

2nd European Sport for All Congress

"Sport and Health: From theory to practice" Barcelona 23rd, 24th, 25th October 2008

Seminar 2008

More than 350 participants gathered together on the 2nd European SFA Congress, more than 180 participants came on the PATHE Seminar 2008, more than 30 leaders from PATHE Associate and Collaborating partner organisations got the opportunity to see best promotion, to get best experiences, to know best practices, to hear best presenters, to meet best speakers on the health and sport for all field.



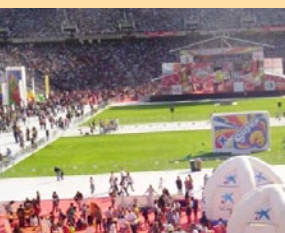
PATHE is receiving support from the European Commission, Executive Agency for Health and Consumer - grant agreement 2006338

PATHE Seminar program was connected to the 2nd European Sport for All Congress in Barcelona with the following sessions

Date	Topics/style
Thursday, 23.10.2008 21.30	Dinner for PATHE Associate Partners and PATHE Collaborating Partners
Friday, 24.10.2008 9.30 - 11.00	Plenary Session 1 Steps to fitness and health - from physical activity guidelines to an integrated concept for health promotion Sport and Health Policy of European Commission
11.30 - 13.30	Parallel 1 Health enhancing sport programmes, projects and campaigns: »New tendencies«
15.00 - 17.00	Parallel 1 Health enhancing sport programmes, projects and campaigns: »Quality management in practise«
Saturday, 25.10.2008 9.00 - 10.30	Plenary Session 2 Keynote Address: Sport for All Delivers Added Value for Society Roundtable Discussion: Sport for all Policies and Future Development of Added Value for Society
11.30 - 13.30	Parallel 2 Session of Scientific Abstracts
15.00 - 16.00	Congress Conclusions
21.00	Closing Ceremony Gala dinner at the Cornella Sports Arena

Competences that participant acquired:

- a knowledge base in health-enhancing activity and health related fitness
- a knowledge how to encourage and support national populations to take responsibility for their own health, and to actively promote the choice of physical activity over a sedentary lifestyle
- materials from local/national/international initiatives
- a knowledge of best practices from presenters and gain the new experiences to be used in own organisation
- greater understanding of what other organizations are doing that may be different or complementary to own work in the field 'promotion of health and physical activity'
- a knowledge base of organization, management and quality assurance of promotion of health and physical activity throughout Europe.



What does PATHE Seminar mean to us?



Mogens Kirkeby, ISCA President

»The PATHE partners shows interest and willingness to transform international inspiration into national development. They show they are committed to creating better and healthier societies.«



Saska Benedicic Tomat, PATHE coordinator

The PATHE Seminar participants finalised the event with a common statement: »Let's move to the next floor and enjoy the challenges!«



**Anders K. Jespersen,
DGI PATHE project manager**

»It is inspiring and encouraging to meet people in the network of PATHE projects. The work and the efforts, that so many people and organisations put in this project is promising for the future involvement in healthprevention and healthpromotion and as well the Asso-

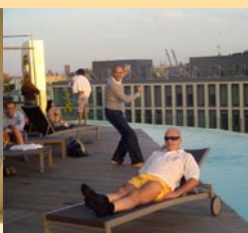
ciate partner organisations as the Collaborating partners. It is for me a very clear conclusion from the seminar, that it is possible to make a difference of importance. It does not make any difference whether the initiatives are taken by private people, private organisations, by governments and local communities or by NGO's and by Sport for All organisations. The important thing is, that many different actors in this scene find each other in cooperation and work together to give people a realistic chance to be more physical active in their daily life and do this in a strong social context. This is the key factor towards a healthier lifestyle. There are others including better nutrition and food, but our core contribution is to set the scene for a daily amount of activity to benefit from the knowledge and experience, that physical activity in well-organised frames and in a qualified social context is one of the most effective contributions.

