

**Category:** Oral presentation

**Situation:** Plenary session 1

**Tòpic:** **STEPS TO FITNESS AND HEALTH – FROM PHYSICAL ACTIVITY GUIDELINES TO AN INTEGRATED CONCEPT FOR HEALTH PROMOTION**

**Abstract:**

It's well documented, that physical activity is a basic need for fitness and health of human beings. But the effects of physical activities for health are different according to the preconditions of people and the quality of the activities. The contribution gives in the first part an overview over the discussed guidelines for health enhancing physical activities and shows some of the deficits of these guidelines. In the second part, the framework of an integrated concept for health promotion – especially in the setting sport-club - is described and the evidence of the intervention elements will be discussed.

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**Category:** Oral presentation

**Situation:** Plenary session 1

**Tòpic:** **EU ACTION TO PROMOTE HEALTH-ENHANCING PHYSICAL ACTIVITY**

**Abstract:**

**Author:** **Michal Krejza** (Dr.); Head of Unit of Sport, European Commission

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**Category:** Oral presentation

**Situation:** Block 1 Track 1

**Topic:** **ADOPT A SCHOOL PROGRAMME**

**Abstract:**

Andree Deane, CEO of the Fitness Industry Association, will be talking about the FIA's latest programme 'go'. Go is Government funded and links FIA registered health clubs/leisure centres with their local secondary schools, targeting 15/16 year old girls. The programme lasts for a minimum of six weeks each term with exit routes offered by the club/centre at the end of this period in order to sustain activity levels.

Go was developed because girls in their final year of secondary school participate in fewer activities than other groups of school children. Girls at this age can often feel more self-conscious than other age groups so special consideration should be taken to ensure that they feel comfortable taking part in the activities. Go addresses these issues, providing positive experiences that will hopefully stay with the girls as they move into adulthood.

The programme has been designed around the UK Government's target of reducing the proportion of overweight and obese children, creating participation in positive activities and increasing the percentage of people who participate in culture or sport.

The pilot phase of Go was launched in September 2006 and over 100 school-club partnerships have been created so far.

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**Category:** Oral presentation

**Situation:** Block 1 Track 1

**Tòpic:** **WELLNESSJOB. PROMOTION OF HEALTH IN THE WORKPLACE**

**Abstract:**

CET10 is a sport Services Company placed in Barcelona. For three years, we have been commercializing a pioneering service in Spain called wellnessjob. Wellnessjob is the development of corporate gyms and health programs to promote physical activity, wellness and health at the workplace. We have designed, created and managed four fitness centres in pharmaceutical multinational Almirall with great participation success.

Employee's wellness positively affects the company's activity. This concept is consolidated in other European areas and in the United States where it is habitual to promote health in the workplace to improve the Social Corporate Responsibility.

The aim of this presentation is to share this innovative experience, as well as to think about the advantages that provide the programs of health and the introduction of the sport in the job environment.

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**Category:** Oral presentation

**Situation:** Block 1 Track 1

**Topic:** **CONCEPTS OF INTERVENTION AND QUALITY INITIATIVES OF THE GERMAN GYMNASTICS FEDERATION (DTB) IN THE AREA OF HEALTH SPORTS, FITNESS AND EXERCISE**

**Abstract:**

The DTB is the association for competitive, leisure and health sports. Therefore, the federation has developed an extensive spectrum of fitness courses and specific health programmes over the last few years. This is one of the DTB's most innovative columns.

In coherence with the development and evaluation of health programmes for specific target groups, the DTB started a number of additional quality initiatives and designed an extensive concept for quality management in the area of health sports since the 1990s. The following aspects are important elements or modules of the concept: Trainers should be especially educated and retrained for health sports. There should be precise briefings for every single programme. Founding quality circles: All health programmes run by sports clubs should be closely connected to other institutions in the health sector (e.g. doctors, health insurance companies). The DTB is expecting important tasks for the future: a closer co-operation with the public health area, especially following the concept of HEPA (Health Enhancing Physical Activity), as well as the advancement of gymnastics and other sports clubs to „places of healthy living“.

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**Category:** Oral presentation

**Situation:** Block 1 Track 1

**Tòpic:** **STRATEGIC SPORTS PLAN IN BARCELONA CITY**

**Abstract:**

**Author:** **Sergi Pujalte** ; Institut Barcelona Esports. Ajuntament de Barcelona

**Contact:**



**Category:** Oral presentation

**Situation:** Block 1 Track 2

**Tòpic:** **NEW TENDENCIES RELATED TO FITNESS EQUIPMENT**

**Abstract:**

**Author:** **Maria Lemonidou** ; Technogym

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**Category:** Oral presentation

**Situation:** Block 1 Track 2

**Topic:** **CYCLING IN THE WATER : HEALTH AND FUN**

**Abstract:**

POOLBIKE belongs to a holding of companies dedicated to the manipulation and manufacture of elements made in stainless steel and most of their products are oriented to wellness.

POOLBIKE is a global concept of aquatic exercise where an aquatic bicycle is designed specifically to make the most of the benefits of the water and to transform it into a physical exercise of great quality.

**AQUATIC PEDAL WITH PROGRESSIVE RESISTANCE**

The pedal platform is designed to be used barefoot. Its hydrodynamic design obtains a progressive pedal in resistance based on the pedal rate. A pedal of 30 bits per minute is ideal for users of little physical training conditions, 60 advanced bits for users accustomed to sport and 80 sport bits for advanced users. The result is an isotonic exercise of great quality for all kinds of people.

**POOLBIKE PRODUCT**

They are static aquatic bicycles to be used within the water, its use is very extensive and below we will detail its characteristics and benefits.

**PHYSICAL HEALTH BENEFITS**

The water exerts pressure and resistance in the totality of the submerged part of the user, in this form the muscular work is very complete as it works the entire muscular system nonstop. The exercise is gentle but constant and with great caloric consumption. The pressure of the water compensates the arterial pressure effectively preventing the appearance of varicose veins and helps to eliminate the cellulite.

**MAKING THE SWIMMING POOL WHICH IS THE MOST EXPENSIVE PART OF A FITNESS CENTRE PROFITABLE**

The most expensive part of an installation is the swimming pool; therefore it has to be made the most of. Few new features exist to make the swimming pool profitable but Poolbike achieves this.

**ACTIVITIES**

Using Poolbike we have documented 4 types of use which are clearly defined:

**FREE USE.**

In the aquatic installation the bicycles are permanently submerged so that the users can do their daily aquatic cardiovascular exercise routine, as footwear is not needed any user can use them

**REHABILITATION:** At the moment medical disciplinary centers are already using Poolbike as a rehabilitation tool due to all the benefits that we are talking about.

**AQUAGYM STATIONS:** It is a quality complement to the aqua gym sessions, especially for older people where the complement of the pedal complements the exercise; it also attracts the masculine public, who are less receptive to aquatic sessions

**POOLBIKING:** aquatic cycling in a group accompanied by music to a much bigger group of users to that of traditional indoor cycling.

**SOCIABILITY OF POOLBIKE**

The bicycle continues being one of the exercises most socially accepted; practicing it in the water allows those people suffering from rheumatic pains, excess weight, older people and those recovering from physical injuries and physical disability to pedal effectively.

**CONCLUSION**

POOLBIKE is the most innovating concept of useful aquatic cardiovascular exercise for any type of user and any physical training conditions. We unified bicycle and water resistance obtaining physical exercise of maximum quality.

**Author:** **Ivan Chulbi ; Poolbike**

**Contact:**





**Category:** Oral presentation

**Situation:** Block 1 Track 2

**Topic:** **OPTIMIZING FITNESS HEALTH PROGRAMS WITH THE T-BOW**

**Abstract:**

The T-Bow is a multifunctional bow for movement education, training and therapy. It is ideal for group classes and for personal training.

Its extraordinarily multifunctional capacity to perform many types of exercises, its versatility to create differential exercises and its excellent capacity to be easily combined with other sport tools and new generation machines, makes the T-Bow an ideal tool for optimizing the training of all coordination and conditional capacities of the fitness health programs.

Optimizing flexibility and relaxation training

The excellent adaptation to the spine, the lateral position of the waist and the abdominal position of the frontal zone of the trunk, as well as the possibility of a greater mobility -if it is compared with a flat surface- are some of the added values of this training tool. Likewise, the dynamic mobilizations of the back during balance with the T-Bow are extraordinarily efficient.

