) for examples of equipment.
- Tables cannot always be lowered for wheelchair users, but cushions can be provided so that the player is higher up.
- A cue laser is an attachment that clips onto the cue and points a beam of light precisely where the cue is aimed. This can be used to enable visually impaired players to see the balls clearer.
- Specialised gloves could be an option to support improved grip on the cue, and the ability to form a bridge.
- Referees/coaches who have sufficient sign language abilities to accommodate deaf players.
- Having a stair-lift/ramp/lift installed where steps are used to access the building and snooker club, will enable people living with mobility difficulties to easily access the sport.
- Having a fully accessible toilet will make players feel more comfortable using the facilities and coming to the sessions.
- Sufficient space can be provided surrounding the snooker table to allow large wheelchairs to easily manoeuvre around.
- Having a quiet seated space nearby the snooker room can allow players who are feeling overwhelmed or just need some time to themselves to sit and have a break from snooker.

## How can you play snooker together?

Snooker itself is a great way to socialise and meet new people. You may want to practise on your own or complete drills but when you play a game you will need an opponent.

When playing against someone, as well as it being a competition, you can see it as a time to get to know someone. How old are they? How long have they played snooker? Who's their favourite player?

If you have played lots of frames of snooker against someone it's always great to change it up and try a challenge. Maybe try and set up the reds around the pocket, offering ten seconds a turn to take a shot. Not only is this a great way to quicken up snooker but also allows you to get more steps in and increase the intensity of the sport.

## How might snooker be used therapeutically?

Snooker can be used in a host of ways for a variety of populations, as a group exercise and individually. Snooker, when played in a supportive environment can be a great way to build confidence socially, physically, and mentally. It offers a chance to build social capital, meeting new people to play with or against, building social skills and friendships. When playing snooker, especially fast paced games, you complete lots of steps around the table. Growing evidence suggests many benefits to health and wellbeing (*see evidence table*), especially given the social, community and skill building opportunities alongside the physical benefits, *see evidence 5,6,7* on cardiovascular health. It could also form part of someone's journey into exploring sport and physical activity. It's a great way to show a sport that can be made accessible and inclusive, as the equipment is minimal and the sport easy to adjust to individual means. There are inclusive snooker clubs around the country, which allow diverse groups to form a community that goes wider than just snooker, allowing them to rely on each other for external situations.

## Inclusive snooker

Inclusive snooker is the process of reducing barriers to entry to allow a diverse range of people, that might not have ordinarily accessed the sport, the opportunity to take part. The historical view of snooker could act as a barrier today, but so many clubs are working to enhance the view of snooker making it appealing to many different age groups, genders, ethnicities, and people living with different disabilities and health conditions.

Reducing barriers might mean changing equipment or informing someone that an inclusive snooker hub is a place you can take your child, or adult you might support, for a fun game.

Snooker may offer the opportunity to emerge from isolation into public situations, which helps the participant to develop important social and communication skills, through meeting new people, fair play and taking turns, vital in childhood and throughout life. The process of learning a new skill, may boost a participant's confidence, providing a meaningful activity, enhancing health and wellbeing.

# ACTIVITY ANALYSIS

An activity analysis involves determining the typical demands of an activity, the range of skills involved in its performance, and the meanings that might be associated with it.

This activity analysis of snooker is provided as a starting point to prompt reasoning and thinking. It is not therefore exhaustive in terms of the many forms and environments in which participation in snooker could potentially be enabled. The activity analysis has been informed by both the International Classification of Functioning, Disability and Health(25) and the Occupational Therapy Practice Framework(26).

## Speech

- No speech required but interaction can be had between players in relation to turn taking, scoring and rules.
- Should the player require assistance, e.g., the ball picked up and re-placed onto the table, speech may be required but gestures can be given instead.

## Cognitive

- Focused, alert and motivated to play the game.
- Concentration to follow what is happening in the game such as when to take a go.
- Deciding where on the white ball to aim to hit the cue.
- Choosing which colour ball to aim for and when it is appropriate to do so.
- Thinking about forthcoming shots and tactics.
- Calculating scores.
- Memory to keep track of scores. However, someone can keep track for the person if this is difficult for the player.

## Cardiovascular

- Unless modified, significant time can be spent standing.
- Low intensity exercise by stepping / walking around the table during play.

