



Euro Sport Health



# European Guide of Healthy Physical Activity and Sports Programmes

Methodology and compilation  
of best practices



Preparatory Action in the field of sport 2009-11875



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Special thanks to all the entities that have provided information about physical activity and sports programmes

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## Foreword

The role that sport plays in education, culture, social inclusion and public health within European society has grown constantly and has been recognised by the European Union as one of its strategic objectives to attain solidarity and prosperity. In line with this declaration of intentions to promote sport and physical activity, the European Commission is fostering the development of policies by member states, both individually and collectively.

In this respect, in its resolution on the White Paper on Sport of 14 April 2008, the European Parliament called on the Commission to propose an EU sports programme in addition to preparatory actions in the field of sports as of 2009.

During the 2008-2011 term of office, Barcelona Provincial Council recognises sport as an essential tool for the education, integration, social cohesion, health and welfare of the people. In this context, in accordance with its objectives the Sports Area of Barcelona Provincial Council – focussed on promoting the exchange of knowledge and setting up networks with other European territories – presented the Euro Sport Health Project in the 2009 call for proposals for promoting health-enhancing physical activity.

Considering the possibilities that municipalities offer to promote and enhance the practice of physical activity, the Euro Sport Health Project has prepared a guide compiling best practices developed in the field of healthy sports and physical activity throughout Europe.

In this regard, municipalities play a key role in promoting the practice of sports and physical activity among the population since they are the closest public administration to the citizen and, accordingly, they are more likely to be familiar with the reality in the sports sector. Municipalities are in direct contact with clubs and other kinds of institutions that allow citizens to engage in sports, and in many cases municipalities support these institutions financially or technically in order for them to develop their activities for the benefit of society. Therefore, the role of municipalities in the local sports system can be considered crucial as they have huge potential to promote the practice of sports and physical activity through the policies they implement.

The Guide of Healthy Physical Activity and Sports Programmes is one of the main outcomes of the Euro Sport Health Project led by Barcelona Provincial Council and which benefits from close cooperation from a further five partners whose contribution should not go unacknowledged: the Budapest Association of Sports Federations, the Cyprus Sports Organisation, the Azienda USL della Valle d'Aosta, the University of Castile-La Mancha and Belfast City Council.

The physical activity and sports programmes surveyed have been assessed following a common, contrasted methodology and a range of healthy physical activity and sports practices developed by public and private organisations have been identified. The programmes compiled have the common characteristic of being healthy and, for this reason, all programmes provide added value to promote better quality of life for European citizens.

The specific goal of this guide is to promote the improvement and innovation of healthy physical activity and sports programmes. The dissemination of experiences accompanied by conclusions and proposals to improve physical activity and sports programmes is the best way to exchange knowledge among European territories. Furthermore, the aim is for this guide to be maintained and used in the future thanks to the development of a self-assessment tool that will allow organisations to test their physical activity and sports programmes.

I hope that this guide will contribute to the design and implementation of programmes aimed at enhancing the health of European citizens thanks to the powerful, cross-sectoral tool that sport is. Sport is a phenomenon witnessing increasing, constant evolution and one that is worthy of recognition through the European Day of Sport.

***Josep Monràs Galindo***

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*Project leader of Euro Sport Health*

## Introduction

The main objective of the preparatory actions is to prepare future EU actions in the field of sport on the basis of priorities established in the White Paper on Sport and the Treaty of Lisbon. This call for proposals supports transnational projects put forward by public bodies or civil society organisations in order to identify and test suitable networks and best practices in the field of sport.

In compiling best practices in the field of physical activity and sport, all the partners involved in the Euro Sport Health Project surveyed physical activity and sports experiences during the period between April and October 2010 on the context of work package two of the Euro Sport Health Project. The ratio of success was very high. 77 programmes were compiled and 37 were finally selected as best practices in the field of sport and physical activity.

This document is structured into three parts. The first part – the European Guide of Healthy Physical Activity and Sports Programmes – describes the methodology used to select best practices, analysing the tools that have been created to compile and assess physical activity and sports programmes. In order to assess programmes from different territories in Europe, it has been essential to create a common methodology with common concepts and indicators. After having described the methodological tool for compiling and selecting best practices, each best practice compiled is described in detail. At the end, each best practice has its own valuation per indicator, dimension and aspect, and anyone who is interested will be able to compare the programme's average scores with the results for the other programmes compiled.

Following a benchmarking methodology, the second part provides a comparison of the results obtained after an explanation of the analysis of each best practice. Healthy physical activity and sports programmes are compared in relation to size, indicators and target population. Within these comparisons, particular characteristics of healthy physical activity and sports programmes are highlighted. By comparing the best practices selected the aim is for any professional in the field of sport and physical activity to analyse in depth the strengths and weaknesses of the programme easily and compare them with the general strengths and weaknesses of the remaining programmes.

Finally, in line with the results obtained in this survey, we aim to propose some measures for ensuring action takes place. The third part is focussed on the conclusions and proposals that the European Commission, local authorities and organisations can implement to improve physical activity and sports programmes.

In addition, the annexes include the European Commission Eurobarometer for each Euro Sport Health partner country. The second annex includes the common file that has been used to collect the relevant information for every physical activity and sports programme. This file collects general information on the organisation and the programme, along with more specific information on the human resources involved and the activities that the programme unfolds. The last annex provides information on the self-assessment tool developed with the objective of providing an independent assessment of the physical activity and sports programme.

Would you like to know which best practices are developed in Europe? Want to find out which trends follow the programmes that are implemented abroad? In addition to knowing what is taking place right now, this guide is especially useful to find new ideas to stimulate innovation in the sports services intended for European citizens.



# European Guide of Healthy Physical Activity and Sports Programme

## Executive summary

### Methodology

The methodological tool used for the Euro Sport Health project to assess the best healthy physical activity and sports programmes is inspired by the previous work between the Fundació Carles Pi i Sunyer (Pena, 2009) and Barcelona Provincial Council.

The assessment tool contains 21 indicators that analyse programmes and activities performed by sports organisations. Each indicator is assessed with a score of 0 to 4, where 0 is the minimum score for the indicator and 4 the maximum possible. Indicators are classified in common and specific aspects which, in turn, are classified into four dimensions as follows:

#### Common Aspect Indicators

- 1 Cross-sectorality
- 2 Innovation
- 3 Peer recognition
- 4 Transferability

#### Specific Aspect Indicators

##### Organisational dimension

- 5 Planning
- 6 Flexibility
- 7 Safety conditions
- 8 Responsibility

##### Programme structure dimension

- 9 Programme report
- 10 Assessment
- 11 Target population
- 12 Teacher training

##### Personal dimension

- 13 Quality of life and health
- 14 Recommendation for physical activity
- 15 Intensity
- 16 Time of practice
- 17 Prior medical examination
- 18 User satisfaction

##### Repercussion of the programme dimension

- 19 Dissemination
- 20 Environmental measures
- 21 Participation

Physical activity and sports programmes can obtain a maximum score of 84 points and the mandatory criteria in order to be considered as a best practice are:

- To reach a minimum of 42 points
- To obtain a minimum mark in the common indicators as follows:
  - 2 points or more in the indicators Innovation, Cross-sectorality and Transferability
  - 1 point or more in the indicator Peer recognition
- To obtain 2 points or more in the specific indicators Quality of life and health and Recommendations for physical activity

Among the programmes that have been assessed positively with the above requirements, four levels have been established. Approved programmes have a score ranging from 42 to 50 points, recommended programmes have a score ranging from 51 to 60 points, highly recommended programmes have a score ranging from 61 to 71 points and excellent programmes have a score ranging from 72 to 84 points.

## Results

Selected best practices have been described according to order of quality. Overall, the Euro Sport Health partners compiled 77 sports and physical activity programmes.

In line with the evaluation criteria mentioned, 37 healthy physical activity and sports programmes have been selected with the following characteristics:

- Of all the healthy physical activity and sports programmes, 11 have been approved, 12 recommended, 13 highly recommended and 1 has been considered as excellent
- The average score for all the programmes is 2.6 out of a maximum of 4
- Common aspects have an average score of 3.2 and specific aspects 2.6
- Programme dimension has the best average score in the specific aspects, specifically 2.9. The worst dimension is the Repercussion of the programme with a score of only 1.7
- Target population (3.7), Teacher training (3.6), Quality of life and health (3.5) and Cross-sectorality (3.4) are the indicators with the highest scores
- Planning and Programme report with an average score of 2, Responsibility with an average score of 1.1 and Environmental measures and Participation with 1 are the worst indicators analysed

In line with the assessment criteria mentioned, 40 healthy physical activity and sports programmes have not been selected with the following characteristics:

- Many programmes failed to obtain the required minimum score in common aspect indicators. In this respect, Peer recognition is the most difficult indicator to obtain.
- If we analyse the results in depth, the worst indicators are Responsibility and Environmental measures, which coincide with the low scores of the programmes selected as best practices.

## Conclusions

According to the results obtained, it is shown that health programmes are more effective if they are specifically focussed and tailored to meet the needs of a specific population. Indeed, local institutions must deeply analyse the needs and characteristics of the population to adapt the objectives of the programme to a specific target population. General programmes should be developed for health prevention initiatives intended for a broader public.

Best practices also require high qualifications from the instructors who develop and implement the sports programme as they have specific and relevant knowledge.

Successful physical activity and sports programmes promote the quality of health of the participants by designing a comprehensive programme where health and welfare interact. For this reason, cross-sectoral designs are being developed with great results.

Moreover, the quality of the sports programmes would be enhanced with greater internal consistency in the programmes. A more rigorous planning of the actions in a structured programme report, a clear organisational chart of responsibilities and solid proposals for adopting environmental measures would help to design more effective programmes that could be implemented more easily.

Lastly, inasmuch as some potential best practices do not have peer recognition and have scant participation in relation to the population of that territory, local institutions should guarantee that programmes are more easily disseminated in the local area and in the media. Dissemination and peer recognition would help to showcase physical activity and sports programmes and, consequently, to increase the participation of European society in sport.

## Background: Health and Sport in Europe

By means of the ratification of the Treaty of Lisbon in 2009, the European Union is developing competence in the field of sport. With the purpose of helping to provide supporting data in the field of sport, in March 2010 the European Commission published the Special Eurobarometer Survey on Sport and Physical Activity.

The fieldwork for the survey was undertaken in October 2009 where a sample of 26,788 European citizens in the 27 European Union Member States was interviewed. The survey reveals very interesting trends in the way that citizens engage in sport and physical activity.

The Eurobarometer, in general terms, highlights which Member States have the most and the least physically active citizens, it determines the context in which people exercise and reveals the perception that citizens have in relation to the opportunities offered by local governments to enrol on sporting activities.

European citizens consider physical exercise as a way of improving their health. In fact, this is the most common reason given by the respondents as to why they exercise, followed by reasons such as improving fitness, relaxation and having fun.

Regarding the frequency of sport, 40% take part in sports with some regularity, once a week or more. Ireland and the Nordic countries Sweden, Finland and Denmark emerge as countries that take sport more seriously while Bulgaria, Greece, Hungary, Romania, Italy, Poland and Latvia show the lowest levels of participation.

It is remarkable that 65% of citizens engage in other forms of physical exercise – cycling, walking, dancing or gardening – rather than playing organised sport. According to that fact, people tend to exercise and practice physical activity in informal settings rather than at fitness centres, clubs and sports centres. Similarly, 67% of European citizens are not a member of any sports or fitness club.

When gender and age variables are considered, men play more sports than women in the European Union. 43% of male citizens engage in sport at least once a week in comparison to 37% of women. The disparity becomes higher between young men and young women, especially in the age group 15-24 in which 71% of men practice sport at least once a week in contrast with 50% of women. In addition, it is shown that the practice of sport decreases with age.

Another point of interest in the survey is the fact that what prevents people from exercising is lack of time. It is interesting that only 3% state that there are no suitable sports infrastructures – facilities, local sport clubs – close to their residence. According to these results, most European Union citizens feel that local authorities give them the opportunity to be physically active.

In addition to the information provided by the Eurobarometer, the European Commission contributed to the debate on the importance of sport in European citizens' lives with the publication of the White Paper on Sport in 2007. The White Paper on Sport shows the interest of the European Commission in promoting sport as a tool for health-enhancing physical activity aimed at preventing people from becoming overweight, obese and having other health diseases. To this end, the European Commission encourages cross-sectoral cooperation among the sports, education and health sectors.

## **Assessment tool to detect and assess best practices in healthy physical activity and sport**

### **Conceptual framework**

The previous work between the Fundació Carles Pi i Sunyer (Pena, 2009) – based on the principles established by Tamyko Ysa Figueres et al. (2003) – and [Barcelona Provincial Council](#)<sup>1</sup> precedes the methodology used as part of Euro Sport Health to compile and assess best practices in the field of sport and physical activity.

Quality of life, often used to distinguish some territories from [others](#)<sup>2</sup>, is the result of a complex interaction of numerous factors. Among them is adequate availability and promotion of physical and healthy sports activities. In fact, the World Health Organization (WHO, 2005) defines quality of life as «the perception of well-being felt by an individual or by a group of persons» and consists of «two components, a physical and a psychological: the physical aspect includes elements such as health, diet and protection against pain and disease. The psychological considers aspects such as stress, worry, pleasure and other emotional states, both positive and negative».

At the same time, the measurement of quality of life and a healthy lifestyle has become a transnational subject of interest, as proven by certain initiatives at a European level: EU - Committee of the Regions (1999), the Lisbon Strategy, the Urban I and II European Union initiatives and the development of the social indicator system of European cities in the so-called Urban Audit. Some examples in Spain are the Healthy Cities Network of the FEMP, the Elche Centre for Quality of Life or the INE Survey on Living Conditions.

In short, people perform a series of activities that affect quality of life and which require a series of resources for which the municipality plays an important role in planning, investing and [managing](#)<sup>3</sup>. Environments, infrastructure, municipal services and sports programmes affect citizens' potential to perform a healthy physical activity in their leisure [time](#)<sup>4</sup>.

Physical/sports activity is no longer simply an activity that athletes perform in professional [competitions](#)<sup>5</sup>. A physically active lifestyle is associated with improved health and quality of [life](#)<sup>6</sup>. In «Sport for all, health for all», Player (1988) suggests ten reasons to make everyone perform healthy physical activity:

- It helps you to feel good, both in body and mind.
- It can be great fun and a good way to make new friends.
- It helps you to stay slim and look good.
- It keeps joints flexible and an erect posture.
- It tightens your muscles and gives them strength.
- It improves the efficiency of the heart and circulation.
- It protects against heart disease.
- It helps to relieve stress.
- It helps you regain readiness at the end of a working day.
- You feel younger and vital, which can be invested in new leisure activities.

However, although there is strong medical evidence of the adverse health effects caused by a sedentary lifestyle, physical inactivity is a fact in our [society](#)<sup>7</sup>. We know its prevalence in Europe is [high](#)<sup>8</sup> and physical inactivity, along with other lifestyle risk factors related to health (i.e., poor diet, use of tobacco, alcohol consumption), is becoming more common in developing countries and in heavily industrialised and ur-

banised countries. Non-communicable diseases associated with physical inactivity – cardiovascular disease, diabetes and cancer – are rising rapidly and their prevention represents a major challenge for the principal government organisations. The spread of cardiovascular disease in developed regions has been described as one of three global epidemics by the World Health Organization (WHO, 2005) and, surprisingly, in 2030 366 million people are expected to have diabetes or a related [illness](#)<sup>9</sup>.

International health institutions, European institutions, medical associations, researchers, health professionals and governments have raised their voice repeatedly given the significant implications for health. Everyone agrees that preventive and therapeutic strategies are urgently [needed](#)<sup>10</sup>. Therefore, the development of healthy physical activity programmes as a means of prevention and control for these and other related diseases, should be the centrepiece of sports policies at any level: local, regional and national.

Scientific evidence abounds; hence, current studies focus more on examining the nature of the relationship between physical activity and health to determine whether any links exist. There are numerous reports and studies on the recommendations and guidelines for healthy physical activity, and its positive effects on health and quality of [life](#)<sup>11</sup>. However, the majority of the population is far from reaching a level of physical activity which can be considered healthy. The social environment in which the individual develops, the availability of sports programmes and the physical environment which includes sports facilities are presented as important predictors in the pursuit of physically active [citizens](#)<sup>12</sup>. In this regard, several authors have found positive relationships between levels of physical activity and social support and the physical environment, i.e., the potential for physical [activity](#)<sup>13</sup>. Similarly, other research has shown that differences in physical activity programmes are also related to the physical activity in which the population [engages](#)<sup>14</sup>.

Even though consensus has not been reached regarding a unanimous methodology for measuring sedentarity, the World Health Organization (WHO, 2005) estimated that physical inactivity causes 1.9 million overall deaths worldwide and causes about 10% to 16% of cases of breast cancer, colorectal cancer and diabetes mellitus, and approximately 22% of cases of ischaemic heart disease.

It has been observed that areas with lower numbers of facilities and equipment dedicated to wellness, as well as areas with large socioeconomic inequalities, show high rates of physical inactivity among residents.

Furthermore, a host of research has been conducted to analyse the possible relationship between availability of sports and physical activity levels of certain population [groups](#)<sup>15</sup>. A review of the policies on best practices applied to physical activity programmes includes basic requirements:

- High level of political commitment / national policy guidance
- Financing
- Support from stakeholders

- Clear objectives of the programme
- Integrate physical activity into other interventions and multiple intervention strategies
- Focus on the entire population and also specific population groups
- Team coordination
- Clear identity of the programme
- Application in different levels
- Application within «local reality»
- Leadership
- Dissemination of the intervention
- Assessment and monitoring
- National guidelines on physical activity

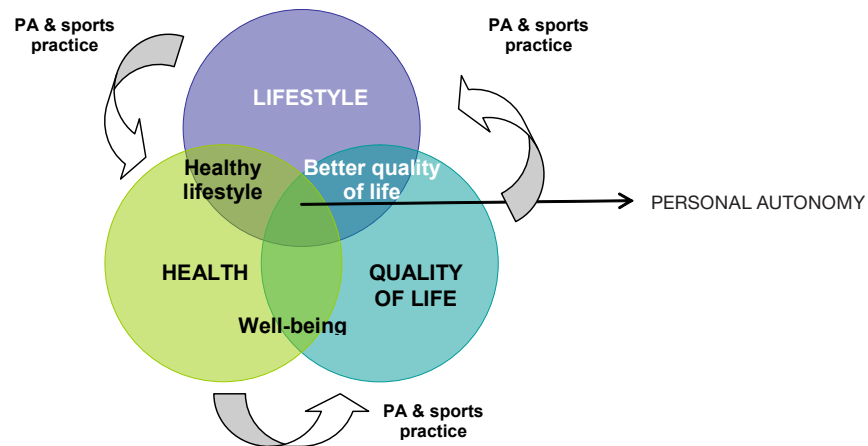
These factors form the basis for a checklist of characteristics of best practices for assessing the quality of large-scale interventions. Many developed countries have initiated physical activity interventions at national, state and community level<sup>16</sup>. There is significant published scientific literature on the effectiveness of particular interventions of physical activity<sup>17</sup> in developed countries. The adjustments to effective physical activity programmes<sup>18</sup> identified are:

- Placing of instructions - signs placed by elevators and escalators to encourage stair use.
- Community campaigns conducted on a large scale involving multiple components, for special populations and in different sectors.
- Expansion of extracurricular physical education.
- Social support interventions in communities involving the development and maintenance of social networks that provide support.
- Creating environments and facilities for physical activity combined with information activities aimed at increasing awareness, education and motivation.

Several countries have initiated national policies on physical activity and dissemination of national guidelines for physical activity for adults (i.e., Australia, Canada, New Zealand, Switzerland, USA) as well as for children and young people (i.e., Australia, Canada)<sup>19</sup>. These national approaches are in the early stages, especially in developing countries. However, the importance of physical activity for preventing non-communicable diseases and controlling obesity is becoming increasingly recognised in developing countries as is the need for appropriate programmes to promote these policies and guidelines<sup>20</sup>.

There is a strong relationship between health, quality of life and lifestyle. Each of these decisive factors has a relationship with physical activity and the practice of sport (Figure 1).

**Figure 1. Influence of sport on personal aspects**



Source: Aznar, S. and Webster, T., 2006

We can see that if there is an increase in one of these factors the rest are influenced. If we increase sporting practice, we achieve a healthier lifestyle. With this improvement, quality of life also increases and consequently we achieve an overall improvement in health.

The overall result of these interactions produces «personal autonomy», which means that the individual is able to use all of his personal resources (emotion management, personal and social relationships, etc.). Table 1 outlines the results of the benefits of physical activity in the short- to medium-term, in our society.



**Table 1. Benefits of physical activity and healthy sports practice (ACSM, 1998)****Healthy Sport Actions**

Qualified and trained staff: Implementation of programmes by qualified and trained staff

Health education: healthy sports education for subjects participating in the programme

Designing an appropriate practice for the population:  
depending on age group, health and fitness level

Adherence to the programme: design of attractive programmes with an adequate design for promoting continuity of practice

**Final Health Results from Practicing Sport**

Healthy behaviours (measures): knowledge, attitudes, motivations, behaviour and intentions, personal skills and self-efficiency for healthy sport

Social actions and influences (measures): community participation in programmes, social norms and public opinion

Public health and organisation of practice (measures): changes in organisation, legislation, regulation and resources for healthy sport practices

**Intermediate Health Results from Practicing Sport**

Healthy behaviours (measures): physical activity practice

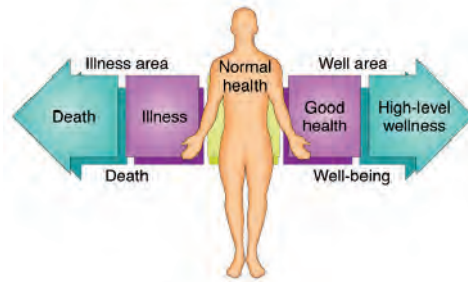
Preventive health services: access and provision of preventive health services related to physical activity

Healthy environments (measures): safe environment for sport, easy and adequate access, adequate facilities (lighting, flooring, and temperature), wide dissemination of the availability of healthy sporting activities in the community, etc.

**Social Results from Healthy Sports Practice**

Social results: improved quality of life, promotion of growth / development of children and young people and functional independence among the elderly

Health outcomes: to reduce morbidity, disability and mortality

**Figure 2. Health and wellness continuum**

Source: Aznar, S. and Webster, T., 2006

Health is a reflection of one's overall physical, mental and social well-being. It is much more than simply an absence of disease. Health, as we all know, is a characteristic that is not stable in time and can vary along a continuum from near death (ill health) to optimal physiologic functioning (high level of wellness).

Quality of life is an important consideration in medical care. Quality of life refers to the patient's ability to enjoy normal activities. When we refer to health, lifestyle is one of the main determining factors as it can result in a healthy or unhealthy state. Some of the factors commonly associated with lifestyle:

- Consumption of toxic substances
- Physical activity
- Sleep
- Driving
- Stress
- Diet
- Hygiene
- Food manipulation
- Leisure activities and hobbies
- Inter-personal relationships
- Sexual behaviour

In conclusion, healthy habits or a healthy lifestyle are directly related to attitudes, beliefs and social behaviours taken on by individuals. Healthy habits do not guarantee a longer life but they will most likely be determining factors in having a better quality of life.

## **Glossary**

### **Lifestyle**

This can be defined as a set of behaviours or attitudes that people develop. The concept originated in 1939 and its meaning has evolved over time.

### **Health**

According to the WHO (World Health Organization), health is the state of complete physical, mental and social well-being and not merely the absence of disease. It can also be defined as the highest level of functional and/or metabolic efficiency of an organism, both at a cellular and at a social level. In 1992 an extension of the concept came affirming that this could be «in harmony with the environment».

### **Healthy lifestyle**

Behaviours that reduce the risk of disease, such as proper control and treatment of sleep, stress and negative emotions, control of substance use and proper distribution and use of time, i.e., regular physical exercise. This includes social processes, traditions, habits, conduct and behaviour of individuals and population groups leading to human needs being met in order to achieve well-being.

### **Health promotion**

According to the Ottawa Letter for Health Promotion (WHO, 1986) this is the process of enabling people to increase control over the determining factors to health to thereby improve their health. It constitutes a comprehensive social and political process, which encompasses actions aimed at strengthening the skills and abilities of individuals and actions intended to change social, environmental and economic conditions to alleviate their impact on public and individual health.

### **Quality of life**

The WHO defines quality of life as «an individual's perception of his existence, in the context of the culture and value system in which they live and in relation to their objectives, expectations, norms, concerns, etc.».

### **Sport**

According to the European Sport Letter for all of the European Council, sport is defined as «all forms of physical activity, which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relation-

ships or obtaining results in competition at all levels». Taking this definition into account, both «physical exercise» and «physical-sport activities» can be considered «sport».

### **Physical condition**

This is a physiological state of well-being that provides the basis for performing everyday tasks, a level of protection against chronic diseases and lays the foundation for the development of sports activities. Essentially, the term «physical condition» describes a group of attributes relative to an individual's achievement with regards to physical activity. It is also called «fitness».

### **Physical exercise**

According to the Autonomous Government of Catalonia, this is a planned, structured and repetitive physical activity, with the aim to improve or maintain one or more components of fitness (physical abilities).

### **Physical-sports activities/physical activity (PA)**

According to the Autonomous Government of Catalonia, this refers to any bodily movement produced by the skeletal musculature, resulting in energy being expended above the basal metabolic rate. It is a broad term that includes the concept of physical «exercise».

### **Healthy physical-sports activities**

This refers to physical-sports activities that provide health benefits (Devis, 2001).

### **FITT principle**

The dose of physical activity that a person receives depends on:

**Frequency:** how often one engages in physical activity (often expressed as the number of times per week)

**Intensity:** how hard the physical activity is (often described as light, moderate or vigorous)

**Time:** how long the physical activity session lasts

**Type:** which kind of exercise is practiced (i.e., running, swimming, etc.)

## Best practices (BP)

Best practices refer to certain criteria for action that are considered optimal for achieving certain results. A best practice is made up of a group of declarations which represent the practices recommended to improve quality, excellence, efficiency and sustainability.

### BP for physical activity

Procedures and tools for gathering information about plans, programmes, events, actions that public or private organisations must carry out to promote health, habits and positive attitudes for participating in physical and sports activities where the values of participation, fair play, team spirit, solidarity, etc., prevail.

### BP for healthy physical activity programmes

Use of programmes/activities whose structure, planning, resources and valuation contribute positively to creating healthy permanent habits to improve citizen's quality and way of life through optimal physical, mental and social well-being.

## Methodology

Given these previous ideas and the review of the aforementioned literature, the methodology used to compile best practices in the field of healthy physical activity and sports programmes is formed by diverse tools that will help with the recording and assessment of healthy physical activity and best practices in sport programmes.

The MESH document ([annex 2](#)) is the file used to collect the necessary information to establish whether a healthy physical activity and sports best practice is excellent. The MESH file is a template which compiles the most relevant information about a sports programme. Collected data is related to the indicators that will be assessed.

The tool used by Euro Sport Health to assess healthy physical-best practices in sport contains a number of indicators that analyse programmes and activities performed by sports organisations.

Information was collected for 21 indicators formed into blocks and groups. The research group IGOID (University of Castile-La Mancha) issued the assessment based on different indicators. Each indicator is assessed with a score of 0 to 4, where 0 is the minimum score for the indicator and 4 the maximum possible. If a high score is obtained in the assessment, this means the programme is based on best practices for healthy physical-sports within the «excellent» category.

Assessment indicators are divided in two big groups, common and specific aspects. Specific aspects are divided in turn into four blocks: organisational dimension, programme dimension, personal dimension and repercussion of the programme dimension.

<b>Table 2. European best sport health practice assessment checklist</b>					
<b>Common aspects</b>					
	No score	Few	Moderate	Good	Excellent
1 Cross-sectorality	0	1	2	3	4
2 Innovation	0	1	2	3	4
3 Peer recognition	0	1	2	3	4
4 Transferability	0	1	2	3	4
<b>Specific aspects</b>					
<b>Organisational dimension</b>	No score	Few	Moderate	Good	Excellent
5 Planning	0	1	2	3	4
6 Flexibility	0	1	2	3	4
7 Safety conditions	0	1	2	3	4
8 Responsibility	0	1	2	3	4
<b>Programme structure dimension</b>					
9 Programme report	0	1	2	3	4
10 Assessment	0	1	2	3	4
11 Target population	0	1	2	3	4
12 Teacher training	0	1	2	3	4
<b>Personal dimension</b>					
13 Quality of life and health	0	1	2	3	4
14 Recommendations for physical activity	0	1	2	3	4
15 Intensity	0	1	2	3	4
16 Time of practice	0	1	2	3	4
17 Prior medical examination	0	1	2	3	4
18 User satisfaction	0	1	2	3	4
<b>Repercussion of the programme dimension</b>					
19 Dissemination	0	1	2	3	4
20 Environmental measures	0	1	2	3	4
21 Participation	0	1	2	3	4

The application of this tool provides each sports organisation with a multi-faceted re-course.

First of all, the organisation can find out whether the athletic programme that has been implemented is working within the parameters of healthy physical activity and best practices in sport. In addition, this instrument may serve as a self-assessment tool for moving towards excellence and, ultimately, it can be used as a final assessment system and for obtaining revealing results when developing new sports programmes.

The objective of this instrument is not only to assess the sports organisation but to determine its position regarding best practices when developing programmes to promote healthy athletic lifestyles.

Having a tool for planning and monitoring in sports organisations allows for development a priori, making it possible to determinate the possible social, economic and environmental impacts it may have, and to facilitate the ability to anticipate and minimise unfavourable effects, whilst detecting beneficial actions.

### **Groups, blocks and score valuation**

This section describes the blocks established and the different indicators for the assessment system applicable to the programme. The scoring system of 0 to 4 is explained in-depth for each indicator. In addition, a rating system will be included to establish the division to detect excellence in healthy physical-sports best practices.

### **Common aspects**

This first part comprises four items that aim to contextualise the healthy sports programme in terms of its relationship with the environment, i.e., the programme's ability to surprise users, the social impact of the programme, its applicability to other situations or circumstances and finally the relationship with other areas or materials.

#### ***1. Cross-sectorality***

This refers to whether the organisation has participated in the development of the healthy programme along with social partners from other departments of the City Council (Health, Social Welfare, Education, Urban Planning, etc.) and other sporting institutions of a private nature, including individuals, groups and companies.

**Valuation: Cross-sectorality**

0	1	2	3	4
The programme has only been organised by the sports organisation or by the corresponding private institution	The Sports org. has organised the programme along with 1 public or private institution	The Sports org. has organised the programme along with 2 institutions (public and/or private)	The Sports org. has organised the programme along with 3 institutions (public and/or private)	The Sports org. has organised the programme along with 3 or more institutions; at least 1 of which is related to health and/or social welfare

**2. Innovation**

This refers to the programme defining new and unexpressed needs of users, anticipating new services, new forms of output, new types/mixes of management and new scopes of action in relation to a previous reality.

**Valuation: Innovation**

0	1	2	3	4
It is a programme that remains unchanged over time without any improvement	Modifications or activity from the previous programme without any justification	Actions for improvement and innovation regarding the assessment carried out on the previous programme	New services or ways to manage based on new needs	Creation of new needs and opportunities without taking advantage of favourable conditions, instead creating new, innovating ideas. Propose future needs and meet them

**3. Peer recognition**

This is the positive external assessment of the programme carried out by other professionals and organisations which have similar responsibilities, situations and/or problems. This recognition can be in the form of mentions by experts, awards, presentations at conferences, journals, etc.