Aside from several static relaxation techniques, during the adoption of different postural attitudes, the T-Bow allows interesting options of dynamic relaxation to both segmentary and global levels.

Optimizing strength training

The T-Bow, used as a balance tool and as a bowed step, permits the creation of exercises of different levels of difficulty with the own body and combined with the T-Bands and other sport tools, and the possibilities of load and stimulation on all muscular groups for strength training and postural stability are extraordinarily differential and effective.

Optimizing endurance training

The multifunctionality of the T-Bow enables the design of multiple exercises and training methods (with intervals or continuous, with or without variations of rhythm) that are able to selectively activate the functional systems in order to improve all the endurance capacities.

Some pointed out are the lateral and frontal balance moves with the T-Bow to train the endurance with cardiovascular emphasis ("cardio-balance"). The T-Bow balance moves (and also, in smaller measure, its step moves) combined simultaneously with the T-Band actions, train differential coordinative, postural and strength-endurance capacities which can also have a special effect with a more global orientation in the cardiovascular system. With the T-Bow are possible the supports and the lateral jumps in slope and in stair that the classical step does not permit; fact that adds other differential stimuli to endurance training.

Optimizing coordination training

The unique and most distinctive alternatives of exercises with the T-Bow are the situations of balance in dynamic and static equilibrium, such as balance moves (frontal-longitudinal and lateral-cross) seated and with individual support of feet or hands, and balance moves in simultaneous support of feet and hands.

Optimizing fitness group classes

The possibility to effectively integrate conditional and coordination training with the T-Bow in the same fitness lesson facilitates a great deal the design of multiple structures of group classes with many different fitness-health goals.

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**Category:** Oral presentation

**Situation:** Block 1 Track 3

**Topic:** **FESTIVAL OF THE SPORT– SPORT DAY IN EUROPE**

**Abstract:**

Introduction

The Provincial Council of Barcelona, supralocal corporation in the territory of the province of Barcelona (composed by 311 municipalities and near 5.300.000 inhabitants) cooperates, through its Sports Area, with the local sport considering the sport as a fundamental tool for the education, integration and social cohesion, and also for the health and wellbeing of the people. In this sense, the corporation has as referential actions the guarantee access to the sport practise and the innovation and research in the sport sector.

Goal

The goal of this presentation is to let the people know about an initiative, the Festival of the sport, looking for the adhesion of other territories, contributing to expand the benefits of the sport to the entire population.

Project: Festival of the sport

The Provincial Council of Barcelona, in cooperation with the municipalities and the Territorial Association of the Sport Councils organizes the Festival of the sport, with the participation of the sportive movement in the territory of the province.

What is the Festival of sport?

It is a recreational, popular and non-competitive sports festival in which everyone may take part, adapting the activities to the physical condition of the participants.

It is held at both, conventional sports facilities and in public areas.

It is the result of an initiative launched by the provinces of Turin and Barcelona, in which other territories, such Euskadi and Girona, have gotten up.

What are the objectives of the Festival of sport?

To promote the practise of sport and physical exercise among the population

To disseminate the values of sport as an active lifestyle, its health benefits, comradeship and respect for others, etc.

To publicise the municipality's offer of sport activities and sports institutions.

To prioritise sport through the weekend in the streets and sports facilities of the villages and cities.

To encourage the participation of the maximum number of people.

Who is it aimed at?

The Festival of sport may involve the general public, with no age limit, and is intended to include all social groups. It is a festival with countless sports activities in order everyone may take part, including families, the elderly people, newcomers, the disables, etc.

What activities are available?

The range of activities is designed by each town council in accordance with their sports offer.

It basically features popular activities such as bicycle, outings, gentle exercises, races, walks, recreational games, basketball, volleyball, swimming, adapted sports, water games, traditional games, Tai Chi, table tennis, street tennis, football, skating, fencing, archery, chess, etc.

Where is the Festival of sport held?

At the sports facilities and in the urban (squares, parks,...) and/or natural (forests, beaches,...) public areas of the municipalities of the province of Barcelona.

Horizon future

The Festival of the sport as a main axe the achievement in the future of the SPORT DAY IN EUROPE, in order to recognize the social dimension of the sport, a growing phenomenon in the Europe of the XXI century.

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**Category:** Oral presentation

**Situation:** Block 1 Track 3

**Topic:** **GENERAL GYMNASTICS AT MACKENZIE INSTITUTE: VALUES FOR SOCIETY**

**Abstract:**

The aim of this paper is to report on the contribution that General Gymnastics activities carried out by the professionals of Universidade Presbiteriana Mackenzie (UPM) has brought to students of the Physical Education Course and to their integration with the community. The gymnastic activities started at Mackenzie in 1932, pursuant to the systematization of the Swedish, Danish and French Schools of Gymnastics. Such movements go as far as 1939, when the first Lingiade took place in Stockholm. This is an international Gymnastics festival, which inaugurated the period lasting until nowadays, and which, according to Langlade and Langlade (1970), is known as "reciprocal influences and universalization of gymnastic concepts". Between 1942 and 1998 the Department of Physical Education of Mackenzie prioritized gymnast activities and development of performances in classes of Female Physical Education. According to Marinho (196?), the first performance took place in 1936 and featured 600 girls, who, to the tune of a piano, performed movements of bounces, swings, impulse and transfer, often utilizing elements borrowed from Rhythmic gymnastics: Bow, Ball, Rope, Clubs or Free Hands. These elements were gradually adapted by the professors' creativity: flags, padded bows, scarves of several sizes, batons and lanterns, resulting in one of the most beautiful Gymnastic performances ever (Mackenzie historical Center). In 1945 Acrobatic Gymnastics and Pyramids were also introduced together with the traditional performances at Mackenzie. Thus, we have witnessed over 70 years of Gymnastics at Mackenzie, in constant alteration and adaptation to current contexts. However, the heritage of old performance images can still be seen in the work developed by the professionals of this institution. Even nowadays, the Institution celebrates its anniversary with gymnastic performances involving theme routines and a large number of students, bringing elements of the culture of our country, interacting with other subjects and consequently, assuming its educational function, as per guidelines of the IFG – International Federation of Gymnastics, pursuant to the principles of General Gymnastics. More recently, after the creation of the Physical Education College of Universidade Presbiteriana Mackenzie, the Mackenzie General Gymnastics Group – GGMack was founded in 2003. It comprises 40 students utilizing activities of Acrobatic, Artistic and Rhythmic Gymnastics, Dance, Rhythmic Activities, Martial Arts and Capoeira, in compositions of General Gymnastics. Its activities are extended and nowadays encompass Projects involving around 150 Children, Teenagers and Senior Citizens. The main focus of the Gymnastics Group is to involve all the college students and the community at large, irrespective of special abilities. It also aims at developing physical fitness, at enabling interaction of participants and of the community, thus fostering individual and collective achievement. This results in added value given to collective work. Another important aim of the group is to develop events in and out of the university.

**Reference**

Mackenzie Historical Center– Annual Reports of the American School and Macenzie High School. 1907 – 1960

Langlade, A. and Langlade, N.R. "Teoria general de la gimnasia". 2nd. edition. Bueno Aires: Editorial Stadium, 1986.

Marinho, Inezil Penna; Systems and Methods in Physical Education. 4th edition, Companhia Brasil Editora, [197?]

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The first one is used mainly by UFOLEP in order to estimate and offset its carbon footprint. Indeed, UFOLEP works with the national French Agency for Environment and Energy Efficiency (ADEME). The purpose of this partnership is to create a practical and functional guide used to realize the carbon footprint of a given sport federation.

The carbon footprint method gives the opportunity of measuring the emissions of greenhouse gases (GHGs) emitted by the physical processes necessary for any human activity. As "Necessary physical processes" we understand any flux, products, infrastructure, services, required for the studied entity to exist.

The carbon footprint represents the total amount of Green House Gases emitted by a sport federation. It is actually a series of calculations combining activity data and emission factors (conversion coefficients). Activities data in a sport federation could be:

The total amount of kWh used for the heating of a stadium,

The amount of km travelled to take sportsmen to competition places

Or it could also be the total amount of carbon emission necessary to produce a ball. All those data are organized in a worksheet and the overall amount of Green House Gases emission produced by the sport federation can be easily known. Thus, the carbon footprint:

- Enables you to calculate the emission of Green House Gases your activities involve
- Helps you to get your priorities right and to implement a plan of action reflecting your commitment in reducing your emissions
- It also gives you a good idea of how much your activity is influenced by energy costs

Therefore we can easily understand that this tool allows sport federation to concretely and directly fight global warming and climate change.