Unless otherwise modified, the physical activity of snooker involves standing and stepping around the table. Increasing evidence suggests that step related physical activity correlates to various cardiovascular health outcomes(6). A sufficient level of physical activity is reported to have beneficial effects on cardiovascular risk factors such as BMI and blood pressure(5)(6). It is further reported that the intensity of physical activity necessary to have a protective effect against cardiovascular disease, does not need to be strenuous(7). Snooker games may last for longer than 20 minutes, increasing steps and cardiovascular endurance. The low level of physical vigour necessary to take up snooker, makes it an achievable starting point for a range of populations and the continued low intensity makes it a lifelong, sustainable activity choice.

## Emotional

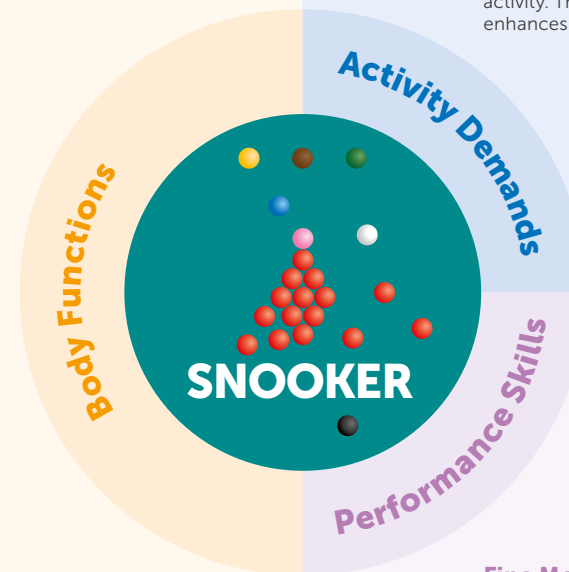
- Response to making specific shots, winning/losing and regulation of these responses.
- Response to the opposition's win/loss.

## Neuro-muscular

- Standing requires use of postural extensor muscles, which include muscles in the legs, hips, back and neck. Adaptations can be made for seated play, including using a cushion to raise the player's height.
- Static and dynamic balance is required as the player is required to lean over the table to hit the ball.
- Bilateral motor integration to hit the ball, cross midline and direct it to desired location.
- Varying arm techniques can be used to recoil the arms and push through the cue to hit the white ball towards a target ball. This requires contraction of upper arm muscles and mobility of joints.
- The game can be adapted so the cue is held in the player's mouth or assistive equipment can support and direct the cue.

## Sensory

- Visually distinguishing between the different colours of the balls and their respective values in the order and scoring system.
- Touch and feel of the contrasting textures of smooth wooden cues and soft carpeted table.



## Relevance & Meaning

Playing snooker is an opportunity to participate in an individual or team sport, that allows for building social relationships and social life skills. It increases physical activity levels and promotes meaningful movement. It allows for the opportunity to acquire a new skill, boosting confidence and participation in a meaningful activity. Therefore, playing snooker enhances health and wellbeing.

## Equipment & Resources

- 15 red balls, 6 colours and one white cue ball
- Snooker table
- Snooker cues
- Chalk
- Rests
- Adaptive devices
- Seats by table to sit down after your turn

## Space Demands

- Lights over table so snooker balls are visible.
- Clear walking space around table and room for bending when hitting the ball.
- Appropriate space for wheelchairs and walking aids.

## Fine Motor Skills

- Grip the snooker cue.
- Chalk the cue using both hands.
- Positioning alternate hand on the table to balance the cue. This can be adapted depending on the need of a cueing aid or other technique.

## Gross Motor Skills

- Manoeuvre around the table.
- Perform sit to stand from chair.
- Manoeuvre and reach of shoulder, arm and hand across the table.
- Using the cue, stabilising hands and arms to ensure the cue makes contact with the ball.

## Social

- Adhering to the rules of the game.
- Developing sportsmanship, respecting referee's decisions, accepting losses and celebrating wins.
- Showing support for teammates or opponents.
- Awareness of others in space and respecting physical boundaries.
- Following etiquette by shaking the opponent's hand at the end of the match.
- Giving the opponent appropriate time and space to take their turn.
- Interacting with new/regular members of the group can develop friendships.
- Playing in competition or competitive settings can build self-confidence.



## CASE STUDIES

To illustrate the therapeutic value of inclusive snooker, we have provided a range of case studies. Engaging in snooker can help achieve person-centred goals and make a positive difference to people's lives.

