



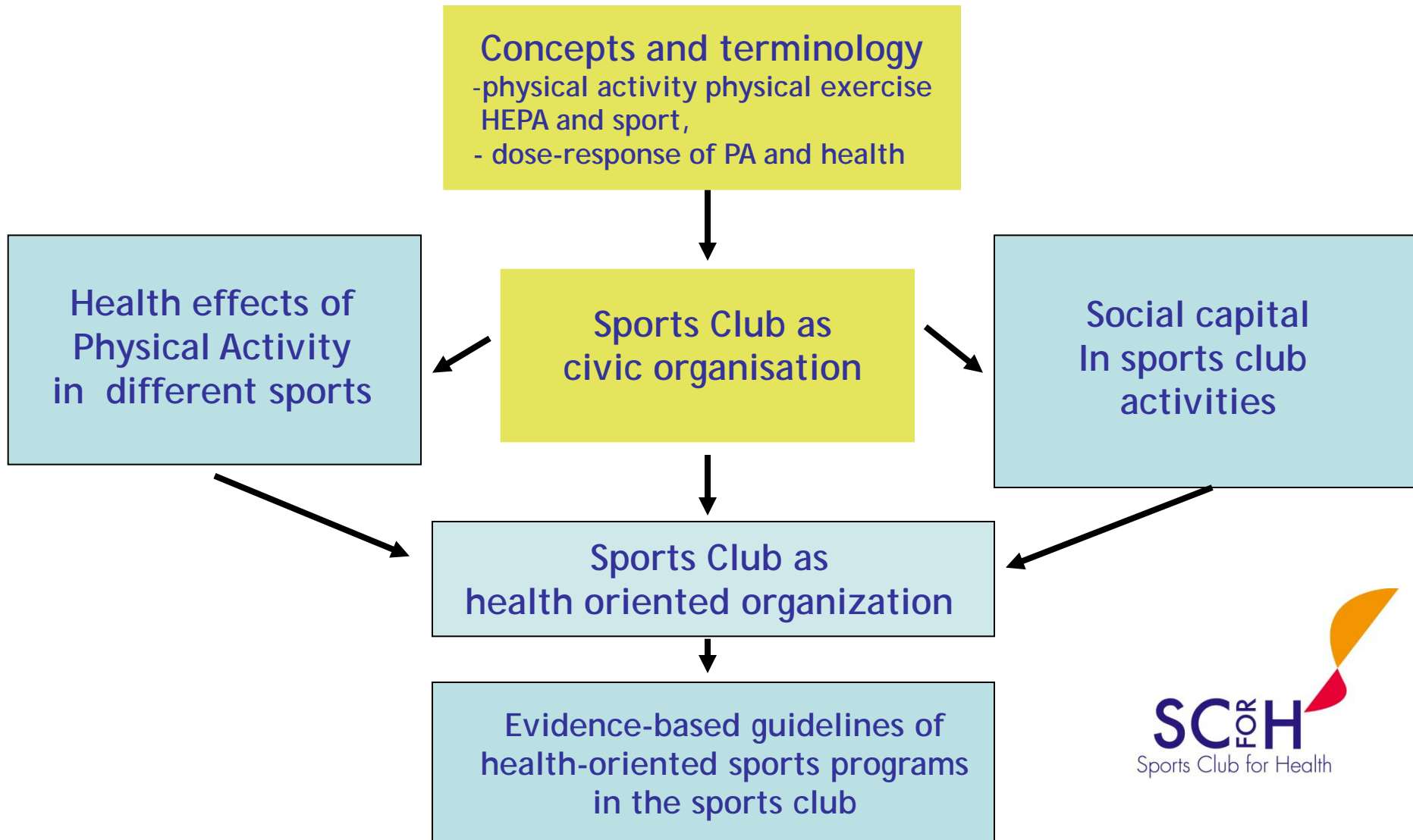
Sports Club for Health – An Opportunity and Challenge for the European Sports Movement

