

## **ENGSO contributions of EU Physical Activity guidelines**

### **6-13 related to the sports sector**

Romana Caput-Jogunica and Heidi Pekkola (ENGSO)

#### **Background**

The European Non-Governmental Sports Organisation (ENGSO) is a pan-European platform for national sports umbrella organisations including national Olympic Committees focussing on “grassroots sport” and “sport for all”. ENGSO presently consists of 39 members.

ENGSO members are aware of the EU XGs work and its position as observer in the EU XG for Sport, Education & Participation. Annually, ENGSO has two main events for its members; General Assembly and Forum. During the GA we often to organise the ENGSO EU seminar where delegates can find out the actual information, problems and European Commission priorities and plans. During these events we provide to organise workshops for ENGSO members with the aim to discuss about ENGSO Action plan and to identify members’ opinion and interest for cooperation related to activities in the Action plan, etc.

Around 40 delegates from 22 ENGSO members have been presented on the last ENGSO General Assembly that was held in Bulgaria in May, 2012. In the frame of the ENGSO workshop we have provided the short questionnaire: Physical Activity guidelines Sport sector: 6-13 (PAGAS 6-13) with the aim to determine the actual situation about implementation of the EU Physical activity guidelines related to sport sector (G 6-13). The questionnaire (PAGAS 6-13) consists of 7 questions about public authorities support, research and cooperation with the universities, activities, events and educational programmes for different target groups as well as the NGOs image on national level related to sport and health issue.

For this moment we have received feedbacks from 8 ENGSO members (Czech Sports Confederation, Comité National Olympique et Sportif Français CNOSF, Latvian Sport Council Federation, Sport & Recreation Alliance from United Kingdom, Confederation of the Slovak Sport Federation, National Denmark Committee and Sport Confederation of Denmark, Finish Sports Federation and Olympic Committee of Serbia), which means 36% of total presented in the ENGSO GA. Table 1 shows the results about the implementation of EU PA guidelines related to the sport sector.

Table 1; Analysis of the implementation of the G 6-13

GUIDELINES	IMPLEMENTATION	EXAMPLES
<p><b>G 6.- 7. DO THE PUBLIC AUTHORITIES (NATIONAL, REGIONAL) IN YOUR COUNTRY GIVE PARTICULAR ATTENTION BY SUPPORTING THE PROJECTS WHICH YOUR ORGANIZATION PROVIDES FOR GRASSROOTS SPORT THROUGH PUBLIC BUDGET</b></p>	<p>7 members answered yes Only one member from UK doesn't have support from public authorities</p>	<p>Support for local clubs (Finland) Get2Sport – project for the minorities (Denmark) „Floorball to schools“ Basketball to schools“ (Czech Republic) Publication of the monography "Youth Sport – from practice to academic field" (Serbia, non EU)</p>
<p><b>G 9. SPORT SCIENCE – NATIONAL LEVEL: DOES YOUR ORGANIZATION TAKE AN ACTIVE PART IN RESEARCH(ES) ABOUT OBESITY, HEALTH, PHYSICAL ACTIVITY, GRASSROOTS SPORT, ETC.</b></p>	<p>7 members have active role in researches 1 negative answer from the Latvian Sports Council Federations</p>	<p>Health Children in Sound Community (Czech), National survey- level of PA in Danish population and Economical value of grassroots sport and PA in Danish society Research of Physical Activity – every 4 years (Finland) Research project the role of sport in society (UK) "Database of Women in Sport in Serbia"</p>
<p><b>G 10. DOES YOUR ORGANIZATION PROVIDE ACTIVITIES OR EVENTS ATTRACTIVE TO EVERYONE (FOR PEOPLE FROM DIFFERENT: SOCIAL GROUPS, RACES, AGE, GENDER...)</b></p>	<p>5 members provide events and activities (Denmark, UK, France, Finland and Serbia) 3 members answered negative (Czech, Slovak, Latvia)</p>	<p>Sport for all groups sectors in society (UK) Danish 61 member federations are active in process to organise events and activities to different social groups “Traditional Sport Games” attractive for younger and older generations to become physically active in their daily life and improve their general physical condition. (Serbia)</p>

GUIDELINES	IMPLEMENTATION
<b>G 11.</b> DOES YOUR ORGANIZATION COOPERATE WITH UNIVERSITIES WITH THE AIM TO <u>EDUCATE COACHES, INSTRUCTORS AND OTHER SPORT PROFESSIONALS HOW TO ADVISE AND PRESCRIBE PHYSICAL ACTIVITY FOR SEDENTARY INDIVIDUALS</u>	4 members have the cooperation with the universities (Denmark, Slovakia, France, Latvia and Serbia) The following members (UK, Czech and Finland) doesn't have cooperation
<b>G.11.</b> DOES YOUR ORGANIZATION COOPERATE WITH UNIVERSITIES WITH THE AIM TO EDUCATE COACHES, INSTRUCTORS AND OTHER SPORT PROFESSIONALS <u>HOW TO WORK WITH PEOPLE WITH MOTOR OR MENTAL DISABILITIES WHO WHISH TO TAKE UP A PARTICULAR SPORT</u>	All negative answers: no cooperation
<b>G 12.</b> DOES YOUR ORGANIZATION OFFER HEALTH RELATED EXCERCISE PROGRAMS TARGETING AS MANY SOCIAL AND AGE GROUPS AND INCLUDING AS MANY SPORT DISCIPLINES AS POSSIBLE (athletic, jogging, swimming, ball sports, etc.)	Only 4 ENGSO members (Denmark, Finland, Slovakia and Sebia) provides health programmes
<b>G 13.</b> IS YOUR ORGANIZATION KNOWN AS POTENTIAL BODY IN PREVENTION AND HEALTH PROMOTION	ENGSO members from Denmark, Slovakia, France, Latvia and Serbia are known as body for sport and health promotion

## Barriers

According to the NOCs and NSFs structure and priorities as well as the analysis of the results from the previous different studies, we can define the main barriers in process of providing EU PA guidelines:

1. Internal structure and priorities of the NOC and NSF as well as the cooperation on national level with other stakeholder responsible for sport and health.
2. Lack of relationship between local government and educational institutions (schools, universities)
  - 2.1. Lack of involvement PE teachers, coaches, teachers and, former top level athletes in dissemination process (seminars, workshops, ambassadors, etc....) related to health through physical activity
3. Different policy, position and influence of physical activity, sport and health issue on national level, etc.

