



# DGI - ISCA Children's Fitness

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## Trends, Challenges and Opportunities in "Sport for All"

18-19 September 2008, Copenhagen, Denmark



# PROGRAMME

**Thursday, 18 September 2008**

- 11.30-13.00 Arrival, registration and lunch
- 13.00-13.30 **Welcome by DGI vice president Birgitte Nielsen**
- 13.30-14.30 Outlining the Area of Children's Fitness  
Ruben Lundtoft, Project Manager, "Fitness in Association"  
([www.foreningsfitness.dk](http://www.foreningsfitness.dk))  
Julie Johnsen, Masters student in Physical Education and Health, University of Southern Denmark
- 14.30-15.00 **Children's Fitness: Specialised Equipment.**  
Mads Ledstrup, Sales Director, Medicsport, fitness equipment retailer, see [www.medicsport.dk](http://www.medicsport.dk) (In Danish)
- 15.00-16.00 Transport and change of clothes
- 16.00-17.00 **Introduction to Specialised Children's Fitness "Well-come Fitness". Demonstration with children and optional try-out for participants**
- 17.00-18.00 Transport, change of clothes and a healthy snack
- 18.00-19.00 **The Role of Physical Education and School Sport Experiences in Creating Pathways for All Young People,**  
Allison Oliver, Director of Sport, Youth Sport Trust,  
[www.youthsporttrust.org](http://www.youthsporttrust.org)
- 19.00-20.00 Debate
- 20.00 Dinner

**Friday, 19 September 2008**

- 07.00 Morning exercise: Children's Play as an alternative to Children's Fitness
- 09.00-10.30 **Presentation of national experiences and approaches, for example:**  
Svoli, Finland ([www.svoli.fi](http://www.svoli.fi))  
UMFI, Iceland ([www.umfi.is](http://www.umfi.is))  
Ubae/Eurofitness, Spain ([www.ubae.net](http://www.ubae.net))  
Participating organisations are invited to present their experiences in this session.
- 11.00-12.30 Round Table discussion on the opportunities and challenges in Children's Fitness and defining future strategies and cooperation possibilities in the area
- 12.30-13.00 **Closing and conclusions**
- 13.00 Lunch and departure

## Trends, Challenges and C

FOTOS: COLOURBOX





The **purpose** of the seminar is to **create awareness** and the foundation for **future** strategies in “Sport for All” on the topic of **children’s fitness**

#### Goal

The participants will

- gain concrete theoretical and practical knowledge on the subject of Children’s Fitness.
- get an updated picture of the international developments in the area of physical activity for children and youth.
- formulate perspectives and future steps in “sport for all” to increase physical activity among children
- engage in networking and establish bilateral or multilateral partnerships in the area of children’s fitness.

#### Target group

Decision makers, project managers and other actors working with or with an interest in physical activities for children.

#### Organisers

ISCA, DGI and Foreningsfitness.dk

#### Registration

Registration should take place no later than 1 September 2008 via the ISCA website [www.isca-web.org](http://www.isca-web.org)

#### Price

€ 100, covering full programme and meals

Travel and accommodation costs are at participants’ own expense.

Hotel reservations for a reduced seminar price (€ 84 single room and € 98 double room, including breakfast) have been made in Hotel Centrum, see [www.dgi-byen.com](http://www.dgi-byen.com)

Please register directly with the hotel, noting reservation number 292358, before 13 August 2008 to get the reduced price.

For any questions, please contact DGI Senior Project Manager Anders Kragh Jespersen at [akj@dgi.dk](mailto:akj@dgi.dk) or +45 20 80 93 50.

**Opportunities in “Sport for All”**



# Children's Fitness

Primary seminar venue:  
DGI-byen, Tietgensgade 65,  
København V, Denmark.

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For any questions, please contact DGI  
Senior Project Manager Anders Kragh  
Jespersen at  
[akj@dgi.dk](mailto:akj@dgi.dk) or +45 20 80 93 50.

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