**Valuation: Peer recognition**

0	1	2	3	4
Without any recognition and positive assessment from players in this sphere of action	Recognition and positive assessment from players in this sphere of action at a local level	Recognition and positive assessment from players in this sphere of action at a provincial level	Recognition and positive assessment from players in this sphere of action at a regional level	Recognition and positive assessment from players in this sphere of action at a national / international level

**4. Transferability**

This refers to the programme's ability to be repeated in a different context to the original one, with a high probability of success. In other words, can this programme be developed in another town, with a different context or circumstances, but with an adequate transfer of the basic content? It consists of three basic pillars: (1) simplicity and universality of the basic ideas of the programme to be implemented somewhat independently of the original context, (2) good planning of resources needed to carry out the programme efficiently and (3) extra planning and alternatives for possible problems that may occur in a particular context.

**Valuation: Transferability**

0	1	2	3	4
It cannot be transferred. Exclusive programme for that context	Only the overall objective of the programme can be transferred	Only 1 basic pillar can be transferred	2 basic pillars can be transferred	The 3 basic pillars can be transferred

**Specific aspects**

This group refers to various structural and management aspects that should go together with the organisation and programme. It is formed by 4 blocks compiling information on the organisational aspect, on scheduling, on the participating user's personal dimension and on the repercussion of the programme.

• **Organisational dimension**

This sub-section refers to the organisational and management aspects of a sports club. This section highlights the need to carry out certain actions that contribute to the smooth operation of physical activity and sports programmes and the smooth functioning and coordination of human and material resources. Although they can operate individually, the established items represent core measures forming a compendium of complementary and collaborative action.

**5. Planning**

This refers to the scheduling of the actions to be developed in a sports organisation when designing a new programme. This forecast will have a preventive and organisational nature, so that planning can be carried out appropriately in accordance with a balanced schedule.

**Valuation: Planning**

0	1	2	3	4
The organisation does not have a temporary programme of actions	It has a general plan, without explicitly reflecting on the chronological framework of different actions	It has a chronological framework, although only in some areas of the programme	It has a chronological framework in most of the actions and areas that are developed	It has a prior chronological framework in all areas of the organisation, even with some alternative plans for a possible digression from the goals established

**6. Flexibility**

This refers to the programme’s ability to adapt to the emergence of unexpected circumstances or demands in terms of activities, resources, areas, etc.

**Valuation: Flexibility**

0	1	2	3	4
The programme is not flexible. There is no scope for modifications	Flexibility regarding the material resources available	The programme is flexible in some of its actions	All the actions are flexible even in unexpected circumstances (protocol actions, staff)	The programme is flexible in terms of resources, actions to carry out, and is also capable of adapting to new demands

## 7. Safety conditions

This refers to the existence of a plan against potential risks, emergencies and for first aid to be carried out related to the programme. It should describe actions, linked to both organisation and users, so that the latter may be familiar with the basic rules of action in a situation of this nature.

### Valuation: Safety conditions

0	1	2	3	4
The organisation does not have basic rules of action for potential risks, emergencies and first aid related to the programme	There are protocols for action for potential risks, emergencies and first aid related to the programme, but monitors are not educated on these issues	There are protocols for action for potential risks, emergencies and first aid related to the programme, and the monitors are educated on these issues	There are protocols for action for potential risks, emergencies and first aid related to the programme, the monitors are educated and users are informed about this	It has instructed the monitors and users on the protocols and actions to be carried out in case of possible risks, emergencies and first aid related to the programme

## 8. Responsibility

This refers to when transparent and intelligible information is provided about who is responsible for each of the powers and functions within the programme, namely, the publication of people involved in each of the areas or actions that are carried out.

### Valuation: Responsibility

0	1	2	3	4
There is no organisational chart in the programme	There is a general information chart of positions in the organisation without specifying names	There is a general organisational information chart specifying the name of individuals in charge	There is an information chart for all policy areas (top management, middle management and operational checks)	There is a fully detailed informational chart for all areas with the names and a statement of functions and actions of individuals in charge

- **Programme structure dimension**

This part details the programme's internal organisational capacity to offer healthy physical activities and best practices in sport. Contained within this sub-block we find information about the different aspects comprising a well-coordinated, structured and organised sports programme to ensure its smooth implementation which, if all aspects are properly planned, will be a mere formality.

### **9. Programme report**

This refers to the collection of data and the characteristics of the different actions performed by the organisation. This document contemplates the actions carried out and has the potential to illustrate both positive aspects and scope for improvement in the organisation and implementation of a best practices programme.

The programme report must be comprehensive and broken down into various contributions including general and specific objectives, financial resources, material resources, human resources, timing and monitoring, and a check report.

#### **Valuation: Programme report**

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
There is no programme report	There is no definite report but the main features of experiences and actions that have taken place are compiled without breaking down the information	There is a programme report, but there will only be a breakdown of detailed information from some proposed areas	There is a programme report where most of the areas in the programme are broken down	There is a programme report where all areas are broken down, reflecting the strengths and weaknesses found in their development such as scope for improvement

### **10. Assessment**

The programme must have tools for monitoring and checks throughout the programme to be able to verify and check whether the proposed activities are consistent with the initial objectives set.

**Valuation: Assessment**

0	1	2	3	4
There is no assessment system for monitoring and checking the programme	There is only monitoring and checking on some parts of the programme but it is not included in the report	The assessment system performs checking and monitoring of the major programme areas	The assessment system issues a report after finishing the programme	The assessment system generates continuous feedback during the programme including the result summary in the report encompassing all areas of the programme

**11. Target population**

This refers to whether the goals outlined in the programme correspond to the needs and characteristics (social, physical, age, etc.) of the population segments to be targeted by the programme.

**Valuation: Target population**

0	1	2	3	4
The programme does not define the target population	The programme identifies the target population but none of the objectives are properly focussed information	Some of the proposed objectives are focussed on the target population	Most objectives are properly focussed on the target population	All objectives are properly focussed on the target population

**12. Teacher training**

A qualified person should conduct the programme, one who can schedule the activity, adapting to the reality of the context and having familiarity with the strengths and weaknesses of the target population.

## Valuation: Teacher training

0	1	2	3	4
No qualifications or training	The teachers have a qualification in professional sports training	The teachers have a qualification in physical activity and health	Degrees in physical education or physical activity specialists and health-related degrees (medicine, physiotherapy, nutrition, nursing, etc.)	Degrees in sports science (or similar) with post-graduate training in physical activity and health

- **Personal dimension**

The human being is not individually alone in the world. A bond exists between all men and women that we call society. Society is pluralism, a willingness to achieve a common goal. Man is born into society and is perfected in it.

Good personal development is vital for the smooth development of a sports programme because not only is the physical conception of the individual understood, we also need an understanding of all dimensions (social, physical and psychological) of the individual.

In addition, encouraging the practice of sport is valued in this block as it serves not only to ensure the users' needs are adapted to the requirements of the programme, it also encourages the integration of users into said programme, whereby they share activities with other known and/or unknown individuals, promoting the natural development of relationships.

The objective of this block is to promote sports practice among society, because physical inactivity can lead to mental illness, stress accumulation and reduced school performance and even have a negative effect on social interaction (DPAS, 2006).

If the athletic programme encourages the active involvement of users, this will increase motivation, fostering devotion to physical activity. This block also explains that physical activity can be a fun way to become healthy because the feeling achieved contributes to the psychological well-being of the individual. For the sports programme to be healthy in psychological terms it must address leisure time in a fun way, by no means should it be a burden or a punishment, thus, it will constitute a best practice because psychological health will act as a factor stemming from devotion to physical activity. Lastly, it is necessary to note that the sports programme should foster a sense of belonging to a group, i.e., the potential to join a federation or sports group allowing the user to feel they belong to a group, also generating potential psychological wellbeing.

### 13. Quality of life and health

All objectives of the programme should be geared towards improving the quality of life and health of the participants.

#### Valuation: Quality of life and health

0	1	2	3	4
Neither the programme nor its objectives are oriented towards improving quality of life and health	Programme geared towards improving quality of life and health, but this is not reflected in the objectives of the programme	Programme geared towards improving quality of life and health. Some of its objectives are geared toward that mission	Programme geared towards improving quality of life and health. Most of its objectives are geared toward that mission	Programme geared towards improving quality of life and health. All its objectives are geared toward that mission

### 14. Recommendations for physical activity

The programme must be designed and planned according to the target population; hence, it is fundamental to have a trained professional who can consider all the variables that may arise. There are numerous recommendations for physical activity programmes based on healthy principles, but it is worth highlighting the major recommendations of European and global programmes (notwithstanding other programmes based on aspects aside from reaching the goals stated below):

**The adult population** (ACSM, 1998; Cavill, Racioppi and Kahlmeier, 2006):

- 30 minutes minimum of physical activity with a moderate to vigorous intensity each session
- 8 to 10 exercises of muscular strength with an intensity that makes it possible to carry out a maximum of 8 to 12 repetitions at least twice a week
- Flexibility in exercise: different exercises repeated 4 or 5 times, with passive stretching (minimum 30 seconds). Minimum twice a week

**Child and teenage population** (Cavill, Biddle and Sallis, 2001):

- Children and young people should participate in physical activity of at least moderate intensity for 1 hour per day
- Two days a week at least, this activity must include exercises to improve bone health: muscular strength and flexibility

**The elderly population** (ACSM, 2007; Cavill, Racioppi and Kahlmeier, 2006):

- Moderate aerobic resistance activities
  - Blocks of 10 minutes at least – minimum 30 minutes / session
  - 5 days a week
  - Rating of perceived exertion from 6 to 20 – Result: 12 or 13

- Vigorous aerobic resistance activities
  - 20 minutes / day minimum
  - 3 days a week
- Including postural stability and fall prevention exercises
- From 8 to 10 muscular strength exercises with an intensity that allows a maximum of 10 to 15 repetitions at least twice a week
- Including articular mobility exercises

**Valuation: Recommendations for physical activity**

0	1	2	3	4
We do not exercise with a plan or with content considering the healthy physical activity recommendations for the target population	Some recommendations are followed when exercising but without a clear plan	We exercise following some of the recommendations for each group with a clear activity plan	We exercise following most of the recommendations for each group with a clear activity plan	We exercise with a clear activity plan meeting all the recommendations for the target group

**15. Intensity**

The programme intensity must be adequate for the target population, which is why the following recommendations should be followed:

People who carry out activities with moderate intensity normally feel:

- A rise in respiratory rate that does not hinder the ability to speak.
- A rise in heart rate to such an extent that it can be felt easily on the wrist, neck or chest.
- A sensation of rise in temperature, possibly accompanied by sweating on warm or wet days.

A session of moderate intensity can be maintained for many minutes and does not cause exhaustion or extreme fatigue in healthy people when carried out over a longer period.

It is important to understand that moderate intensity is relative with respect to the fitness level of each individual. For example, a person with a better physical condition should perform the activity with greater absolute intensity than an individual with a poorer physical condition in order to feel a similar sensation of increased respiratory rate, heart rate and temperature: characteristics of moderate-intensity physical activity.

Methods that can be used to measure the intensity of physical activity are the speaking test, heart rate, rate of perceived exertion (Borg scale) and MET level.



**Valuation: Intensity**

0	1	2	3	4
The level of intensity is not at all controlled by the proposed assessment methods	The level of intensity is controlled by some of the methods proposed, but clear guidelines are not given to the user	The level of intensity is controlled by some of the assessment methods proposed and the level of intensity is suitable for the target population	The level of intensity is controlled by some of the assessment methods proposed and the level of intensity is suitable for the target population. In addition, the user is educated in this regard	The level of intensity is controlled by some of the assessment methods and the level of intensity is suitable for a healthy population having varying characteristics for participants with different pathologies. In addition, the user is educated in this regard

**16. Time of practice**

The sports programme must fulfil the actual time recommendations in order to be considered a healthy physical activity or best practice in sport.

**Valuation: Time of practice**

0	1	2	3	4
The actual time of practice is not structured in advance by the instructor	The instructor structures the actual time of the practice in advance but does not control it during the programme	The actual time of practice is structured though for less than 50% of the actual time available	The actual time of practice is structured for between 51% and 75% of the actual time available	The actual time of practice is structured for between 76% and 100% of the actual time available

**17. Prior medical examination**

The professional in charge of the activity must consider the prior state of health of the participants in order to check the volume, load, intensity, etc., of the physical activity, to allow the activity to be fully considered a healthy physical activity or sports programme.

**Valuation: Prior medical examination**

0	1	2	3	4
No examination is carried out on the prior state of health of participants	One informs participants of the importance of undergoing a medical examination before beginning the programme but the information is not subsequently known by monitors	The monitor administers a questionnaire to be carried out by users on their own	The questionnaire PAR-Q or a similar validated one is given, or a prior medical report is asked for	A validated questionnaire is given in advance (PAR-Q or a similar one) and there is also a medical service for consultations during the programme

**18. User satisfaction**

On the context of best practices it is necessary to know the opinion and the perception of users who have participated in the programme providing feedback on it and the positive effects gained from it.

**Valuation: User satisfaction**

0	1	2	3	4
User satisfaction is not gauged	User satisfaction is only known by communication between monitor-user without any organised procedure	The opinion of users are known through a system of complaints and suggestions	Satisfaction surveys are given to users but information is not prepared on the assessment made	User satisfaction is gauged by surveys and there are also forms for suggestions and claims in the final report

- **Repercussion of the programme dimension**

It is important to have data regarding the repercussion of the programme. In this respect, criteria have been set out concerning the social, economic and environmental impact of the programme.

The repercussion of the programme constitutes an indirect assessment of its effectiveness and efficiency with respect to the previous programme, posing the question «what benefits could the population obtain once the programme has been carried out?». It is also necessary to consider aspects that help to transform society, concentrating on the active work force which has a bearing on this activity and local income,

without overlooking the fact that if this type of programme alters the environment it should do so in a positive way.

The assessment of impact implies establishing whether the effects of the programme on society are significant and lasting, and if so, to what extent. It is necessary to determine a quantitative and qualitative magnitude of change in society and similarly on the environment. Benefitting from assessment criteria on environmental impact allows us to remedy negative aspects and to harness the positive effects of the practice.

### **19. Dissemination**

The effect of the programme on society is directly related to the popularisation and promotion of it. This will have a direct influence on the level of participation. The measurement of dissemination is defined by the extent to which information about the programme is promoted among the territory. In addition, the organisation must continuously inform participants as the programme unfolds using different means (letters, emails, website, SMS, etc.).

#### **Valuation: Dissemination**

0	1	2	3	4
No information is using any format	Information on the programme is offered exclusively at the start through publicity postersorganised procedure	Sporadic updates on information are given as the programme unfolds using different media outlets	Dissemination and updates on the programme so that it remains in different media outlets (Internet, press, radio, etc.)	Information is offered in major media outlets which is even customised for each user using several formats: SMS, email, postal letter. In addition, users may have personal space for communication in relation to the programme

### **20. Environmental measures**

This refers to the existence of a system for effective environmental management. The application of these measures not only leads to greater profitability for the organisation, it also helps reduce environmental impact, using as a reference the measures taken in standard ISO 14001.

**Valuation: Environmental measures**

0	1	2	3	4
There is no planned measure and the measures set out in standard ISO 14001 are not known	Environmental measures are proposed by the organisation itself	Different environmental standards are known and some measures are taken which are similar to those standards	The standard ISO 14001 is considered and some of the measures thereof are adopted)	There is accreditation of standard ISO 14001 or a similar standard in the management system

**21. Participation**

This refers to the actual number of people who participate in the programme in relation to the theoretical number of expected participants. A best practice would be a fully booked one, and it would ideally have a waiting list.

**Valuation: Participation**

0	1	2	3	4
Zero or minimum 0% - 10%	Minimum participation 11% - 49%	Medium participation 50% - 90%	Complete participation 91% - 100%	Waiting list

**Criteria to define a positive assessment**

Since the maximum total score is 84 points, assessment of the best practices for healthy physical activities and sports programmes is established with the following mandatory criteria:

- To reach a minimum of 42 points
- To obtain a minimum mark in the common indicators as follows:
  - 2 or more points in the indicators Innovation, Cross-sectorality and Transferability
  - 1 or more points in the indicator Peer recognition
- To obtain 2 or more points in the specific indicators Quality of life and health and Recommendations for physical activity

For programmes that are assessed positively according to the above requirements, four levels have been established:

Programmes with a score from 42 to 50 points

Peer recognition as a best practice for a healthy physical activity and sports programme

**Approved**

Programmes with a score from 51 to 60 points

Peer recognition as a best practice for a healthy physical activity and sports programme

**Recommended**

Programmes with a score from 61 to 71 points

Peer recognition as a best practice for a healthy physical activity and sports programme

**Highly recommended**

Programmes with a score from 72 to 84 points

Peer recognition as a best practice for a healthy physical activity and sports programme

**Excellent**

### **Validity of the assessment tool**

In order to validate the test instrument prepared and to demonstrate that adequate information is successfully obtained, the instrument underwent tests for reliability and validity in February 2010. The tests conducted to confirm the validity and reliability of the MESH assessment tool incorporated pre-test trials and an expert review.

To confirm the validity of the tool, a pre-test trial was developed using the Kaiser-Meyer-Olkin (KMO) test and Bartlett's test of sphericity for five physical activity and sports programmes carried out in Spain.

The Kaiser-Meyer-Olkin measure, which samples adequacy, tests whether partial correlations among variables are small. Sampling adequacy should be greater than 0.5 for a satisfactory factor analysis and large values for the KMO measure indicate that a factor analysis of the variables is a good idea. In this case, the MESH assessment tool obtained an acceptable validity of 0.724.

Bartlett's test of sphericity is another indicator of the strength of the relationship among variables and it is used to test the null hypothesis that variables in the population correlation matrix are uncorrelated. The observed significance level in the MESH tool was 0.0000, which means that the strength of the relationship among variables is strong. These results reflect a high correlation between variables and for this reason they are considered valid to be used to efficiently compile best practices in the field of sports.

In reference to the reliability of the MESH tool, Cronbach's alpha measure was used. Internal consistency or how closely related a set of items are as a group is measured. On a scale of 0 to 1 MESH obtained a 0.888 coefficient of reliability, meaning that the instrument is reliable for the development of the project.

In addition to the pre-test trials, experts in the management of healthy physical activity and sports programmes in Spain were selected to convey the validity of the content and to confirm the appropriateness, clarity and content of the instrument.

## Description of best practices in Europe

**Table of selected healthy physical activity and sports programmes**

	Name of the programme	Target population	Best practice evaluation	Points	Country
1	Exercise takes care of you	Elderly	Excellent	76	Spain
2	Sport for all	Sport for all	Highly recommended	71	Cyprus
3	Csivit (Full of muscle, happiness and gymnastics)	Children	Highly recommended	64	Hungary
4	Walks	Adults, Elderly	Highly recommended	64	Spain
5	Personal training solutions	Young, Adults, Elderly, Disabled	Highly recommended	64	Spain
6	Accede to water	Disabled	Highly recommended	63	Spain
7	Physical activity and health	Adults, Elderly	Highly recommended	63	Spain
8	Activities for elderly people	Elderly	Highly recommended	62	Spain
9	Futafok	Sport for all	Highly recommended	62	Hungary
10	Sport santé	Young	Highly recommended	62	Italy
11	Komanetsi Aquatic and Fitness Centre	Sport for all	Highly recommended	62	Cyprus
12	Belfast Schools Cross Country Championship	Children, Young	Highly recommended	62	UK
13	Combine health	Young, Adults, Elderly, Disabled	Highly recommended	61	Spain
14	Fair Play programme	Children, Young	Highly recommended	61	Spain
15	Open-gate programme	Children, Young	Recommended	56	Hungary
16	Multi Sports Summer Camp	Children, Young	Recommended	56	UK
17	100X100 Healthy Hospitalet	Sport for all	Recommended	56	Spain
18	Adult Education Centres (AEC)	Young, Adults, Elderly, Disabled	Recommended	56	Cyprus
19	«Spo.Sa» Healthy Sport programme	Young	Recommended	54	Italy

	<b>Name of the programme</b>	<b>Target population</b>	<b>Best practice evaluation</b>	<b>Points</b>	<b>Country</b>
20	Overweight: healthy habits	Adults, Elderly	Recommended	54	Spain
21	Magic Sport Island	Sport for all	Recommended	53	Hungary
22	Strovolos Open School	Sport for all	Recommended	52	Cyprus
23	Teenage kicks	Children, Young, Disabled	Recommended	52	UK
24	Physical health promotion activities	Disabled	Recommended	51	Italy
25	Cyprus Youth Board's Multifunctional Youth Sport Centres	Children, Young, Adults, Disabled	Recommended	51	Cyprus
26	Lakatamia Open School	Sport for all	Recommended	51	Cyprus
27	MAGIA	Children	Approved	50	Italy
28	Medical service	Sport for all	Approved	49	Spain
29	Bank movements or movement of bank workers	Adults	Approved	48	Italy
30	Step by step	Adults, Elderly	Approved	47	Spain
31	Elderly people	Elderly	Approved	45	Spain
32	National Sports Day - Chi si ferma é perduto	Sport for all	Approved	45	Italy
33	Universitas University competitions	Adults	Approved	45	Hungary
34	Cross-country skiing day	Young, Disabled	Approved	43	Italy
35	Health in movement	Adults, Elderly	Approved	42	Italy
36	Choose a sport! Day	Sport for all	Approved	42	Hungary
37	Historical relay race	Young	Approved	42	Hungary

## Best practices

### 1 Exercise takes care of you

Country	Spain
Province / Region	Extremadura
Municipality	-

**JUNTA DE EXTREMADURA**  
Consejería de los Jóvenes y del Deporte

#### Summary

The programme of the Autonomous Government of Extremadura aimed at active ageing which has been operational since 2006 is suited to people older than 60 years with certain health problems. The programme consists essentially of engaging in moderate physical activity that allows such people to walk in an agile manner, making their bodies more flexible and allowing for coordination of movement. It has obtained wide peer recognition at regional, national and international level and is undergoing continuous analysis to adapt to multiple changes. Many public institutions are involved in it.

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Organisation / entity that identified the programme: Barcelona Provincial Council

Start date: 2006

End date: still ongoing

Organisation / Entity: Autonomous Government and University of Extremadura

#### Description

##### Objectives of the programme

1. To contribute to the active ageing of elderly people, providing them with personal autonomy in the practice of physical activity.
2. To pool efforts from different sectors such as social welfare, public health, research and sport.



3. To create a support network to allow social and public health services to assist the elderly.
4. To innovate, assess and prepare new protocols for elderly people having special needs such as dementia and prevention of falls.

### **Target population**

The elderly. People older than 60 years with some form of health problem such as diabetes, obesity, arterial hypertension or anxiety / depression.

### **Phases and main lines of action**

- 15-minute initial phase for warm-up exercises: walk and articular mobility
- 30-minute main phase for walking and coordination of movements: fifteen walk exercises and nineteen coordination of movement exercises (nine in motion and ten static)
- Final phase for relaxation and stretching (ten minutes)

### **The parties involved**

Ministry of Public Health and Dependency, Ministry of Youth and Sport and old people's homes (Autonomous Government of Extremadura), University of Extremadura, health centres in the region of Extremadura, the town councils of Extremadura

### **Financial resources**

Total amount: 1,060,000 euros

The programme has been 100% self-financed

### **Human resources**

(1) Scientific director, (1) SES coordinator, (1) institutional coordinator, (1) quality and inspection coordinator, (2) researchers, (37) sports health technicians

### **Results**

#### **Produced documentation**

Report, timetable, activity plan and promotional material.

## **Dissemination of the programme**

Promotional and dissemination events for the programme are continuously carried out at local, provincial and regional level. Events are organised by the Autonomous Government of Extremadura and other entities. Stands, posters, the press, the media, radio, TV and the Internet are used.

## **Impact**

8,000 participants (85% female, 15% male)

## **Assessment**

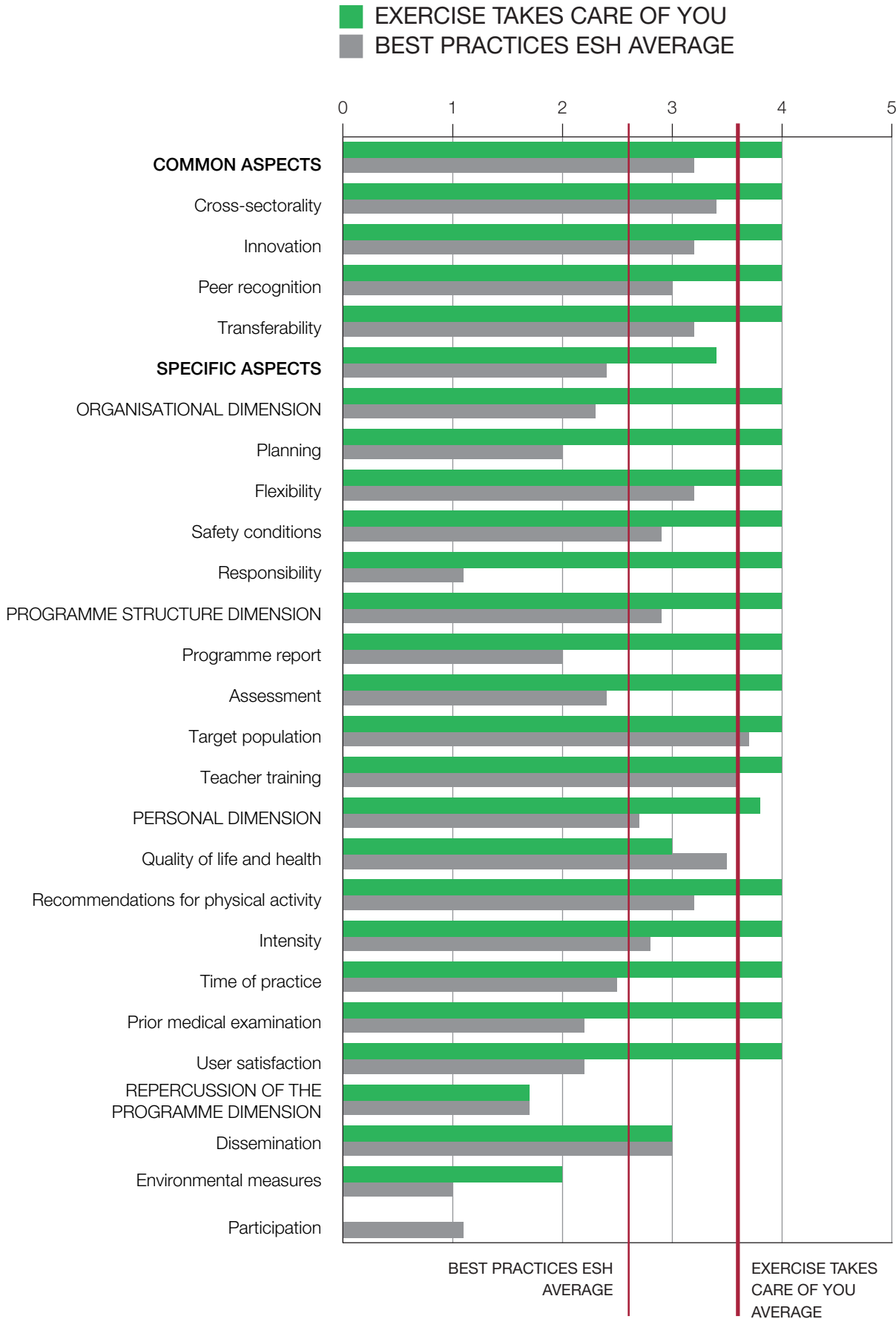
The programme Exercise takes care of you undergoes continuous analysis for shortcomings with the aim of optimising resources and offering continuous training. A comprehensive command description is being prepared which contemplates aspects such as learning and growth, clients, internal processes and economic matters.

## **Main conclusions**

The programme has witnessed growth ever since it started. While at the beginning 22 technicians were spread over 70 locations, currently there are 37 technicians in 127 locations. The programme's success is thanks to cooperation from a host of public entities linked to health and social welfare and the highly specialist qualifications of the professionals involved.

## **Programme strengths and weaknesses**

Generally speaking, the programme Exercise takes care of you is excellent and few areas can be improved. The level of participation is the weakest aspect, which is a genuine shame due to the extraordinary quality of the programme. Regarding environmental measures, for which the programme does not envisage the standard ISO 14001, there is scope for improvement.



## 2 Sport for all

Country	Cyprus
Province / Region	Nicosia
Municipality	Engomi



### Summary

The Sport for all programme was launched by the Cyprus sports organisation, the supreme sport authority in Cyprus, and it is addressed to every citizen regardless of age, gender, nationality, skill level, social status, mental and physical abilities, beliefs, etc. It consists of a variety of sports programmes and physical activities which operate under the guidance of qualified physical education instructors. The programme benefits from close cooperation from numerous public, private and local authorities with the aim of improving public health and adapting sport as a lifelong habit. The Sport for all programme has obtained national, European and international peer recognition.

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Website:	www.cyprussports.org www.ago.org.cy
Address and telephone:	Makarion Athletic Centre Avenue, 2400, P.O. Box 24804 1304 Nicosia, Cyprus +357 22 89 70 00

Organisation / entity that identified the programme: the Cyprus sports organisation

Start date: 1985

End date: still ongoing

Organisation / Entity: Cyprus sports organisation

### Description

#### Objectives of the programme

1. To enable every individual (citizen) to participate in sport regardless of age, gender, skill level, social status, mental and physical abilities, beliefs, etc.
2. To encourage citizens to adopt exercise as a lifetime activity.
3. To contribute to the improvement of the quality of life and health of every individual.
4. To produce a range of social, psychological and physiological benefits.
5. To develop extracurricular school sports.

## Target population

Participation is open to every citizen regardless of age, gender, skill level, social status, mental and physical abilities, beliefs, etc. The programme operates on a national level.

## Phases and main lines of action

The programme offers a variety of sports activities for:

- Children aged 3 to 14 – football, handball, swimming, martial arts, dance, rhythmic gymnastics, futsal, basketball, tennis, badminton, etc.
- Adults: swimming, basketball, volleyball, futsal, pilates, aerobic, aqua aerobic, yoga, walking.
- The elderly: walking, floor exercises, weight training
- People with special needs and disabilities
- People in rehabilitation centres and correctional institution
- People in the national and civil guard

Members have the opportunity to participate in all the SFA programme events and competitions.

## The parties involved

Ministry of Education and Culture (primary & secondary education), Municipality and Community Councils, Cyprus University of Technology, the national Guard, the Civil Guard, the correctional institution, rehabilitation centres, disability centres, elderly centres, pre-elementary schools, private schools.

## Financial resources

Total amount: 2,600,000 euros

The programme has been 100% self-financed

## Human resources

(9) The Cyprus sports organisation's Board of Directors, (1) the Cyprus sports organization's director general, (1) sports first officer, (1) Sport for all programme head officer, (4) Sport for all programme administrators, (7) SFA programme coordinators, (3) public relations administrators, (81) instructors

## **Results**

### **Produced documentation**

Strategic plan, flow chart, mission, objectives, vision, values, collaboration with other institutions (public & private), continuous internal assessment at all levels (human resources, structure, infrastructure, finance, activities), annual governmental audit, survey, user satisfaction, participation, suggestions for improvement, training, ISO 9001:2008.

