



I Health Enhancing Exercise in Sport Clubs I

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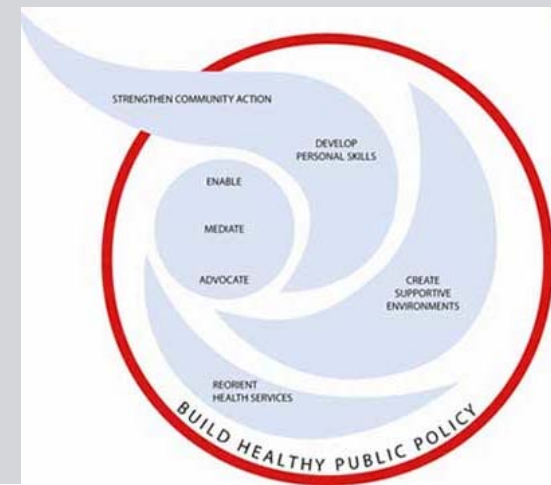
I Contents I

- I Rationale for health enhancing exercise programs
- I Health management goals of sports organizations
- I Health related activities of organized sport



I Our Health Policy Understanding I

- I DOSB and its member organizations: social responsibility for public health
- I Sport clubs: health promotion through exercise
- I Health enhancing exercise: explicit health objectives
- I Holistic understanding of health – Ottawa Charter
 - I Building Healthy Public Policy
 - I Creating Supportive Environments
 - I Strengthening Community Actions
 - I Developing Personal Skills
 - I Reorienting Health Services





I Our Health Policy Understanding I

- I Health enhancing exercise aims at reducing risk factors and strengthening health resources and competence to empower people to improve their health
- I Health enhancing exercise is more than mere exercise
 - I Knowledge transfer about cause-effect relationships
 - I Support for sustained life style change





I Major Objectives of Health Enhancing Exercise Programs I

- I Strengthening physical health resources
- I Strengthening psychosocial health resources
- I Reducing risk factors
- I Managing psychosomatic conditions
- I Promoting a life course perspective of physical activity
- I Improving conditions of health enhancing physical activity





I Quality Seal SPORT PRO Health I





I Quality criteria I

- I Target group oriented courses
- I Qualified instructors
- I Standardized structural organization
- I Preventive health check up
- I Accompanying quality management
- I The sport club as pro-active health care partner





I Overall Responsibility I

- I German Olympic Sports Confederation in co-operation with the German Medical Association
- I This co-operation guarantees unified and quality controlled courses nationwide
- I As of now there are about 18.000 certified courses in about 8.000 clubs



I Partners I

- I German Medical Association
- I Federal Ministry of Health
- I Ministries of Health of the Federal States
- I Conference of Sports Ministers of the Federal States
- I Central Associations of Health Insurance Companies
- I German Society of Sports Medicine and Prevention
- I German Association of Sport Sciences



I Information on SPORT PRO HEALTH I

- I www.sportprogesundheit.de
- I Database of all courses with search option according to ZIP code or place





I Exercise on Prescription I

- I Target group to be reached primarily through physicians
- I Goals of Exercise on Prescription:
 - **Physicians as disseminators and agents to reach the most at risk and the socially vulnerable**
 - **Establish a networking instrument**



I Exercise on Prescription I

- I Exercise on Prescription as model project in six federal states in Germany
- I Working Group (DOSB, German Medical Association, German Society of Sports Medicine and Prevention, Sports Federations of the Federal States) develops comprehensive quality standards and material
- I Exercise on Prescription: Recommendation for participation in preventive, health enhancing exercise program



I Potentials of health enhancing activities in sport clubs I

- I 30% of sport clubs: health promotion, preventive or rehabilitative activities
- I 14% of all programs: explicit health-relevance
- I 26.630 Instructors with qualification „Prevention by means of exercise”
- I 30.979 Instructors with qualification „Rehabilitation by means of exercise“
- I Sport and physical activity enhance physical, mental and social wellbeing and thus contribute directly to public health care



I Potentials of health enhancing activities in sport clubs I

- I Socially compatible
- I Cost-effective
- I Community based
- I Sustainable
- I Quality-tested
- I Target group oriented





Thank you for your attention!