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Danish Gymnastics and Sports Associations (DGI) is a nationwide organization, working through sport and other cultural activities to strengthen the work of local amateur associations in an endeavour to promote youth and adult non-formal education. DGI comprises about 5000 local associations with a membership of 1.4 million people. Denmark only counts 5.3 million inhabitants. DGI is a member of International Sport and Culture Association (ISCA).

DGI has a long tradition of participation in international projects in many parts of the world. Aided by financial support from the Foreign Ministry and together with African or other Danish NGOs, DGI is involved in long term sports and culture development projects in several African countries. Apart from these projects DGI also organise short-term sports instructor's exchanges in cooperation with Danish Folk High Schools. As part of the ordinary DGI-program we organize international and national seminars, conferences, tournaments, and festivals.



DGI Fitness & Health

The purpose of Fitness & Health

The purpose is to develop educations within this area to ensure a high level of quality in the educationprograme, specieally among the teachers in DGI, which is a benefit for the members, instructors and management in the clubs.

Fitness & Health current education activities:

- Fitness Educations
- Fitness Coach Educations
- Pilates Educations
- EFFEKT Educations
- Indoor Cycling Educations
- Nutrition & Health Educations
- Training with balls and bands Educations
- Aerobic Educations

Each education has a structure, education material, a standard programe for the course and teachers attached to this education.



Indoor cycling

Fitness & Health in practice: (tasks)

- For each topic a specific team is, together with the responsible project manager, in charge of developing and evaluating each area. This could be working out education materials, recruiting new teachers, implementation of the newest trends in the field etc.
- This team of instructors are also involved in the description and the policy and procedures of the educations
- The management of the courses, the communication around the activities and the financial side are other subjects, this project can promote to other organisations.



Contact and more details:

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