### **Dissemination of the programme**

The promotion and dissemination of the programme is ongoing and is carried out on a local, provincial and national level. Personal contact, posters, the press, radio, TV, the Internet, flyers, and brochures are all mediums used.

### **Impact**

15,181 participants (60% female and 40% male)

### **Assessment**

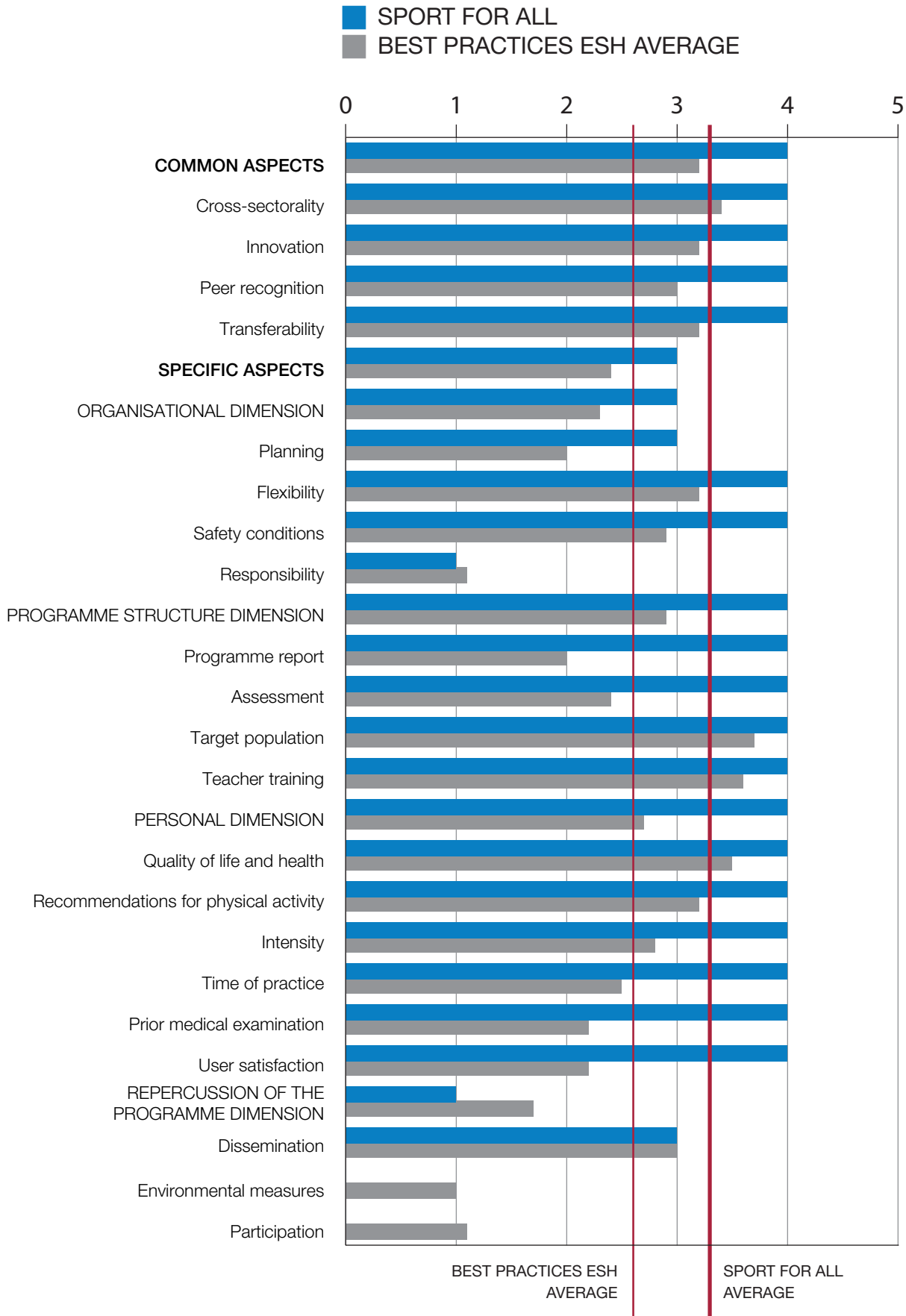
The Sport for all programme continuously assesses its process and services obtaining monthly and annual internal assessments. Since it operates under the auspices of a public organisation, a government audit is performed at the end of each year. Significant feedback is obtained through surveys related to the programme's progress (released by universities), user satisfaction surveys, and users' remarks, suggestions and complaints.

### **Main conclusions**

The expansion and progress of the Sport for all programme has been substantial throughout its 25 years in operation. The programme has managed to increase participation whilst meeting citizens' requirements, providing new sport programmes given only by qualified physical education teachers. It has succeeded in securing close cooperation from primary and secondary educational institutions, as well as local authorities. The programme benefits from world renown since it is a member of European and international sports organisations and associations.

### **Programme strengths and weaknesses**

Overall the programme can be characterised as excellent. It requires more improvement in areas such as organisational planning. Special consideration should be given to the application of environmental measures.



### 3 Csivit (Full of muscle, happiness and gymnastics)

Country	Hungary
Province / Region	Central-Hungary
Municipality	Budapest



#### Summary

The main purpose of this programme is to instil the practice of regular physical activity in children to encourage them to use their free time wisely. This is achieved by offering interesting competitions which are fun for the children and encourage them to develop in a healthy manner both physically and psychologically. All children aged between 6 and 14 years can participate as the requirements can be met by all. Competitions can be organised on different levels: within schools, within regions or in cities. Prizes are given for the best performances and to the school with the most participating children.

For further information:

Contact person:	Ernö Szakály
Position:	Chief secretary
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Website:	www.bptorna.hu
Address and telephone:	1053, 3 Curia Street – Budapest, Hungary +36 302 61 46 76

Organisation / entity that identified the programme: Budapest Association of Sport Federations

Start date: 2010

End date: still ongoing

Organisation / Entity: Gymnastic Federation of Budapest

#### Description

##### Objectives of the programme

1. To improve students' physical performance, toughness, and resistance to illness.
2. To encourage lifestyles involving sports among participants.



### **Target population**

The students of primary schools in Budapest.

### **Phases and main lines of action**

- General and special warm-up: 10-15 minutes
- Practicing exercises: 5 minutes
- Competition: 30 minutes
- Stretching: 10-15 minutes

### **The parties involved**

The local government of Budapest, sport department, primary schools in Budapest, the Thermal Baths of Budapest joint stock company, local governments in Budapest's districts, the Hungarian Gymnastic Federation.

### **Financial resources**

Total amount: 2,500 euros  
The programme is 40% self-financed

### **Human resources**

P.E. teachers (15 per event), judges (10)

### **Results**

#### **Produced documentation**

Competition announcement, competition programme, details of the number of people involved in organisation and implementation, results, budget.

#### **Dissemination of the programme**

Programme updates are aired continuously. Posters and radio spots are used, along with the programme catalogue for the city. A website is also continuously updated.

## **Impact**

21,600 participants (57% female, 47% male)

## **Assessment**

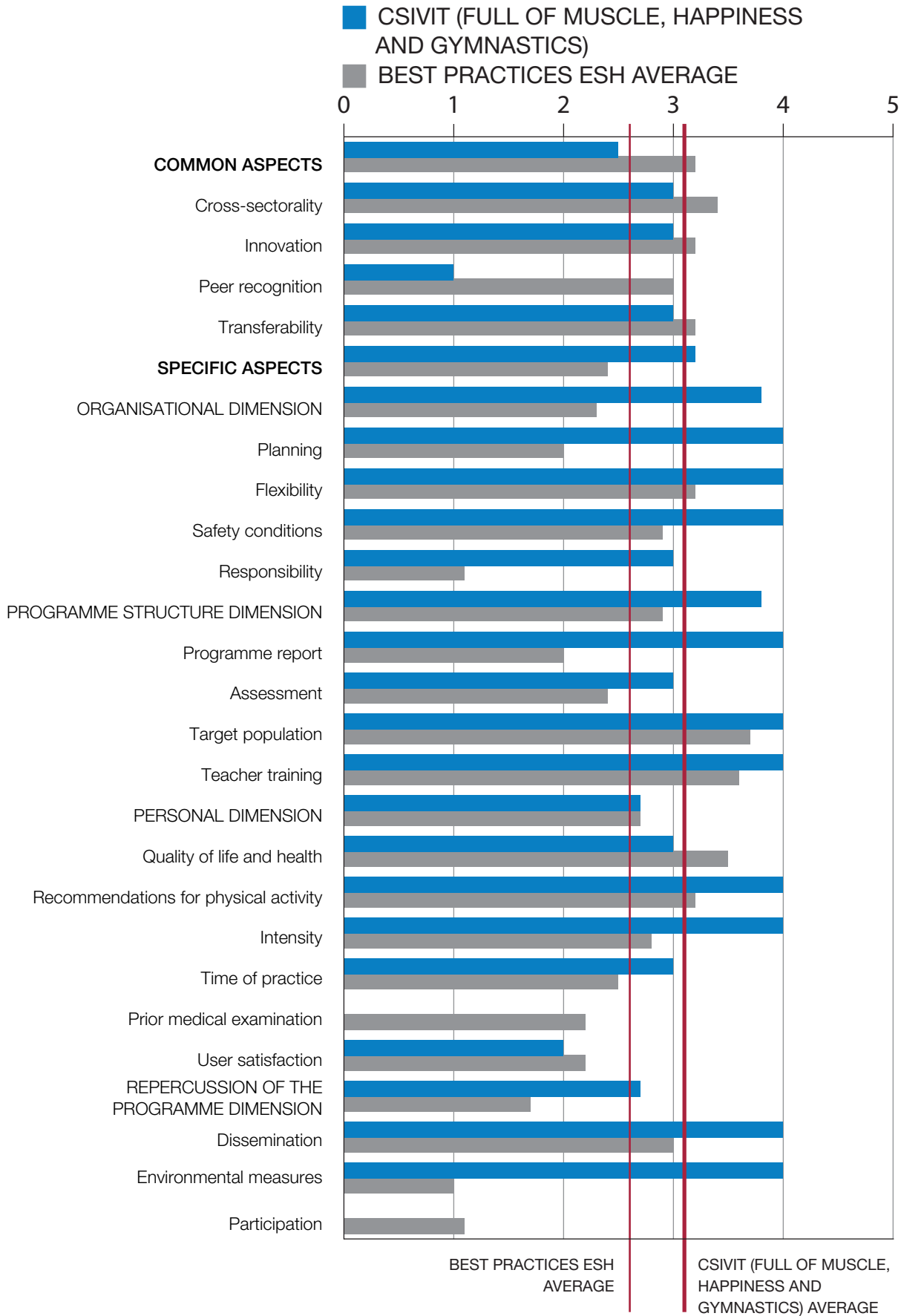
This programme is supported by the local government of Budapest and by the National Sports Association. Use of supporting resources is reported in professional and financial reports. They provide information on the implementation of the programmes, on the participants and on future plans.

## **Main conclusions**

Currently, many students participate but organisers strive to involve everyone. Each year the number of participants increases.

## **Programme strengths and weaknesses**

The strength of this programme is that many children are involved. There is a national demand for programmes like this, which the programme try to meet. The programme won the hearts of many teachers. The weakness is that with the growing number of competitors it is becoming more and more difficult to purchase prizes. Institutions are not always capable of admitting as many participants as the organizer would like.



## 4 Walks

Country	Spain
Province / Region	Barcelona
Municipality	Rubí



Ajuntament de Rubí

### Summary

The programme Walks organised by Rubí Town Council and operational since 2003 is intended for practicing moderate physical activity in which instructors provide a detailed guide about how to take part in safe walks whilst preserving the environment. All sessions are carefully monitored and participants are meticulously distributed into groups with a low ratio of participants per instructor. Particular routes of interest are another attraction for participants who will enjoy the landscape and the local heritage of the town of Rubí.

For further information:

Contact person:	Dora Sosa
Position:	Sports technician
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Website:	www.rubi.cat
Address and telephone:	Pl. Pere Aguilera, 1 – 08019 Rubí, Spain +34 935 887 000

Organisation / entity that identified the programme: Barcelona Provincial Council

Start date: 2003

End date: still ongoing

Organisation / Entity: Rubí Town Council

### Description

#### Objectives of the programme

1. To disseminate the benefits of practicing physical activity regularly and to suit the programme to meet everyone's particular possibilities.
2. To teach suitable, healthy, safe and sustainable engagement of walking as a physical-sport activity.
3. To promote knowledge, value, and respect for the historical, cultural and natural heritage of the town of Rubí.

### **Target population**

Women older than 40 years and people older than 60 years.

### **Phases and main lines of action**

Every series of walks involves 5 excursions, one weekly. The first excursion is preceded by a pulse check, a description of the objectives of the programme and recommendations to make the walk healthy and safe. During the excursions, explanations related to environmentally-friendly behaviour, points of interest on the excursion, water consumption, use of suitable shoes, rules for travelling in urban areas and on roads and general self-protection and safety measures are provided. Mid-way during the excursions participants are given a break and make remarks to reinforce the content provided.

Before starting the activity, stretching and warming exercises are carried out and stretching exercises are undertaken before reaching the end of the route.

### **The parties involved**

Rubí Town Council and the club Esportiu Rubí Futbol Sala

### **Financial resources**

Total amount: 3,238 euros

The programme has been 0% self-financed

### **Human resources**

(1) Coordinator, (3) instructors and (12) volunteers

### **Results**

#### **Produced documentation**

Report, timetable, activity plan, participant file, volunteer observation file and dissemination material.

#### **Dissemination of the programme**

Continuous promotion on the radio, in the press, on the Internet and informative leaflets.

## **Impact**

90 participants (81.5% female, 18.5% male)

## **Assessment**

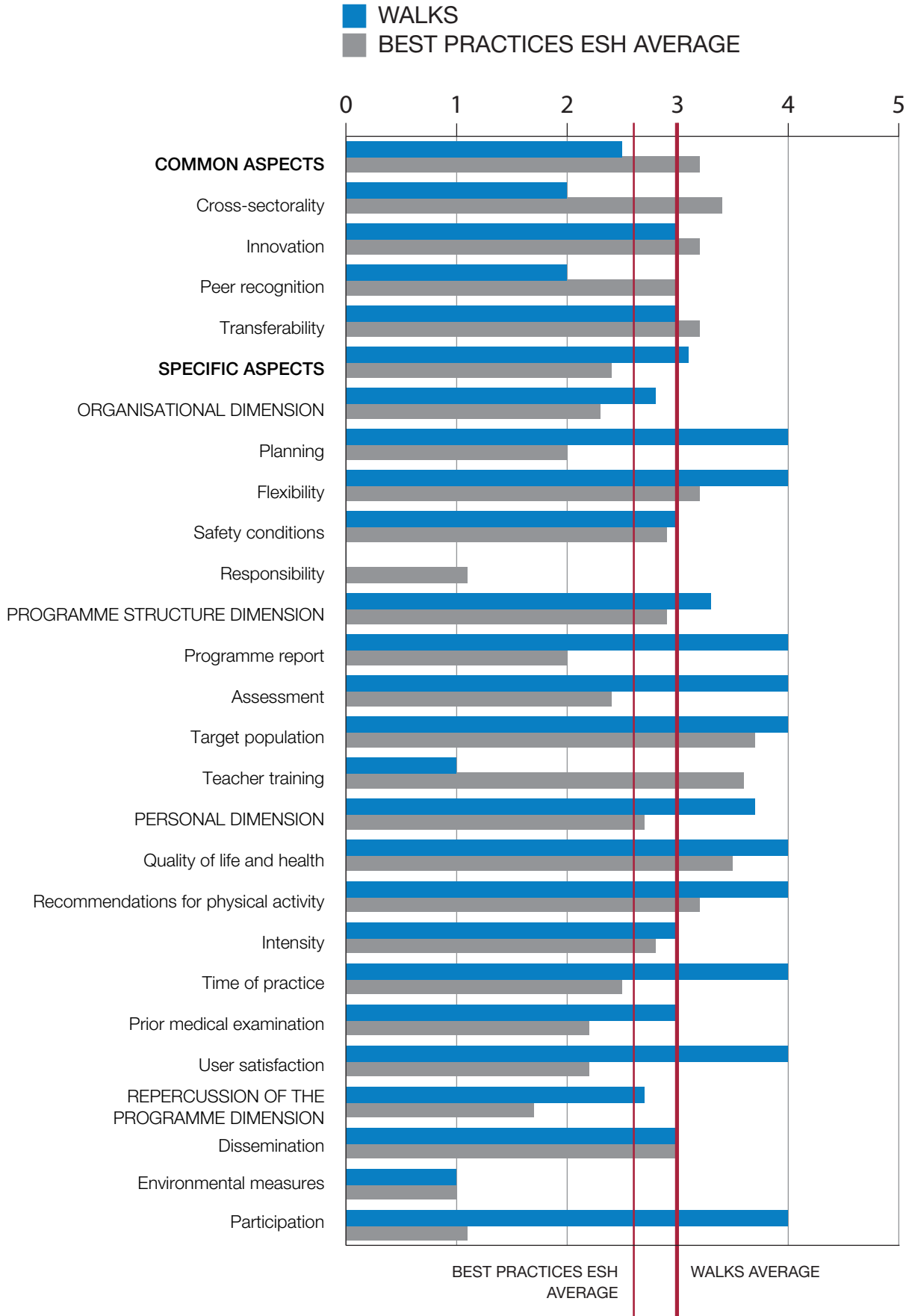
The programme Walks benefits from certain monitoring tools such as registration lists, participant surveys with open and closed items, structured observation sheets for instructors and interviews among the coordinator, instructors and volunteers.

## **Main conclusions**

The programme Walks was innovative when it started and it is still a very comprehensive programme focussed on the theoretical and practical aspects of physical activity. The high level of participation and user satisfaction is the best example to show the degree to which the programme has been welcomed by the population.

## **Programme strengths and weaknesses**

The programme Walks: to engage in sport, go for a walk is a notable programme fostering an extraordinary quality of life and affording excellent recommendations for physical activity and flexibility. Training for the instructors and environmental measures within the programme itself could definitely benefit from some improvement.



## 5 Personal training solutions

Country	Spain	
Province / Region	Catalonia, Community of Madrid, Aragon	
Municipality	Barcelona, Madrid and Zaragoza	

### Summary

The programme Personal training solutions organised by the private gym Holmes Place allows people of any status to improve their physical condition and performance on an individual basis. The programme, which covers many types of physical exercises and is adapted to suit many users, fostered the professional development of sports staff by creating a new professional category: the personal trainer. As a result it has had a strong impact on the sector and the service is currently offered in most private gyms.

For further information:

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Email:	nacho.negredo@holmesplace.es
Website:	www.holmesplace.es
Address and telephone:	Trav. de les Corts, 252-254 – 08014 Barcelona, Spain +34 932 703 100

Organisation / entity that identified the programme: Barcelona Provincial Council

Start date: 2001

End date: still ongoing

Organisation / Entity: Holmes Place

### Description

#### Objectives of the programme

1. To help people improve their quality of life by means of physical exercise.
2. To facilitate access by gym members to a personal training service.

#### Target population

Young people, adults, the elderly and disabled



## **Phases and main lines of action**

Six specific activity categories form the programme: reshape, reduce, refresh, realign, rehabilitate and reflex:

1. Reshape is focussed on improving physical condition, strength and muscle mass through exercise of resistance.
2. Reduce is addressed to weight control by means of cardiovascular work, invigorating circuits and promotion of healthy habits and balanced physical exercise.
3. Refresh entails all training in the water: swimming lessons, improvement of style and physical condition, preparation for water sports, anti-stress programmes, etc.
4. Realign uses compensatory techniques to treat pains and postural deficiencies.
5. Rehabilitate uses physiotherapy to treat pathologies and improve lesions.
6. Reflex improves flexibility and articular movement by means of stretching.

## **The parties involved**

Barcelona City Council, Mollet del Vallès Town Council, medical centres, INEF Barcelona and INEF Madrid

## **Financial resources**

Total amount: 21,450,000 euros

The programme has been 100% self-financed

## **Human resources**

(10) Fitness managers and (254) personal trainers

## **Results**

### **Produced documentation**

Report, timetable, activity plan and dissemination materials.

### **Dissemination of the programme**

Information on the programme is disseminated sporadically through the press, the media, posters, TV, the Internet and via SMS. Personal trainers offer customised attention to interested users.

## **Impact**

1,600 participants (48% female, 52% male)

## **Assessment**

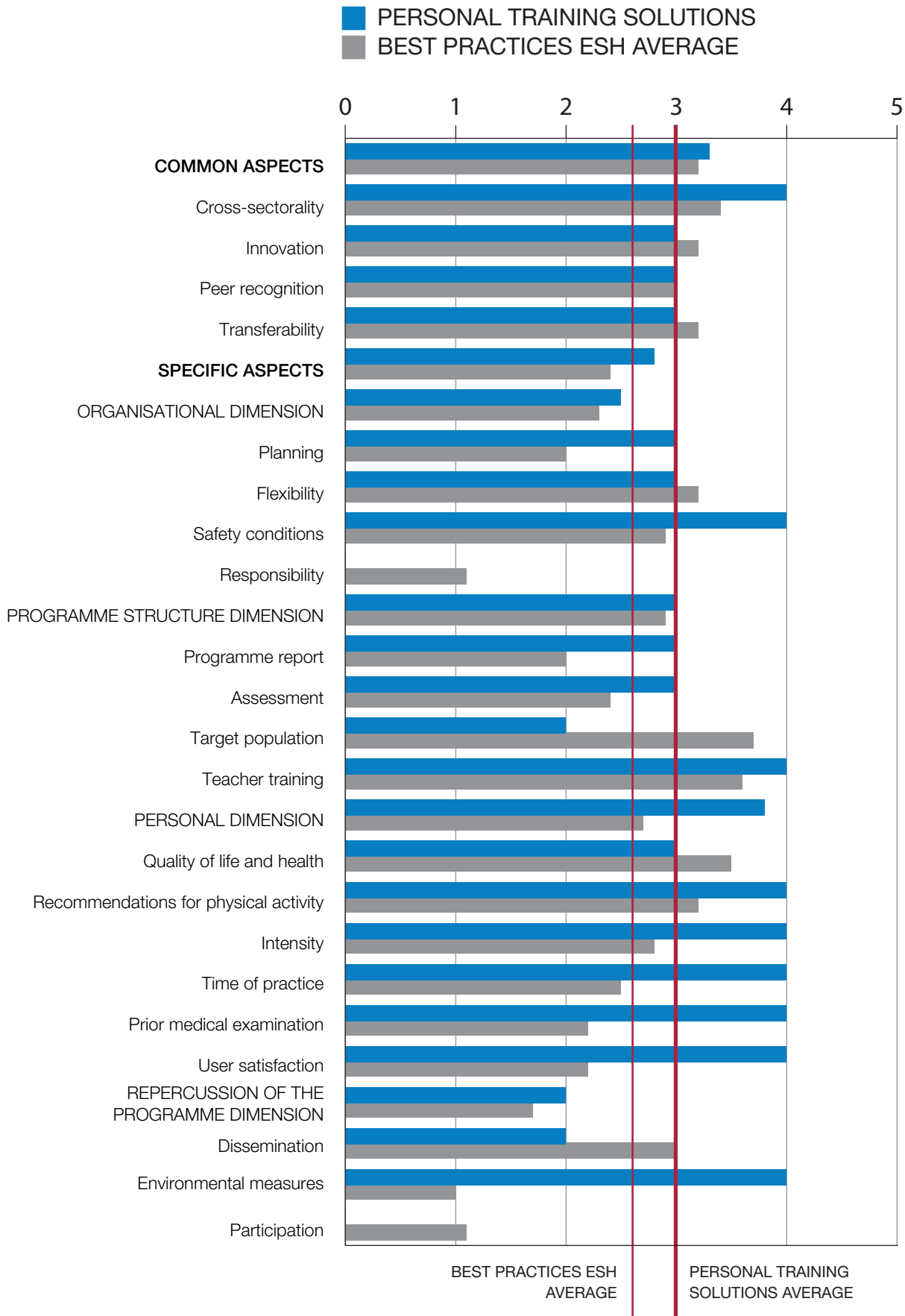
The programme Personal training solutions based on personal trainer sports, keeps a check on physical condition and helps its users to improve. Additionally, a financial check helps to ensure the programme achieves its intended outcomes.

## **Main conclusions**

The programme has a very solid organisation with a wide range of resources and extensive staff training to offer varied activities for users. Personal training solutions, as an originally innovative programme, maintains a high standard of quality thanks to the experience gained and the stringent adherence given to environmental measures, safety conditions and medical checks.

## **Programme strengths and weaknesses**

Personal training solutions is very precise in technical areas such as teacher training, intensity of the activity, time of practice and recommendations for physical activity. The level of participation and the structure in terms of responsibilities are both aspects that can be improved on. We would like to highlight the fact that the standard ISO 14001 is taken into consideration, an exceptional environmental measure.



## 6 Accede to water

Country	Spain
Province / Region	Barcelona / Garraf
Municipality	Vilanova i la Geltrú



### Summary

The programme *Accede to water* allows people with some kind of disability to become familiar with water and gain gradual autonomy. It is a consolidated programme supported by cross-sectoral entities which has provided a hitherto inexistent service to this specific group of people. Demand for the service has increased in recent years and accessibility to the facilities has been remarkably improved to meet the increasing complex requirements of the participants.

For further information:

Contact person:	Monica Coll
Position:	Sports technician
Organisation / entity:	Vilanova i la Geltrú City Council
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Website:	www.vilanova.cat/
Address and telephone:	Plaça de la Vila, 8 – 08800 Vilanova i la Geltrú, Spain +34 938 140 000

Organisation / entity that identified the programme: Barcelona Provincial Council

Start date: Every September

End date: Every June

Organisation / Entity: Vilanova i la Geltrú City Council

### Description

#### Objectives of the programme

1. To serve as a programme of water activities for people with a specific disability.
2. To convey to users the therapeutic benefits of water.
3. To promote autonomy in the water and teach different styles of swimming in addition to easy and complex water abilities.
4. To incorporate swimmers suffering a psychological pathology, in the medium- or long-term, into school or extra school groups.
5. To improve users' quality of life.

## **Target population**

Disabled people of all ages

## **Phases and main lines of action**

When users have a moderate disability, the regular programme of teaching is developed. The user will be given autonomy in the water and learn the different styles of swimming along with simple and complex water skills.

The first phase of establishing familiarity with and discovering the water is often slower. The number of instructors is greater in order to guarantee safety, confidence and motivation needed by swimmers to adapt easily from the start. In the mid- or long-term, swimmers can be integrated into ordinary groups or be placed in groups with fewer instructors. When the disability is more severe, one instructor takes care of 1-3 swimmers for more time.

## **The parties involved**

The Sports Medicine Unit of the Health Consortium of Garraf (UME), fibromyalgia, multiple sclerosis and Parkinson's associations, Alfa-Tegar Club, special work and occupational centres (SOI and San Miguel) and CEIP Llebetx i Arjau.

## **Financial resources**

Total amount: 30,807 euros

The programme has been 100% self-financed

## **Human resources**

(1) Physiotherapist – psychomotor functionalist, (1) doctor specialising in sport, (12) sports technicians

## **Results**

### **Produced documentation**

Report, timetable and activity plan.

### **Dissemination of the programme**

Information on the programme is not disseminated because users stem from the Sports Medicine Unit of the Health Consortium of Garraf (UME). Information is provided individually in personal interviews.

### **Impact**

136 participants (55% female, 45% male)

### **Assessment**

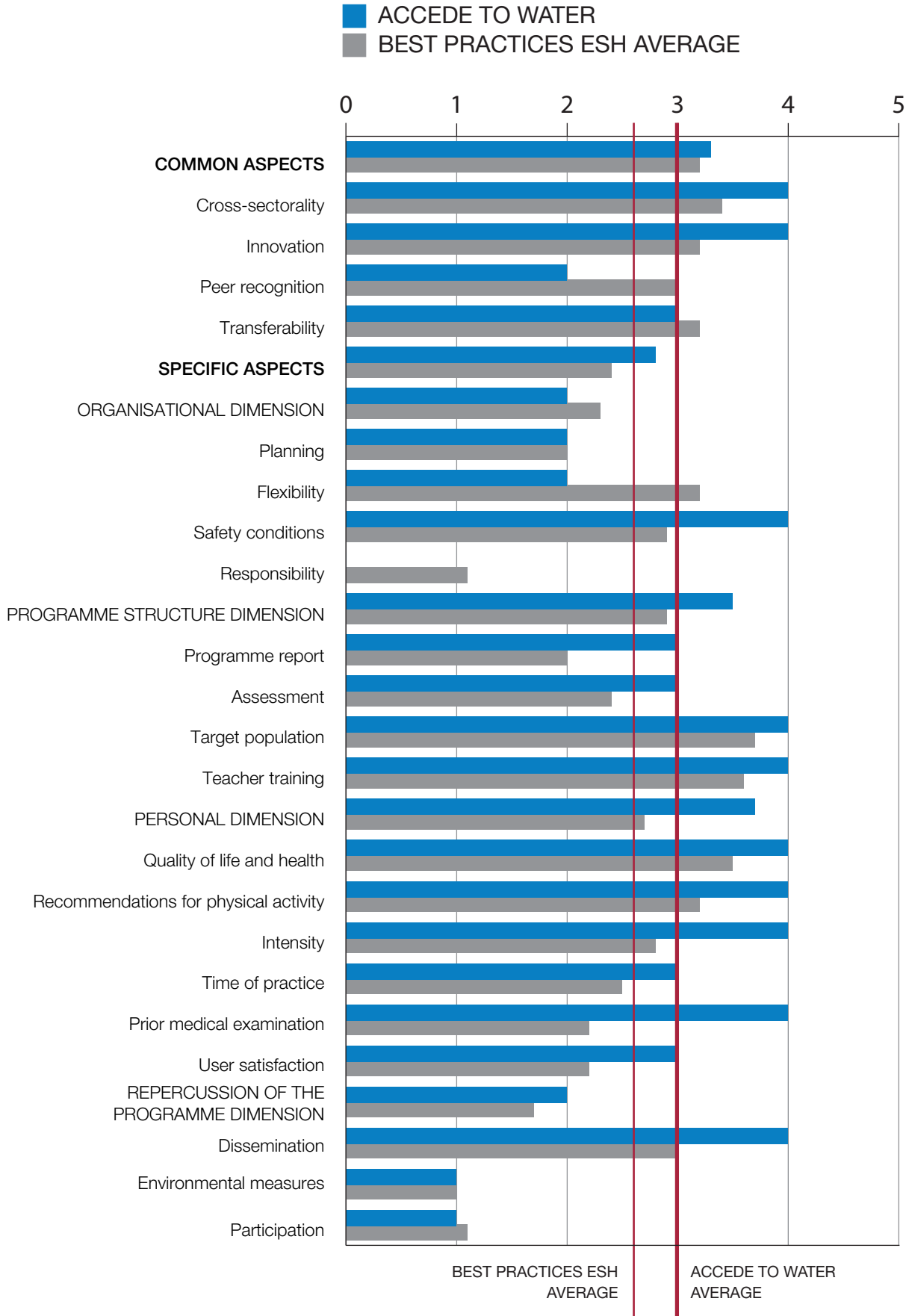
The coordinator of the programme monitors the sessions carried out and provides resources to clear up any doubts or new cases for the benefit of instructors. A technical report on the development of participants is provided and the response from the family is also analysed.

