



ACTIVE AGE –PROJECT

Pathways to solve instructors
needs and recruitment in active
age project in gymnastics clubs



FINNISH GYMNASTICS FEDERATION

- 380 member clubs with 122,000 members
- one of the biggest sports organizations in Finland
- strong educator: almost 5000 instructors, coaches and leaders yearly

VISION

Gymnastics - the most popular exercises and activities together

MISSION

Finnish Gymnastics Federation promotes gymnastics activities for fitness enthusiasts and competitive gymnasts of **various ages**, and offers exciting experiences for everyone. FGF realises its aim by supporting the gymnastics activities and voluntary work of the clubs.

VALUES

Experiences and joy of gymnastics

Success by acting together

Possibilities for the whole lifetime – of high quality



CLUB SURVEY 2013

- About half of the clubs has got some regular activities for 60+ age group, but mainly they participate the same programmes than younger
- The clubs estimate that about 14 % of their members are at the age group 60+





Active Age project IKILIIKE 2013 - 2015

Main aims

- * more physically active seniors in gymnastic clubs
- * more activities suitable for seniors
- * more instructors in senior activities
- * better capacity and knowledge for instructors
- * more knowledge and capability in the federation and in the clubs
- * new ways of working
- * more co-operation at all levels of operations





CLUBSURVEY 2013/ Active Age

What do the member clubs need and want from the federation?

TOP 3 ANSWERS

- Education for the instructors
- Material for the instructors
(training routine models/programmes, music, exercise ideas)
- Good practices about how to carry out successful group training for elderly people



Background of the instructors in the clubs (who answered the AA-survey 2013)

74 % of the clubs answered that they have an instructor/ coach, who arranges regular exercise activities for the elderly members

Many of the instructors have a professional background: Physiotherapists, physical education teachers, sports instructors. They work with elderly people in the club a few hours per week as volunteers or with very small fee.

The instructor group is **very heterogeneous** in their knowledge and experience.



RECRUITMENT OF INSTRUCTORS

(SURVEY 2011 obs. The survey was about all the activities in the club, not only activities for elderly)

The most efficient way to recruit new instructors/ coaches

1. people who either were already or had been in the club
2. the instructors were found through the grapevine and their own networks