We need to have a good support from governments and local communities and we need to find cooperation with everyone, that go for the same agenda.«



**Jacob Scouenborg,
ISCA Secretary General**

»The PATHE seminar has taught a very important lesson: Good and close personal relations is the foundation for productive partnerships and sharing of knowledge. The seminar testified to and deepened those productive relations. We are on the right track!«



What does PATHE Seminar mean to us?



Millar Stoddart, International Chairman, Scottish Association of Local Sports Councils

»There was many highlights during the three days of the 2008 Assembly and Congress. It was great to hear a variety of presentations at the Assembly on the activities of National Sports for All organisations affiliated ISCA.

I enjoyed the very interesting Presentation at the Congress by Dr Michal Krejza, the Head of the European Commissions Unit of Sport.

I appreciated the fact that Dr Krejza found the time to talk informally to delegates and attend a good number of the Plenary and other sessions in addition to giving his valuable time to spend a few days at the Congress.

ISCA's PATHE project is exciting and the Association has to be congratulated in receiving the support of the European Commission for the project and it was fantastic to meet the selected representative from each of the National partners participating in PATHE under the leadership of its enthusiastic competent PATHE co-ordinator.«



Jean Claude Arnaud, USEP PATHE volunteer

»By promoting the practice of physical and sports activities, the objective is to seek to develop the taste and culture of a balanced practice through physical pleasure and to help people to become actively involved in their own health. PATHE is developing the national initiatives and helping to reach the healthier lifestyle. »



Miroslav Zítko, Secretary general of Czech Association Sport for All, Czech Republic

»Czech Association Sport for All is the largest organization in the Czech republic which has fitness sport and other relaxing physical activities, fitness exercises and remedial exercises in its programme. We aim to gain and maintain a good condition through exercises and various kinds of sports as well as to relax from ordinary cares. Therefore we are very glad that we are involved in project PATHE. PATHE seminar in Spain Barcelona was very inspirational for all participants.

Very important topic, excellent lecturers, very good organization of seminar and good experts from sports organisations and institutions are guarantee that PATHE project is and will be successful.

I believe that we can together contribute to our common aim - Healthier societies.



PATHE Seminar participants and PATHE partners commit to:

- strengthen the values, awareness and knowledge regarding health beneficial physical activity with the national initiatives
- strengthen the values of recommendations regarding health beneficial physical activity,
- coordinate and perform of activities and projects connected with physical activity that are in the interest of the public
- introduce connection and cooperation among medical and sport experts and science in encouraging the population to start a regular and systematic physical activity,
- provide professionally designed programmes of physical activity for health strengthening in working and living environments on the national and international level
- increase the promotional activities regarding the importance of physical activity for health strengthening within the healthcare system, education, working environments and in local and national communities
- follow up the Congress and PATHE Seminar commitments, ideas, partnerships, cooperation, activities
- learn the common language between »health and sport«
- find a common language between policy strategy and development strategy in Sport for all activities
- disseminate the national initiatives, knowledge and experiences to less experienced organizations
- encourage and support national populations to take responsibility for their own health, and to actively promote the choice of physical activity over a sedentary lifestyle
- »move to the next floor.....«

Statements of the PATHE Project managers:

»If we want to fully release the human capital in society - improvement of health is a precondition.«

»The Sport for All organisations have the potential and capacity to make an invaluable contribution to individual health on a large scale.«

»PATHE.....is a good way of creating partnership.«

»In striving for giving every single person the opportunity to be an active human being in a strong social context with a high quality in all aspects - and do this in well organised and easy accessible conditions we need to help each other by sharing knowledge and experience.«

»Managing a sports organization is therefore, becoming an ever more increasingly demanding task. Reason more for exchanging the good practice and experiences and this is from my point of view the most important added value of PATHE project which I manage.«

»By promoting physical activity and sports, the goal is to try to develop the taste and culture of a balanced physical practice through the pleasure and help the child become an actor of his health.«



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More about the 2nd European
Sport for All Congress:
<http://www.sportforall-congress.eu>

More about PATHE:
<http://isca-web.org/english/health2>

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EU Platform on Diet,
Physical Activity and Health

*ISCA is a member of the European
Platform on diet, physical
activity and health.*