### **Main conclusions**

The programme is extremely sensitive to the individual conditions of every participant in order to provide the most convenient pace of integration in ordinary groups. The programme has the clear objective of improving the quality of life of participants using the therapeutic benefits of water. In addition, the organisation needs further support to provide solutions to people with sensorial disabilities based on training of instructors and re-adaptation of the facilities.

### **Programme strengths and weaknesses**

Accede to water has a special level of excellence when it comes to training of instructors, the suitability of the activity to the target population and the quality of health of the participants. Two areas where the programme could ultimately develop include establishing the chain of responsibilities within the programme and adapting to official environmental measures.



## 7 Physical activity and health

Country	Spain
Province / Region	Barcelona
Municipality	Granollers



### Summary

The Physical activity and health programme is a complex process with more than 15 years' experience in which medicine and sport are strongly connected to the service of adults and the elderly who consume medicines. Physical activity is seen as a substitute for medicine for people who have a pathology, improving patients' quality of health.

For further information:

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Email:	jromea@ajuntament.granollers.cat
Website:	www.granollers.cat
Address and telephone:	Pl. de la Porxada, 6 – 08401 Granollers, Spain +34 938 426 610

Organisation / entity that identified the programme: Barcelona Provincial Council

Start date: 1994

End date: still ongoing

Organisation / Entity: Granollers Town Council

### Description

#### Objectives of the programme

1. To use the practice of physical activity as a habit for improving quality of life.
2. To reduce the consumption of medicines and achieve an improvement in existing pathologies.
3. To improve the perceptions and the psychological and emotional state of patients.

#### Target population

Adults and the elderly



### **Phases and main lines of action**

A family doctor prescribes physical activity to a patient who has one of the following pathologies: arterial hypertension, diabetes mellitus, dislipemia, obesity or overweight problems, osteoporosis risk factors, backache, cardiac and respiratory pathology, depression / anxiety, patients who follow treatment for alcoholism and / or other toxicologies and other situations that the family doctor considers appropriate for referral.

The patient has an interview with a physical activity and health specialist who recommends an activity according the patient's pathology and habits for nine months. The type of activity and the level of intensity are adapted to suit all participants. After that period, the participant can enrol on a physical activity programme for adults or elderly people or another intermediate course.

### **The parties involved**

The Sports Service at Granollers City Council, the Public Health Service at Granollers City Council, medical centres in Granollers.

### **Financial resources**

Total amount: 6,800 euros

The programme has been 100% self-financed

### **Human resources**

(1) Technical coordinator, (1) medical leader, (1) specialist in sport and health, (1) instructor, (1) medical co-worker and (1) nurse

### **Results**

#### **Produced documentation**

Timetable and activity plan

#### **Dissemination of the programme**

Information on the programme is conveyed to family doctors. Lately, information has been individually provided in personal interviews to interested participants.

## **Impact**

120 participants (63% female, 37% male)

## **Assessment**

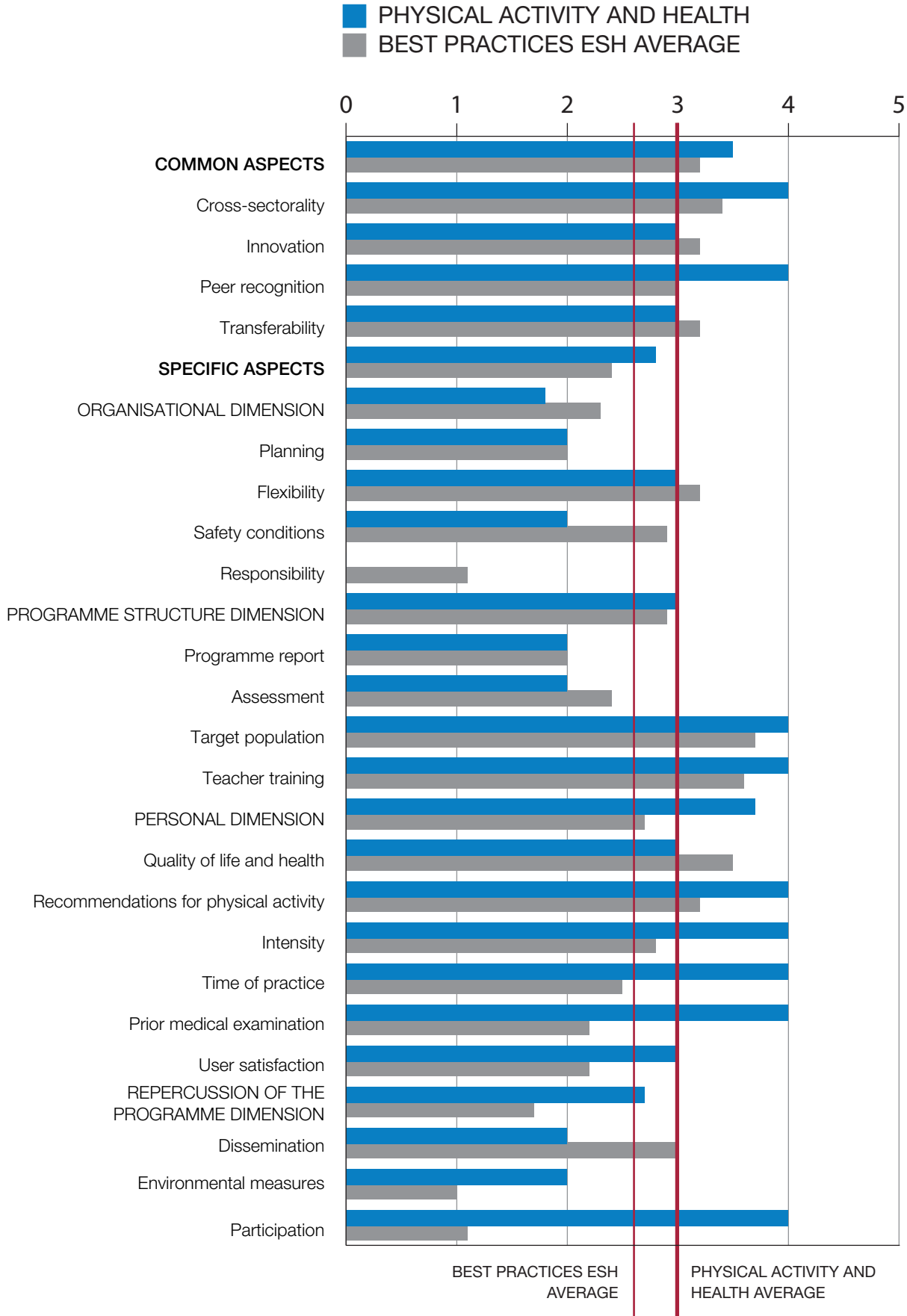
Participants accede to the programme after a medical prescription. During the programme they are monitored by the Centre for Sports Medicine of Granollers City Council and the family doctor keeps a check on whatever is pertinent.

## **Main conclusions**

The programme has a very consistent level in all the assessed aspects. Indeed, all but two aspects have received a mark of over 2. The objectives are very general but its historical success lies in the prior prescription of a health activity by a doctor. The results are remarkable considering the fact that cross-disciplinary training of staff makes up for the low number of professionals involved.

## **Programme strengths and weaknesses**

The direct prescription of physical activity to the target participants results in an exceptional level of participation. The professionalism shown by instructors means that the intensity of the activity, the time for which it is practiced and the medical examination are excellent. Although the programme is very balanced, there is no doubt that the structure in terms of responsibility could be specified more orderly and other formal dimensions like planning and the programme report could be improved.



## 8 Activities for elderly people

Country	Spain
Province / Region	Toledo
Municipality	Toledo



### Summary

This sports programme is implemented by the Autonomous Government of Castile-La Mancha and is focussed on active ageing and running for people older than 60 years. The programme consists essentially of practicing moderate physical activity. It has obtained broad peer recognition at regional level and is undergoing continuous analysis to adapt to multiple changes. There are different public and private entities involved with it.

For further information:

Contact person:	Juan de Lara García-Cervigón
Position:	Sports programme coordinator
Organisation / entity:	Autonomous Government of Castile-La Mancha Foundation of Culture and Sport
Email:	juand@jccm.es
Website:	www.fundacionculturaydeporte.com
Address and telephone:	Carmelitas descalzas, 5 – 45002 Toledo, Spain +34 925 252 374

Organisation / entity that identified the programme: (IGOID) research group on sports facilities and organisation management

Start date: 1999

End date: still ongoing

Organisation / Entity: Autonomous Government of Castile-La Mancha. Foundation of Culture and Sport

### Description

#### Objectives of the programme

1. To bring physical activity closer to the old people.
2. To contribute to the active ageing of old people, endowing them with personal autonomy for the practice of physical activity.
3. To pool efforts from different sectors including private entities and public health.

## **Target population**

People older than 60 years old

## **Phases and main lines of action**

- 15-minute initial phase or warm-up exercises: walk and articular mobility.
- 30-minute main phase of walking and movement coordination: fifteen walk exercises and nineteen movement coordination exercises (nine in motion and ten static).
- Final phase of relaxation and stretching (ten minutes).
- Trekking routes throughout the region.

## **The parties involved**

Regional Government of Castile-La Mancha and Castile-La Mancha Bank (BCM)

## **Financial resources**

Total amount: 400,000 euros

The programme has been 100% self-financed

## **Human resources**

(1) General coordinator, (5) provincial coordinators, (74) sports technicians

## **Results**

### **Produced documentation**

Programme report, timetables, activity and cost plan, coordinator planner book, sports technicians' planner book, coordination sheets.

### **Dissemination of the programme**

Promotional and dissemination events for the programme are continuously carried out at local, provincial and regional level. Events are organised by the Autonomous Government of Castile-La Mancha and other entities. Stands, posters, the press, the media, radio, TV, personal interviews and the Internet are used.

## **Impact**

6,000 participants (70% female, 30% male)

## **Assessment**

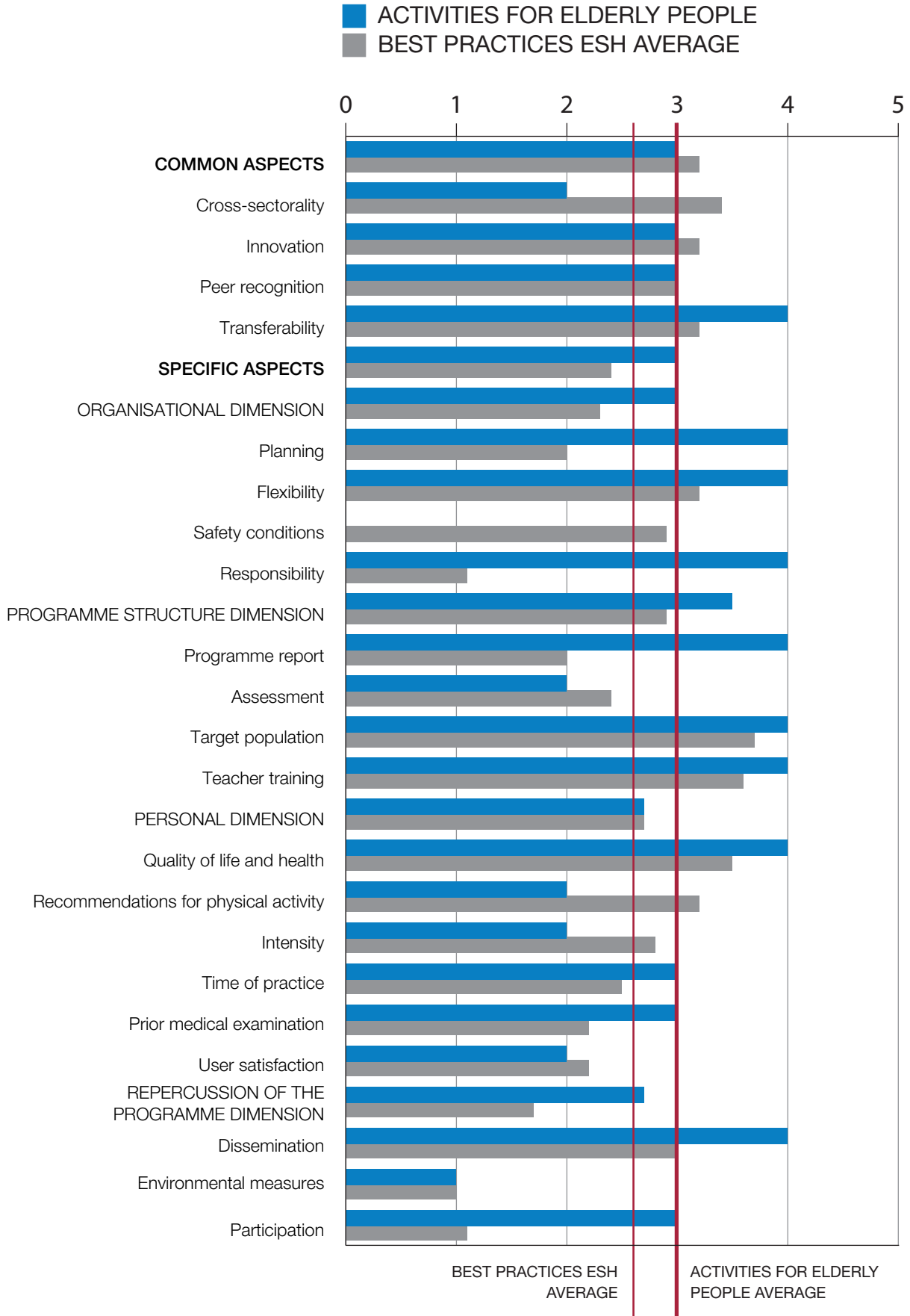
This programme is offered in two periods: from 1 January to 31 May and from 1 October to 31 December. There are different assessment tests for the activities, for the programme and for the sport technician. The programme Activities for elderly people undergoes continuous analysis for shortcomings and has the capacity to optimise resources and offer continuous training throughout the whole region.

## **Main conclusions**

The programme has witnessed constant growth ever since it began. The programme owes its success to cooperation from a host of public and private entities linked to health and social welfare and the highly specialist level of qualifications held by the professionals. There are 49 sports technicians distributed over 65 locations.

## **Programme strengths and weaknesses**

In general terms, the programme Activities for elderly people is highly recommended and few dimensions can be improved. The level of dissemination, the programme report, planning and the flow chart are positive aspects. The programme needs to improve in terms of safety conditions. There is no planning for possible accidents to provide guidelines for action in an emergency for users, monitors and the organisation. Although a few environmental measures are included by the organisation, there is room for improvement because the programme does not consider the standard ISO 14001.



## 9 Futafok

Country	Hungary
Province / Region	Central-Hungary
Municipality	Budapest



### Summary

This year the Budafok-Tétény Municipality of District XXII organised this running competition for the 25th time for all age groups. Organisers allow all participants ranging from children to grandparents to engage in moderate intensity running over distances of between 500 and 3500 metres. Each year organisers raise awareness among society of the fact that sport is an essential component in a healthy lifestyle, a message conveyed through this preventive, health-protecting programme and they also emphasise sport as a very effective way of improving movement coordination. The competition is also widely acclaimed on a regional level. Each year more sponsors are involved in it and the number of participants has continuously increased.

For further information:

Contact person:	Ilona Juhasz Gyarmatine
Position:	Sports rapporteur
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Email:	gyarmatine@bp22.hu
Website:	www.bp22.hu
Address and telephone:	1221, 11 Városház tér – Budapest, Hungary

Organisation / entity that identified the programme: Budapest Association of Sport Federations

Start date: 1985

End date: still ongoing

Organisation / Entity: Budafok-Tétény, Municipality of District XXII

### Description

#### Objectives of the programme

1. To get a large number of people regularly practicing sport and physical activity to improve their level of health and to promote individual and collective welfare.
2. To promote running as an activity.
3. To achieve sustainability by involving a great number of people and organisations.



## Target population

Citizens of the 22nd district, especially pupils from primary and secondary schools.

## Phases and main lines of action

- Collective warm-up with a professional leader: 15 minutes
- Running the distance according to age groups: 5-30 minutes
- Walking at a relaxing pace: 10 minutes

## The parties involved

Budafok-Tétény, Municipality of District XXII, Sozsin Wado Karate Association, sponsors (Campona, OTP Bank, Tesco, McDonald's, Kellogg's, Cerbona, Vitalade, Klauzál house, Tropicarium, Bakos wood industrial Llc etc.).

## Financial resources

Total amount 5,357 euros

Self-finance: 62%

## Human resources

(1) Director, (1) technical coordinator (1) sports organiser coordinator (8) sports organisers (8) organisers, (66) technical staff

## Results

### Produced documentation

Presentation, introduction invitation, agenda, implementation plan, results, financial and technical report.

### Dissemination of the programme

There is continuous promotion of the event in all local media: posters, the press, local TV, radio. Also, a website is set up that is regularly updated. The organisers send e-mails to the schools as a form of direct communication.

## **Impact**

13,458 participants (30% female, 70% male)

## **Assessment**

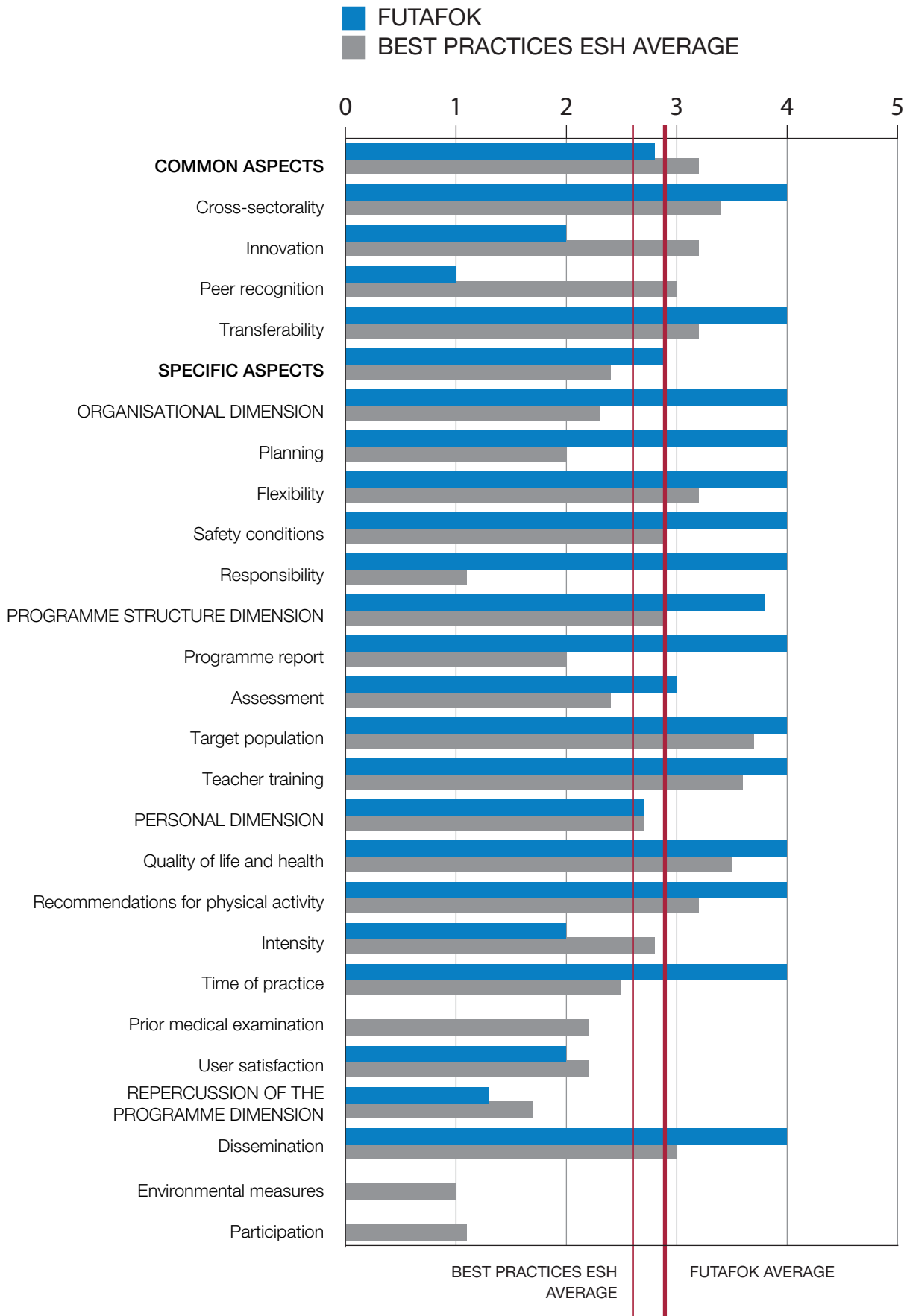
Organisers draw up a written report and several on-the-spot checks are conducted. Participants can express their opinion in media spots recorded at the location. The quantitative assessment is provided by the uploaded start lists and results on the website. The reaction of sponsors, their continuous support or a lack thereof also provides indirect feedback as well.

## **Main conclusions**

The main goal of Futafok is to provide opportunities to everyone as part of our healthy lifestyle programme to test their stamina and to raise awareness regarding the beneficial effects of physical activity on health. The record breaking number of competitors (4,505 people and 30 relays) confirms that the programme has reached its goal. Each year there are more and more participants and the number of people involved in regular physical activity increases in the area.

## **Programme strengths and weaknesses**

The main strength of the programme is that it provides everyone with an opportunity to engage in sport – women, men, children, handicapped people – in the form of an agreeable free-time sports day. The organisers are professionals. In the future, the programme aims to expand the range of activities by setting up health-screening stages.



## 10 Sport santé

Country	Italy
Province / Region	Aosta Valley
Municipality	Aosta



### Summary

The programme from Azienda USL della Valle d'Aosta, aimed at raising awareness about the benefits of physical activity and in operation since 2009, is focussed on pupils to prevent health problems. The programme involves promotion of physical activity among teenagers. The programme consists essentially of face-to-face meetings with a sports physician in schools along with free sports physical examinations performed at the outpatient sports medicine clinic. The programme obtained the 3rd prize at the «Social marketing and health communication» 2009 national competition. Many public entities are involved in it.

For further information:

Contact person:	Giorgio Galli
Position:	Director of Communication Unit
Organisation / entity:	Azienda USL della Valle d'Aosta
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Website:	www.ausl.vda.it
Address and telephone:	Via Guido Rey, 1 – 11100 Aosta, Italy +39 0165 54 45 63

Organisation / entity that identified the programme: Azienda USL della Valle d'Aosta

Start date: 2009

End date: still ongoing

Organisation / entity: Azienda USL della Valle d'Aosta

### Description

#### Objectives of the programme

1. To allow 14-18 year old pupils to participate in recreational physical activity.
2. To make pupils aware that they can benefit from regularly playing sports.
3. To contribute to improving healthy lifestyles (not drinking alcohol, not smoking, healthy eating).
4. To make pupils aware of their fitness level by means of a sports physical examination performed at the outpatient sports medicine clinic.

## Target population

Pupils of Valle d'Aosta secondary schools

## Phases and main lines of action

- Survey to understand the extent to which young pupils currently participate in sports activities by administering a questionnaire to them.
- Communication campaign.
- Meetings held by the physician in charge of the outpatient sports medicine clinic with young pupils in their gathering places.
- Co-ordination with other existing initiatives already available throughout the Valle d'Aosta.
- Sports physical examination performed using cutting-edge equipment (spinal mouse, etc.) and advice on selecting the most suitable sporting activity for each pupil given by a qualified team of professionals (physician, nurse, sports instructor).

## The parties involved

Azienda USL della Valle d'Aosta (regional health authority), Regional Education and Culture Department and Regional Health and Social Welfare Department (Autonomous Government of the Valle d'Aosta), secondary schools in the Valle d'Aosta, UISP (Italian Sport for all Association)

## Financial resources

Total amount: 5,000 euros

The programme has been 100% self-financed

## Human resources

(1) General Director from Azienda USL della Valle d'Aosta, (1) sports medicine physician, physical education teachers

## Results

### Produced documentation

Report, activity plan and dissemination material.

### **Dissemination of the programme**

Promotional and dissemination events for the programme are continuously carried out at a regional level. Events are organised by Azienda USL della Valle d'Aosta in collaboration with other entities. The press, radio, TV, the Internet and merchandising are used.

### **Impact**

3,000 participants (57% female, 43% male)

### **Assessment**

The programme Sport santé is undergoing continuous analysis for shortcomings and it has the ability to optimise resources. The preparation of a questionnaire to assess the initial situation was carried out in a pilot school in Aosta.

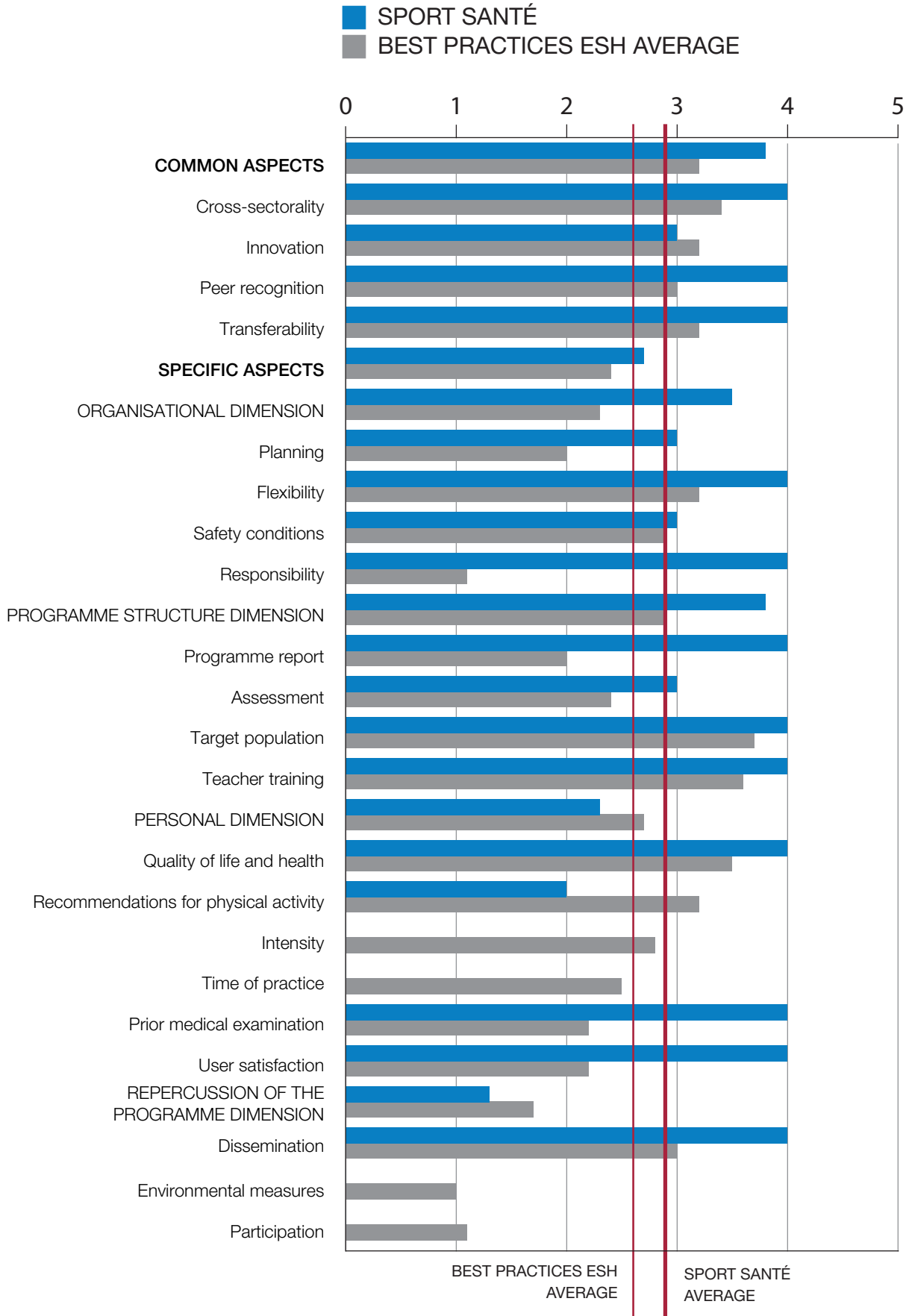
### **Main conclusions**

The programme has reached its goal and has involved many secondary school pupils attending meetings with a sports physician in schools and sports physical examinations performed at the outpatient sports medicine clinic.

The programme owes its success to cooperation from a host of public entities related to health, social welfare and education and the highly specialist qualifications of the professionals involved.

### **Programme strengths and weaknesses**

In general terms, the programme Sport santé is excellent though a few aspects can be improved. The strengths are particularly linked to the communication plan (measures, tools, etc.) and the possibility of the programme to be flexible to readjustments based on suggestions and innovation. With regard to environmental measures, the programme has not applied all such measures meaning there is a need for improvement.



## 11 Komanetsi Aquatic and Fitness Centre

Country	Cyprus
Province / Region	Nicosia
Municipality	Strovolos



### Summary

Komanetsi Aquatic and Fitness Centre is a licensed sports facility, according to the regulations of the Cyprus Sports Organization. The main characteristic of the centre is the provision of rehabilitation in water for people recovering from an injury, operation or who suffer from diseases such as arthritis, osteoporosis, spine problems and many more. The centre also operates as a gym providing a range of sports programmes for citizens. Innovation and new initiatives in the area of sports facilities constitute a main priority at the centre, focussed on the enhancement of health through physical activities. The centre has built substantial ties with entities related to health and social welfare and operates according to the European Union regulations, meeting all the standards for leisure facilities and service provision.

For further information:

Contact person:	Thomas Kantzilaris
Position:	General manager
Organisation / entity:	Komanetsi Aquatic and Fitness Centre
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Website:	www.komanetsi.com
Address and telephone:	28 Octovriou 2 – Strovolos, Nicosia, Cyprus +357 22 46 33 60

Organisation / entity that identified the programme: Cyprus Sports Organisation

Start date: 1982

End date: still ongoing

Organisation / Entity: Komanetsi Aquatic and Fitness Centre

### Description

#### Objectives of the programme

1. To provide participants with a safe environment to exercise and carry out physical activity.
2. To provide quality, varied exercise and physical activity sessions that will improve and maintain health.
3. To improve the quality of life and health of every individual.
4. To provide rehabilitation exercise programmes for adults recovering from injury or surgery.
5. To maintain and control chronic conditions with exercise and prevent deterioration.



6. To teach swimming and personal survival skills and develop long-term safe behaviour in water.
7. To develop long-term exercise habits that will provide a good long-term physical condition and good health.

### **Target population**

The programme is offered to every Nicosia district resident regardless of age, gender, skill level, health condition, social status, mental and physical abilities, beliefs, etc.

### **Phases and main lines of action**

The Komanetsi Aquatic and Fitness Centre offers various sports and physical activities programmes for all individuals. Children and youth programmes include swimming lessons and two levels of life saving training. During summer, a summer school activities programme operates. Adults have the opportunity to choose between several programmes such as swimming lessons, lane swimming, shallow and deep water aerobics, hydrotherapy, exercising in the gym, circuit training and group fitness sessions. Family members have the opportunity to exercise together in the parent and baby swimming session. A strong emphasis is placed on rehabilitation programmes.

### **The parties involved**

Engomi municipality, Ag. Dometios municipality, the University of Nicosia, Pascal English School, the rehabilitation centre for disabled people, the national committee on the environment and children's health, Cyprus police and fire service.

