

**2nd European Sport for All Congress
PATHE Seminar 2008**

23. – 25.10.2008, Barcelona

Sport associations and clubs and national organisations are members of ISCA and they strive for strengthening and maintaining of health oriented towards the future. Organised sport is in a way appropriate for fulfilling the demands for quality within health strengthening as a whole because this form of sport enables social integration and has long-term positive effects.

Health beneficial exercise programmes within organised sport follow the set goals and are based on a modern understanding of health strengthening. The purpose of these programmes is not just prevention or preventing the illnesses or other disorders to develop but also to educate and encourage the active awareness of permanent and individual health abilities within the physical, psychic and social sources of health.

That is why every health beneficial programme – for establishing a healthy way of life – must consider the fundamental goals which are based on strategic goals:

- to develop/discuss a culture of physical activity for health strengthening with the entire EU population, especially with children and youth,
- to introduce physical activity for health strengthening for all age groups of the EU population and for the disabled while taking into consideration the actual state of health,
- ensuring the access and conditions to carry out a safe, efficient and pleasant physical health beneficial activity in living, tourist, school, sports and other environments.
- Definition and characteristics of health promotion and health care activities as offers in SFA organisations

"Small changes can make a big difference. So what are you waiting for?"

Best promotion, best experiences, best practices, best presenters, speakers...are waiting for you on the 2nd European Sport for all Congress in Barcelona and on the 1st PATHE Seminar in Barcelona, 23.10. – 25.10.2008.

More about the 2nd EU SFA Congress: <http://www.sportforall-congress.eu>.



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(European confederation sport and health)

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More about PATHE: <http://isca-web.org/english/health2>

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PATHE Seminar program on the 2nd EU SFA Congress in Barcelona

Date	Topics/style
Thursday, 23.10.2008 21.30	Dinner for PATHE Associate Partners and PATHE Collaborating Partners
Friday, 24.10.2008 9.30 – 11.00	Plenary Session 1 - Sport and Health Policy of the European Commission - Physical Activity Lifestyles Promotion by the World Health Organisation
11.30 – 13.30	Parallel 1 Health enhancing sport programmes, projects and campaigns: "New tendencies"
15.00 – 17.00	Parallel 1 Health enhancing sport programmes, projects and campaigns: "Quality management in practise"
18.00 – 19.00	Talk Tail PATHE Party "365 ways to get fit"
Saturday, 25.10.2008 9.00 – 10.30	Plenary Session 2 Keynote Address: Sport for All Delivers Added Value for Society Roundtable Discussion: Sport for all Policies and Future Development of Added Value for Society
11.30 – 13.30	Parallel 2 Session of Scientific Abstracts
15.00 – 16.00	Congress Conclusions
21.00	Closing Ceremony Gala dinner at the Cornella Sports Arena

Traget group:

- PATHE Associate partners
- PATHE Collaborating Partners
- Health professionals who deal with sport as a means to strengthen and maintain health
- Decision makers and policy designers in sport and health policy
- Sport science and Sport management students

Competences that participant will have the opportunity to acquire:

- a knowledge base in health-enhancing activity and haelth related fitness
- a knowledge how to encourage and support national populations to take responsibility for their own health, and to actively promote the choice of physical activity over a sedentary lifestyle
- materials from local/national/international initiatives
- a knowledge of best practices from presenters and gain the new experiences to be used in own organisation
- greater understanding of what other organizations are doing that may be different or complementary to own work in the field 'promotion of health and physical activity'
- a knowledge base of organization, management and quality assurance of promotion of health and physical activity throughout Europe.

Congress details on <http://www.sportforall-congress.eu> :

- Registration form
- Registration fee
- Recommended Hotels in Barcelona, special list of the Hostels in Barcelona (special attachment)
- Places of interest in Barcelona

2nd European SFA Congress Partners and contact details:

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IASFA

The congress is organized in cooperation with the International Academy for Sport for All.

PATHE SEMINAR 2008

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