Jorma Savola
Finnish Sport for All Association



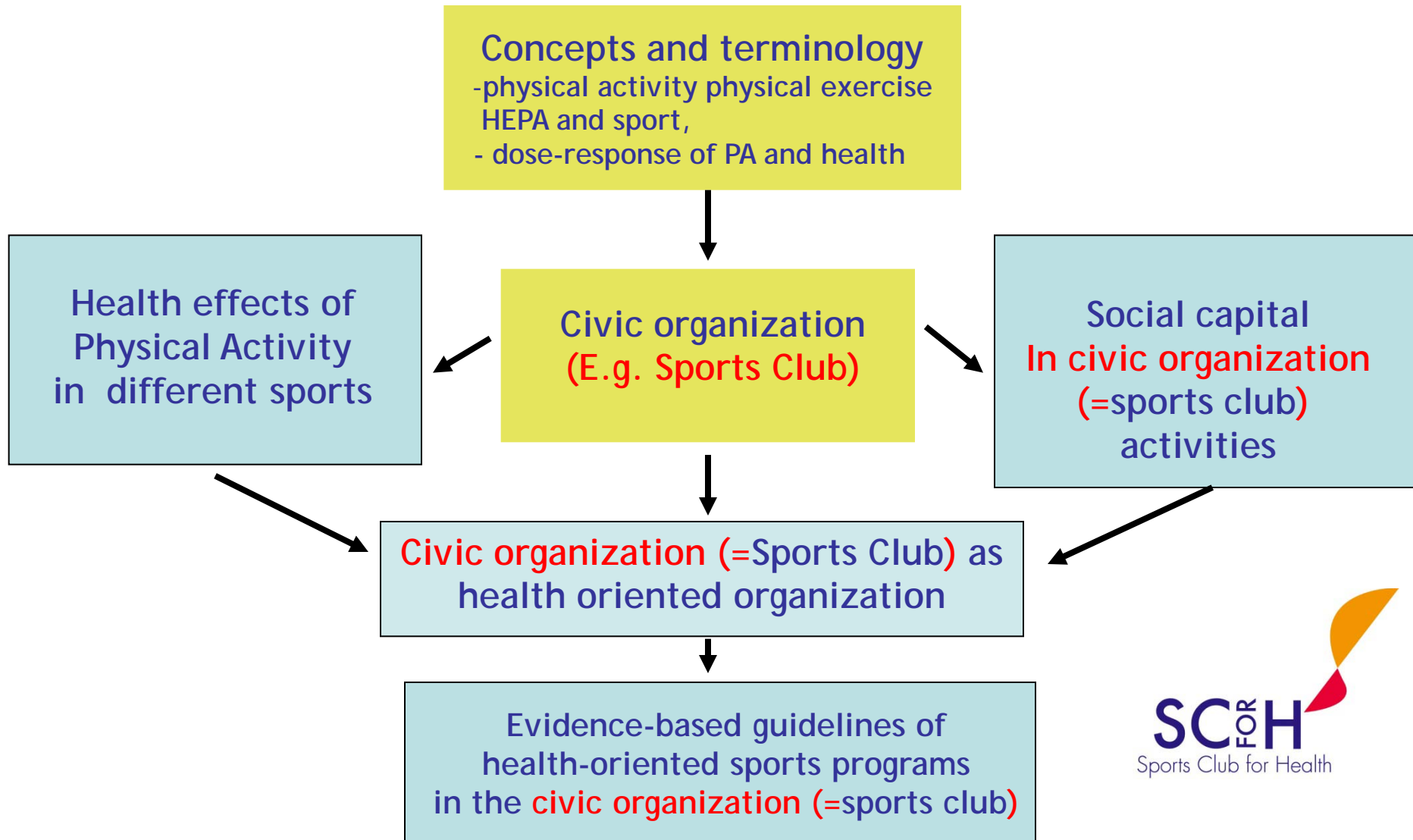
Sports Club for Health

- Framework for the SCforH programmes -



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How the SCforH process were built up

2nd International TAFISA-ESFAN Workshop, Helsinki, Finland

“Sport Clubs for Health”

4.-5. February, 2008

Helsinki, Finland

Sport Clubs for Health Workshop, Helsinki, Finland

“The Development of the SCforH programmes”

23rd. – 24th of. August, 2009

Helsinki, Finland

HEPA Europe Annual Conference, Glasgow, Great Britain

8-10 September 2008, Glasgow

The symposium

“Sport for health: it is time for the sport community to become a real player for HEPA”

5th Annual Meeting of HEPA Europe, Bologna, Italy

11th – 12th of November, 2009,

” HEPA Europe Working Group:

”Sports Club for Health Programme”

Sports Club for Health

- from project to process -

- SCforH-project started in 2008 with two Helsinki workshops
 - Tafisa initiative
 - SCforH -report
 - Guidelines 1.0
 - HEPA Europe working program
- SCforH-project is funded by EU Sport Unit
 - 2/2010-5/2011
- There are two essential aims for the project
 - 1) aim is to update and develop 1.0 guidelines
 - 2) aim is to develop networking in the area of health-enhancing PA with special focus on sports clubs

Definitions

A) What do we mean by a SPORTS CLUB as a civic organization?