The ASSER Method

The second tool used by UFOLEP is a very practical tool which allows federation to organize and certify their own eco-responsible events. This tool is called the ASSER© Method, meaning Actions, Solutions, and Services for Eco-Responsible events. It has been developed by a consulting firm specialized in sport and sustainable development: Atemia.

The ASSER method is a practical and user friendly tool for the organizers of any form of events.

Based on different analysis tools, this method allows sport organizations to conceive, implement and evaluate a plan of action.

This method is structured around a grid, divided into six sectors, that analyses a total of a hundred actions. The Six sectors are:

- Waste / Transport / Food, water and energy / Communication and training / Local involvement / Economy

According to the ASSER Method an eco-friendly event should have notably a waste and transport management, local and organic alimentation and communication tools to raise awareness among participant. An eco-friendly event is especially relevant for Sport federation because this form of event will:

- Decrease your expense related to natural resource like energy, water or paper
- Increase your commitment and prove your capacities to limit environmental impact
- Get new partner and sponsors directly link to your commitment on one particular event
- Produce less waste, less green house gaze and become a vector of social and environmental change.

Atemia also believes that an international standard for eco-responsible event is needed in order to:

- Clearly define what is considered as an eco-responsible event
- Raise awareness among participants, organizers, politics and financial partner
- Compare events and the abilities of organizer to take into consideration the challenge posed by climate change, global warming.

The ASSER© method is the way to achieve those goals and is working to become the standard.

Through the ASSER© method, Atemia wishes to develop, on a mass scale and for all kind of sports, a label, which recognizes the quality as well as the environmental commitment of a sport event. It will do so in partnership with the ISCA network on Environment leaded by UFOLEP.

Conclusion

UFOLEP involved in a new environmental friendly approach, believe, as David Browner, founder of the Friend of the earth said, that « There is no business to be done on a dead planet ». We will paraphrase by saying "There is no sport to be done on a dead planet".

That is why the environmental endeavor of UFOLEP will further promote its philosophy of "an other idea of sport" where Sport and Nature are interrelated.

**Author:** Raphaël Bouju ; Ufolep

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Abstract Boock

**2nd European Sport for All Congress**

Sport and Health: From theory to practice



**Category:** Oral presentation

**Situation:** Block 1 Track 3

**Topic:** **ENVIRONMENTAL COMMITMENTS OF ISCA MEMBERS**

**Abstract:**

First of all I want to say that I am deeply honored to be there and I want to thank the ISCA office and UBAE for the organization of this forum.

I think all of you know that the story of humanity is closely linked to our co-existence with the environment and its fluctuations. Our societies have historically used land, agriculture, water, wildlife and natural resources to improve our lifestyle. Growth has proceeded with limited consideration for sustainable practices. The unsustainable use of natural resources has created a considerable inheritance for future generations. Now, our earth is asking for the "bill".

The "bill" to be paid by this and future generations will require cooperation on a global scale – a cooperation rarely seen on most societal issues. Climate change and global warming are now scientific facts and are two key parts of the "bill" we all must pay. The challenges they pose demand behavioral changes which are particularly difficult for developing nations to fulfill. More than one hundred islands of the Pacific Ocean have asked for relocation because of the current and anticipated ocean level rise. Humans have contributed to the loss of more than (thirty five) 35 % of earth's natural biodiversity. Consumption of fossil resources, most notably oil, is still on the rise. It is absolutely clear that our earth is sick.

Today, it appears that we are destroying our earth much faster than we understand it. It also appears that we are the first generation that influences global climate and the last to escape the consequence. Significant changes in human behavior are necessary for us to balance the impact of our natural resources consumption with the needs of future generations.

Well, it is right that our planet is sick but, hopefully, this disease like many other disease, have a remedy, a solution, a hope: US. We are part of the problem but we could and should choose to be part of the solution.

"Sport for All" organizations have long been active in promoting social and behavioral changes on a mass scale. The responsibilities of such organizations have for a long time included the environment and related issues. UFOLEP is taking up the challenges of today by adopting an environmentally friendly approach in which sport and nature are interrelated.

Currently, UFOLEP comprises of more than (five hundred thousand) 500 000 personal members and coordinates 10,500 (ten thousand and five hundred) associations. All over France, UFOLEP provides opportunities to practice around 100 (hundred) different activities and 35 of them are organized at a national level. Basically UFOLEP allows sportsman and woman to practice their favorite sport at any level. UFOLEP encompasses every kind of social group including youth, families and seniors.

UFOLEP is involved in different issues related to sustainable development like eco-responsible event, fare trade, water and energy management and carbon footprint. UFOLEP truly believe that sport could be the main vector for environmental awareness among citizen and sportsmen. UFOLEP also believes that a healthy sport is absolutely related to a healthy environment. To fulfill its ambition UFOLEP decided to work in three mains issue related to sustainable development.

- Communication: how to raise awareness among sportsmen, partner, politics and financial partner?

- The Carbon footprint: how to reduce and offset carbon emission?

- Eco-friendly event: How to limit environment and social impact on manifestation?

Communication

For the last 3 years, UFOLEP has created 3 mains communication tools to raise awareness among its members. The first tool is a guide which explains how to reduce the consumption of water and energy in a sport federation. This guide is a statement of advice to help organizers, sportsmen, politicians and councilors to respect nature, wildlife and biodiversity". This "Water and Energy management in a sport federation" guide has been printed on national level.

UFOLEP realized that apart from its guidebook it was lacking the tools to educate people. Thus, UFOLEP "Rhône-Alpes" decided to set up an exhibition in order to educate people to adopt green and responsible behavior. The purpose of this exhibition was to become the keystone of national environmental communication. The last tool developed by UFOLEP is an exhibition about "Sport and Water".

Thanks to its commitments, UFOLEP also believe that real changes come with concrete actions. In order to fulfill its goals, UFOLEP is working with two practical tools developed by external consulting firms: the Carbon Footprint and the ASSER© method.

Carbon Footprint:

Abstract Boock

**2nd European Sport for All Congress**

Sport and Health: From theory to practice



**Category:** Oral presentation

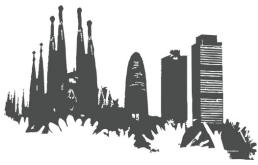
**Situation:** Plenary session 2

**Tòpic:** **PHYSICAL ACTIVITY AND CIVIL SOCIETY: OPPORTUNITIES AND CHALLENGES**

**Abstract:**

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**Category:** Oral presentation

**Situation:** Plenary session 2

**Tòpic:** **PARTICIPANTS IN PHYSICAL ACTIVITY AND THEIR PSYCHOLOGICAL APPROACH**

**Abstract:**

Lluís Bruguera deals with different issues related to sport:

1. The importance of sport within education and social life:
  - a) Schools
  - b) Companies
  - c) Elderly
  - d) Women
2. The importance of fitness centers in the dissemination and practice of sport
3. Why the youth ...
  - a) ... don't do sport?
  - b) ... stop doing sports?
  - c) ... is there enough interest in sport?
4. What are the reasons that cause people to practice sport?
5. The competition is what moves of Sport: What is competition?
6. Sports and fitness centers: records, challenges, competitions
  - a) The competition within the fitness centers
  - b) The social part in the fitness centers
  - c) The importance of sports psychology within the fitness centers
  - d) Health and nutrition within the fitness centers
  - e) Agreements that fitness centres have with schools and clubs

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**Category:** Oral presentation

**Situation:** Block 2 Track 1

**Topic:** **TACKLING CHILDHOOD OBESITY BY GETTING CHILDREN AND THEIR FAMILIES FITTER, HEALTHIER AND HAPPIER**

**Abstract:**

'Given the dramatic recent increase in prevalence, childhood obesity is currently one of the most serious public health problems. The extent of the epidemic and its short and long-term complications on physical and psychological health, including a potential decrease in life expectancy for the future generations, necessitate the identification of effective strategies to combat this condition. We believe MEND to be such a Strategy.

MEND stands for Mind, Exercise, Nutrition ... Do it! Our mission is to enable a significant, measurable and sustained reduction in global childhood overweight and obesity levels. We do this by developing a combination of treatment, prevention and training initiatives for implementation by local private and public sector teams.