### **Financial resources**

Total sum of 1,700,000 euros  
The programme has been 100% self-financed

### **Human resources**

(1) General manager, (1) gym manager, (1) pool manager, (1) reception manager, (1) maintenance and safety manager, instructors, partners (doctors, dietician, psychologist, chiropractor).

### **Results**

#### **Produced documentation**

Strategic plan, flow chart, mission, objectives, vision, values, collaboration, continuous internal assessment at all levels (human resources, structure, infrastructure, finances,

activities), user satisfaction, surveys, activity chart, statistics on participation in each activity, shift manager software, computerised attendance data with application analysing and assessment, personnel training.

### **Dissemination of the programme**

Promotion and dissemination of the programme is continuous and is carried out on a local, district and national level. Personal contact via telephone calls, emails, tours of the centre's facilities, free participation in an activity of one's choice, personal contact by distributing brochures, faxes, posters, the press, radio, TV, the Internet, SMS, postal mail and newsletters.

### **Impact**

17,850 participants (54% male, 45% female)

### **Assessment**

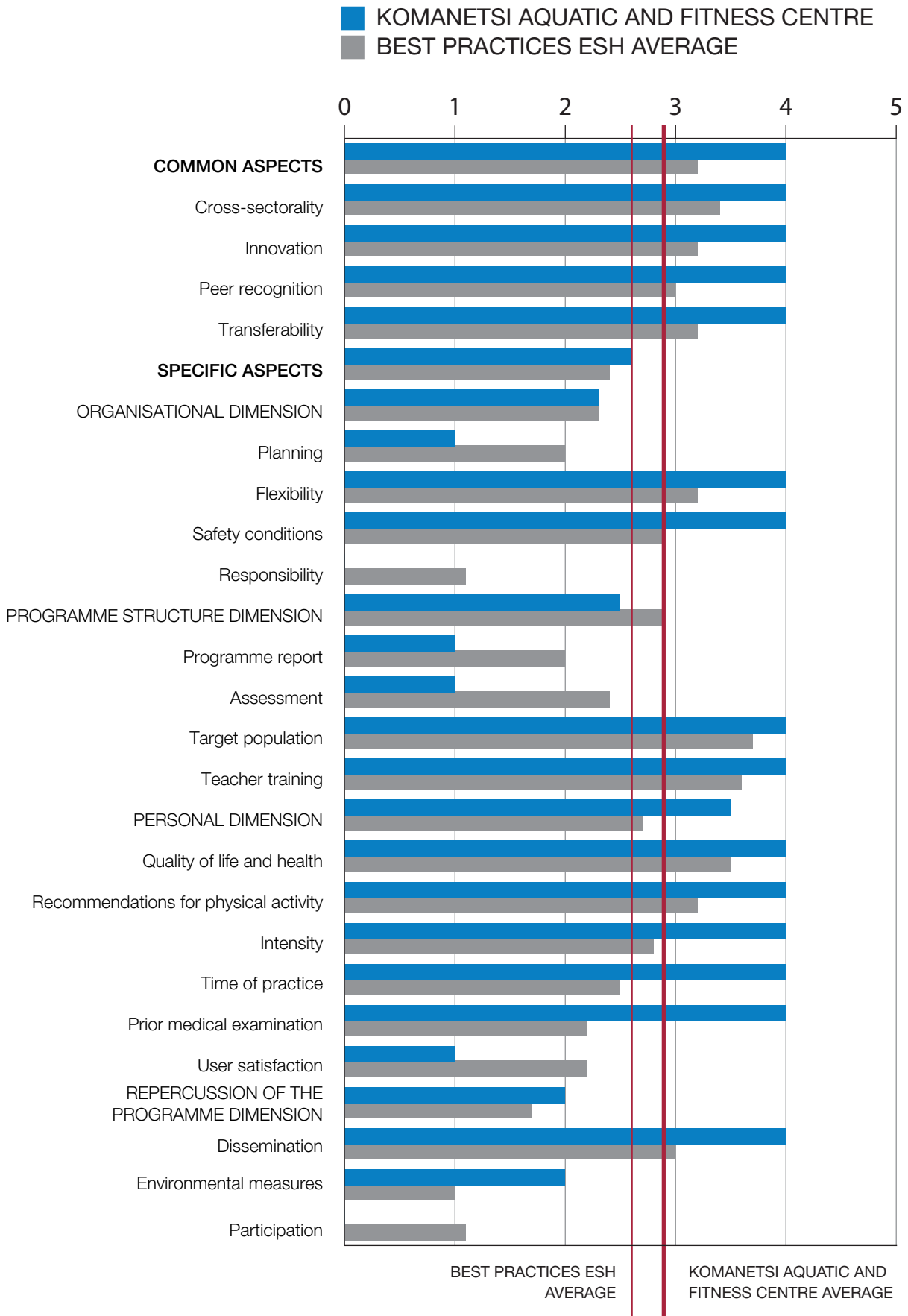
The Komanetsi Aquatic and Fitness Centre continuously assesses its processes and services conducting weekly, monthly and annual holistic evaluation. Significant feedback is obtained through customer satisfaction surveys as well as customer's comments, suggestions and complaints.

### **Main conclusions**

The development of the Komanetsi Aquatic and Fitness Centre has been unique in Cyprus, since it is the only private sports facility, licensed according to the regulations of the Cyprus Sports Organisation and the centre offers a range of sporting activities emphasising on the improvement of health and rehabilitation. Its success is based on the founding vision and mission, its qualified personnel and its close ties with entities involved in health and social welfare.

### **Programme strengths and weaknesses**

Komanetsi Aquatic and Fitness Centre achieves its mission of improving quality of life and health following the European recommendations established for physical activity. Its sport programmes are more than adequate with regard to intensity, the time of practice and medical examination records. Significant ties with other entities related to health and social welfare, innovation, peer recognition and transferability reinforce the suitability of the programme. Measures should be taken in the future when it comes to organisational planning, the programme report and the user satisfaction survey.



## 12 Belfast Schools Cross Country Championship

Country	United Kingdom
Province / Region	West Belfast
Municipality	Belfast



### Summary

The programme from Belfast City Council (Parks and Leisure Department) is addressed to pupils from Belfast schools and has no limitations regarding facility availability or facility costs because the championship is hosted in Belfast City Council park sites. The competition has increased in size and Belfast Schools Cross Country Championship has introduced modifications in the event structure, the number of participant categories and the progressive cooperation of students as volunteers. The programme has national peer recognition, being approved by the Northern Ireland Athletics Federation and is currently in the process of securing Delivery Partner status with Millennium Volunteers.

For further information:

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Organisation / entity that identified the programme: Belfast City Council

Start date: 2008

End date: still ongoing

Organisation / Entity: Belfast City Council (Parks and Leisure Department)

### Description

#### Objectives of the programme

1. To deliver high quality park and leisure services, which have programmes in place for younger and older people and which are shared and accessible to all.
2. To increase use of Belfast City Council's sites and facilities and work towards helping people be healthier by making more active use of their leisure time.

3. To improve the quality and quantity of physical activity and sports development opportunities in Belfast.
4. To devise a coordinated activity programme for the following priority groups: teenagers, young people and pathways to clubs.
5. To include up to 30% of all Belfast schools in the programme.

### **Target population**

Pupils aged 9-13 years from Belfast schools

### **Phases and main lines of action**

The programme, a competition whereby schools compete against each other, is delivered over five days at five different council parks and sites across Belfast. The duration of the heat events is 1.5 hours including registration, a warm up session, two races and presentation of the awards. The duration of the Belfast final is 2 hours 45 minutes including registration, warm up session, eight races and presentation of awards.

### **The parties involved**

Belfast Education and Library Board, Athletics Federation of Northern Ireland, Belfast City Council Parks Department, Belfast schools.

### **Financial resources**

Total amount: 3,545.25 euros

The programme has been 100% self-financed

### **Human resources**

(1) Lead project officer, (6) officers to assist in team events on the day, (3) senior volunteer stewards, volunteers from seven schools, recruitment of external first aid services, Belfast City Council parks event team.

### **Results**

#### **Produced documentation**

Report, timetable, activity plan and dissemination material.

## **Dissemination of the programme**

Information sent prior to event, during the event period and following the event to keep participants updated on a regular basis. Posters, the press, the Internet, email, letters and entry forms are used.

## **Impact**

712 participants (47.8% female, 52.8% male)

## **Assessment**

A range of stakeholders were involved in the data collection process. These included: teachers from participating schools, teachers supervising «volunteer stewards», senior event team volunteers / external service providers, Belfast City Council Leisure Development Unit colleagues, Belfast City Council parks event team, Belfast City Council web editing team.

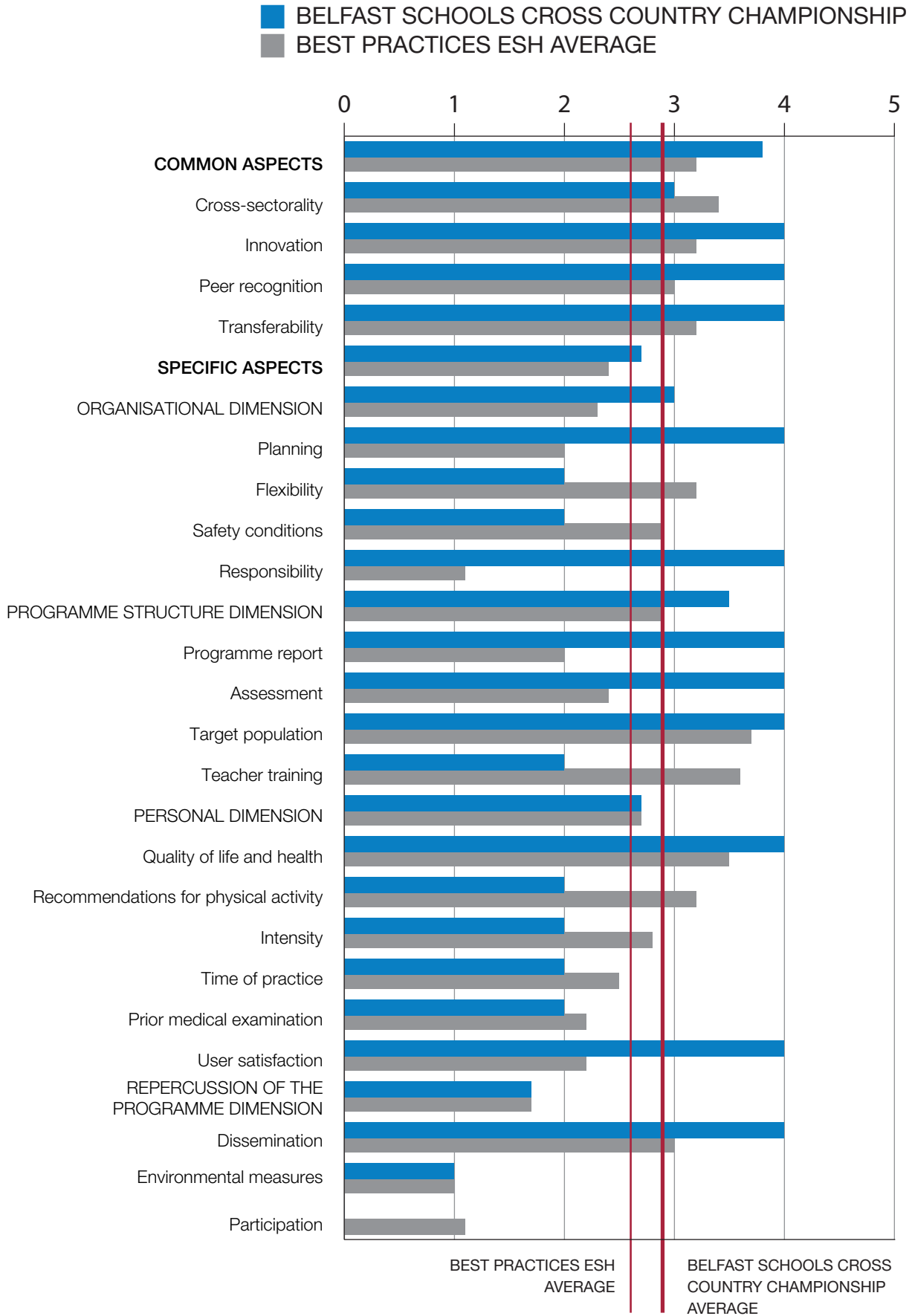
Other sources of data used in the evaluation process include: participant rates from the events in 2008, 2009 and 2010, recommendations made in the event assessment from 2009, cross country web page statistics, Belfast City Council corporate plan, the parks and leisure departmental plan and the leisure development unit business plan objectives and «key performance indicators».

## **Main conclusions**

The programme has grown since 2008 thanks to the increased number of participant categories and the addition of a fourth regional heat. The fact that the event is hosted in Belfast City Council park sites means that additional cross country event days can be held to accommodate a potential increase in the entry rate each year or an introduction of further secondary school race categories.

## **Programme strengths and weaknesses**

The programme has multiple indicators with four-score grade. It is notable that common aspects and organisational and specific programme-related aspects receive an above average score compared with other programmes. In particular, it is worth highlighting that the responsibility indicator achieved the highest score. However, environmental measures, participation and most of the indicators in the personal aspects show room for improvement.



## 13 Combine health

Country	Spain
Province / Region	Barcelona, Castelló, Murcia and the Balearic Islands
Municipality	Tiana, Esplugues de Llobregat, Santa Coloma de Gramenet, Sant Boi de Llobregat, Palma de Mallorca, Badalona, Gandia, Totana



### Summary

The Combine health programme organised by the private centre Duet Sports, running since 2009, is based on varied physical activity over a specific period of time on the context of all the activities operating all year round at the centre. The second edition of the programme includes notable modifications with the purpose of better training the sports technicians and increasing the period for which participants can complete the activities, whilst improving on publicity and prizes. Specialist publications in the field at national level have given the programme a positive rating.

For further information:

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Organisation / entity that identified the programme: Barcelona Provincial Council

Start date: 2009

End date: still ongoing

Organisation / Entity: Duet Sports

### Description

#### Objectives of the programme

1. To help people improve their quality of life by means of physical exercise.
2. To provide gym members with access to a customised training service.



### **Target population**

Young people, adults, elderly people and the disabled.

### **Phases and main lines of action**

The programme makes it possible to practice five types of activities over 30 days. Gifts are provided to everyone who completes the five types of activities and depending on the speed at which they are completed, participants can win more gifts. The various activities are linked to the following areas:

**Cardiovascular:** regular, controlled and progressive activities to exercise the cardiovascular system (aerobics, water aerobics, cycling, Duet latino and step).

**Mixed:** cardiovascular and invigoration exercises are combined with musical accompaniment.

**Prevention and relaxation:** harmonic gestures and movements with medium/low intensity.

**Invigoration:** large groups working on muscles using motivating activities with or without choreography.

**Water activities:** gymnastic exercises in the water with a medium-low or medium-high intensity.

### **The parties involved**

Tiana Town Council, Esplugues de Llobregat Town Council, Santa Coloma de Gramanet Town Council, Gandia Town Council, Sant Boi de Llobregat Town Council, Totana Town Council.

### **Financial resources**

Total amount: 12,363 euros

The programme has been 100% self-financed

### **Human resources**

Sports technicians (specialised in water, fitness and specifically-gearred activities), coordinators from the centre, the director of the centre, the sports director of the Duet Sports group, the Marketing Department.

## **Results**

### **Produced documentation**

Report, timetable, activity plan and dissemination material.

### **Dissemination of the programme**

Information on the programme is disseminated continuously at Duet Sports centres by means of posters and the verbal recommendations of supervisors

### **Impact**

1,854 participants (79.3% female, 20.7% male)

## **Assessment**

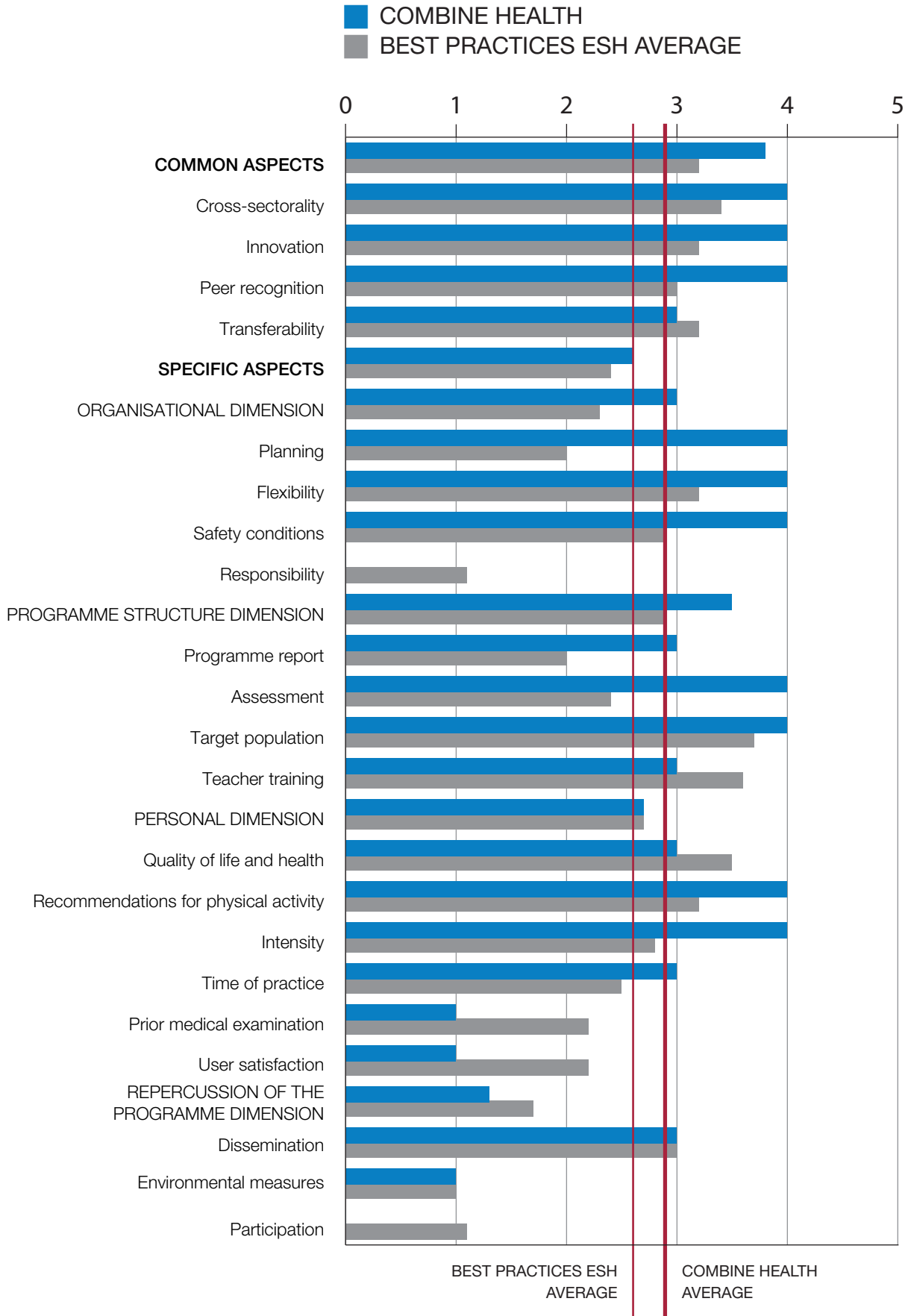
The programme Combine health sets out the number of participants depending on gender, age and the most popular activities. The analysis is performed for each Duet Sports centre, for each programme date, for each gender, for each age group, for each of the days between the start and end date of the programme and for each type of activity.

## **Main conclusions**

The programme Combine health seeks to motivate users who engage in a sole activity to become familiar with and practice new physical activities, to meet new people, to use different muscles and energetic channels and to try new gym areas. Since the programme has been created recently and the second edition already considers new measures such as boosting dissemination and incentives, it is expected that the programme will be broadly welcomed by users of the centre increasingly in coming editions.

## **Programme strengths and weaknesses**

Combine health is a fresh programme with a maximum score in many dimensions such as cross-sectorality, flexibility, planning and assessment. As commented previously, participation can be improved considering the number of potential users from the centre and other dimensions like responsibility, environmental measures and medical examinations show much scope for improvement.



## 14 Fair Play programme

Country	Spain
Province / Region	Toledo / Castilla-La Mancha
Municipality	-



### Summary

This programme from the Autonomous Government of Castile-La Mancha was set up to be unfolded in primary and secondary schools as an educational resource for teachers to promote fair play and values such as friendship, teamwork, sportsmanship and personal growth using the content of the subject physical education, to transfer the values learned to all areas of life. It has obtained wide peer recognition at regional and national level, even earning different awards such as the National Sport Award 2006 «Infanta de España S.A.R. Doña Elena». It undergoes continuous analysis to adapt to multiple changes. There are different public and private entities involved in the programme.

For further information:

Contact person:	Alberto Dorado Suárez
Position:	Sports programme coordinator
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Website:	www.jccm.es www.juegolimpioclm.es
Address and telephone:	Bulevar Río Alberche, s/n – 45071 Toledo, Spain +34 925 267 527

Organisation / entity that identified the programme: (IGOID) research group on sport facilities and organisation management

Start date: 2005

End date: still ongoing

Organisation / Entity: Autonomous Government of Castile-La Mancha. Foundation of Culture and Sport

### Description

#### Objectives of the programme

1. To bridge the gap between physical activity and children and young people.
2. To foster a sports plan in schools.

3. To prevent sport dropout among teenagers (16-18 years), as it is one of the major concerns for technicians, organisers and parents.

### **Target population**

Children and young people (10-18 years)

### **Phases and main lines of action**

The Fair Play programme is a host of sporting days that bring together pupils from different primary and secondary schools to practice a wide variety of physical activities adapted to the different interests of pupils. In order to promote the message of a fair play campaign among participants, each meeting distinguished the school that showed the best commitment and sportsmanship with the Fair Play Award. To this end, a classification for schools takes into account objective and subjective assessments relating to the behaviour of participants.

### **The parties involved**

Autonomous Government of Castile-La Mancha, Provincial Councils of Castile-La Mancha, Castile-La Mancha Bank (BCM), ADECAM (Association of Elite Sportmen of Castile-La Mancha)

### **Financial resources**

Total amount: 200,000 euros

The programme has been 85% self-financed

### **Human resources**

(1) General coordinator, (1) assistant coordinator, (5) provincial coordinators

### **Results**

#### **Produced documentation**

Programme report, timetables, activity plan, resources for students, teachers, flow chart and website.

## **Dissemination of the programme**

Promotional and dissemination events for the programme are continuously carried out at local, provincial and regional level. Events are organised by the Autonomous Government of Castille-La Mancha and other entities. Stands, posters, the press and media, radio, TV, personal interviews and the Internet are used.

## **Impact**

15,460 participants (51% female, 49% male)

## **Assessment**

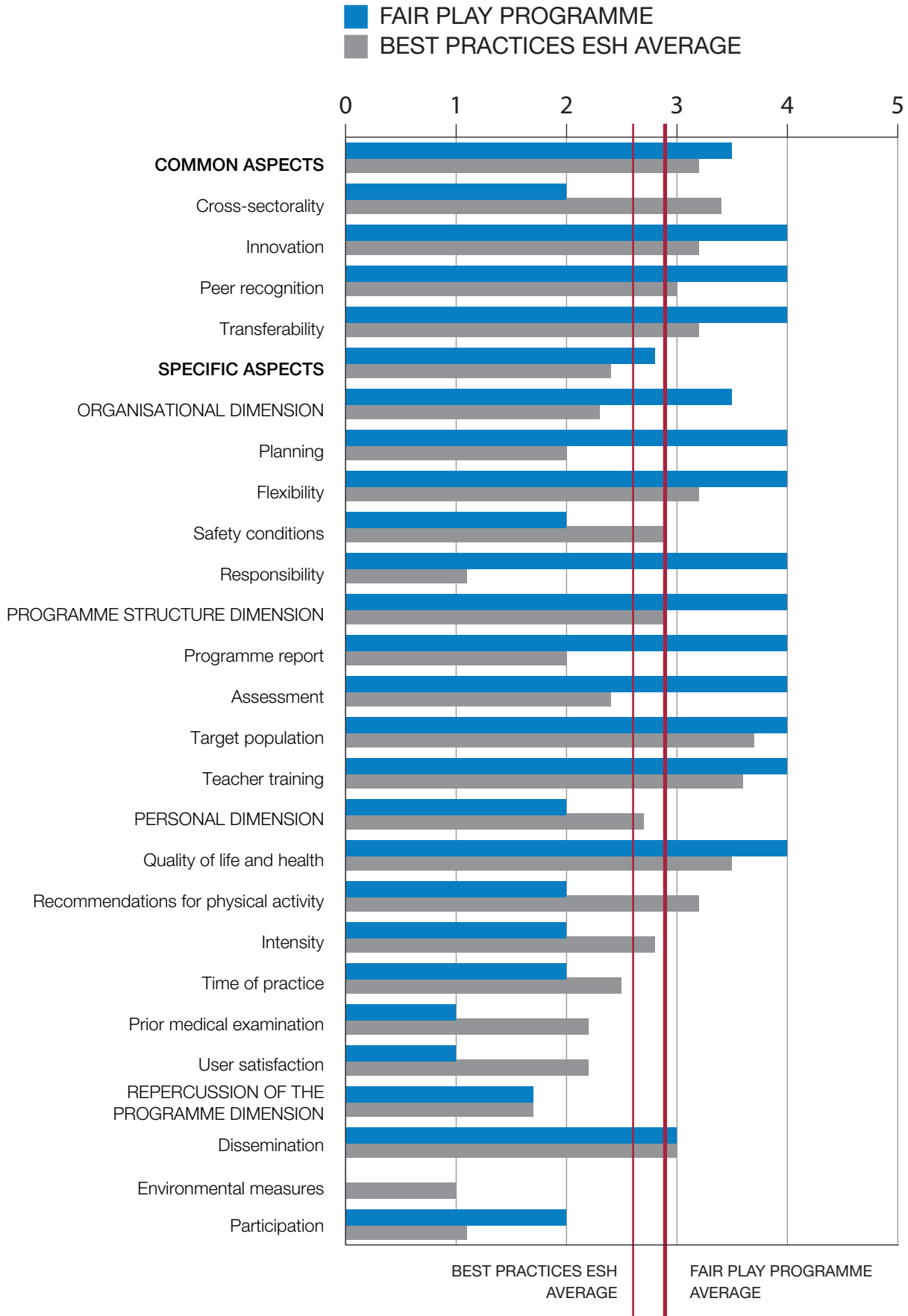
This programme is offered during the school period from September to June. There are different assessment tests for the activities, the programme and sports technicians. The Fair Play programme undergoes continuous analysis for shortcomings and has shown an ability to optimise resources and offer continuous training through the whole region.

## **Main conclusions**

The programme's growth has been substantial since it started. The programme's success stems from ties with many public and private entities related to health, sports and social welfare and the highly specialist level of qualifications held by the professionals involved. There are 74 sports technicians distributed among 241 primary and secondary schools from different locations in the region.

## **Programme strengths and weaknesses**

In general terms, the Fair Play programme is hugely positive and highly recommended, although there are a few areas that could be improved. The level of dissemination, the programme report, planning and the flow chart are the best aspects. The programme should be enhanced in terms of safety means, with a plan to prevent possible accidents preparing users, monitors and organisers for emergency situations. Although a prior medical examination is carried out before any athletic programme is conducted, it is also recommended for there to be a medical service available for users during the programme. Moreover, there are a few environmental measures included by the organisation, but the programme does not consider the standard ISO 14001. In addition, knowing the degree of user satisfaction would be a useful element for continuous improvement of each of the aspects proposed for the programme.



## 15 Open-gate programme

Country	Hungary
Province / Region	Central-Hungary
Municipality	Budapest



### Summary

The objective of this programme is to provide an opportunity to use free-time beneficially during the winter holidays. For 5 days, children can engage in sports for free in some of Budapest's sports institutions. 12 organisations, schools and sport clubs organise sports programmes for children aged 4-18 in the following sports: skating, ice-hockey, gymnastics, athletics, handball, basketball, volleyball, football, table tennis and swimming. 2,995 children made the best of this opportunity at 12 locations.

For further information:

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Organisation / entity that identified the programme: Budapest Association of Sports Federations

Start date: 2008

End date: still ongoing

Organisation / Entity: Budapest Association of Sports Federations

### Description

#### Objectives of the programme

1. Encouraging health protection through sporting activity
2. Spending free-time beneficially by engaging in sport
3. Preventing juvenile delinquency with sport

#### Target population

The programme is organised for children and teenagers aged between 4 and 18 years.



### **Phases and main lines of action**

- General warm-up: 20 minutes
- Specific warm-up: 10 minutes
- Intense physical activity, games: 60-70 minutes
- Relax, stretching: 10 minutes

### **The parties involved**

Budapest Ice Field Llc., Athletic Centre of Margaret Island, Gymnastic Federation of Budapest, National Ship Association of Danube, Kiss Lenke basketball school, Újbuda gymnastic club, Ferencváros Freetime SE, Lakatos Menyhért primary and secondary school, Józsefváros, gymnastic club, Kispest SE, Gábor primary school, Victoria sport club

### **Financial resources**

Total amount 14,300 euros  
Self-financed: 30%

### **Human resources**

P.E. teachers (2-4 per event), kindergarten teachers (2 per event), coaches (2-4 per event)

### **Results**

#### **Produced documentation**

Call for tenders, tenders, programme plan, financial plan, financial and professional report.

#### **Dissemination of the programme**

Promotion is carried out in schools. P.E. teachers are told about the event and they pass the information on to pupils. A website has been set up and several posters are printed for further dissemination.