B) Two ways for a sports club to consider health within its activities:

- 1) A club can start-up a health enhancing physical activity (HEPA) – oriented **program** (only), which usually is additional and new or adapted form of activities for the club in question.
- 2) A club can start to develop in the wide-ranging setting, which has emphasis on **health promotion within its sport activities**. This means wider recognition of health in its activities, organization, and operational principles. The latter one may also be started in a form of a program, but the ultimate aim is to integrate health promotion as a solid part of existing sports activities.

Background theories and models

Initial stage

Outcome of the process

Implementation stage

SPORTS CLUB FOR HEALTH FRAMEWORK

(1.0 guideline report)

BEHAVIOR MODIFICATION MODEL

BEST PRACTICES OF THE SCforH GUIDELINES

SCforH GUIDELINES (1.0 version)

- Preparing a SCforH program
- Developing a SCforH program
- Designing a SCforH program
- Implementing a SCforH program
- Evaluating a SCforH program

**SPORTS CLUB for health
"Work Packages"**

SPORTS CLUB AS CIVIC ORGANISATION

SETTING BASED APPROACH

**LEADERSHIP/MGT OF THE CIVIC ORG.
ORGIZATION**

HEALTH PROFILE / HEALTH EFFECTS

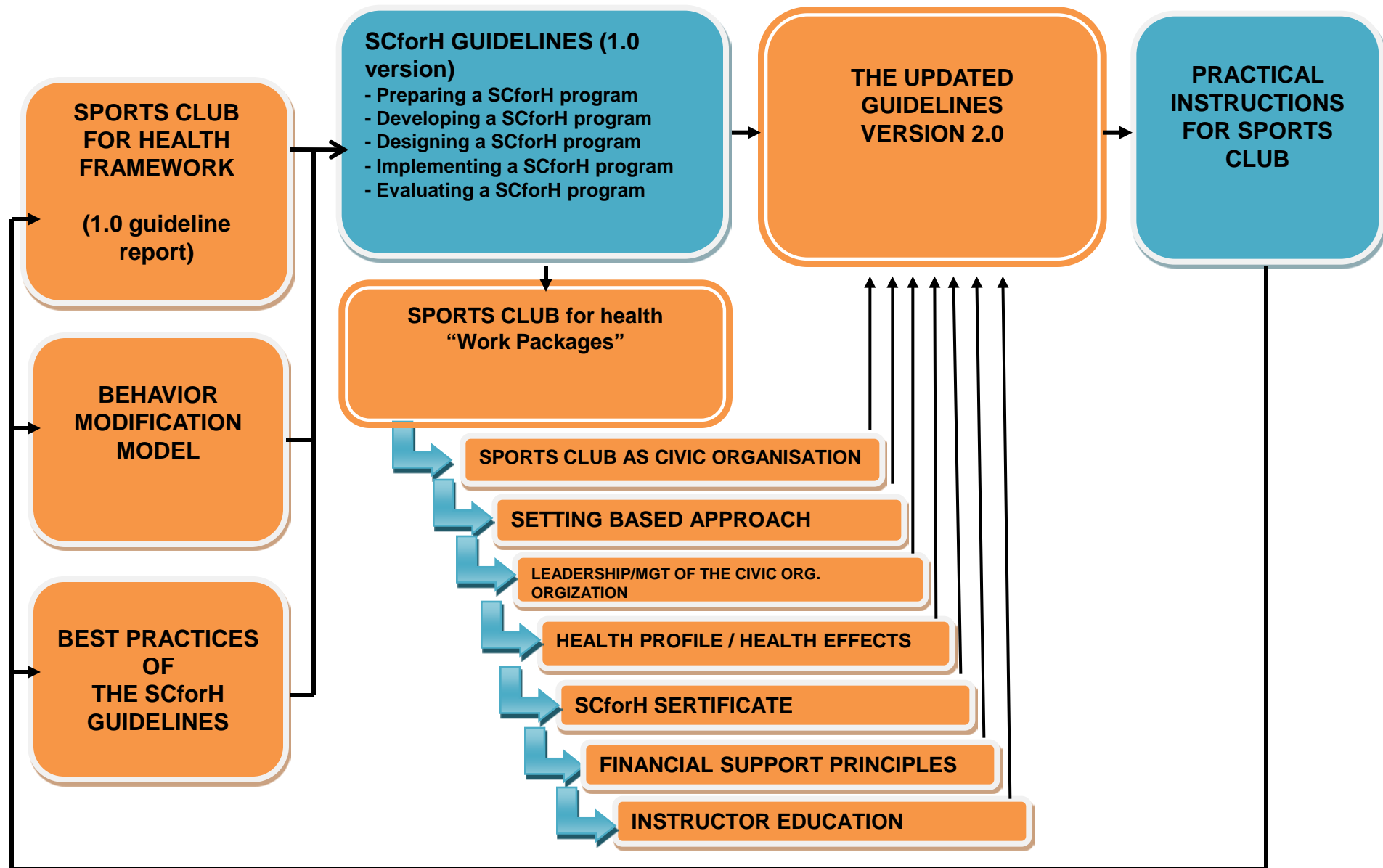
SCforH CERTIFICATE

FINANCIAL SUPPORT PRINCIPLES

INSTRUCTOR EDUCATION

**THE UPDATED GUIDELINES
VERSION 2.0**

**PRACTICAL INSTRUCTIONS
FOR SPORTS CLUB**



Sports Club for Health – Project

2/2010 - 5/2011

- Work is done through eight work packages (WPs)
- Each WP has an appointed person in charge
- The group work mainly realised in workshops
 - 3 official workshops (Jyväskylä, Warsaw, Eindhoven) and
 - concluding symposium (Helsinki/Vantaa) 6.-8.2.2011

Work Packages

- WP 1 Project management, networking, coordination and economy , **M.Sc. Jorma Savola**