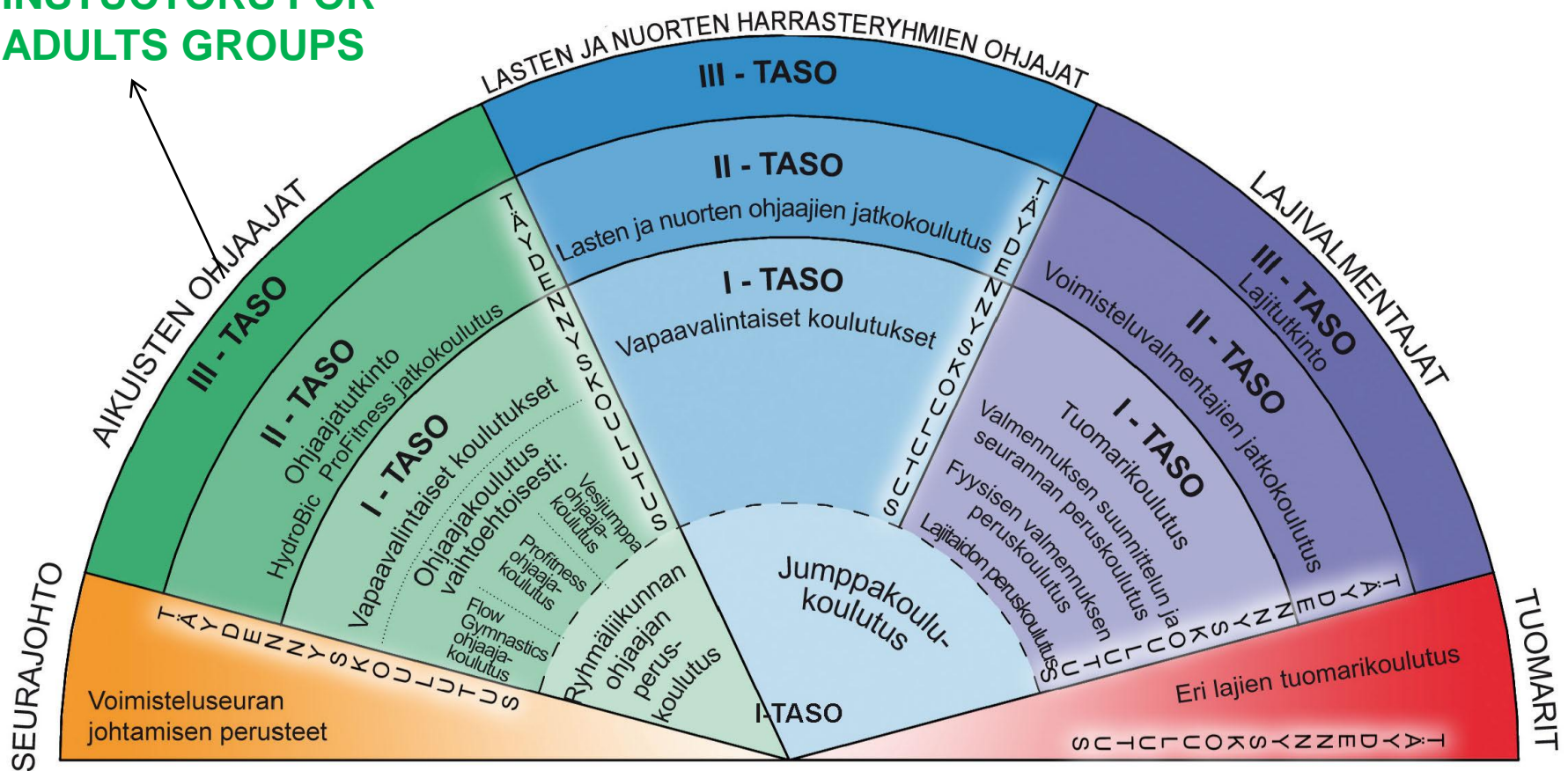
Active Age project support for the clubs (pilot clubs/ others)

- * **Workshop day** (1-2) for the pilot clubs together
- * Material for the **communication** (banners, handout, base for a bulletin, photos)
- * **Education** for the instructors (1 day + 1 day)
- * **Support material** for the instructors
- * Follow up **form** for the participation activity
- * Exercise card/ **diary** for participants