There has been much research into what is needed to respond effectively to childhood obesity. MEND's overall philosophy and specific programmes are based on comprehensive systematic reviews of the academic evidence. In addition we incorporate both emerging academic findings and ongoing innovation into our Continuous Improvement process, to ensure that the Programmes maintain their leading edge position.

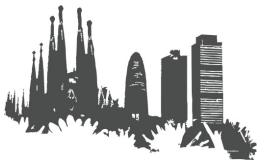
The Cochrane Systematic Review on treating childhood obesity (Summerbell, 2005) stated that, although more research was required, the most effective interventions were those that were family-based and incorporated three elements, namely; nutrition education, physical activity and behaviour change techniques. The National Institute for Clinical Excellence UK (NICE) Guidance on Treating Childhood Obesity (2006) gives further credibility to family-based programmes and recommends them as first line treatment for child obesity.

Despite this, the majority of current policies and programmes are those which, when evaluated, have been shown not to work. Multi-component interventions, such as those recommended by Summerbell, are generally thought complicated and expensive. However, we have designed our services from the outset not only to be evidence-based and to show sustainability in rigorous research but also to be scalable and cost-effective. It is this combination of attributes that is the innovation.'

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**Category:** Oral presentation

**Situation:** Block 2 Track 1

**Topic:** **QUALITY SECURING OF HEALTH - SPORT PROGRAMMES. PRINCIPLES, PROCESS AND RESULTS OF THE CERTIFICATION THROUGH THE DTB'S SCIENTIFIC ADVISORY BOARD**

**Abstract:**

The DTB founded a scientific advisory council on health sports matters in the year 2000. This board advises the federation on the development, enforcement and quality assurance of all health sports programmes. The evaluation and certification of health sports programmes is one of the major concerns of the body and an adequate instrument has been developed.

The process of certification within the DTB is based on the „Model of Quality in Health Sports“ as well as the criteria and shared fields of activity of health promotion within the umbrella organisations and health insurance companies. This article documents the basics, structure and contents of QUAGES, an instrument for the certification and evaluation of health sports programmes. It also explains all steps of the certification process in detail and describes the current state of certification.

Health sports programmes encompass activities with constitutional effects for target groups with specific risks, health problems or illnesses. These programmes systematically aim for six main goals based on the „Pattern of Qualities in Health Sports“. The programmes are structured in seven defined sequences (seven-sequence-intervention) and are following the recommendations of F.I.T.T. - the programme especially designed for people with sedentary lifestyles. Health sports programmes are also characterised by the assurance of income-evidence (programmes) and measures (e.g. surveys and studies) for the assurance of outcome-evidence (effects). Various initiatives for the improvement of evidence base of the respective interventions on both, the income- (programmes) as well as the outcome-aspect (effects) are another important feature of health sports. In this context, the DTB especially founded a scientific advisory council on health sports matters in the year 2000. This board advises the federation on the development, enforcement and quality assurance of all programmes and also developed an „Instrument for the Evaluation of Quality (evidence) of Health Sports Programmes“.

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**Category:** Oral presentation

**Situation:** Block 2 Track 1

**Topic:** **EUROPREV GUIDE ON PROMOTING HEALTH THROUGH PHYSICAL ACTIVITY**

**Abstract:**

Introduction. The booklet was developed by EUROPREV - the European Network for Prevention and Health Promotion in Family Medicine and General Practice, which is the official network for preventive activities within WONCA-Europe, the European regional branch of WONCA - the World Organization of Family Doctors. It is aimed at general practitioners/family physicians and other health professionals, who need a simple, short and practical tool for counselling physical activity to their patients.

Goals. The presentation will enable participants to become familiar with current practices and possibilities of different approaches to behaviour change counselling in primary health care, to be able to implement them in their own settings and to develop new skills in counselling physical activity.

Target audience. All those who plan to perform preventive activities and health behaviour interventions in the field of physical activity: general practitioners/family physicians, nurses and other members of the primary health care teams.

Methods. The guide consists on counselling about the benefits and dangers of regular physical activity, on screening and assessment of patient's fitness before advising regular physical activity, on prescribing and planning different types of physical activity using the FIT (TP) formula: frequency, intensity, time, type of activity, and progression, and ends with the exercise advices and tips that help to start and stick individuals seen in primary care with an exercise program.

**Authors:** **Ramon Ciurana** (MD); Europrev Barcelona, Spain

**Mateja Bulc** (MD); Europrev Ljubljana, Slovenia

**Carlos Brotons** (MD); Europrev Barcelona, Spain

**Contact:**



**Category:** Oral presentation

**Situation:** Block 2 Track 1

**Topic:** **SPORTS AFTER SCHOOL**

**Abstract:**

SNS ( Sport Na School i.e. Sports After School ) is a project that was developed by P.E. teachers with the support of SVS ( flemisch schoolsportsfoundation ) and BLOSO ( flemisch Sportsadministration) in order to motivate youngsters ( 12 tot 18 years old ) to do more sports during their free time .

The concept of this project is comparable to a wild card of a fitness-center . Students of different schools in the same city or region get the chance to buy an SNS -pass .

With this SNS-pass they can do all kinds of sportactivities in the sportsaccommodation of the different schools , in sports-and fitness-clubs, in the sportshall of the city or department , in swimming pools , ice skate ring.....

Every day of the week ( between 16 and 18 h. and on Wednesday the whole afternoon ) there are at least 4 different activities that they can choose ( such as squash, fitness, badminton, aerobics, spinning, yoga, kickboxing, tennis, swimming, rope skipping..... ) .

Depending on their homework they can choose when, where and what they want to do . They don't have to subscribe for a certain activity . They just look at their program and make a choice .

This flexibility is the strongest feature of the concept. Youngsters love the freedom and the diversity of the program . They can try out all kinds of sports and decide on the spot what they want to do (mostly they just ask what their friends want to do ) .

Surveys pointed out that 70 % of the students who make use of an SNS-pass are not a member of a sportsclub which means that the concept reaches the students that needed to be motivated ! The main reasons for them not being in a sportsclub are: too obligatory, always the same sport, too expensive.

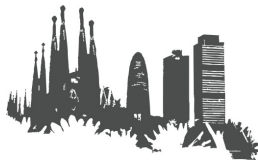
With the SNS-pass they find a way to do sports at their own pace. They like the diversity, the flexibility and the recreational aspect and most of all : the cheap price ( only 40 Euro for a whole schoolyear )!

Studies at the university of Gent and Brussels concerning this concept pointed out that SNS is an ideal way to get youngsters more active and they use the SNS-concept as an example of good practice . In several cities and regions in Belgium the try outs of SNS were very successful . In Antwerp and Ghent over 3500 students bought an SNS-pass this schoolyear .

This presentation will show you how SNS works , how to organize it in your own city , how to find partners to put together a nice program and last but not least you will get an idea of the financial aspect . You will not believe it but SNS is selfsupporting !

**Author:** **Nadine De Ridder** (P.E . Teacher); SNS-coördinator for the flemisch schoolsports foundation

**Contact:**



**Category:** Oral presentation

**Situation:** Block 2 Track 1

**Topic:** **PROGRAM 'NUTRITION AND PHYSICAL ACTIVITY OF THE CITY OF ROTTERDAM'**

**Abstract:**

At the congress we intend to give an oral presentation on the program of Nutrition and Physical activity of the city of Rotterdam. We will elaborate on several subjects mentioned in this abstract. Our main goal is to give the audience a broad perspective on the way Rotterdam confronts the problem of overweight and lack of physical activity and show the advantages of an integral approach (nutrition as well as physical activity).

Several studies (Kremers et al, Egger and Swinburn) indicate that overweight is caused by an imbalance in nutrition (energy intake) and physical activity (energy expenditure). This indicates that successful programs should implement sports as well as nutrition. This is why Rotterdam chose to confront the problem of overweight in an integral approach. We not only stimulate children to exercise more, but also pay attention to a healthy nutrition. Several departments within the city as well as committed partner organizations like schools, dieticians, local business and state government are cooperating to make this possible. Together we implement the program Nutrition and Physical activity in which the department of sports and leisure takes the leadership role.