 - WP 1 is about managing and coordinating this SCforH project
 - networking between umbrella organizations: TAFISA-ESFAN, HEPA Europe, ISCA and ENGSO
- WP 2 Further development of the first SCforH guidelines **Dr Sami Kokko, Dr Charley Foster and Dr. Pekka Oja**
 - WP 2 has two sub-WPs
 - developing 1.0 guidelines to 2.0 guidelines e.g. to finalize the outcomes from various WP as a part of the 2.0 guidelines.

Work Packages

- WP 3 Model certificate system for the assessment of SCforH
- WP 3.1. Certification system as the focus, **Dr. Herbert Hartmann**
 - review of current certificate systems around physical activity and sport in various European countries
 - frame and model of certificate system specific to SCforH-programs.
 - workshop held in Warsaw, Poland, October 7th – 9th
- WP 3.2. Instructor Education system, **Stefan Westerback**
 - workshop to be held in Eindhoven, Netherlands, October 21st

Work Packages

- WP 4 Health profile of different sports, **Dr. Ari Heinonen**
 - collect current evidence of different sports health effects and benefits
 - workshop held in Jyväskylä, Finland, June 14th
- WP 5 The leadership and management of sports clubs as civic organizations when organizing the health-related PA, **M.Sc. Jorma Savola**
 - How to exercise leadership and management in the civic organization (sports club) ?

Work Packages

- WP 6 Funding system for the health-related PA promotion programs in the sports clubs, **Dr. Pasi Koski**
 - concentrates on how SCforH-programs could be financed
 - workshop held in Jyväskylä, Finland, June 14th
- WP 7 Evaluation of the project
 - split into two sub-WPs
 - evaluating this SCforH project (administrative monitoring to EU Sport Unit), **Dr Sami Kokko**
 - how sports clubs should and could execute evaluation as a part of SCforH work i.e. guidelines for SCforH program evaluation, **Dr. Stjepan Heimer**

