

## Introduction

The affirmation that the physical activity environment is in constant evolution, is not new; in fact it's the complete opposite, it has become a very used topic by professionals and investigators in this area.

In the majority of occasions the change is displayed in the alteration of the conditions of practice and the relation that is established among the participants in the numerous disciplines and activities that are carried out.

The link between the physical activity environment and other areas in the sport for all organisation such as health, employment, and education, etc; form an important part of the analysis and study of those responsible for the organizations and of the politicians dedicated to the promotion of physical activity and sport.

The appearance of the first sign of evidence that showed the benefit of practicing physical activity moderately, implied a new focus to the consideration of physical activity and sport, on a political level as well as an organizational and scientific level.

Nowadays the will to promote physical activity has turned into an obligation for the majority of governments and States, and generally it is incorporated into the educational plans, health plans, employment, etc. Nevertheless the activity should be organized, supervised, divulged and financed, and consequently the available resources for it should be suitably administered to be able to obtain their maximum efficacy.

"How does the world of sport for all meet these challenges and make the most of them?  
The 2nd European Sport for All Congress will address this issue."

### Target group

- Sport leaders and managers.
- Decision makers and policy designers in sport and health policy.
- Experts in planning, managing and running sport facilities.
- Health professionals who deal with sport as a means to strengthen and maintain health.
- Diet and Nutrition specialists.
- Scientists.
- Sport science and Sport management students.

### Congress Format

- Over the course of the congress there will be numerous sessions, in which different styles of communication will be used. The objective being to identify action policies, to facilitate the exchange of experiences and to promote the debate among those assisting the event, plenary sessions will be presented, talk shows, panel debates and round tables.

### Call For Papers:

- The participation in the congress is open to all those sports organizations, public companies and administrations linked to the promotion of sport as a healthy habit. Those people or institutions that want to play an active part in the congress will be able to do so by presenting papers, board expositions, posters or video presentations.

Please refer to the congress website for more details and deadlines: [www.sportforall-congress.eu](http://www.sportforall-congress.eu)



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**Ajuntament de Barcelona**

# 2nd European Sport for All Congress

"Sport and Health: From theory to practice"

Barcelona 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup> October 2008



[www.sportforall-congress.eu](http://www.sportforall-congress.eu)



# Dear Friends

■ Improving personal health is valued as the principal benefit of sport according to the European citizens.

With more than 70 million European citizens active in sport clubs and a similar amount of people doing sport and physical activity spontaneously, this sector represents a huge movement and a huge market.

The 'Sport for All' sector has always been closely linked to the question of personal health. The rapidly growing interest and need for the improvement of health increases the demand for more commitment from the 'Sport for All' sector.

At this 2nd European 'Sport for All' congress, we would like to present and discuss the sectors resources, facilities, research, programmes – all in all the 'Sport for All' produced Social Capital.

We welcome you to present and discuss the challenges and solutions of the 'Sport for All' sector.

Morgens Kirkeby, President of ISCA



## Health enhancing sport programs, projects and campaigns

■ The creation of international networks of exchange should constitute a fundamental tool to help the organizations from the Continent to devise their own offering of practice, by evaluating and adapting experiences that have happened in other countries and regions.

■ The creation of this offering of practice should base its development on the analysis of the quality of the elaborated programs, as its success or failure will depend on the initiatives taken. The management of the quality of the programs implies interpreting the needs of the participants; as well as the analysis of their satisfaction, related to what the participants want to achieve.

■ The evolution of the activities and the analysis of the results obtained, as well as the satisfaction of the participants; should awake the interest of the scientific groups by getting to know and value new initiatives, showing at all times the efficacy of the activity programs proposed.

■ Another issue is the relation between the nutritional habits in people and the consequences of health development. Synergies need to be created between healthy diet campaigns, food producers and the consumers.

## Development and management of resources in Sports for All

■ The organization of sports activities, often implies managing human and material resources. Among the material resources, it is important to adapt each activity to the practice space so that the activity can be carried out effectively using the most suitable equipment. That is why the design and utilization of the sports facilities plays a fundamental role. The efficient use of each space will depend, in many occasions; on the economic and social value of the programs established. At the same time, the sports organizations should be capable of managing the practice spaces and to assume everything that it implies, from the organization of its activities to the exploitation and maintenance of a building.

■ As for the human resources, it is very important to develop the technical capacity of the instructors responsible for giving the activities offered. Keeping the instructors up to date with the latest techniques and ways of training means that they can introduce their knowledge into the activity programs, ensuring that the participants carry out exercise safely. The recruitment of technical instructors and their motivation is fundamental for maintaining the participants interest in the physical activities and programs.

■ Apart from the human and technical resources; studies of environmental impact have shown that practicing physical activity indiscriminately in the natural environment, generates a series of impacts that can affect the environment.



■ Often the sports organizations take care of making sure the participants are aware of the need to respect their natural environment by preserving it so that future generations can enjoy it. The presentation and analysis of activities that respect the natural environment, should serve as an example for those organizations and people responsible for dictating sports policies. At the same time, the responsible use of the natural resources should be constant in the management of the sports facilities, that's why, the use of renewable energies can signify an important impulse in this aspect.

## Sports for All – added value for society

■ Sport for all plays a very important role in our society. It attributes numerous functions like the promotion and maintenance of health. Nevertheless to the sports practice in general it attributes other functions like education, social integration, cultural development, etc. It is this summary of functions that we can identify as the added value of sports practice.

■ This added value can also be interpreted by Communities and Territories, and often utilized to resolve different social situations. The organization of campaigns and projects linked to the multifunctional sports phenomenon, must form part of a strategy of transnational environment that will help to promote the development of the sports organizations.

■ Experiences in the field of the integration of disadvantaged groups, development of economically depressed areas by means of the construction of sports infrastructure; health promotion campaigns through the practice of physical exercise, educational projects that pursue the habit of practicing sport; should find debate forums and necessary exchange so that they can be established in an international environment.

■ The social changes that arise in our Communities and the globalisation of the world wide economy suppose a challenge today for the social integration and intercultural dialogue. In this sense, sport organizations can play an important role in the development of sport programs that include the integration of different cultures based around physical activity practice. Thanks to the EU declaration, the intercultural dialogue will become one of the most relevant issues to take into account for the sport environment.



*Sport for All Organisations: adding values to society through physical activity programs*



■ The establishment of physical activity programs related to the promotion of health among their participants, has presently become a great challenge for sports organizations to assume. In this sense, numerous organizations have initiated the introduction of these programs in its offering of activities.

A huge number of initiatives and experiences based on this theme have been and are being carried out in Europe. At present, people from early to older ages can all enjoy activity programs adapted to their needs and particularities, designed, given and supervised by specialists in the environment of physical activity and health.

As a result of the international contribution, the movement of sport for all will become stronger and at the same time more representative in the context of sport in general.

Gil Modroño, President of Ubac



■ The second European sport for all congress, under its general theme, "Sport and Health; from theory to practice"; intends to generate a forum of debate and analysis for organizations, sport leaders and politicians, linked to the sport for all environment.

The debate presented intends to revolve around the most prominent elements that influence the sports phenomenon. From the analysis of different activities and their conditions of practice; the social impact that these represent in the communities in which they develop, the resources utilized, their administration and management, to finally the development of sports organizations and their adaptation to the demands of the society.

It is very important to know how to divulge from the scientific point of view, those advances in the investigation of new methods and systems that permit the sports organizations to introduce new contents in their activity programs.

Toni Llop, President of CESS