## **Impact**

2,493 participants (55% female, 45% male)

## **Assessment**

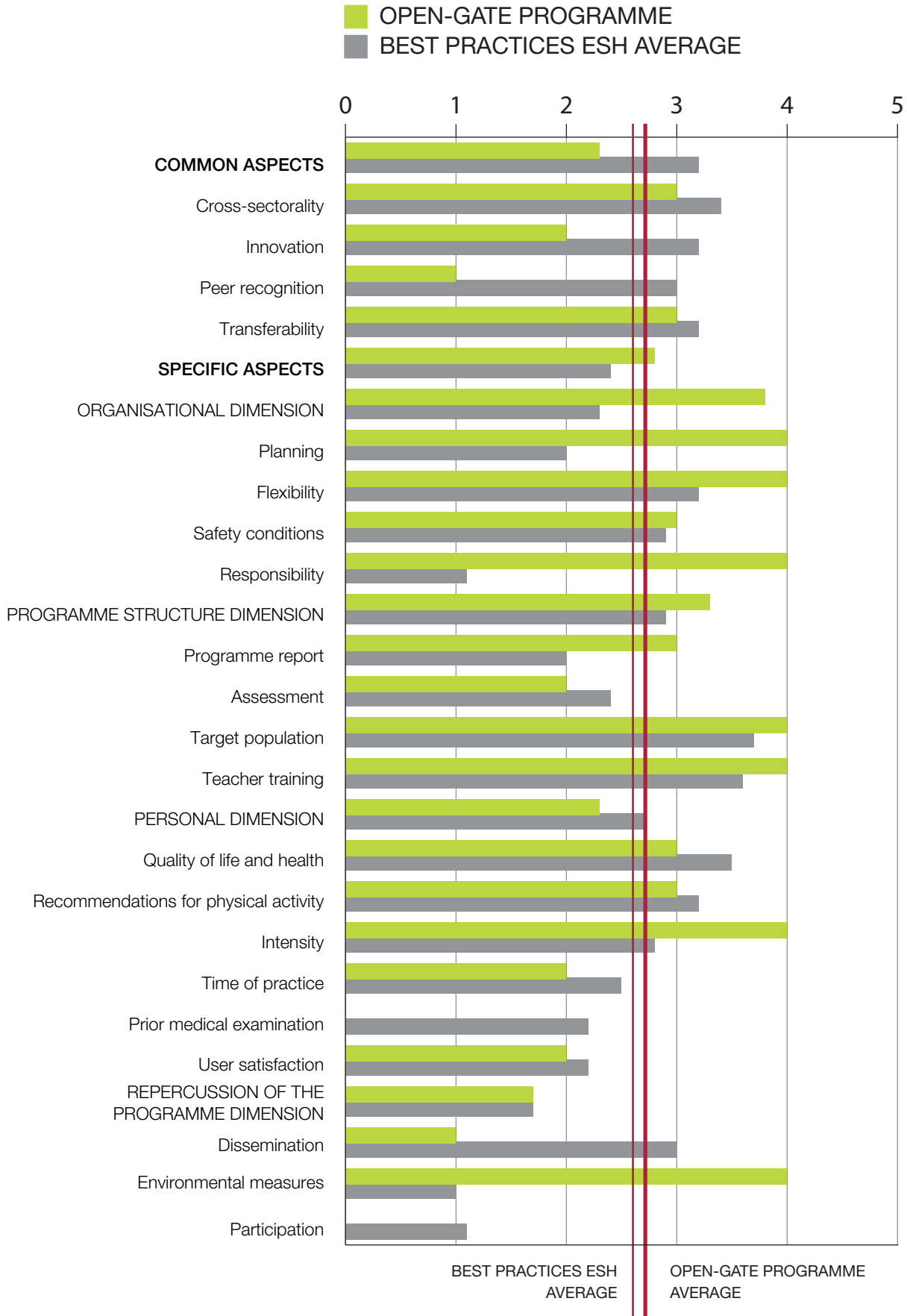
Participating institutions were chosen via tenders. These tenders were judged by the president of Budapest Association of Sports Federations. The implementation of the programmes was supervised by the judges. A professional report was drawn up for each programme. The professional and financial reports were inspected by the president of Budapest Association of Sports Federations.

## **Main conclusions**

The goal of the project was to allow children to spend their time engaging in a sporting activity to encourage them to lead a healthy lifestyle. The demand for such a programme was much higher than the budget available. With proper financial support, all sports institutions could open their gates for the children of Budapest.

## **Programme strengths and weaknesses**

The strength of this programme is its activity, which is the way children can spend their free-time with sports under the control of professionals. This involvement helps preventing juvenile delinquency. This programme is very popular among the teachers; they help with the promoting of the events. The weakness of the programme is the high operational costs of the institutions.



## 16 Multi Sports Summer Camp

Country	United Kingdom
Province / Region	West Belfast
Municipality	Belfast



### Summary

The programme developed by Belfast City Council and Andersonstown Leisure Centre is suitable for children and teenagers. The programme involves a varied range of sporting and non-sporting activities with the purpose of encouraging participation and providing opportunities for talent identification. The programme has obtained peer recognition at local and regional level and is completely flexible when it comes to adding new activities or withdrawing old activities to suit the needs of participants.

For further information:

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Address and telephone:	4 Linenhall Street – BT2 8BP, Belfast, Northern Ireland, UK +44 28 90 27 03 42

Organisation / entity that identified the programme: Belfast City Council

Start date: 2009

End date: still ongoing

Organisation / Entity: Belfast City Council and Andersonstown Leisure Centre

### Description

#### Objectives of the programme

1. To provide opportunities for children within the areas to become involved in activities.
2. To provide scope for club development and talent identification.
3. To promote health and physical activity.
4. To boost use of leisure centres and facilities within such centres.

### **Target population**

Children and teenagers from 5 to 16 year old

### **Phases and main lines of action**

The programme is based on top quality instruction for a range of sporting and non-sporting activities.

Over four weeks participants can practice soccer skills, arts and crafts, hip hop, Gaelic sports, basketball, gymnastics, Taekwondo and swimming lessons.

### **The parties involved**

Leisure Development Unit and Health Trust

### **Financial resources**

Total amount: 8,000 euro

The programme has been 100% self-financed

### **Human resources**

Leisure Development Unit, Leisure Centre assistant manager, Belfast City Council casual coaches, Health Trust and Summer Scheme staff.

### **Results**

#### **Produced documentation**

Report, timetable, activity plan and dissemination material.

#### **Dissemination of the programme**

Posters, the press and media, radio and summer scheme application entry forms are all used.

#### **Impact**

500 participants (45% female, 55% male)

## **Assessment**

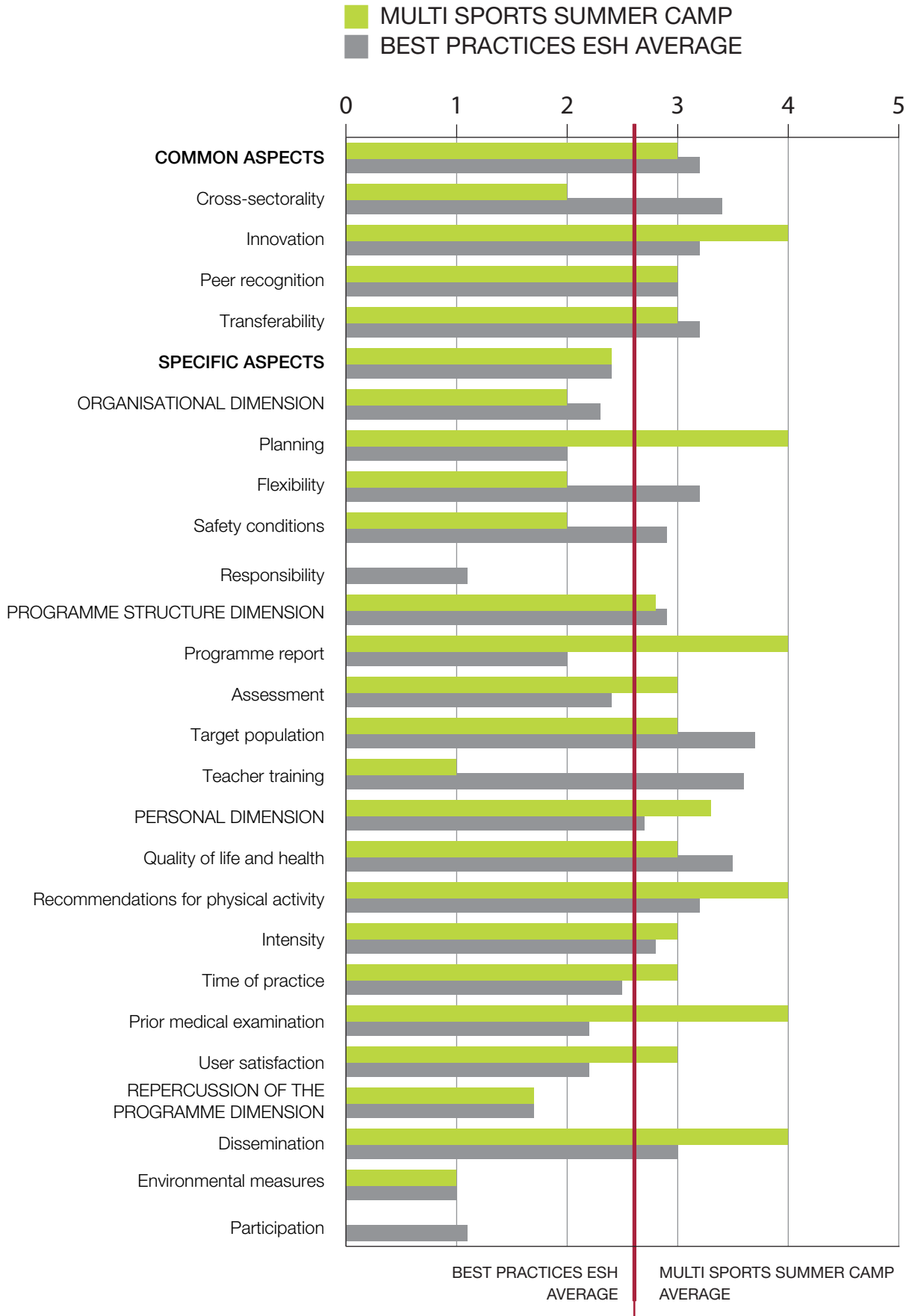
A questionnaire is provided to obtain participant feedback.

## **Main conclusions**

The programme is extremely flexible to the demands of the participants. In fact, the objectives of the programme geared to provide children with the chance to participate and to increase leisure centre usage are aligned with the flexibility and variety of activities offered.

## **Programme strengths and weaknesses**

While innovation, planning, recommendations for physical activity and dissemination are some of the strengths of the programme, the level of participation, teacher training, responsibility and environmental measures are the indicators that should be addressed with the greatest urgency in the future.



## 17 100X100 Healthy Hospitalet

Country	Spain
Province / Region	Barcelona
Municipality	L'Hospitalet de Llobregat



Ajuntament de L'Hospitalet

### Summary

100X100 Healthy Hospitalet is a programme formed by many activities, some more specific, others more general, to promote physical activity among the population. The work carried out is clearly cross-disciplinary in the fields of sports, health and consumption. The programme uses new technologies to foster activities and has obtained peer recognition at international level.

For further information:

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Website:	<a href="http://www.l-h.es">www.l-h.es</a>
Address and telephone:	Digoine, 29 – 08901 L'Hospitalet de Llobregat, Spain +34 934 026 064

Organisation / entity that identified the programme: Barcelona Provincial Council

Start date: 2010

End date: still ongoing

Organisation / Entity: L'Hospitalet de Llobregat Town Council

### Description

#### Objectives of the programme

1. To promote physical activity among the population.
2. To promote a healthy diet.

#### Target population

Sport for all



## **Phases and main lines of action**

The programme unfolds in 7 different actions:

1. Annual programme of water activities for schools.
2. Free quarterly programme of water activities for schools.
3. Annual programme of water activities for disabled people.
4. Guide with the activities addressed to schools organised by the education network of the town of L'Hospitalet.
5. Guided walks in green areas of the town to improve people's physical condition and promote historical knowledge.
6. Prescription of physical activity through health departments. Complex cases involve a doctor specialised in sport who will recommend a physical activity course in a municipal sports facility.
7. Allocation of signs in critical points at companies to promote the use of stairs instead of the elevator.

## **The parties involved**

Health Department of Autonomous Government of Catalonia, Barcelona Provincial Council, Mediterranean Diet Foundation and sports entities from towns.

## **Financial resources**

Total amount: 80,000 euros

The programme has been 75% self-financed

## **Human resources**

Health staff, sport instructors, nutritionists, municipal sports technicians, municipal public health technicians, municipal education technicians.

## **Results**

### **Produced documentation**

Report, timetable, activity plan and dissemination material

## **Dissemination of the programme**

Information on the programme is disseminated continuously through the press, the media, posters, radio, TV and on the Internet.

## **Impact**

34,507 participants (50% female, 50% male)

## **Assessment**

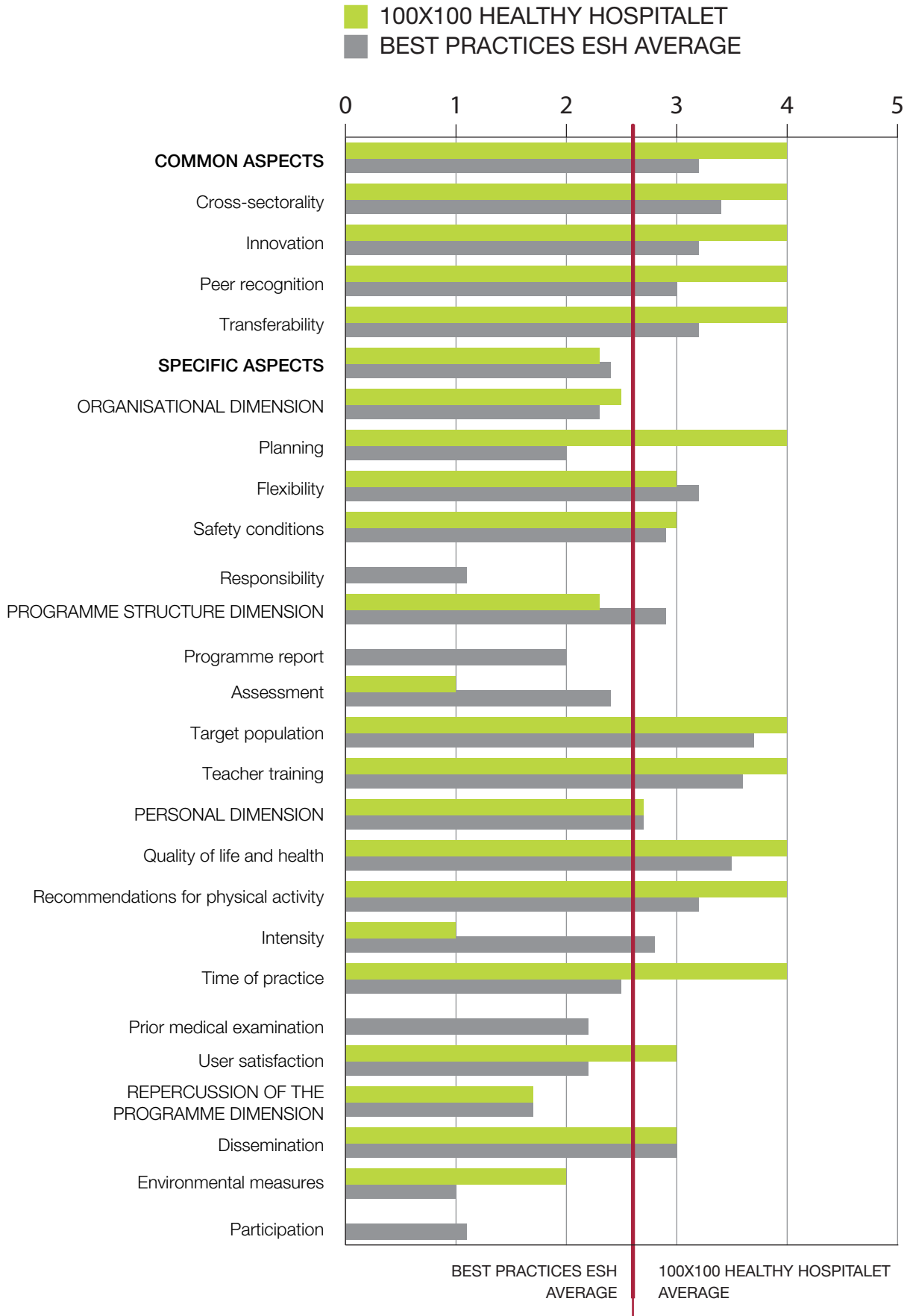
The programme 100X100 Healthy Hospitalet keeps a check on the number of participants.

## **Main conclusions**

100X100 Healthy Hospitalet has a wide range of actions addressed to the promotion of physical activity. Actions differ according to the target they are addressed to and cover not only physical exercise activities but also the publication of a guide and the allocation of signs to promote physical activity. The programme benefits from cooperation from mainly public entities, its human resources team is largely cross-disciplinary and dissemination of the programme is performed continuously.

## **Programme strengths and weaknesses**

100X100 Healthy Hospitalet obtains the maximum score in the basic dimensions of the assessment: cross-sectorality, innovation, peer recognition, transferability, quality of health and recommendations for physical activity. These statistics demonstrate the high quality of the programme. However, there are areas such as the medical review, assessment tools and responsibility within the programme that could be improved in future editions.



## 18 Adult Education Centres (AEC)

Country	Cyprus
Province / Region	Nicosia
Municipality	Strovolos



### Summary

The Adult Education Centres sports programme was launched by the Ministry of Education and Culture in 1952 and is addressed to the adult population of the country, aimed at encouraging citizens to adopt exercise as a lifetime activity to improve the quality of life and health of every individual. The programme cooperates with numerous entities on a national level and offers physical activities at all levels of intensity. The Adult Education Centres sports programme has obtained local, national and European peer recognition, is constantly assessed and continuously upgrades its services.

For further information:

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Email:	epimorfotika@schools.ac.cy
Website:	www.moec.gov.cy/epimorfotika
Address and telephone:	Kimonos and Thoukidides Str. Bloch C, 1st Floor 1434 Acropolis, Nicosia, Cyprus +357 22 80 07 97

Organisation / entity that identified the programme: Cyprus Sports Organisation

Start date: 1952

End date: still ongoing

Organisation / Entity: Ministry of Education and Culture

### Description

#### Objectives of the programme

1. Enhancing the quality of adult education on an informal basis.
2. Enabling every adult individual to participate in sport regardless of origin, gender, skill level, social status, mental and physical abilities, beliefs etc.
3. Encouraging citizens to adopt exercise as a lifetime activity.
4. Contributing to the improvement of the quality of life and health of every individual.
5. Encouraging innovation through alternative learning pathways.
6. Providing lifelong learning opportunities to adults.
7. Improving social behaviour.

## **Target population**

The programme is offered on a national basis to every citizen aged 15 years and above regardless of origin, gender, skill level, social status, mental and physical abilities, beliefs etc.

## **Phases and main lines of action**

The Adult Education Centres sports programme operates from November to June each year and offers a variety of fitness and sports programmes for citizens over 15 years old (aerobics classes, fitness programmes, pilates, yoga and archery).

## **The parties involved**

Local School Conservancy, principals from primary and secondary schools, Archery Federation, Foundation For Mentally Disabled People, Foundation for People suffering Mental Health Problems, Cyprus Deaf Association, Athallasa Hospital – Psychiatric Section, Strovolos Municipal Multi-Functional Association, Nicosia Multicultural Centre for Child Care, Nicosia Municipal Multi-Functional Association – Nicosia Elderly Centre, Lakatamia Municipal Multi-Functional Association, Ag. Trimithia Council of Community Prosperity.

## **Financial resources**

Total amount: 265,000 euros

The programme has been 100% self-financed

## **Human resources**

Minister of Education and Culture (MOEC), director general of MOEC, director of Primary Education, first educational officer of AEC, director of AEC Nicosia District, AEC District directors, AEC individuals in charge, AEC instructors, AEC dance instructors.

## **Results**

### **Produced documentation**

Strategic plan, flow chart, mission, objectives, vision, values, cooperation with other institutions and foundations (public & private), continuous internal assessment at all levels (human resources, structure, infrastructure, finance, activities), annual governmental audit, survey, user satisfaction, participation, suggestions for improvement.

## **Dissemination of the programme**

Promotion and dissemination of the programme is continuous and is carried out on a local, district and national level via the press, radio, TV, the Internet and brochures.

## **Impact**

3,000 participants (83.1% female, 16.9% male)

## **Assessment**

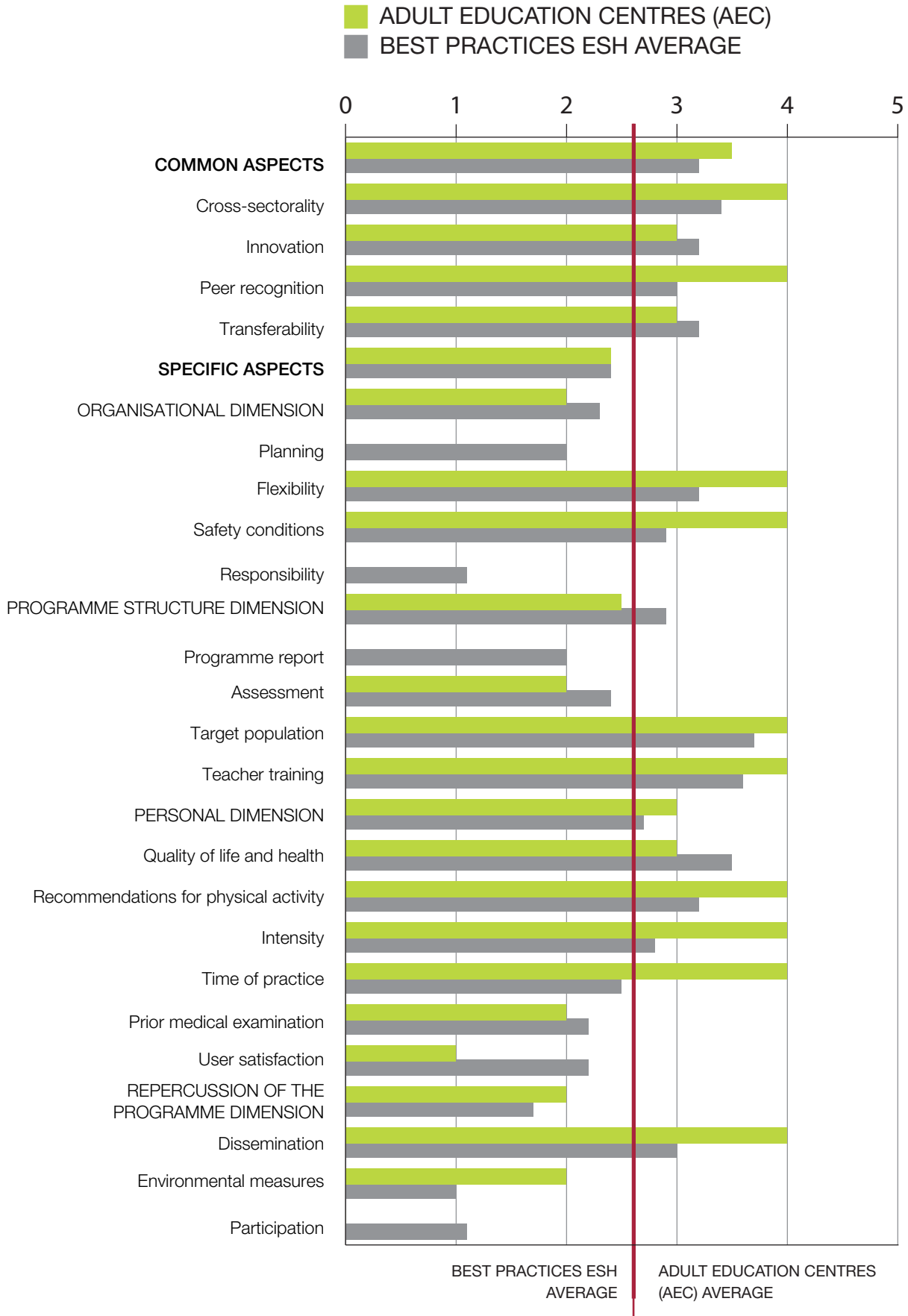
The Adult Education Centres sports programme has been assessed on a monthly basis and also undergoes an annual holistic assessment. Since it is a public institution, a government audit is performed at the end of each year. Significant feedback is obtained through user satisfaction surveys as well as customer's comments, suggestions and complaints.

## **Main conclusions**

The longevity of the programme lays testimony to its success since it is the only governmental institution addressed to adult population which provides citizens with lifelong opportunities to engage in sport and physical activities. Additionally, the programme has consolidated itself by cooperating with public, local and private entities related to health or social welfare. The programme's accomplishments are recognised on a European level since it is attached to the Grundtvig Lifelong Learning Programme.

## **Programme strengths and weaknesses**

The Adult Education Centres sports programme attains the best results for physical activity recommendations, intensity and practice time. Moreover, its strengths include cross-sectorality, peer recognition, safety conditions and flexibility. The programme needs to improve in terms of planning, the preparation of a programme report and in conducting user satisfaction surveys.



## 19 «Spo.Sa» Healthy Sport programme

Country	Italy
Province / Region	Piedmont
Municipality	Turin



### Summary

The programme from ASL TO2 (one of the 2 local health authorities in the Municipality of Turin), aims to promote a healthy lifestyle among teenagers by enhancing the practice of physical activity. It is a training, information and education programme. The programme consists essentially of changing the behaviour of teenagers by making them discover different sports and by encouraging them to attend local sports facilities. The programme was included in the «Piano di promozione della salute cittadino» (local urban health promotion plan). Many public entities and sport clubs are involved in it.

For further information:

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Website:	www.regione.piemonte.it www.dors.it
Address and telephone:	Piazza Donatori di sangue, 3 – 10154 Torino, Italy +39 011 240 22 30/24 91

Organisation / Entity that identified the programme: Azienda USL della Valle d'Aosta in collaboration with Dors (the centre for documentation for health promotion in the Piedmont region).

Start date: 2006

End date: still ongoing

Organisation / Entity: ASL TO2 Turin

### Description

#### Objectives of the programme

1. To promote a healthy lifestyle among teens by enhancing the practice of physical activity.
2. To conduct a survey on lifestyles by administering the health behaviour in school-aged children (HBSC) questionnaire to pupils in the first grades of upper secondary schools located within the ASL TO2 area.



## **Target population**

Young people in an area of Turin

## **Phases and main lines of action**

The learning journey is structured around 6 modules with 462 hours in total where the following issues are dealt with: legal and illegal addictions, nutritional education, the human body; a perfect machine and sport generating emotions.

The sports programme includes the planning and implementation of sporting activities which must be performed with physical education teachers in association with local sport facilities.

Further learning activities are planned to support the nutritional aspects dealt with in the training part. They focus on health-aware eating habits aiming at enhancing the consumption of healthy foods (fresh fruit, vegetables and quality products) in schools to replace industrially-produced high-calorie snacks, by making healthy foods available for students through vending machines or in the school cafeterias.

## **The parties involved**

ASL TO2 Turin, districts in the municipality of Turin, upper secondary schools from the ASLTO2 area, local sports clubs.

## **Financial resources**

Total amount: 58,320 euros

The programme has been 49% self-financed

## **Human resources**

Physician, project manager, communication expert, statistician, health promotion expert, dieticians, educator, sports psychologists.

## **Results**

### **Produced documentation**

Report, timetable, activity plan, programme status tracking reports.

### **Dissemination of the programme**

Promotional and dissemination events for the programme are carried out at a local level from the outset. Events are organised by ASL TO2 in cooperation with other entities.

The press and media and Internet merchandising are used.

### **Impact**

1,862 users (50% female, 50% male)

### **Assessment**

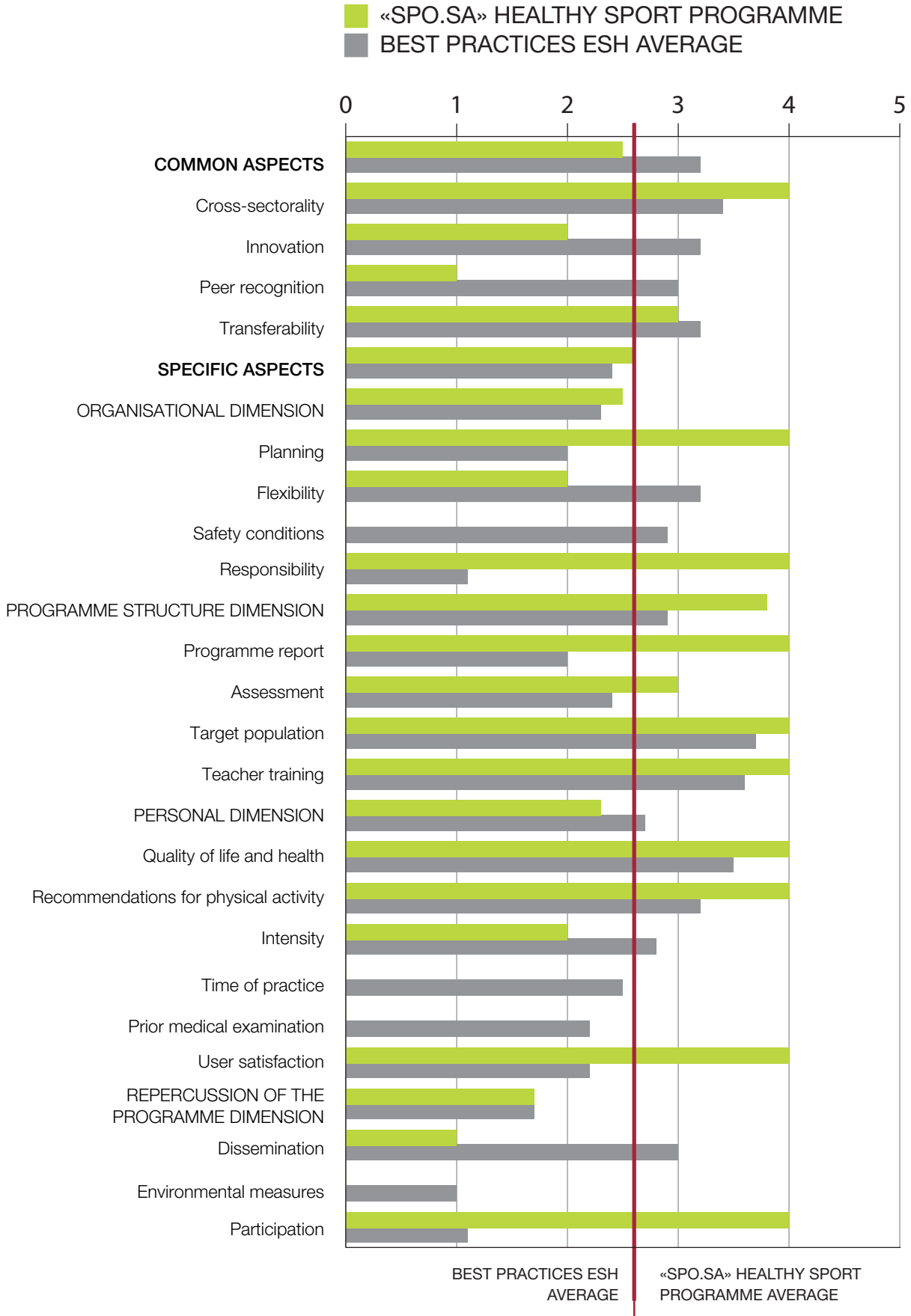
The programme «Spo.Sa» undergoes continuous analysis for shortcomings and shows an ability to optimise resources by means of meetings for data presentation and discussing the programme outcomes. Assessment tools are being prepared.

### **Main conclusions**

The programme has reached the goals of promoting a healthy lifestyle among young people by enhancing the practice of physical activity. The programme's success is brought about by cooperation from a host of public entities related to health, social welfare, education and sport clubs and the highly specialist qualifications of the professionals involved.

### **Programme strengths and weaknesses**

In general terms, the programme «Spo.Sa» is good. The strengths of the programme are related to the level of participation, cooperation among public and private entities and its inclusion in the local urban health promotion plan. The weakness lies in the fact that the programme only extends to a part of Turin though it is expected that it will be expanded to encompass schools located within the ASL TO1 so that the whole city area is covered.



## 20 Overweight: healthy habits

Country	Spain
Province / Region	Barcelona
Municipality	Mollet del Vallès



### Summary

This programme from Mollet del Vallès Town Council, which has been operational since 2008, is a varied programme formed by physical and theoretical activities. Its unique nature lies in the strong relationship between physical activity and healthy habits and food. The programme is cross-sectoral as it is linked to health departments who refer participants with infections caused by overweight problems. Participants can join the initiative group for free and there is the option to continue the physical activity programme upon payment of a fee.

For further information:

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Organisation / entity that identified the programme: Barcelona Provincial Council

Start date: 2008

End date: still ongoing

Organisation / Entity: Mollet del Vallès Town Council

### Description

#### Objectives of the programme

1. To encourage healthy lifestyles that help to reduce overweight problems and related health risks.
2. To improve dietary habits and introduce healthy habits.
3. To decrease the rate of cardiovascular risk.
4. To practice physical activity.
5. To learn how to cook low calorie food in a tasty way.