The program utilizes two approaches; hardware and software. In hardware we support projects that intervene in the physical environment of the people in Rotterdam. For example; we create Astroturf playgrounds throughout the city, mainly in the older underdeveloped districts; we developed a standard for recreational outdoor space required in districts; and we improve indoor sporting facilities. In software we intervene in the social environment of children; the projects Lekker Fit! and Super Fit (translates to; 'enjoy being fit') reach children in the age of 4 – 16 through the schools; parents are reached by means of educational conferences; and we pay attention to the very young, in the ages of 0 -4, by means of the maternity centres. All projects are based on a healthy balance in energy intake (nutrition) and energy expenditure (physical activity).

The largest projects by far within the program are the educational projects Lekker Fit!, aimed at primary schools, and Super Fit, aimed at secondary schools. Both projects consist of several interventions. Children receive more physical education by a professional PE teacher (who had largely disappeared from Dutch education); they are tested twice a year on weight (BMI) and general fitness; the children are educated on healthy nutrition and a healthy lifestyle and children who are overweight receive professional aid from a dietician. Lekker Fit! is currently effective in 70 out of the 180 primary schools in Rotterdam, Super Fit in 15 out of the 70 secondary schools. Our goal is to have these programs effective in half of all schools in Rotterdam, aiming the effort towards those districts where the problem of overweight is largest.

Recently the department of health of Rotterdam concluded an extensive study into the effect of Lekker Fit! This study has proven the program to be effective. Within the program significantly fewer students were overweight and they were fitter than students from schools that were not in the program. These findings strengthen our determination to continue and expand upon these programs.

Literature

Egger, G, Swinburn, B (1997) 'An 'Ecological' approach to the obesity pandemic, BMJ, vol 315, pp 477-483

Kremer, S.P.J. et al (2006) 'Environmental influences on energy balance-related behaviors: A dual-process view, International Journal of Behavioral Nutrition and Physical activity, vol 3

Additioneel

Iets over noodzaak aanpak, social economische noodzaak (Klink en Rosenmoller)

**Author:** **Ron Van Walsen** ; Rotterdam City Council, The Netherlands

**Contact:**



**Category:** Oral presentation

**Situation:** Block 2 Track 2

**Tòpic:** **LAW OF VOLUNTARY WORK IN ITALY**

**Abstract:**

**Author:** **Paolo Deiona** ; Former Cabinet Minister of the treasury

**Contact:**



**Category:** Oral presentation

**Situation:** Block 2 Track 2

**Topic:** **TOWARDS HIGHER QUALITY STAFF; IMPLEMENTATION OF EQF IN THE EUROPEAN HEALTH & FITNESS INDUSTRY**

**Abstract:**

The PA sector and in particular the Fitness sector ( both public and private) has developed spectacularly in the last 30 years. There are now over 40 million Europeans member of a health & fitness club or leisure center. It is now the biggest "sport" for all...

The sector has gone through a development in phases, which will be described in my presentation.

There are several macro trends in society which are all favorable for the sector.

However we are now entering a crucial phase whereby the positioning is more towards "health" and general wellness/wellbeing.

This requires new approaches and business models.

There are a number of success factors for the sector in the future, but as always PEOPLE is the most important one, particularly in the next phase in the development of the sector.

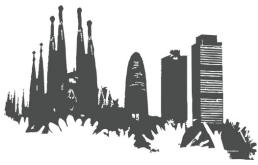
The H&F sector has since 2001 through EHFA been involved in the EU Leonardo da Vinci project in mapping the key jobs in the sector.

This is now being implemented by EHFA with local agents across Europe, using the EQF ( European Qualification Framework). An important part will be the set up of a European Register for Exercise Professionals ( EREPS).

In the presentation it is described how this is being done and what the benefits for all will be !

**Author:** **Herman Rütgers** (Executive Director); European Health and Fitness Association, Brussels

**Contact:**



**Category:** Oral presentation

**Situation:** Block 2 Track 2

**Tòpic:** **HAPPY WORKERS AND HAPPY FAMILIES EQUALS HAPPY ENTITIES**

**Abstract:**

Companies and organizations today can not move forward without taking into account the social impact of their actions and decisions. Societies, their needs and therefore those of the people who live there must adapt their roll as society economic motors. The companies create jobs for society and therefore have to be aware of changes. Moreover, they must have a positive attitude in order to offer an extra value to the society. Is it satisfying to be part of a company that look after the needs of the employees? Of course. And what is the best exponent of satisfaction? Happiness. So it's time to start work always bearing in mind the happiness of the employees and volunteers of the companies and organizations and the society around them and be prepared to provide added value.

**Author:** **Maria del Mar Gomila ; Ubae**

**Contact:**



**Category:** Oral presentation

**Situation:** Block 2 Track 2

**Topic:** **BEING A GOOD MANAGER, OR THE KEY COMPETENCES OF A SUCCESSFUL MANAGER IN THE FIELD OF SPORT AND RECREATION**

**Abstract:**

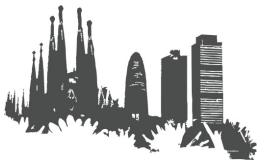
A "competence" is a Latin expression meaning a right, authorisation. It is used to define material or moral right to make decisions. Today it is used to describe knowledge and skills needed to make effective decisions. Competences are thus an effective combination of knowledge and skills, willingness and capability to respond in the most appropriate way when we are solving work problems in the field for which we assume responsibility. Competences of a sports manager can be personal and professional. Among the personal competences are determination, high self-esteem, entrepreneurial spirit, responsibility, reliability, communication skills, and a positive personality. The professional competences include expert knowledge, understanding and correct usage of expert terminology, entrepreneurial way of thinking, knowledge of the sports environment, expert knowledge and skills in the field of planning, direction, organisation, monitoring and recognition, understanding and solving of problems. A modern sports manager also carries a wider social responsibility - he should adopt a so-called inter-cultural approach, which means he encourages mutual understanding among individuals and teams having different cultural backgrounds. Nobody is alone in this world no matter where he is. Sport connects people and a manager functions as a link on a local as well as on a global level. He has to know a competitor, the market, the law, as well as society. He has to be competent in an inter-cultural way.

The main goal of this research is to define key competences of sports professionals, who are directing and managing sport and recreational activities. Another important goal of this research is also to establish an expert basis for the further development of education programmes for sports managers, and with these to be in line with the needs and demands arising on the sports market. The basic competences of managers in the field of sport and recreational activities are defined on the basis of professional literature on directing and managing sport and education, and on the basis of the results of a pilot study "Key competences of a successful manager in the field of sport and recreational activities".

**Author:** **Iztok Retar** ; Sport Union of Slovenia, the Institute for Sport and Recreation

**Contact:**





**Category:** Oral presentation

**Situation:** Block 2 Track 2

**Tòpic:** **SPORT PROFESSIONS AND WORK MARKET REGULATIONS**

**Abstract:**

**Author:** **Jordi Solà** ; Former Director of Catalonian Sports Science University (INEFC)

**Contact:**



**Category:** Oral presentation

**Situation:** Block 2 Track 3

**Topic:** **SPORT AND PRISON: EFFECTS OF SPORT-BASED PROGRAMMES ON INMATES' WELL-BEING**

**Abstract:**

Prisons have populations presenting a high risk of hypokinetic diseases such as heart diseases, obesity, hypertension, osteoporosis and diabetes. In fact, due to the incarceration, occasions to practice sport and enjoy an active lifestyle are very limited with a consequent impossibility for inmates to benefit for the good effects of a direct involvement in physical activities. The negative consequences of custody can be reduced to a minimum with the principle that time spent in prison can be positively used to contrast sedentary, promote a healthier lifestyle, and aid the prevention of diseases. In this regard, sport has been demonstrated as a viable method for promoting good health and enhancing well-being as well as a flexible means at disposal for rehabilitative programmes. Notwithstanding, little use and little investigation on the ability of sport to cope with inmates have been carried out.