## Recommendations

1. Promotion health and obesity prevention through grassroots sport
2. Define the role of NOC and NSF in health promotion on national level (policy, funding projects, data...)
  - 2.1. Identify internal capacities of the organisation (interest, mission, expertise of staff, working methods, cooperation....)
  - 2.2. Relationship with government (national, regional or local) with the aim to define a formal commitment for several years)
3. Strengthening cooperation with the universities (partner in study programme, data collection, dissemination...)
  - 3.1. Providing educational programme related health and grassroot sport for different target groups
4. Depend on main topic to organise some of the activities in the frame of ENGSO events (GA, Forum) in schools, university, NOCs or NSF area....

Appendix: Questionnaire

**ENGSO GENERAL ASSEMBLY, BURGAS, MAY, 25-26, 2012**

EU PHYSICAL ACTIVITY GUIDELINES FOR ACTION - SHORT QUESTIONNAIRE

FOR THE ENGSO MEMBERS

**The objectives of this questionnaire are the following:** 1. to determine the actual situation about implementation of the *EU Physical activity guidelines in your country*, 2. To identify the ENGSO members interest for the project „promotion physical activity supporting active ageing“ and 3. according to this data to create the ENGSO Action plan in 2012-2013 related to this topic.

NAME OF THE ORGANIZATION: \_\_\_\_\_

**WE KINDLY ASK YOU TO PUT IN EVERY ROW -X-** IN THE COLUMN WHICH IS THE MOST ADEQUATE FOR YOU: YES , NO or I don't know.

<b>GUIDELINES 6-13: SPORT SECTOR</b>	<b>YES</b>	<b>NO</b>	<b>I don' t know</b>
<b>G 6.- 7. DO THE PUBLIC AUTHORITIES (NATIONAL, REGIONAL) IN YOUR COUNTRY GIVE PARTICULAR ATTENTION BY SUPPORTING THE PROJECTS WHICH YOUR ORGANIZATION PROVIDES FOR GRASSROOTS SPORT THROUGH PUBLIC BUDGET</b>			
PLEASE WRITE THE NAME OF THE PROJECT(S) THAT YOUR ORGANIZATION HAS PROVIDED IN THE LAST YEAR:			
<b>G9. SPORT SCIENCE – NATIONAL LEVEL: DOES YOUR ORGANIZATION TAKE AN ACTIVE PART IN RESEARCH(ES) ABOUT OBESITY, HEALTH, PHYSICAL ACTIVITY, GRASSROOTS SPORT, ETC.</b>			
IF YES PLEASE WRITE THE NAME OF THE PROJECT AND KEY WORDS:			
<b>G10. DOES YOUR ORGANIZATION PROVIDE ACTIVITIES OR EVENTS ATTRACTIVE TO EVERYONE (FOR PEOPLE FROM DIFFERENT: SOCIAL GROUPS, RACES, AGE, GENDER...)</b>			
IF YES, PLEASE DESCRIBE THE ACTIVITIES AND WRITE THE NAME OF THE EVENTS			

<b>GUIDELINES 6-13: SPORT SECTOR</b>	<b>YES</b>	<b>NO</b>	<b>I don' t know</b>
<b>G11. DOES YOUR ORGANIZATION COOPERATE WITH UNIVERSITIES WITH THE AIM TO <u>EDUCATE COACHES, INSTRUCTORS AND OTHER SPORT PROFESSIONALS HOW TO ADVICE AND PRESCRIBE PHYSICAL ACTIVITY FOR SEDENTARY INDIVIDUALS</u></b>			
<b>G.11. DOES YOUR ORGANIZATION COOPERATE WITH UNIVERSITIES WITH THE AIM TO EDUCATE COACHES, INSTRUCTORS AND OTHER SPORT PROFESSIONALS HOW TO WORK WITH PEOPLE <u>WITH MOTOR OR MENTAL DISABILITIES WHO WHISH TO TAKE UP A PARTICULAR SPORT</u></b>			
<b>G12. DOES YOUR ORGANIZATION OFFER HEALTH RELATED EXCERCISE PROGRAMS TARGETING AS MANY SOCIAL AND AGE GROUPS AND INCLUDING AS MANY SPORT DISCIPLINES AS POSSIBLE (athletic, jogging, swimming, ball sports, etc.)</b>			
<b>G13. IS YOUR ORGANIZATION KNOWN AS POTENTIAL BODY IN PREVENTION AND HEALTH PROMOTION</b>			
<b>ACCORDING TO YOUR OPINION, WOULD YOUR ORGANISATION BE INTERESTED IN PARTICIPATING IN THE APPLICATION FOR THE PREPARATORY ACTIONS ON „PROMOTION OF PHYSICAL ACTIVTIY SUPPORTING ACTIVE AGEING“</b>			

***Thank you very much for your cooperation!***