

The alarming global increase in chronic diseases has resulted in an increasing focus in the issue of poor health. According to many researches, one of the central health concerns is the growing lack of physical activity in our modern societies.

To make people more active has become an important task in health enhancing programmes and projects. Apart from initiatives and programmes undertaken by governmental actions by the Public Health systems, the past few years have also seen several national and international sport organisations, particularly in the area of "sport for all", which have taken up the challenge, and have offered to contribute to the keeping and furthering of health.

Even if organised sports in different countries carried out fitness and health related campaigns and programmes it should be perceived, that those activities became not yet really and integral part of Public Health strategies. And the Medical Health System did not recognise those initiatives as serious, evidence-based contribution to health care. The great potential of organised sport in regard to health care and health promotion had not yet been explored enough. The system of organised sport itself has to evaluate, if and how it can meet the requirements to become acknowledge.

The International Forum aims to be a platform to map national, regional and local health-related campaigns and projects with focus on physical activities and sports, to analyse their basic strategic elements and to give impulse to improve those initiatives and to initiate trans-national cooperation and partnership.

The target group for this forum are political leaders, employees and experts of public authorities and non-governmental organisations involved in this topic. Welcome are also participants who want to improve knowledge and experiences to start with own initiatives in the field of health care and health promotion



organised by:



supported by:



## Information

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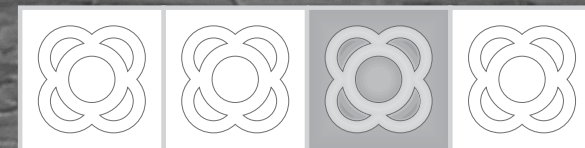
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# international seminar

2007 april, 19th - 20th - 21st



## barcelona

### sport for all playing its part in health care and health promotion

# Registration

PARTICIPATION FEE 100 euros

The fee includes: participation at the seminar, coffee breaks, lunch for April 20<sup>th</sup> and 21<sup>st</sup> ; club tour April 20<sup>th</sup>, and dinner for April 21<sup>st</sup>.

the registration fee must be paid to:  
2042 0127 72 3300002008

The accommodation and travel expenses cost must be covered by each participant. Hotel expenses (+/- 110 euros /person/night) must be paid directly to the hotel administration on departure day.

The organisation will take care of the hotel reservation of the participants

Name of organisation:

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Name of participant/s

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Contact details:

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Deadline for registrastion:  
April 10<sup>th</sup> 2007

## Thursday 19th

Arrival of participants

19.30 Opening Reception

## Friday 20th

9.00 Welcome speech

9.15 Lecture 1:  
Position of sport for all organisations as a stakeholder in Public Health initiatives.

9.45 Lecture 2:  
"Sport for All" organisations a reliable partner to health care programmes

10.15 Lecture 3:  
Health related behaviour modification through physical activity campaigns and projects. Strategies and methods.

11.00 Coffee break

11.30 Workshop (part 1):  
Presentation of physical activity programmes and projects for health care and health promotion.

13.30 LUNCH

15.00 SPORT FACILITIES TOUR  
(by bus)

Visit to several sport facilities which include traditional sport and sport and health programs. Contents of the visits:

- sport facilities design
- sport and health programs development.
- sport equipment available
- management skills

20.30 Return to hotel and dinner

## Saturday 21st

9.00 Lecture 4:  
Needs and demands of participants at health related physical activity programmes

9.45 Lecture 5:  
Quality health programs control management

10.30 Coffee break

11.05 Lecture 6:  
Sponsorship and partnership for health related physical activity programmes.

11.50 Workshop (part II):  
Presentation of physical activity programmes and projects for health care and health promotion

13.30 LUNCH

15.00 Round Table:  
National and trans-national co-operation and networking

16.30 Summary and closing

17.00 Opportunity for own sport activities

20.00 Ceremonial dinner

## Sunday 22nd

Departure of participants