End of the project and future of the SCforH

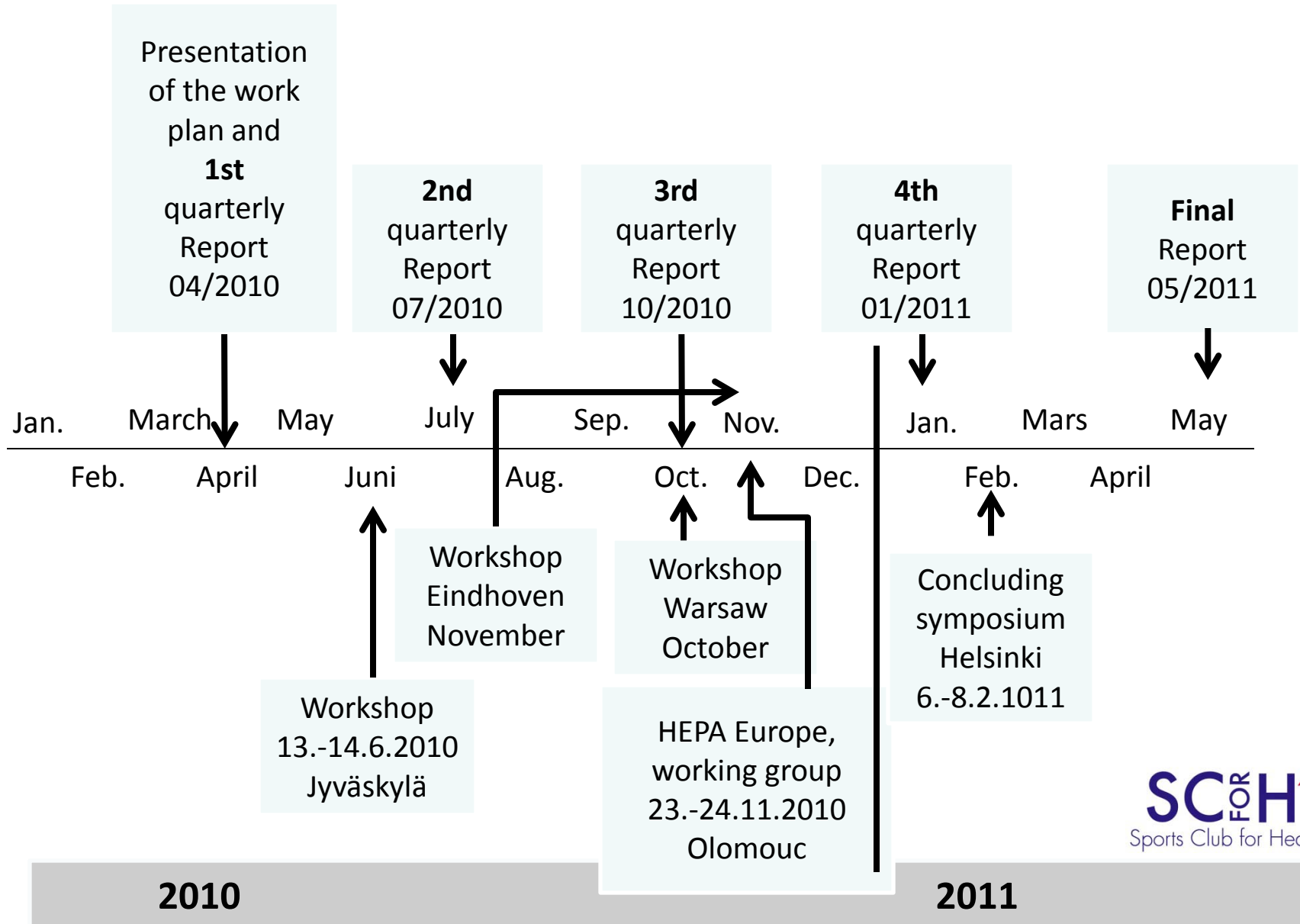
- **6.-8.2.2011 Helsinki, Finland**

- Sunday 6.2. , Arrival day
- Monday 7.2., Introduction of the results from different work packages and discussion
- Tuesday 8.2. conclusions and future operations

- **Networking**

- Guidelines into action
- European networking in different organizations
- TAFISA - ESFAN, ISCA, HEPA Europe, ENGSO, EFCS
- How to develop the guidelines and collect best practices?

Sports Club for Health – Project Schedule 2010-11



Jorma.savola@kunto.fi