*Please note that names and other identifying information in the case studies below have been changed to protect confidentiality.*



### Inclusive snooker, Ed's story

Ed has a mild learning disability and visual impairment. He discovered snooker 8 years ago while attending his local community centre and has played snooker once every two weeks since.

He found that the teacher made the sessions fun, and he enjoyed meeting lots of new people through attendance of these sessions.

Initially, Ed found that he struggled to see the ball properly. An adaptation was arranged to help him overcome this barrier. He now uses a 'cue laser' that shines a light onto the balls. This enhanced his ability to hit the balls and he said he enjoys seeing the different colours.

Ed has made new friends through snooker and enjoys the bi-weekly sessions because it provides an opportunity to catch up with them. He gets a sense of achievement when he gets balls in the pockets.

Ed now attends tournaments across the country. This enables him to travel, socialise and play against different players. Ed looks forward to more tournament events though they challenge him.

### Using snooker to build confidence

James 23, lives with his mum, dad, and sister. James has a learning disability, autism, epilepsy and is partially sighted. James attends a snooker group aimed at players living with learning disabilities that runs twice a month. James loves watching snooker on TV and his favourite player is Ronnie O'Sullivan.

When James first started going to the snooker group, he was very shy and just watched. Having attended the group his confidence has grown. James describes the snooker group as being very supportive *"We all encourage each other with our shots and help each other to make our game better."* With different techniques from the coach, James has been able to overcome difficulties with using the rest, along with lots of practice James says he is now more confident. They play several short fun games to help improve their snooker techniques. James's favourite is red hot, where everyone gets a go. James says *"I keep going back because I enjoy meeting up with my friends and I love snooker."*

James's mum says *"The group weren't very confident when they first went but they've gelled now as a team. If you are thinking of getting into snooker, I would advise you to take a look at the group, get to know people that are there. People are normally friendly and will help you get involved"*.

### Snooker – a social sport, Jackie's experience

Jackie started playing snooker 8 years ago after joining a local snooker club, gradually her snooker skills improved especially since playing in competitions, competing against other teams in World Disability Billiards and Snooker (WDBS) organised events.

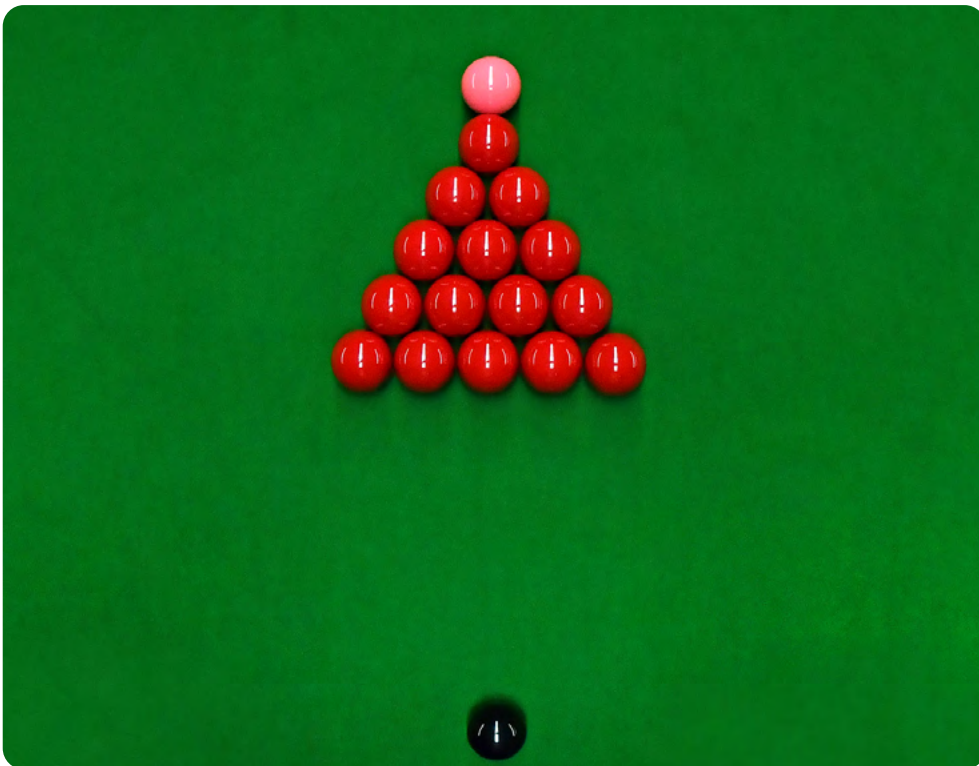
Despite having limited strength and movement in her right hand, Jackie can participate with the assistance from an adaptive device called a cue rest which allows her to balance the cue without using her right hand. She loves that snooker is suitable to everyone because of adaptations, and it welcomes people of all abilities.