Under such circumstances, the study wants to provide a better understanding on the efficacy of sport-based programmes as useful tool in contrasting inactivity and promoting well-being within inmates. To the purpose, the outcomes of a qualitative analysis concerning two pilot-projects is presented. Particularly, the study utilizes a multidimensional qualitative approach by using documentary research, participant observation and in-depth interviews given by inmates (n=30) and project managers (n=4), in order to investigate the activities undertaken by two organizations: the "Italian Union of Sport for All - UISP" a national entity recognized by the Italian National Olympic Committee and committed to extend the right to practice sport to everyone, and the "Cameroonian Sports Center - CSC" a sports organization that promotes social development in the Cameroonian society through sport. Both organizations use demanding physical activity programmes as part of a wider rehabilitation approach encompassing social, cultural and educational activities for inmates. Data collected clearly demonstrate that a direct involvement in specific and demanding sports activities offers inmates a unique occasion to relax and fight against boredom, depression, distractibility and loneliness. Therefore, physical activities have positive effects for their general mental health and help them to achieve higher level of well-being by contrasting sedentary. As a result, inmates show a better ability in dealing with daily problems, stress control and emotions management. Lastly, on the basis of the research carried out, sport-based programmes have been demonstrated as cost-effective ways to improve inmates' physical, mental and social situations as well as an important factor in dealing with emergencies emerging in prisons' communities.

**Author:** **Simone Digennaro** (PhD Researcher/Assistant professor); 2nd Rome 'Tor Vergata' University, Rome, Italy

**Contact:**



**Category:** Oral presentation

**Situation:** Block 2 Track 3

**Tòpic:** **COULD SPORTING ACTIVITIES BE A GOOD TOOL FOR PREVENTING DRUG USE?**

**Abstract:**

The program "De marx sense entrebancs" ('Walking without stumbling') is a healthy leisure programme developed by the Public Health Agency of Barcelona (ASPB) since 2001. In its 7th edition, sporting activities were for the first time included in the programme. Rather than simply offering an isolated healthy activity, this approach attempts to get participants to adopt a new lifestyle. Developed as a pilot experience, the initiative is called "De marx fent esport" ("A lot going on with sport") and has been designed and coordinated by experts in the use of sports as a prevention tool (Mensalus Foundation).

The intervention has been performed at the Parc Esportiu Municipal Can Dragó in collaboration with sport technicians and coordinators of the urban network of sporting associations (UBAE) and the participation of secondary school pupils of the "Nou Barris" borough in Barcelona. The programme had two phases:

1<sup>a</sup>) 11 didactic visits to sporting facilities within the school timetable. 250 pupils, aged 15-17 and equally distributed by genders, took part in a 4-hour session where they engaged in different sporting activities and attended a one hour preventive and interactive talk.

2<sup>a</sup>) a non-competitive programme scheduled for leisure time, with a duration of two weekly sessions of two hours over a period of 3 months; additionally, 3 morning sessions of urban sport were organized at weekends. Forty six students were finally recruited; 60% of them were foreign-born, and 78% were girls.

Prior to running these activities, the monitors in charge were trained in health promotion and prevention.

The evaluation of the activity shows a trend towards changing the leisure style and a reduction in the desire to consume drugs among those who participated in the second phase of the programme. Moreover, even those who only participated in the first phase show an increased desire to take care of their own body and report having resolved doubts concerning the risks associated with the use of drugs.

The conclusion is that practising sport is an excellent tool for the prevention of toxic habits. To ensure this preventive capability appropriate training of the sports coaches is essential, as is the availability of on-going advice and supervision by experts in prevention.

**Authors:** **Alicia Rodríguez-Martos** ; Agència de Salut Pública de Barcelona  
**Mariona Corbella** ; Fundació Mensalus

**Contact:**



**Category:** Oral presentation

**Situation:** Block 3 Track 1

**Tòpic:** **SUPPORT POLICIES OF THE PHYSICAL SPORTIVE ACTIVITIES FOR ALL AT LOCAL LEVEL**

**Abstract:**

Introduction

The Provincial Council of Barcelona, supralocal corporation in the territory of the province of Barcelona (composed by 311 municipalities and near 5.300.000 inhabitants) cooperates, through its Sports Area, with the local sport considering the sport as a fundamental tool for the education, integration and social cohesion, and also for the health and wellbeing of the people. In this sense, the corporation has as referential actions the warranty access to the sport practise and the innovation and research in the sport sector.

The action lines of the Sports Area are divided into:

- Actions related to the sportive invigoration (activities addressed to people)
- Actions related to the facilities and the research (structural support for activities and innovation and improvement of the quality of the sports services)

The strategic objectives of the Sports Area 2008-11, in the frame of the sportive invigoration, pretend:

- To contribute to the territorial balance recognising the specificities of the small municipalities.
- To reinforce the sport as a tool for the improvement of the health and the wellbeing.
- To reinforce the educative values and the integrative character of the sport, reinforcing the social cohesion.

Project

One of the actions related to the sportive invigoration is that the Sports Area promotes the implementation of sport programs at the municipalities in order to improve the sport practise of the entire population, giving support to those actions developed at long term and with regularity, according the needs specified by each municipality. These programs are agruped according the following:

- Programs addressed to social groups according the age: scholar age, young people, adult people and elderly people.
- Specific character programs: disabilities and multicultural.

Each program is divided into concrete subprograms, like for instance: support to actions to promote the values throughout the sport and the physical activity, support to the participation in activities that are not possible to practise at the own municipality, etc.

The supported actions of the different programs are classified according four axes:

- Information - Sensitizing - Training - Invigoration

Results:

According the implementation of these programs, there are derived the following results:

- The number of subsidies given for each sport program has grown annually significantly.
- The programs with more demands are traditionally the programs addressed to social group according the age.
- Territorially, and according the demand, the subsidies have been mainly given to the municipalities of the metropolitan area, especially at those specific character programs.
- The economic resources (euros per inhabitant and year) are higher in municipalities with less population, in respect to the bigger ones.

Future considerations:

From the analysis of these results, it is concluded the following future considerations:

- To facilitate the implementation of the sport programs (through sensitizing and training actions of the sport technicians), especially at the municipalities with less than 5000 inhabitants, with less volume of demands.
- To increase the economical resources to satisfy the increasing volume of the demands.
- To evaluate qualitatively the implementation of the programs to know the satisfaction degree of the participants, measuring the benefits of the sport practise.

**Author:** **Jordi Caveró** ; Àrea d'Esport Diputaió de Barcelona

**Contact:**



**Category:** Oral presentation

**Situation:** Block 3 Track 1

**Tòpic:** **NIKE - UNHCR DEVELOPMENT PROJECT**

**Abstract:**

**Author:** **Aykan Gulden** (Corporate Responsibility Manager); Nike

**Contact:**



**Category:** Oral presentation

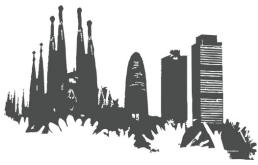
**Situation:** Block 2 Track 3

**Tòpic:** **SPORTS FACILITIES AND ENVIRONMENTAL CARE**

**Abstract:**

**Author:** **Miranda Kiuri** ; Spanish Olympic Committee (COE)

**Contact:**



**Category:** Oral presentation

**Situation:** Block 1 Track 3

**Tòpic:** **SPORT, HEALTH AND SOCIAL RESPONSIBILITY**

**Abstract:**

**Author:** **Uffe Elbek** ; World Outgames

**Contact:**



**Category:** Oral presentation

**Situation:** Block 3 Track 1

**Topic:** **WHAT DOES IT TAKE FOR SPORT FOR ALL TO MAKE HEADLINES?**

**Abstract:**

**Author:** **Soren Riiskjær** (Former Administrator); Play the Game

**Contact:**





**Category:** Oral presentation

**Situation:** Block 3 Track 1

**Tòpic:** **FINANCING OF SPORT FACILITIES IN ITALY**

**Abstract:**

**Author:** **Renato Tulio Ferrari** ; Istituto Credito Sportivo Italiano

**Contact:**



**Category:** Oral presentation

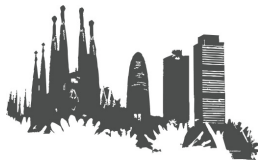
**Situation:** Block 3 Track 1

**Tòpic:** **THE STREETFOOTBALLWORLD NETWORK: GLOBAL PARTNERSHIPS, CHANCES AND CHALLENGES**

**Abstract:**

**Author:** **Christophe Mailliet** ; Streetfootballworld

**Contact:**



**Category:** Oral presentation

**Situation:** Block 3 Track 2

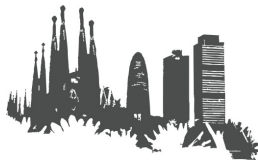
**Topic:** **COOPERATION OF HEALTH SYSTEM AND SPORTS IN SOLVING PROBLEMS OF YOUTH OBESITY AGES 12 TO 18 YEARS**

**Abstract:**

Obesity has gone up from category chronically noninfectious disease and became a recognizable symbol of modern ways of life. Obesity epidemic is product of lifestyle in which people behave as consumers, of their own health, primarily. Serbian Health Fund started to finance project on the initiative of the Alliance of pediatricians. Right to have three-week program have young whose obesity exceeds 97 percentile of fat tissue with other problems. The program is based on suitable outdoor aerobic activities, exercising in the fitness hall and gyms and pool with controlled diet regime. In addition to nutrition and physical activity special attention is devoted to education about diet and physical activity. The third support point of program is to develop cohesion within the group by organizing the psychological workshops and creating social, cultural and entertainment activities in daily and evening free time. The program experimentally started in August and from January will be formed a special department with 30 beds in `Special hospital Cigota, Zlatibor`, which will work throughout the whole year.