THE EDUCATION SYSTEM IN FINNISH GYMNASTICS FEDERATION

INSTRUCTORS FOR ADULTS GROUPS





ASPECTS FOR THE EDUCATION OF INSTRUCTORS/ Active Age

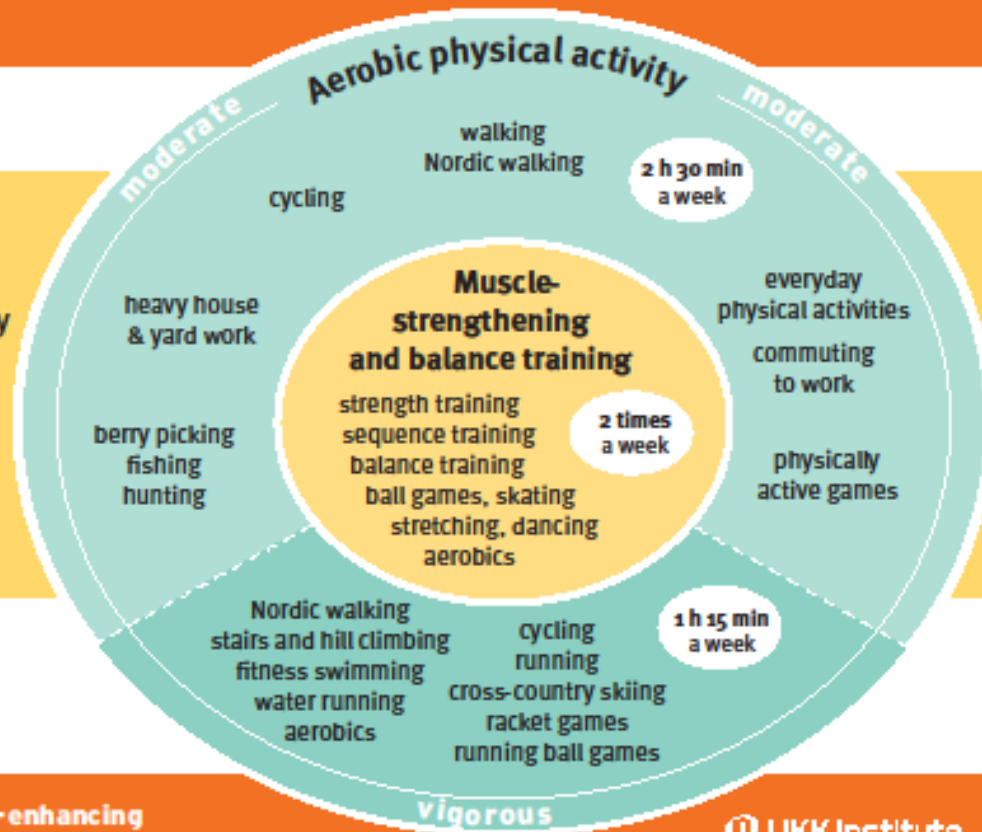
- **Small volumes**
 - > right choices are very valuable: what, where, how, to whom
- **Instructors of the elderly groups difficult to reach**
 - >special measures to target the education for them
 - >special measures in the courses to make them feel comfortable and create the feeling of development and learning
- **National education courses / local possibilities**
 - >learning needs to be moved nearer, to the practice, to everyday voluntary work inside the club
 - >tutors?
 - >learning tasks before/after a course?
 - >teaching on courses + support material from internet for studying inside the club?



Weekly **PHYSICAL ACTIVITY PIE**

Improve **aerobic fitness** by being active several days a week, for total of at least 2 h 30 min of moderate activity **or** 1 h 15 min of vigorous activity.

In addition increase **muscular strength** and improve **balance** at least 2 times a week.



Recommendation for health-enhancing physical activity for adults aged 18-64



FINNISH
GYMNASTICS FEDERATION

Physical activity pie for elderly (over 65 years old)

UKK-instituutti

Viikoittainen **LIKUNTAPIIRAKKA**

yli 65-vuotiaille



Paranna **kestävyyskuntoa** liikkumalla säännöllisesti useana päivänä viikossa, yhteensä ainakin **2 t 30 min reippaasti TAI 1 t 15 min rasittavasti.**

LISÄKSI lisää lihasvoimaa

By UKK-Institute,
Finland

18.10.2013 MOVE congress
LAM



Education for the Active Age instructors

The instructor
needs to be able to
put into practise
the aims of
**Weekly Physical
Activity Pie**

Physical activity during the
week at home and outside
concentrates more on aerobic
fitness

Exercise in the club
concentrates more in
the musculoskeletal
health, motor skills
and balance



Material for the Active Age instructor (concept similar to Gymnastics school for children)

Guide for the instructor

- aims of the physical activity/exercise in the club
- theory background , teaching and motivating
- how to adapt the training for each in the group

Models of suitable programmes/routines for example:

- 1 x 60 min group fitness class inside with music
- 1 x 60 min circuit training without equipment or with small apparatus
- 1 x 60 min outdoor nordic walking + gymnastics
- 1 x 60 min dance class with music



Material for the Active Age instructors

Easy **fitness tests**

- basic information about group tests

Exercise **diaries** for the participants

- to encourage people for outdoor activities, exercise at home

Exercise **programmes**, examples, models

- to be loaded from the federation extranet for the clubs





Social aspects are important

*"the discussions in the locker room before
and after gymnastics are so important"*
"to get the feeling of belonging to a group"
"the star moment of my week"





SUOMEN
VOIMISTELULIITTO

More information

leeni.asola-myllynen@voimistelu.fi

helena.collin@voimistelu.fi

THANK YOU!