Jackie's favourite part of the snooker group is helping others. She plans to play snooker for many years into the future because of the benefit it has on her social life.

## Competitive snooker

Chris believes snooker is therapeutic like no other sport. Chris was diagnosed with cerebral palsy at birth and now competes in snooker competitions around the world.

Chris is a lover of life; he embraces his disability as part of his identity and doesn't let it hold him back. Chris plays snooker through the WDDBS organisation. They hold games and tournaments for different disability groups giving people living with disabilities a chance to progress and play snooker at a highly competitive level. Chris plays in the lower limb disability group. He takes pride in his achievements and builds confidence from them. Chris has been able to travel the world because of snooker and has found a sense of belonging in the snooker community. In recent years Chris has adopted a new role as a snooker coach. His preferred method of coaching is one-to-one as it means he can attend to the players' individual abilities more effectively.



## Snooker, a mindful activity by Jennifer, Occupational Therapist

*"Snooker, for me, is an activity which gently encourages me into the present, when submerged in a game I am in a state of flow, aware only of the here and now. My focus is tuned into the snooker balls aiming to get them down the pockets in a methodical order.*

*The support I feel from the spectators and opponents promotes a supportive atmosphere, and a sense of belonging only encourages me to keep playing.*

*All emotions are present with snooker. The frustration and disappointment when you don't win are soon replaced with success and pride when you see the balls disappear into the pockets, but crucially winning is not always the end goal. The support from others warms you up inside, making you feel valued. There is a mutual respect, you're not a nuisance in the snooker club and coaches are only encouraging.*

*The adrenaline you get from an athletic sport is replaced by the calming benefits of a mindful activity; your brain is so focused on the table that no other thoughts can really enter your head.*

*I feel a sense of pride and connectedness playing snooker, making me feel part of a community. I love it and would only encourages others to give it a go too."*



## Max

A student physiotherapist's account of the therapeutic value of snooker.

*"During my physiotherapy placement at Sport for Confidence I was able to observe the value of snooker and investigate how it may be used in practice as an intervention tool. Snooker is much more accessible than I previously considered. It has very low barriers to entry needing little change for the inclusion of marginalised groups. I have been able to observe the numerous benefits that snooker can bring about whether it may be physical, social, or psychological. I visited a local inclusive snooker club and got to see how a micro-community was formed with the participants encouraging each other. Their functionality, independence, and friendships may be built almost as a 'spin-off'.*

*The table below highlights the benefits I have learned about during my placement, speaking with participants, visiting a snooker club and talking with the occupational therapists and members of the World Disabled Billiards and Snooker Board."*

DESIGN »	SKILL »	TRANSFERABLE LIFE SKILLS
Playing someone	Taking turns Meeting new people Fair play Social interactions	Speaking to other people who are not known to the client and making conversation.
Gripping the cue and lining up your shot	Fine and gross motor skills Hand-eye coordination Control of the cue and power (force) and speed of the shot Thinking about pre-moves, lining-up your next shot	Skills required when doing daily tasks, such as putting the washing out (hand-eye coordination). Maintaining function of upper limb for other sports such as table tennis, badminton.
Deciding to attend a session/play snooker	Empowerment Enabling choice Decision making Assertiveness	Increases a client's control of their weekly routine enabling them to put things in that they enjoy, bringing about independence.

*Continued >*

DESIGN »	SKILL »	TRANSFERABLE LIFE SKILLS
Potting a ball/ winning a game	Sportsmanship Winning mentality Self-acknowledgement Self-motivation Considering others	Teaches the client to be gracious in victory but to consider how the opponent feels. Teaches the client that they are getting better at the sport and can see improvement.
Cancelled session/ losing a game	Emotional regulation Coping Problem solving Resilience	Helps the client see change or something not going their own way therefore the client needs to react the right way.
Playing fast-paced mini games	Timing Taking turns Playing at a high intensity Changing previous learnt skills and adapting them Exercise tolerance	Fast paced games can increase the intensity of the sport (up to 3000 steps per hour). Clients may find it more fun and interactive causing increased socialising.
Paying for a game of snooker/new equipment	Money management Counting Planning	Managing money is a key skill for the future, for paying bills and paying for essentials.
Reaching for a shot in the middle of the table	Balance Shoulder, arm and hand mobility Taking on a challenge Coordination Using new equipment (rest)/cue extension Changing mindset Risk taking	Tough shots are not always what you want to take on in snooker, but the client needs to change their mindset which is key in life for taking opportunities.
Joining an inclusive snooker club	Confidence Socialising Stepping out of comfort zone	Joining communities will allow the client to create social links to create friends in the future.