**Authors:** **Dušan Mitic** ; Faculty of Sport and Physical Education, Belgrade, Serbia  
**Jelena Šefkušić** ; Special Hospital Cigota, Zlatibor, Serbia

**Contact:**



**Category:** Oral presentation

**Situation:** Block 3 Track 2

**Topic:** **COUNSEL FOR SPORTS-RECREATION**

**Abstract:**

Regardless to relative small frequency of potential incidents, based on the researches and experience in sports medicine, health and abilities control prior of inclusion in physical activity program is recommended, especially for middle-aged and elderly persons. The procedure is particularly recommended for males age from 40 on, and for females age from 50 on.

Except of usual data from personal and family's occupational and sports history that can be obtained from standardized questionnaires, medical examination that could be, if necessary, extended to laboratory and other procedures, it is certainly to affirm some parameters of cardiovascular, respiratory and loco-motor systems.

In this way it is to identify eventual contraindications for entering the sports-recreation activities.

On the basis of health condition finding, characteristics of body composition, levels of functional-motor abilities and preferences of the checked person, the physician and the kinesiologist will propose mode, intensity and weekly frequency of the activity as well as an sport-recreation center, and may be even the leader of the program.

The procedure of essential medical examination and functional tests and the way of the physical activity prescription is reviewed. It is to point out that counseling process in sports-recreation is a common task of medicine and kinesiology.

**Authors:** **Stjepan Heimer** (MD. PhD); Faculty of Kinesiology, University of Zagreb, Croatia  
**Marija Rakovac** (MD); Faculty of Kinesiology University of Zagreb, Croatia  
**Snježana Beri** ;  
**Milica Tonkovic** ((Doctor; )

**Contact:**



**Category:** Poster

**Situation:** Poster

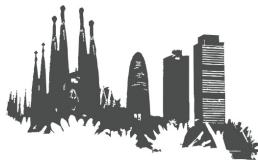
**Tòpic:** **COOPERATIVE GAMES: A PROPOSAL FOR HUMAN DEVELOPMENT IN PHYSICAL EDUCATION CLASSES**

**Abstract:**

This study is characterized as a qualitative research in the form of action-research that is being applied in a school of fundamental education in Atibaia, Sao Paulo State. Three years ago, teachers of physical education from the municipality elaborated a proposal of work for the classes of physical education based on Cooperative Games aiming at values formation. The challenge of implanting a new proposal is based on the idea that experiences performed in the classroom with cooperative structures could contribute for a new meaning of the physical education in the schools, in contraposition of the experiences with competitive practices that were performed in the municipality schools. This inquire is being done according to Thiollent (2002) assumptions about action-research developed in the social field, proposing a collective and collaborative action among the participants. We have chosen the action-research, for in this kind of methodological structure integration and cooperation between the researcher and the participants are considered very relevant. From this interaction mediated by dialogue, result reflections and actions that contribute for the effective construction of knowledge, inclusive at a pedagogical level. In respect to actions and reflections accomplished during the seminars proposed by action-research our intent was to identify and share the main problems to be investigated, to propose solutions to develop concrete actions in order to help the participants to apply their capacity of transformation and emancipation. The action research performed in this school uses, as the theoretical support, the statement among the referential on education presented by UNESCO in the report organized by Jacques Delors (1999) assumptions on Peace Culture and Paulo Freire's pedagogy for autonomy. The research field is the educational space where classes are given in the classroom and in the gymnasium. Our expectancy is to understand the dynamics of the physical education classes and propitiate a process of reflection, action and transformation of the involved actors in respect to the use of cooperative games as strategy for human development. Human development means development of citizens capable to growing as human beings and to be co-creative, together with others, of a human space for a desirable social relationship (MATURANA, 2000). With this study we expect to have, during all the process, an investigative, reflexive and transforming action, about the use and the application of the cooperative games proposal, centered in the values formation in order to recognize its effectiveness in the quotidian of every community school.

**Authors:** **Marília Velardi** ; Universidade São Judas Tadeu - São Paulo - Brasil  
**Claudia Ottoni** ; Universidade São Judas Tadeu - São Paulo - Brasil

**Contact:**



**Category:** Poster

**Situation:** Poster

**Tòpic:** **VALUES IN GREEK ´S GYMNASTICS AND IN GYMNASTICS FOR ALL**

**Abstract:**

Currently there are countless ways to undertake gymnastics, aiming to various main objectives: competition, physical training, demonstrations, etc. All of them were influenced by or had their origin in the European Gymnastics Methods, in Renaissance, and among them the General Gymnastics (named Gymnastics for All nowadays) which is the focus of this paper.

Scientific Gymnastics (1) originated from these methods but it was in Ancient Times, in Greece, that the word gymnastics and its first meaning were established: the art of exercising in the nude.

This research was developed in this context and aims to understand some similar characteristics between Greek Gymnastics and Gymnastics for All, especially from the point of view of the human development (2).

Several knowledge and practices were included in the Greek education to form the Greek citizen, in an holistic vision of man which included political and philosophical aspects, technical knowledge (logical-mathematics), aesthetic sense (more linked to music) and bodily (gymnastics). Gymnastics was one of these pillars of education, being at the same level of importance as the other disciplines. As regards to Gymnastics for All this seems to be also true, as it should be considered by educators as paramount in the education and preparation of individuals, as well as the other school or club disciplines.

One of the similarities between these types of practice is the concern about human values. The practice of gymnastics aims to shape the character and skills of the person so that he/she has a better society life.

In the Greek gymnastics, men fought in the nude as a signal of entirety presenting themselves in equal conditions as their opponents, highlighting their preparedness and righteousness (symbolic act). Although they have distinct forms of showing, competition and demonstration, in both type of gymnastics trainees are totally available for the practice, each of them showing and offering their potential in favor of a collective and cooperative practice.

The objective of both practices is the education of individuals as regards to the acquisition of values such respect, determination, aesthetics and ethics. During their training and presentations, both are concerned with the life experience of a healthy physical activity and being with others.

We found total similarity in human values between these practices so fastened in time. 2.500 years have passed and gymnastics changed in many aspects although its objective still is the human development in its larger expression of man's dignity and commitment to education.

1 The term scientific gymnastics was suggested by Soares (2007) to name the gymnastics practices rooted in Renaissance, having as theoretical ground the principles of science, mainly in health area (anatomy, bio- mechanic, etc.)

2 Comparisons that will be shown are based in many works. About Greek gymnastics: Bonoridno (1931); Educação Physica (1938); Godoy (1996). Toledo (1999); Jaeger (2001); Cartledge (2001). As far as to Gymnastics for All: Souza (1997); Hartmann (2005); Santos e Santos (1999); Ayoub (2007) e FIG (2007).

**Author:** **Eliana de Toledo** (Grupo de Pesquisa em Ginástica Geral – FEF/UNICAMP - Brasil);  
Universidade São Judas Tadeu (USJT) – Brasil

**Contact:**



**Category:** Poster

**Situation:** Poster

**Tòpic:** **CONTRIBUTIONS OF A PROPOSAL PEDAGÓGICA IN GYMNASTICS FOR ALLFAVORECIMENTO FOR THE INCLUSION OF PORTADORES OF SPECIAL NEEDS**

**Abstract:**

The work focuses on the use of the pedagogy of gymnastics for all as a tool for the inclusion of a particular group of individuals with special educational needs to society, thereby promoting the same in the social, emotional, cognitive and engines. The group General Gymnastics prilagodi - GGA exists to three years and is one of the few groups that work with a wide variety of gymnasts with a disability. Showing that inclusion is possible through gymnastics for all.