### **Target population**

Adults and elderly people who are overweight and/or suffer similar problems.

### **Phases and main lines of action**

The programme consists of a very comprehensive set of activities that include:

1. Two hours of physical activity per week, one in the swimming pool and the other in the gym.
2. Four nutrition seminars per month.
3. One cooking workshop where healthy recipes are provided.
4. One workshop on healthy purchasing where participants are given guidelines as to what to buy in the market.

### **The parties involved**

Sport Department of Mollet Town Council, Health Promotion Department of Mollet Town Council, the Health Catalan Institute.

### **Financial resources**

Total amount: 6,108 euros

The programme has been 100% self-financed

### **Human resources**

(1) sports instructor, (4) nurses and (1) nutritionist

### **Results**

#### **Produced documentation**

Report, timetable, activity plan

#### **Dissemination of the programme**

There was monetary dissemination on TV but the programme is not currently disseminated. Participants are identified and programme information is then provided to them.

## **Impact**

40 participants (100% female, 0% male)

## **Assessment**

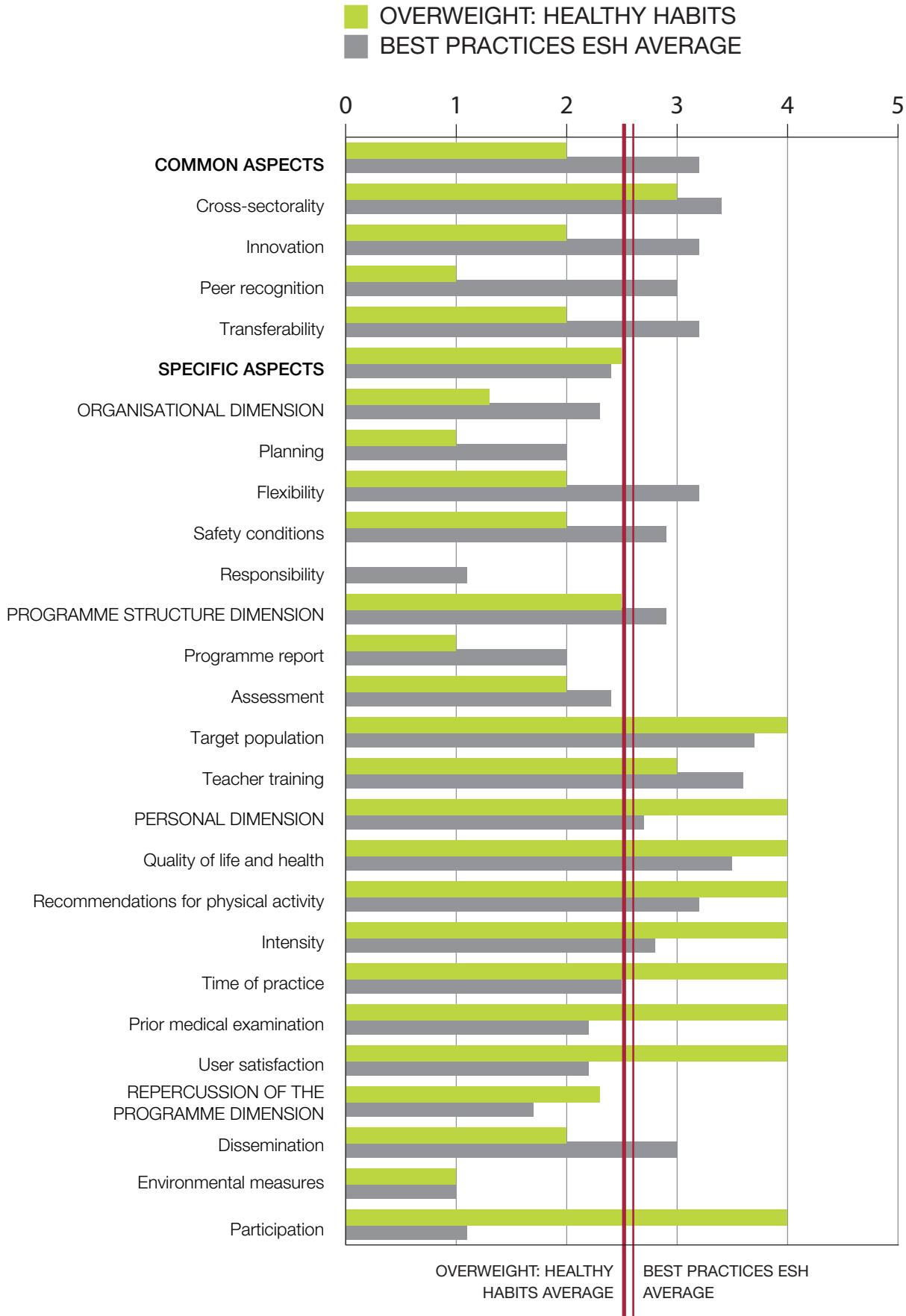
The programme has some tools for monitoring such as the programme assessment survey, attendance sheets and the follow-up carried out by the healthcare centre and the Catalan Health Institute.

## **Main conclusions**

Although Overweight: healthy habits has not been disseminated, it has been recognised as an innovative programme because of the variety of activities planned. Physical activity and healthy workshops and seminars lend the programme a more global focus rather than only being centred on exercise. Objectives and activities are tailored to suit the target participants though it is well-known that 100% of participants are women. It would be interesting to know why the participants are only women.

## **Programme strengths and weaknesses**

The programme is extremely solid with excellent levels of user satisfaction, recommendations for physical activity and quality of health. Other strengths include the indicators relating to a medical review, the time of practice and the intensity which are linked to the excellent score attained in the area concerning target population. The programme's weaknesses are related to planning; specifically, there is room for improvement in the programme report and with regard to the responsibility scale.



## 21 Magic Sport Island

Country	Hungary
Province / Region	Central-Hungary
Municipality	Budapest



### Summary

The goal of this event is to foster the habit of the whole family, from grandparents to grandchildren, engaging in sport together. The three-day-long series of free events involves more than 200 programmes which consist of sports, cultural events, financial protection and lifestyle counselling. This programme is organised at 9 different places on land and in the water and its long-term objective is to encourage citizens of Budapest to follow regular physical activity and a healthy lifestyle. Participants can try more than 100 sports, in the exceptional environment of Margaret Island. Individual and family trials are the most traditional events. 36 different trials are free for participation depending on individuals' physical readiness to take part. Those who pass at least 3 trials are eligible for a prize draw.

For further information:

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Organisation / Entity that identified the programme: Budapest Association of Sports Federations

Start date: 2005

End date: still ongoing

Organisation / Entity: Budapest Municipality, Mayor's Office Sports Department

### Description

#### Objectives of the programme

1. To promote health, socialisation.
2. To prevent the consumption of drugs and juvenile crime.



## **Target population**

The resident population of Budapest

## **Phases and main lines of action**

- General warm-up: 10-20 minutes
- Sporting activities, minimum: 5x40 minutes
- Health screenings: 40 minutes
- Stretching, games: 40 minutes

## **The parties involved**

Sports federations of Budapest, clubs and other sport organisations, environmental organisations, local government institutes, local governments from other cities.

## **Financial resources**

Total amount: 214,285 euros

Self-finance: 40%

## **Human resources**

(80) Sports organisers, (140) coaches, (30) policemen, (10) doctors, (50) artists, (40) directors

## **Results**

### **Produced documentation**

Programme plan, working plan, security and healthcare plan, user ranking

### **Dissemination of the programme**

2 months prior to the programme a marketing campaign is conducted using all available media: posters, the press, radio, TV, the Internet.

## **Impact**

60,000 participants (48% female, 52% male)

## **Assessment**

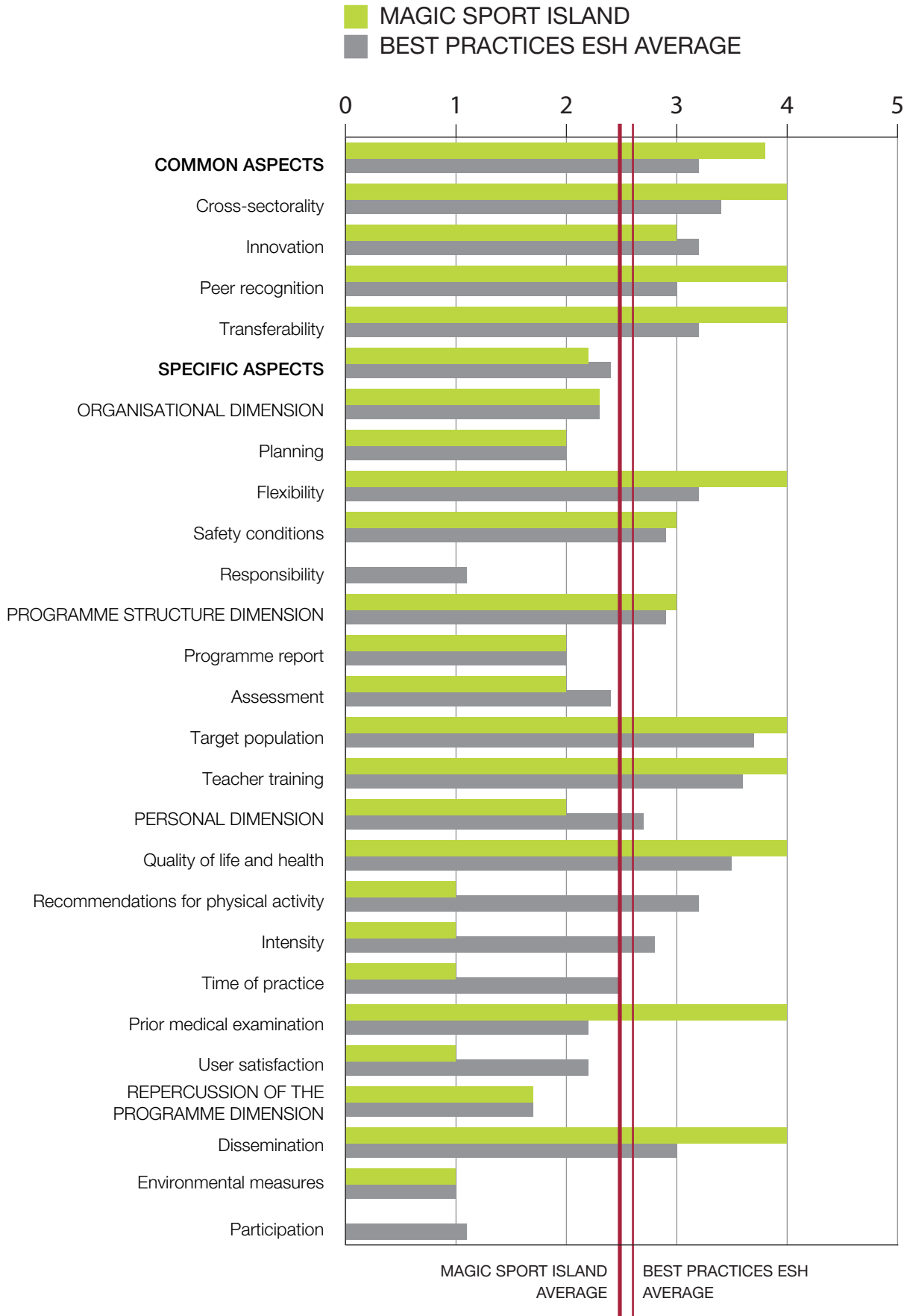
The most important indicator of the success of the programme is the number of the participants. The actual number can only be estimated. The people who participate in the trials fill out a form for the prize draw and each year we receive an ever-increasing number of these papers. User satisfaction is gauged only by face-to-face feedback at the 11 information spots.

## **Main conclusions**

The event was organised for the 6th time this year. The range of programmes has widened dramatically to the satisfaction of citizens who enjoy a lifestyle filled with physical activity. The increasing number of participants confirms the necessity need for and popularity of this programme. The trial papers have indicated that participants are becoming more active each year.

## **Programme strengths and weaknesses**

Its strength is that it is widely known, free and three days long. 70 sports are represented and more than 240 programmes are available which can be considered an extremely broad range. Participants are given health and lifestyle advice. Its weakness is that the sustainability of the programme is influenced by the financial prospects of the sponsors.



## 22 Strovolos Open School

Country	Cyprus
Province / Region	Nicosia
Municipality	Strovolos



### Summary

The Open School is an initiative applied in co-operation with the Ministry of Education, the municipalities, local school boards and the parents' association. The programme was launched in 2008 in Strovolos municipality to allow local residents to participate in physical activity programmes regardless of gender and age. Through the Open School, citizens can develop their capabilities, their talents and use their free time efficiently. This programme can also act as a protective factor against school violence, law breaking and the use of addictive substances, mainly amongst teenagers. The programme has obtained local, national and European peer recognition and it continuously assesses and upgrades its services.

For further information:

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Organisation / entity that identified the programme: Cyprus Sports Organisation

Start date: 2008

End date: still ongoing

Organisation / Entity: Strovolos municipality

### Description

#### Objectives of the programme

1. To contribute to improving the quality of life and health of every individual.
2. To enable every young individual to participate in sport regardless of gender, skill level, social status, mental and physical abilities, beliefs, etc.
3. To encourage citizens to adapt exercise as a lifetime activity.
4. To use municipal and school facilities for non-school hours and days.
5. To eliminate violence.

6. To provide lifelong learning opportunities.
7. To offer a range of social, psychological and physiological benefits.
8. To make effective use of free time at little cost.

### **Target population**

The programme is offered to every municipality resident regardless of age, sex, skills level, social status, mental and physical abilities, beliefs, etc.

### **Phases and main lines of action**

The Open School operates from September to May and offers a variety of physical activities and sports programmes for children and young people (hip hop, cycling, archery, tennis, rhythmic gymnastics, rhythmic gymnastics for girls with special needs, Taekwondo and the children's health programme) and for adults (self-defence lessons for women and tennis).

### **The parties involved**

Ministry of Education and Culture, Local School Conservancy, principals of elementary schools, Archery Federation, Cycling Federation, School Parents' Association, Anti-Cancer Association, Special Olympics Federation, Evangelismos School for Children with Special Needs.

### **Financial resources**

Total amount: 40,000 euros  
The programme has been 100% self-financed

### **Human resources**

Minister for education and culture (MOEC), general director of MOEC, Strovolos municipality Administration Committee, Open School coordinator, instructors, accountant (partner), dietician (partner).

### **Results**

#### **Produced documentation**

Strategic plan, flow chart, mission, objectives, vision, values, cooperation with other entities (public & private), continuous internal assessment at all levels (human resources,

structure, infrastructure, finance, activities), annual governmental audit, survey, customers satisfaction, participation, suggestions for improvement.

### **Dissemination of the programme**

Promotion and dissemination of the programme is continuous and is carried out on a local, district and national level. Personal contact is made via telephone calls, emails and faxes, and posters, the press, the Internet, newspapers, brochures and announcements are used for the promotion.

### **Impact**

400 participants (70% female, 30% male)

### **Assessment**

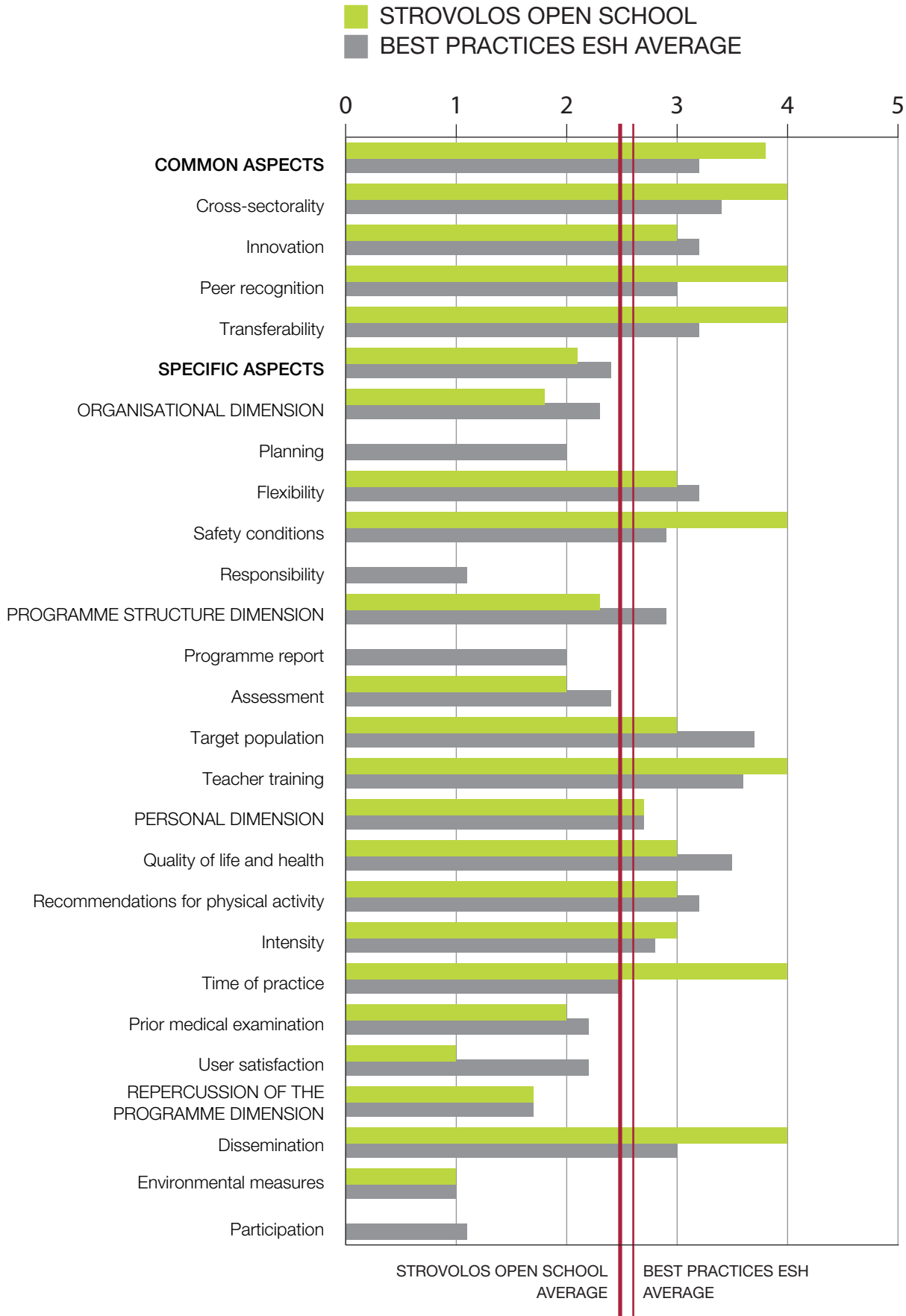
The Strovolos Open School programme continuously assesses its process and services undergoing an annual holistic assessment and audit. Since it operates under a public authority utilizing European funding, paid via the Ministry of Education and Culture, a government audit is performed at the end of each year. The instructors' performance is being assessed by participants. The programme also conducts customer satisfaction surveys. Users' comments, suggestions and complaints are taken into consideration.

### **Main conclusions**

The Open School is a new challenging programme from Strovolos municipality, an initiative based on a new governmental sport and health policy. Considering that it is a relatively new programme and as the outcomes show the programme reaches its goals by applying innovating sports programmes and building strong alliances with entities related to sports and health.

### **Programme strengths and weaknesses**

In general, the Strovolos Open School programme is excellent in common aspects such as cross-sectorality, peer recognition and transferability, as well as for safety conditions, teacher training and dissemination. Aspects such as planning, the programme report, prior medical checks and user satisfaction require improvement.



## 23 Teenage kicks

Country	United Kingdom
Province / Region	West Belfast
Municipality	Belfast



### Summary

The programme Teenage kicks from Belfast City Council (Parks and Leisure Department) has been running since 2005. Each year a number of modifications have been made in order to increase the number of participants – including those with special needs and disabilities – and the audience size. This dance training programme has been recognised as a good practice model at the Health and Physical Activity Conference in Northern Ireland, it has obtained local coverage in the press and radio and has been replicated in a rural area of Northern Ireland.

For further information:

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Organisation / entity that identified the programme: Belfast City Council

Start date: 2005

End date: still ongoing

Organisation / Entity: Belfast City Council (Parks and Leisure Department)

### Description

#### Objectives of the programme

1. To deliver high quality park and leisure services, which have programmes in place for younger and older people and which are shared and accessible to all.
2. To increase usage of Belfast City Council's sites and facilities and work towards helping people be healthier by making more active use of their leisure time.
3. To deliver targeted health programmes and services which reduce deprivation and health inequalities.



4. To improve the quality and quantity of physical activity and sports development opportunities in Belfast.
5. To devise a coordinated activity programme for the following priority groups and areas: teenagers, young people and pathways to clubs.

### **Target population**

Children and young people (including disabled people).

### **Phases and main lines of action**

The programme begins with a dance workshop in senior schools from each area of the city. From that 15 teenagers (comprising overweight, unfit children and children who do not participate in mainstream sports) from each school are selected.

First of all, the selected children participate in an eight-week series of training dance instruction focused on fitness, self-confidence and movement.

Then, under a guidance of a mentor, they work with their local primary schools and junior classes. In front of the junior classes, children are able to use the skills developed from their training and are explained the benefits of practicing exercise all their lives.

### **The parties involved**

Health Trust, Belfast Education Library Board and Energy Fitness.

### **Financial resources**

Total amount: 11,875 euros

The programme has been 42% self-financed

### **Human resources**

Lead project and sports development officer, (2) officers to assist on the final evening, (1) dance leader / mentor, (4) physical education teachers

### **Results**

#### **Produced documentation**

Report, timetable, activity plan and dissemination material

### **Dissemination of the programme**

The press and media, the Internet, ticket sales and a school newsletter are all used to disseminate the programme.

### **Impact**

199 participants (40% female, 60% male)

### **Assessment**

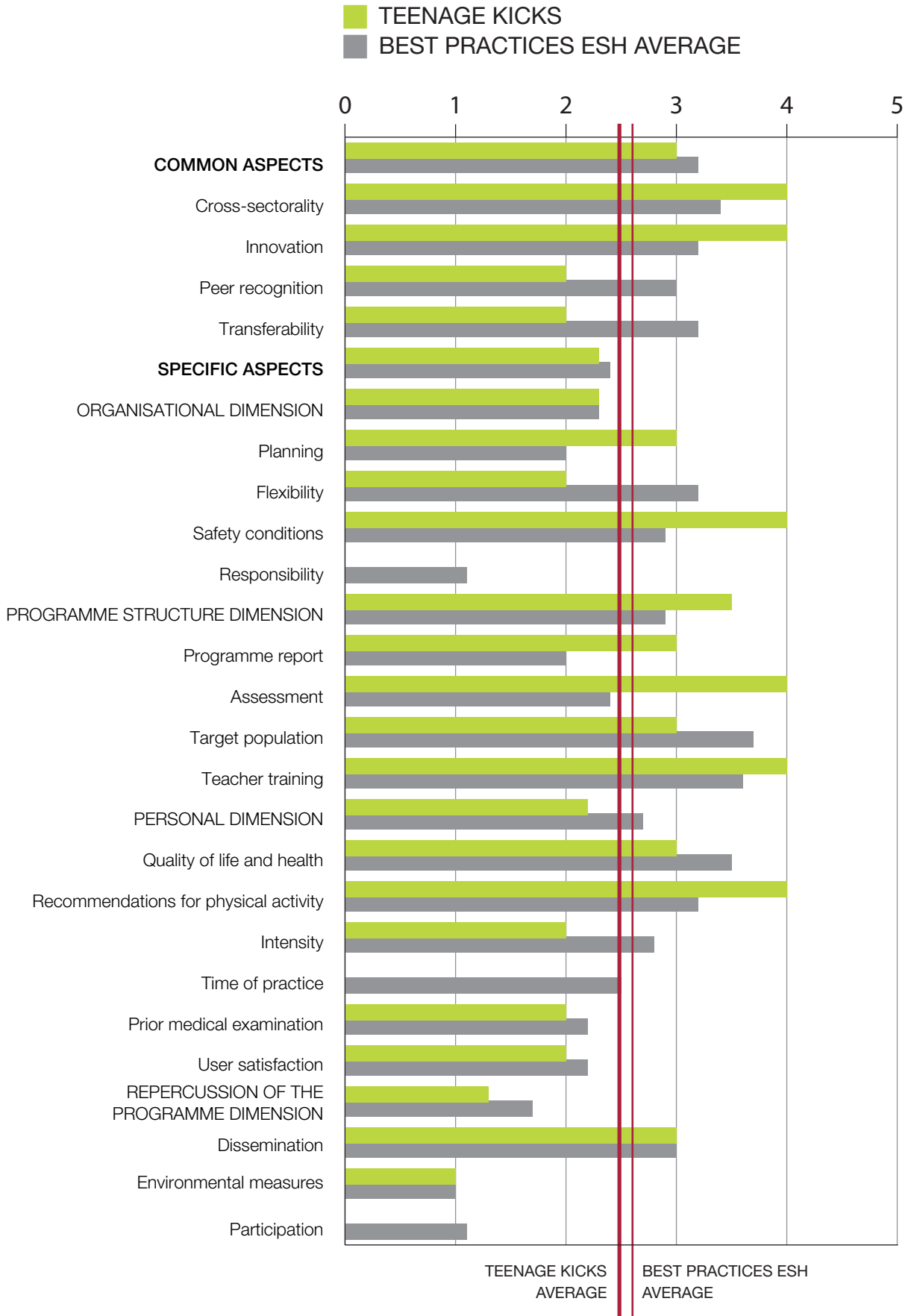
Teenagers complete a feel good questionnaire at the beginning of the programme and complete it at intervals throughout the eight weeks with the last one completed in the last show. Changes in anxiety, self-confidence, self-worth and energy are monitored. The brochure also forms part of the assessment from participants and also feedback is provided by teachers from the schools involved.

### **Main conclusions**

Teenage kicks is a very comprehensive programme in which children are trained and train younger pupils at the same time. The programme has obtained wide acceptance since it started and the organisation has had to move to another venue to accommodate the audience. One of the programme's successes is brought about by cooperation from a host of public entities related to health and social welfare and the many years of experience possessed by the professionals involved.

### **Programme strengths and weaknesses**

Some of the indicators attaining the maximum score are innovation, assessment, safety conditions and physical activity recommendations. However, there is room for improvement in the case of indicators such as responsibility, practice time, environmental measures and the level of participation.



## 24 Physical health promotion activities

Country	Italy
Province / Region	Veneto
Municipality	Verona



### Summary

The programme from the Centre for Mental Health (CSM) of ULSS20 Verona (one of the local health and social authorities in the Veneto region) focuses on the promotion of physical activity and proper eating habits among psychiatric patients. The programme is included within the activities of the National Programme for Motor Activity Promotion and within the set of activities for physical health promotion for psychiatric patients which was developed by participating in the European Network for Promoting the Health of Residents in Psychiatric and Social Care Institutions (HELPS).

For further information:

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Address and telephone:	Policlinico G.B. Rossi, P.le L.A. Scuro, 10 37134 Verona, Italy +39 045 812 74 42

Organisation / entity that identified the programme: Azienda USL della Valle d'Aosta in collaboration with Dors (the centre for documentation for health promotion in the Piedmont region).

Start date: 2004

End date: 2006

Organisation / Entity: Centre for Mental Health (CSM), ULSS20 Verona

### Description

#### Objectives of the programme

1. To promote physical health among psychiatric patients by attempting to change lifestyles.
2. Offering information sessions and practical exercises for psychiatric professionals and CSM patients on the importance of motor activity in daily life.

3. Offering information sessions and practical exercises for psychiatric professionals and CSM patients on the importance of choosing the right meal composition.
4. To promote eating models which are balanced from a nutritional point of view.

### **Target population**

Centre for Mental Health (CSM) patients

### **Phases and main lines of action**

Walking group participants meet twice a week and walk for about 40 minutes in the areas surrounding the CSM. They are guided by a specifically trained walking leader. Stretching and mobility exercises are matched to walking. Each session has to be structured as follows: 5 minutes of slow walking to warm up, a minimum of 30 minutes of fast walking, 5 minutes of slow walking. The session length may be gradually increased.

### **The parties involved**

Centre for Mental Health (CSM) of ULSS20 Verona, Department for Health Prevention of ULSS20 Verona, «Berti» High School with Specialisation in Hotel Management of Verona

### **Financial resources**

Total amount: within the CSM funds for rehabilitation  
The programme has been 100% self-financed

### **Human resources**

(1) Psychiatrist, project manager, (1) psychologist, project manager, (1) psychiatric nurse, project manager, physician, (1) dietician, (1) walking group leader, (1) hotel management school teacher

### **Results**

#### **Produced documentation**

Report, step-count data recording for each participant in the walking group at each outing.

### **Dissemination of the programme**

Promotional and dissemination events for the programme are carried out sporadically. The press and media, posters, the Internet, conferences and scientific meetings are used.

### **Impact**

30 participants (43% female, 57% male)

### **Assessment**

The programme undergoes continuous analysis for shortcomings and shows an ability to optimise resources. There are several monitoring tools: step counter, participation monitoring, patient measurements before and after physical activity.

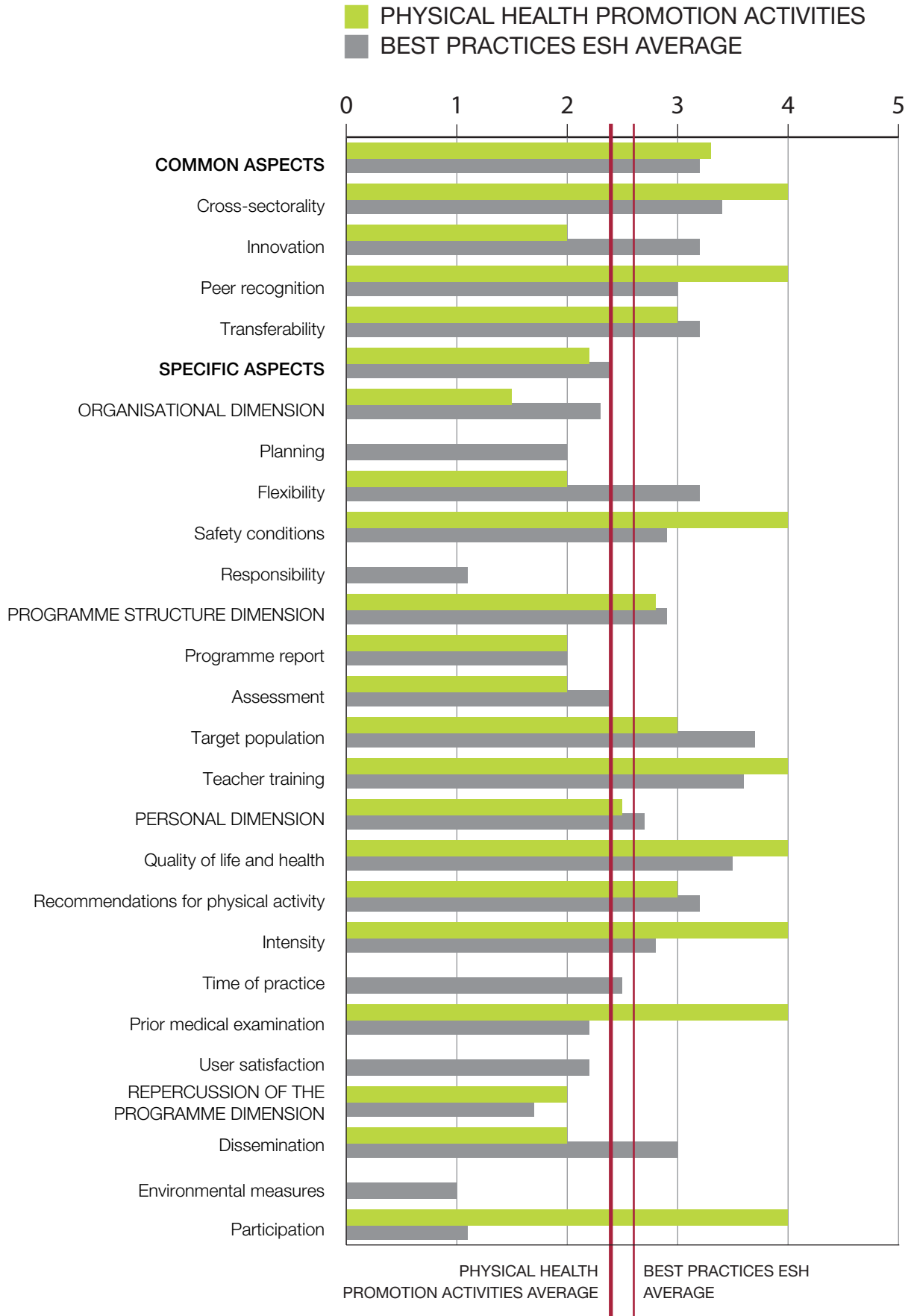
### **Main conclusions**

The programme has reached its objectives regarding physical health promotion and changing of eating models. CSM patients are offered simplified access to physical health promotion activities organised by the Department for Health Prevention.