# WHAT IS THE EVIDENCE-BASE?

A literature review has highlighted three key articles concerned with the therapeutic and health benefits of snooker.

Please see the table of direct evidence below:



DIRECT EVIDENCE				
PUBLICATION & COUNTRY OF ORIGIN	AIMS OF STUDY	PARTICIPANTS	DESIGN (DATA COLLECTION & ANALYSIS)	KEY FINDINGS
Sagoo et al (2017) <sup>(8)</sup> UK	To ascertain whether playing snooker sustains development of mental cognition from acquiring and developing knowledge of the game of snooker for the 'everyday snooker player' that plays snooker as a hobby or pastime.	1,352 participants worldwide.	Secondary data analysis taken from the Snooker Insight Survey (WPBSA).  Participants responded to a variety of questions that covered different aspects of snooker.	Snooker is a positive health promotional activity, providing benefits for mental, social and physical health. The game offers opportunity to improve social skills, improve confidence and make friendships. Snooker also improved concentration and maths skills.
Sagoo et al (2019) <sup>(9)</sup> UK	Measure, evaluate and discuss how snooker could possibly contribute to an older person's well-being.	6 older adults (65+ years) volunteered from Age UK, Berkshire, (2 female, 4 male).	Participants played snooker, individually or in a group for approximately two hours per week, for eight weeks.  Mixed methods approach: Wellbeing survey questionnaires (WEMWBS) and focus group interviews.	Participants (male and female) reported great enjoyment whilst playing snooker and recognised the physical benefits of being more active. Snooker is a social sport that can positively contribute and impact an older person's health and well-being.
Deshpande (2020) <sup>(10)</sup>	To identify when snooker pursued as a leisure activity can benefit young adults in their life.	107 participants recruited through google.  College and working background (91 males, 16 females).	Mixed methods questionnaire.	Snooker pursued as a leisure activity can contribute to positive health and well-being. It also acts as an opportunity to develop life skills in concentration, focus, social interaction, mathematics.

Additional research in this area would strengthen the strong anecdotal and indirect evidence that snooker has a huge role to play in improving the quality of people's lives, teaching new skills, building confidence and impacting on health and wellbeing.

Additionally, the social, cognitive and physical challenges of the game can be assessed as independent contributors to health and wellbeing. Please see our table of indirect evidence below:



## INDIRECT EVIDENCE

BENEFITS	PUBLICATION & COUNTRY OF ORIGIN	AIMS OF STUDY	PARTICIPANTS	DESIGN (DATA COLLECTION & ANALYSIS)	KEY FINDINGS
<b>SOCIAL HEALTH BENEFITS</b>	Thomson et al (2021) <sup>(11)</sup> Australia	To examine the impact that participation in an intentional physical activity or sport program has on community participation and inclusion for people with intellectual disability.	Children (8-15 years) Young adults (12-25 years) Adults (21-58) With intellectual disability (n = 180) Without intellectual disability (n = 115)	Systematic review = 9 studies included. Five electronic databases were systematically searched for papers relating to intellectual disability, intentional physical activity and community inclusion.	Activity programmes provided a place for people with/without intellectual disabilities to come together and make new friendships, improve confidence and self-esteem.  Other evidence supports the notion that friendships and community play an important role in encouraging and engaging children and adults in sports and leisure activity <sup>(12-15)</sup> .
<b>PHYSICAL HEALTH BENEFITS</b>	Uemura et al (2013) <sup>(16)</sup> Japan	To examine the relationships between the duration of daily non-sedentary activities and the prevalence of metabolic syndrome and insulin resistance.	518 adults (380 male and 138 female) who attended the Tokushima Prefectural General Health Check-up Centre (35-69 years).	Questionnaires obtained lifestyle characteristics and leisure time/non-exercise daily activities.  Associations were evaluated using logistic and multiple linear regression analysis.	Abundant daily non-sedentary activity is significantly associated with a lower prevalence of metabolic syndrome, especially for central obesity and cholesterol levels, and insulin resistance.  This evidence is supported by others who have reported that interruption to prolonged sedentary time improves insulin sensitivity, reduces diabetes risk and increases energy expenditure <sup>(17-19)</sup> .