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**Category:** Poster

**Situation:** Poster

**Tòpic:** **DEVELOPMENT AND MANAGEMENT OF RESOURCES IN SPORT FOR ALL**

**Abstract:**

We are going to introduce a university experience for the training of professionals in the area of Sport for All, with emphasis on gymnastics. Two universities in the province of Paraná, Brazil, who have the degree of Physical Education, through their gymnastics instructors, decided by the creation of groups of Gymnastics for All, which are groups of study, research, training, professional development and gymnastics demonstration, formed by students. These groups are: Group of Gymnastics for All from Universidade Federal do Paraná and Group of Gymnastics for All from Universidade Tecnológica Federal do Paraná. These groups have a lot of goals and, for this paper, we will present two of these objectives in particular: 1) to provide for Physical Education students moments of gymnastic practice for understanding and reflection about the handling of the body in light of being teacher, 2) to plan, organize and execute events in the area of Gymnastics for All. On the first goal, we believe that the theoretical and practical experiences are based on activities of Gymnastics for All and seek the participation of all who are attracted by the experience and demonstration of movements so creative, original, leading knowledge and / or recognition the limits and possibilities of the body. It is a proposal for a practice of movements that lead the partnership between education, recreation and art through activities of gymnastics expression which are based on cultural aspects of the group that practiced. Thus, the living practices of Gymnastics for All in the training of university offers students knowledge and awareness of your own body and movement, the development of a body availability front of the pedagogical work with children, young people and adults; recognition its possibilities and limitations of bodily function of the professor of Physical Education and, especially, the use of its expressive body as a strategy for education. On the second goal, we believe that the practices experienced groups mobilized in the planning and organization of festivals, demonstrations of Gymnastics for All, with the holding of events in different formats: a) The Didactic Festival of Gymnastics for All, when the students take familiar with the groups of Gymnastics for All, whose former students of these universities involved are responsible for the groups of gymnastics that participate on the festival; b) The College Gymnastics for All Festival, an event held in partnership with the Local Federation of Gymnastics. In this event the students show their Gymnastic productions disseminating its practice; c) The Festival of Gymnastics for All of Curitiba (a Brazilian city), the students involved in organizing and implementing the festival in which groups invited held demonstrations of different works, showing for local community the various gymnastic possibilities and encouraging the participation of all in the activities of Sport for All. We conclude that these actions were as proposals for training of human resources for the development and expansion of the practice of Gymnastics for All. It is necessary to ensure the training of professionals who act, organize and disseminate these practices.

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**Category:** Poster

**Situation:** Poster

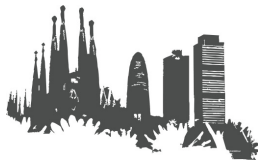
**Tòpic:** **EDUCATION IN HUMAN VALUES, THROUGH THE USE OF GENERAL GYMNASTIC**

**Abstract:**

This study brings up some arguments related to the necessity and the configuration of a new educational paradigm. It points out to the urgency of Education in human values, through the use of general gymnastic in the physical education classes. It intended to verify if the learning of general gymnastic enables the perception of future teachers in relation to techniques which may be excludent or discriminatory. The research was developed in the Federal University of Paraná with the help of twenty one students of the third year of the physical education course and its aim was that through a strong academic background one could take to the schools, new concepts of human relations, rescuing values through general gymnastic that give opportunities of pacific living, an important principle in the search of the affective, cognitive and personal balance.

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**Category:** Poster

**Situation:** Poster

**Tòpic:** **MULTIFUNCTIONALITY OF THE T-BOW FOR SPORT AND HEALTH**

**Abstract:**

The T-Bow is a multifunctional bow for movement education, training and therapy. Ideal for group classes and for personal training. The T-Bow offers excellent options to create training sessions that integrate conditional capacities such as endurance, strength, flexibility and relaxation; together with coordination capacities, especially in balance conditions.

The added value of the T-Bow is the applicability of its great variety of functions into multiple fields of sport and health, such as: fitness, wellness, movement education, sports initiation, movement rehabilitation, sports training and leisure.

**Fitness and Wellness:**

With the T-BOW, many types of group fitness practices can be performed, with multiple designs in the structure of the lesson.

As an individual training station, its balance possibilities and its bowed design are used for the global postural equilibrium and the special strengthening of the trunk.

Personal trainers and their clients are fascinated by this training apparatus with which can be effectively trained multiple motor capacities in a very reduced space.

The versatility of the T-Bow is also very practical for health and wellness centres as an ideal complement to develop a movement activity oriented toward health and welfare, pointing out the postural equilibrium, the strengthening of the back and the static-dynamic relaxation.

Additionally, the balance on the T-Bow generates special sensations and an incomparable welfare.

The strength to control the position and the security in balance situations to reduce the risk of falls are important criteria of health in the adult-hood and especially in elderly, and can be promoted by means of amusing and optimum forms with the T-BOW.

**Movement Rehabilitation:**

The T-Bow is being very used in physiotherapy centres, back schools, sports rehabilitation centres and other centres dedicated to movement physiotherapy.

The T-Bow permits to design very beneficial exercises to solve back problems and strengthening of joints.

The mobilization and the strengthening possibilities on the T-Bow are beneficial to solve back and joint problems, besides being an excellent complement for other physiotherapeutic treatments.

**Movement Education and Sports Initiation:**

A group of differentially significant skills for improving dynamic and static balance situations with the own body and combined with different mobile sports tools, can be created with the T-Bow.

**Sport Training:**

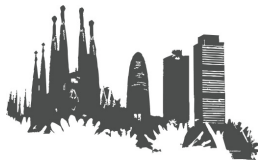
The coach can use the T-Bow as a complement for the specific training to train multiple basic capacities as a support of performance in amusing and different ways. In addition, the T-Bow offers many alternatives based on physical therapy practices that can be applied for injury prevention or movement rehabilitation.

**Recreation:**

Children are delighted and fascinated with the rocking and swinging movements performed with the T-BOW. In adults, the balance alternatives of the T-Bow and the welfare sensations that these situations produce, also contribute to participants an extra element of fun and motivation.

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**Category:** Poster

**Situation:** Poster

**Topic:** **SPORT FOR ALL AS A SPACE FOR DEVELOPING AUTONOMY: AN OUTLOOK BASED IN THE THOUGHTS OF EDUCATOR PAULO FREIRE**

**Abstract:**

Although there are frequent criticism to human autonomy in post-modern society, the thinking of Brazilian teacher Paulo Freire put us in front of the idea of autonomy as an human ability.

To Freire, autonomy only be understood from the paradox autonomy/dependency, because as cultural beings we are necessarily dependent. To be autonomous means to be aware of being up to the other, and at the same time we realize that we are different. Because of this, Freire believes that autonomy can be stimulated where there is room for solidarity and self-knowledge. To stimulate autonomy means to stimulate thinking, self-recognition and identify with the society; it takes for granted the teaching of partaking, a consequence of a process built socially and historically that arises where there is freedom. In societies where autonomy is limited by social, economic and political aspects, it is critical to offer systematic opportunities of stimulus to autonomy to preserve the minimal conditions for individuals to be recognized as citizens. The educational action that helps the autonomy of individuals goes, necessarily, by the offering of spaces and practices where the individuals feel free to be who they are and, at the same time, they recognize themselves as part of a social group which whom they share values and in each meeting are ready to be, and mainly, to be rooting for the others.

We believe that the movement Sport for All (EPT), as a collective practice, is coherent with the pedagogy for autonomy foundations since the sharing of values, the solidarity and the free participation are premises for its shaping as a non-competitive practice of sport. We consider that the sport offered as free and non- discriminatory practice can be an ideal environment, called for Freire "pedagogy of the autonomy". It is a place where the differences have a dialectic and flowing relationship when they perceive themselves as individual and collective body, establishing among its participants a relationship of mutual respect, learning and affection.

So that it is important that EPT proposal planners commit themselves to the unlimited accessibility to practices, to democracy and to the solidarity as principles that direct these proposals. Teachers should greatly promote theirs pupils' dialogue and right to choice, stimulating the sharing of values within their peers that might led to recognize their history throughout the activity. In this sense, EPT could help the notion of belonging to a context, to a history, to a social group in the extent that the practice selected address to his history and to his group history as well. EPT can be, thus, a space for building the human being identity, even in environment where people would be oppressed by values many times opposed to human freedom.

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