## INDIRECT EVIDENCE

BENEFITS	PUBLICATION & COUNTRY OF ORIGIN	AIMS OF STUDY	PARTICIPANTS	DESIGN (DATA COLLECTION & ANALYSIS)	KEY FINDINGS
<b>MENTAL HEALTH BENEFITS</b>	Vita et al (2020) <sup>(20)</sup> Italy	To examine the impact of sports activities on self-esteem and emotional regulation.	38 patients with neuromuscular disorders (13-49 years) from Italian Referral Centres.	Case-control design to compare mental health measures between those participating in sport and those who did not.  Categorical data were compared using the chi-square test and relationships assessed with Spearman correlation tests.	The patients participating in sport reported higher levels of self-esteem, lower levels of depression and greater quality of life when compared with patients not practising sport.  Another study found the same in students participating in sport <sup>(21)</sup> .
<b>COGNITIVE HEALTH BENEFITS</b>	Frederiksen et al (2014) <sup>(22)</sup> Europe	To examine whether physical activity affects executive function and processing speed in older adults.	282 independent older adults (mean age = 73) who were either healthy or had minor cognitive complaints.  Recruited as part of the LADIS study.	Prospective cohort study.  Associations between physical activity (> 30 mins, 3 days/wk) and cognitive function (Mini-Mental State Examination) were assessed with multiple linear regression analysis.	Physical activity in older adults was significantly associated with higher scores of executive function and processing speed, at baseline and three years follow up.  Research has produced the same findings in children participating in sport, who demonstrated higher levels of attention and improved motor function <sup>(23-24)</sup> .

The existing research highlights snooker as a sport that welcomes all ages. It can be a leisure activity that provides mental, social, emotional and physical health benefits. Friendships can be formed and improvements in self-confidence can lead to greater quality of life. It is an opportunity to master coordinated movements, fine and gross motor skills, concentration and mathematics.

Furthermore, participants report that the time playing snooker is beneficial to physical health as opposed to time that would have been spent sedentary.





# FURTHER INFORMATION & USEFUL LINKS

## Snooker Pathways

WPBSA: <https://wpbsa.com/>

The world governing body for the sports of snooker and billiards.

World Women's Snooker: <https://www.womenssnooker.com/>

Aims to increase participation in the sport among women and girls.

World Disability Billiards and Snooker: <https://www.wdbs.info/>

Provides people with disabilities the opportunity to play cue sports competitively.

World Seniors: <https://www.seniorssnooker.com/>

Provides opportunities for players over 40 to be able to extend their snooker careers.

Junior Snooker: <https://wpbsa.com/participation/junior-snooker/>

World Snooker Tour: <https://wst.tv/>

Represents the professional tier of our sport.

World Snooker Federation: <https://worldsnookerfederation.org/>

English Partnership for Snooker and Billiards: <https://www.epsb.co.uk/>

The national governing body for snooker and billiards in England, as recognised by Sport England.



## Training, Education & Courses

### Coaching

The WPBSA Coaching Programme offers three levels of qualification

aligned with UK Coaching standards: <https://wpbsa.com/participation/coaching/>

### Refereeing

The WPBSA is currently working to provide a clear pathway for those with the talent and the enthusiasm required to take that next step of becoming a qualified referee:

<https://wpbsa.com/participation/refereeing/>

### Snooker Clubs

Find your nearest snooker club with the WPBSA's extensive global database:

<https://wpbsa.com/participation/find-your-club/>

### Improve Your game

Find qualified snooker or billiards coaches via the official WPBSA Coach Finder:

<https://wpbsa.com/participation/find-your-coach/>

### Inclusive Snooker

DS Active – Snooker groups for players with Down's syndrome:

<https://www.dsactive.org.uk/snooker-session/>

Stephen Harrison Foundation: <https://www.stephenharrisonacademy.com/>

Contact [WPBSA](#) directly to find out about other community snooker



# SUPPORTED BY OUR PARTNERS



ENGLISH PARTNERSHIP FOR  
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Royal College of  
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[info@sportforconfidence.com](mailto:info@sportforconfidence.com)  
[www.sportforconfidence.com](http://www.sportforconfidence.com)



[planningforsport@sportengland.org](mailto:planningforsport@sportengland.org)  
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