### **Programme strengths and weaknesses**

The programme promotes the physical health wellbeing of psychiatric patients. It can be adjusted to better fit the planning of rehabilitation activities performed at the day treatment centre.

The weakness concerns the fact that the programme only extends to a local health and social authority of the Veneto region.



## 25 Cyprus Youth Board's Multifunctional Youth Sport Centres

Country	Cyprus
Province / Region	Nicosia
Municipality	-



### Summary

The programme from Cyprus Youth Board has operated on a district level since 2005 and is address to children and young people between the ages of 6 and 35. It is intended to foster effective mobilisation and creative development and use of free time, offering a variety of physical activities with attendance free of charge. The programme receives assistance from local authorities and education institutions of all levels and has obtained local and national peer recognition.

For further information:

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Organisation / entity that identified the programme: Cyprus Sports Organisation

Start date: 2005

End date: still ongoing

Organisation / Entity: Cyprus Youth Board

### Description

#### Objectives of the programme

1. To enable every young individual (aged 6 to 35) to participate in sport regardless of origin, gender, skill level, social status, mental and physical abilities, beliefs, etc.
2. To encourage citizens to adopt exercise as a lifetime activity.
3. To contribute to improving the quality of life and health of every individual.
4. To produce a range of social, psychological and physiological benefits.
5. To conduct extracurricular school sports free of charge.



## **Target population**

Citizens between the ages of 6 and 35, including disabled people.

## **Phases and main lines of action**

The programme operates from September to June and offers physical activities ranging from light to vigorous intensity such as dance, gymnastics, yoga, Pilates, educational sports games, football, basketball, volleyball, handball, Taekwondo and track and field athletics, aerobics, dance aerobics with fit balls, body conditioning, body pump, kinesiology and first aid lessons.

## **The parties involved**

Local authorities, pre-primary, primary and secondary schools, universities and colleges.

## **Financial resources**

Total Amount: 59,000 euros

The programme has been 100% self-financed

## **Human resources**

Youth Board's Board of Directors, Youth Board's executive secretary, senior youth officer, physical education teachers, instructors.

## **Results**

### **Produced documentation**

Strategic plan, flow chart, mission, objectives, vision, values, collaboration with other institutions (public & private), continuous internal assessment at all levels (human resources, structure, infrastructure, finance, activities), annual government audit, survey, user satisfaction, participation, suggestions for improvement, training.

### **Dissemination of the programme**

Promotion and dissemination of the programme is continuous and is carried out on a local, district and national level. Personal contact via social networks, posters, the press, radio, TV, the Internet, flyers and brochures are used for promotion.

## **Impact**

800 participants (55% female, 45% male)

## **Assessment**

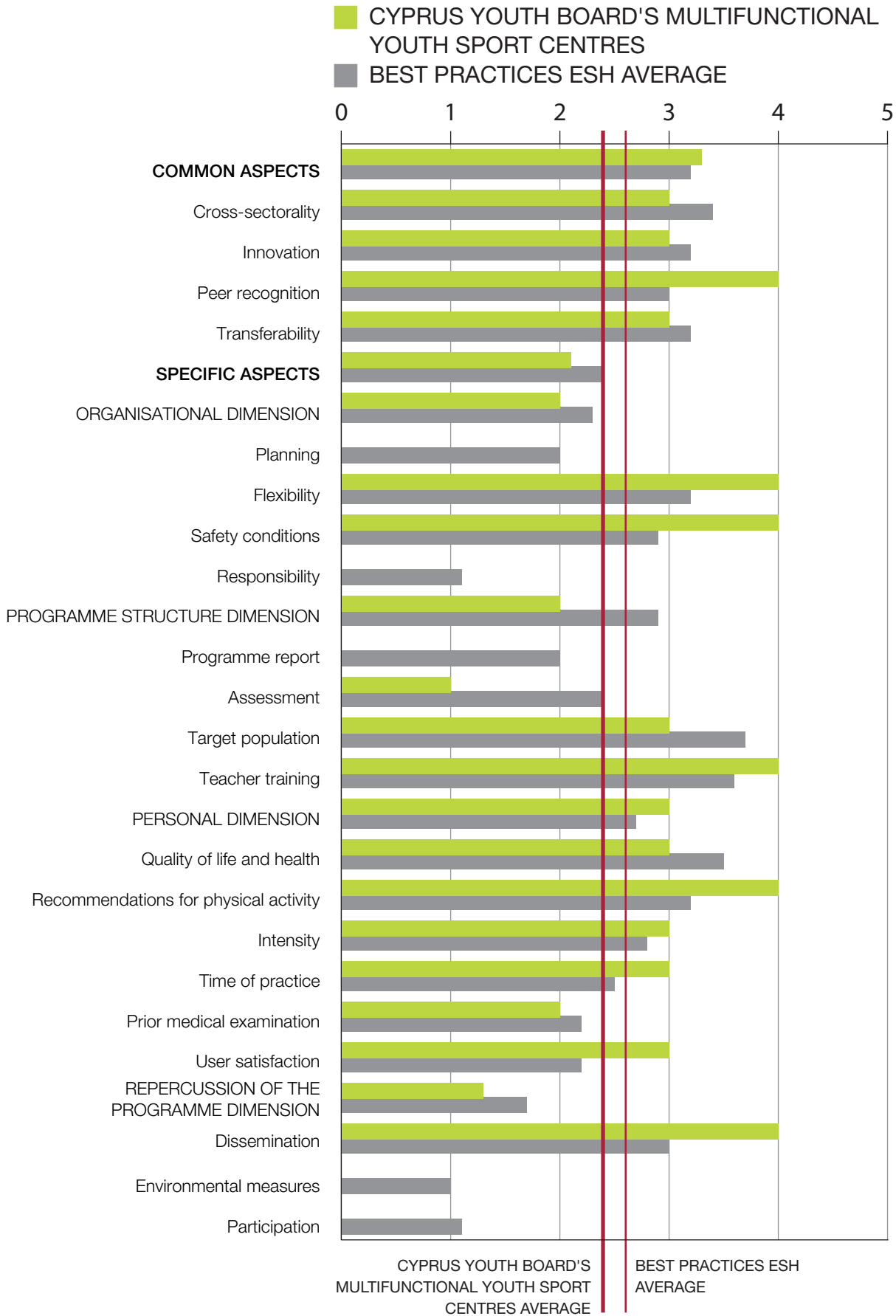
Assessment of the Youth Board has been conducted by means of monthly internal assessment and annual holistic assessments. Since it is a public institution, a government audit is performed at the end of each year. Significant feedback is obtained through user satisfaction surveys as well as users' comments, suggestions and complaints.

## **Main conclusions**

The programme has varied activities adapted to different age groups. The programme benefits from cooperation from a host of public entities related to health and social welfare as well as the highly specialist qualifications of the professionals involved.

## **Programme strengths and weaknesses**

The strongest points of the programme include the fact that it has received national peer recognition and a maximum punctuation score for flexibility, safety conditions, teacher training, physical activity recommendations and dissemination. However, there are several indicators with a very low score showing room of improvement: planning, responsibility, programme report, environmental measures and participation.



## 26 Lakatamia Open School

Country	Cyprus
Province / Region	Nicosia
Municipality	Lakatamia



### Summary

Open School is an initiative applied in cooperation with the Ministry of Education, municipalities, local school boards and parents' associations. The programme was launched in 2009 in the Lakatamia municipality to allow local residents to participate in physical activity programmes regardless of gender and age. Through the Open School, citizens can develop their capabilities, their talents and use their free time efficiently. This programme may also act as a protective factor against school violence, law breaking and the use of addictive substances, mainly amongst teenagers. The programme has obtained local, national and European peer recognition and undergoes continuous assessment and an upgrade of its services.

For further information:

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Organisation / entity that identified the programme: Cyprus Sports Organisation

Start date: 2009

End date: still ongoing

Organisation / Entity: Lakatamia municipality

### Description

#### Objectives of the programme

1. To contribute to improving the quality of life and health of every individual.
2. To enable every young individual to participate in sport regardless of gender, skill level, social status, mental and physical abilities, beliefs, etc.
3. To encourage citizens to adapt exercise as a lifetime activity.
4. To use municipal and school facilities for non-school hours and days.

5. To eliminate violence.
6. To provide lifelong learning opportunities.
7. To offer a range of social, psychological and physiological benefits.
8. To make effective use of free time at little cost.

### **Target population**

The programme is offered to every municipal resident regardless of age, gender, skill level, social status, mental and physical abilities, beliefs, etc.

### **Phases and main lines of action**

The Open School operates from September to June and offers a variety of physical activities and sport programmes for children and young people (hip hop and Latin dance, archery, futsal, rhythmic gymnastics, taekwondo, roller skating and cycling) and adults (traditional dance, aerobic classes, swimming, archery, sports programme for diabetics).

### **The parties involved**

Ministry of Education and Culture, Local School Conservancy, Principal of the Elementary School Entity, Archery Federation, Heraclitos Cycling Club, AOL Club, Lakatamia municipality Health Centre, School Parents' Association.

### **Financial resources**

Total Amount: 20,000 euros  
The programme has been 100% self-financed

### **Human resources**

Minister of Education and Culture (MOEC), general director of MOEC, Lakatamia municipality administration committee, Open School coordinator, instructors, accountant (partner).

### **Results**

#### **Produced documentation**

Strategic plan, flow chart, mission, objectives, vision, values, collaboration with other entities (public & private), continuous internal assessment at all levels (human re-

sources, structure, infrastructure, finance, activities), annual government audit, survey, user satisfaction, participation, suggestions for improvement

### **Dissemination of the programme**

Promotion and dissemination of the programme is continuous and is carried out on a local, district and national level. Personal contact via telephone calls, emails and faxes, and posters, the press, the Internet, brochures and announcements are used for promotion.

### **Impact**

983 participants (67% female, 33% male)

### **Assessment**

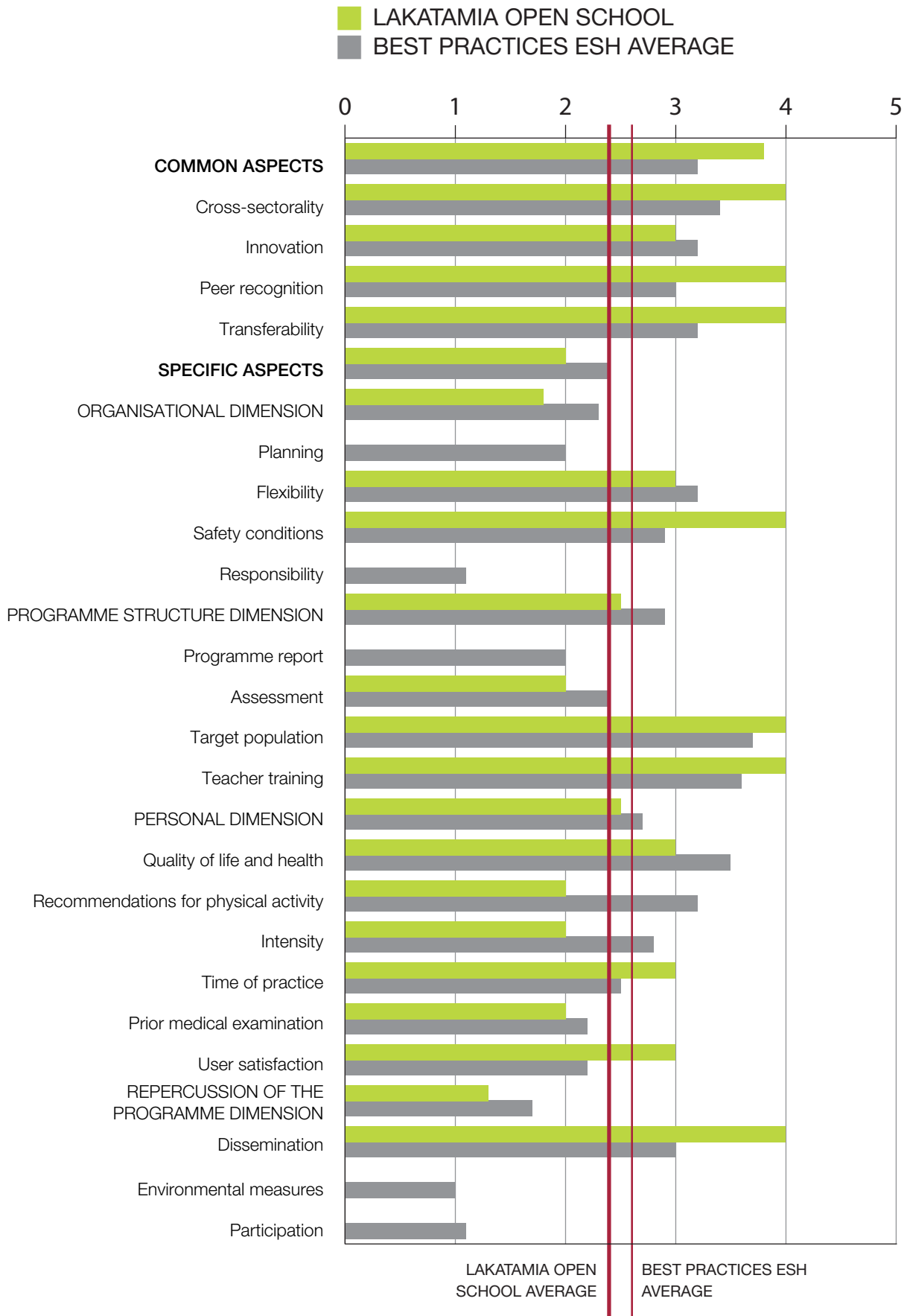
The Lakatamia Open School programme continuously assesses its process and services in the form of an annual holistic assessment and audit. The Administration Committee also assesses the programme. Given that the programme operates under public authority using European funding paid via the Ministry of Education and Culture, a government audit is performed at the end of each year. The instructors' performance is also assessed every 3 months by participants. The programme also incorporates user satisfaction surveys. Users' comments, suggestions and complaints are taken into consideration.

### **Main conclusions**

The Open School is a new challenging programme from Lakatamia municipality, an initiative based on a new governmental sport and health policy. Considering it is a relatively new programme, it manages to attract residents and motivate them to exercise. The programme owes its success to cooperation with entities related to sport and health welfare as well as the innovating ideas implemented.

### **Programme strengths and weaknesses**

In general, the Lakatamia Open School is excellent in common aspects such as cross-sectorality, peer recognition and transferability, as well as for safety conditions, teacher training and dissemination. Aspects like planning, the programme report, prior medical checks and user satisfaction require improvement.



**27 MAGIA**

Country	Italy
Province / Region	Piedmont
Municipality	Turin

**Summary**

The aims of the programme from ASL TO4 (local health authority – health districts of Chivasso, Settimo and San Mauro) are described by the acronym MAGIA (in English, magic) – Movimento Alimentazione Gioco Iniziativa Amicizia (exercise, eating, fun, initiative, friendship). The programme is focussed on the promotion of motor activity and proper eating habits. It has obtained an award for best practices in gaining health within the national CCM (national centre for disease prevention and control) programme relating to intersectoral experiences from local communities in gaining health. Many public entities are involved in the programme.

For further information:

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Organisation / entity that identified the programme: Azienda USL della Valle d'Aosta in collaboration with Dors (the centre for documentation of health promotion in the Piedmont region)

Start date: 2005

End date: 2010

Organisation / Entity: ASL TO4

**Description****Objectives of the programme**

1. To enhance physical activity of children, reducing overweight problems and obesity in children.
2. To enable children to make an informed choice to perform more motor/physical activity and to follow the general rules contained in the INRAN (National Research Institute for Food and Nutrition) eating Decalogue.



## **Target population**

School children (between 6 and 10 years old) from 12 municipalities located within the ASL TO4 area (health districts of Chivasso, Settimo and San Mauro).

## **Phases and main lines of action**

An educational video game has been developed to enable children to make an informed choice to perform more motor/physical activity. It provides basic information on the issues dealt with and displays quizzes to test pupils' knowledge.

Children play small-scale mini sports that are easy to play and specially adapted allowing children to play sport at a very early age in comparison to sport at a competitive level.

To play each mini sport some learning sessions are necessarily included (approximately from 6 to 12 times). As far as sports practice is concerned, it is intended to be regular in the case of sporting activities and movement games and includes both aerobic and muscle strength exercises (daily and twice or 3 times a week, respectively) involving a variation in exercise types.

## **The parties involved**

ASL TO4, Health Department (Piedmont regional government), Department for Tourism, Sports and Parks (Piedmont regional government), (12) municipalities located within the ASL TO4 area (health districts of Chivasso, Settimo and San Mauro), (20) schools located within the ASL TO4 area (health districts of Chivasso, Settimo and San Mauro), DoRS (regional documentation and health promotion centre).

## **Financial resources**

Total amount: 10,000 euros

The programme has been 50% self-financed

## **Human resources**

(1) director from the Sports Medicine Unit, project manager, (1) physician experienced in food and nutrition, (1) psychologist, communication expert and dietician

## **Results**

### **Produced documentation**

Report, progress and final report. Report concerning the agreement entered into with the sports sector and a cover sheet form to record the programme in a national database.

### **Dissemination of the programme**

Promotional and dissemination events for the programme are carried out sporadically. Events are organised by ASL TO4 in collaboration with other entities. Press media and internet are used.

### **Impact**

20 schools (50% female, 50% male)

### **Assessment**

Given the type of tool developed, which is based on products posted on the Internet, the programme MAGIA is monitored using a website where both the original programme and a mini sports description is posted. The website recorded more than 25,000 hits during 2008.

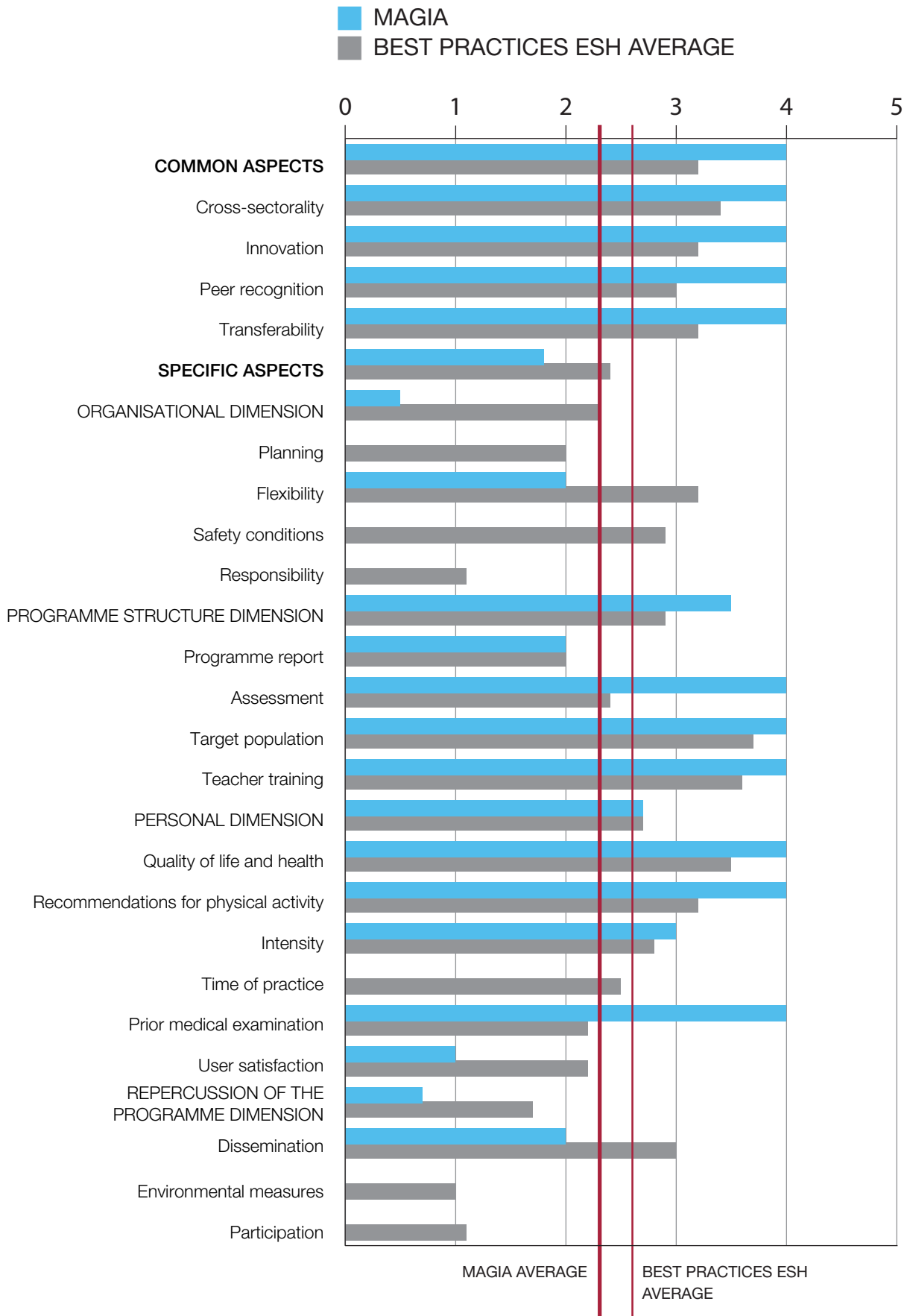
As the ASL TO4 purchased a number of portable metabolimeters, it also expects to carry out random checks to assess energy expenditure in children presenting different body compositions and routine motor/sports activities.

### **Main conclusions**

The programme started on the basis of a needs analysis compiled from several previous experiences with the aim of developing a tool that would be easy to disseminate and use for teachers and pupils. It has reached its objectives. The programme's success is thanks to the cooperation of a host of public entities related to health, social welfare, education and sport, in addition to the highly specialist qualifications of the professionals involved.

### **Programme strengths and weaknesses**

The programme MAGIA is particularly aimed at the participating schools, but it is also available freely over the Internet for any person interested. It is recommended to be included within the multidisciplinary educational and multifactor initiatives proposed by individual teachers/schools. Cross-sectoral financing (health and sports sectors) is also a strength of the programme. The weakness is the fact that the programme only applies to a part of the ASL TO4 area.



## 28 Medical service

Country	Spain
Province / Region	Seville
Municipality	La Rinconada



### Summary

This programme from the local government of La Rinconada (Seville) in Andalusia was set up to establish physical activity as a key instrument to increasing healthy habits among the population. This medical service consists essentially of offering different physical activity programmes that allow people to improve their agility, body shape, coordination of movement, childbirth preparation programmes, etc. It has obtained peer recognition at provincial level and is undergoing continuous analysis to adapt to multiple changes. There are different public and private entities involved in it.

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Organisation / entity that identified the programme: (IGOID) research group on sports facilities and organisation management

Start date: 1995

End date: still ongoing

Organisation / Entity: local government of La Rinconada (Seville)

### Description

#### Objectives of the programme

1. To contribute to the making people active through sport.
2. To encourage healthy habits through sport and physical activity.

#### Target population

Sport for all

### **Phases and main lines of action**

- Initial phase of warm-up exercises (also using swimming pool) for articular mobility, depending on the target population.
- 30-minute main phase for coordination of movements.
- Final phase of relaxation and stretching (ten minutes).

### **The parties involved**

Regional Government of Andalusia, Province Council of Seville, local government of La Rinconada (Seville), FACTORY Sevilla Aeropuerto.

### **Financial resources**

Total amount: 92,000 euros

The programme has been 10% self-financed

### **Human resources**

(1) doctor, (1) physiotherapist, (1) nursery assistant, (5) swimming pool and hydrotherapy technicians

### **Results**

#### **Produced documentation**

Timetables, activity plan, dissemination material, assessment, website.

#### **Dissemination of the programme**

Promotional and dissemination events for the programme are continuously carried out at local and provincial level. Events are organised by the local government of Andalusia and other entities. Stands, posters, the press and media, radio, TV, personal interviews, the Internet and customised information (SMS, email) are used.

#### **Impact**

There is availability for 420 rooms but the number of participants is not included (37.97% female, 62.03% male).

## **Assessment**

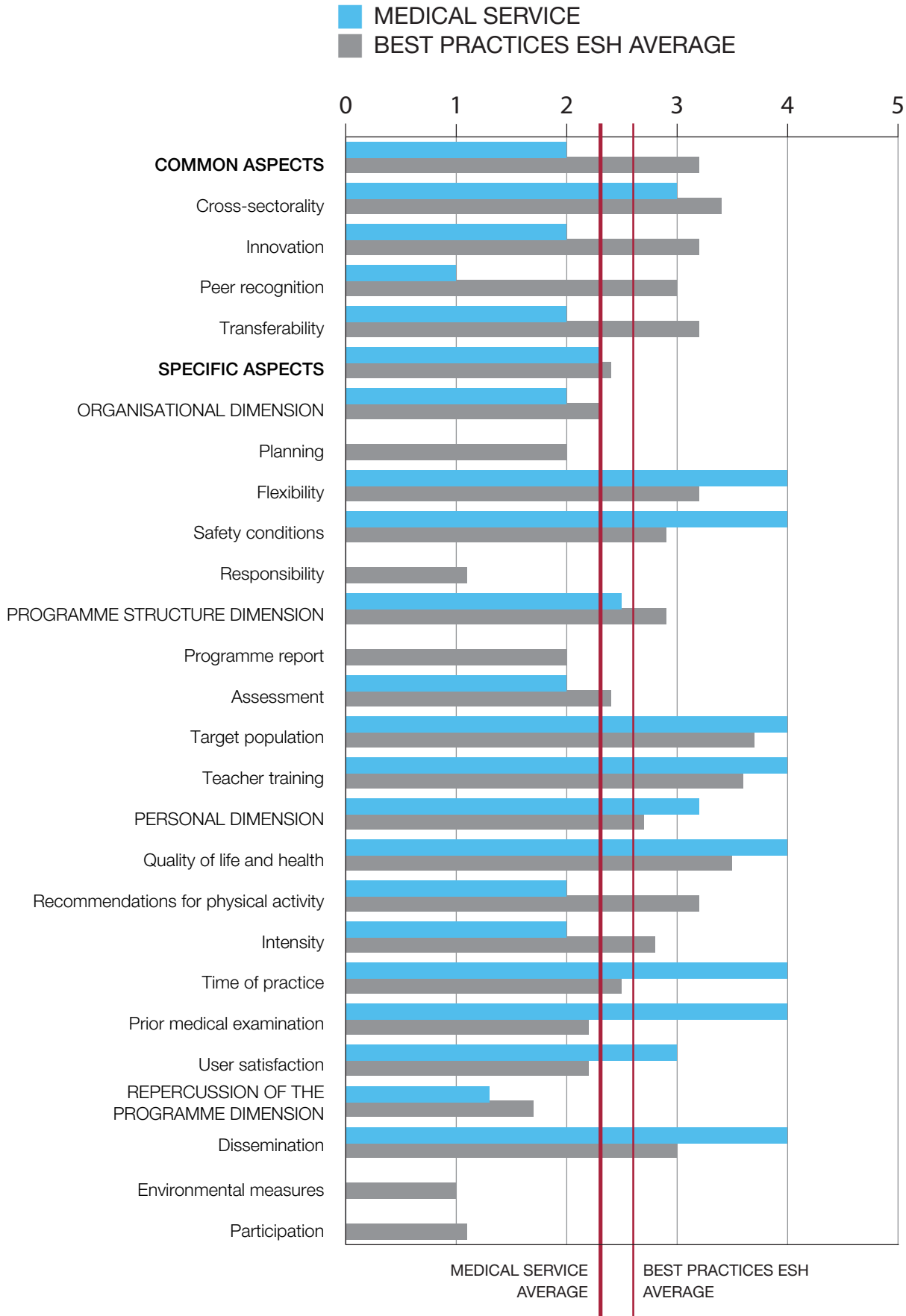
This programme is available during the school period from September to June. There are various tests to assess the activities and the programme. The programme from the medical service undergoes continuous analysis for shortcomings and shows an ability to optimise resources whilst offering ongoing programmes. It is notable that a local authority has embarked on the initiative of offering local residents a medical service within a sports facility.

## **Main conclusions**

The programme has witnessed significant growth from the outset. Its success is thanks to cooperation from a host of public and private entities related to sport, health and social welfare as well as the highly specialist qualifications held by the professionals involved. There is a variety of programmes available for participants and a prior medical examination takes place before any athletic programme to check the health of participants. Moreover, a medical service is available for users during the programme.

## **Programme strengths and weaknesses**

In general terms, the Medical service programme is a good programme, although there are some areas that can be improved. Dissemination, safety conditions and flexibility are considered the best aspects. The programme should have a report and provide details on planning and participation, as well as a flow chart. Likewise, the programme includes a medical service for users throughout its operation, though the organisation should develop further the environmental measures adopted because the programme does not consider any particular standard, in particular reference is not made to standard ISO 14001.



## 29 Bank movements or movement of bank workers

Country	Italy
Province / Region	Piedmont
Municipality	Saluzzo



### Summary

The programme from ASL CN1 (the local health authority of the province of Cuneo) aims to promote physical activity among bankers – a professional group with a sedentary job – by means of fitness walking, introducing a healthy lifestyle of regular exercise and setting up long-lasting walking groups. Public entities related to health and social welfare and private entities (sport association, the local press and banks) are involved in the programme.

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Organisation / entity that identified the programme: Azienda USL della Valle d'Aosta in collaboration with Dors (the centre for documentation of health promotion in the Piedmont region).

Start date: 2005

End date: 2007

Organisation / Entity: ASL CN1

### Description

#### Objectives of the programme

1. To promote physical activity within the tertiary sector to improve the quality of life of people who have a sedentary job.
2. To make fitness walking known and promote it among the adult population.
3. To foster a healthy lifestyle of regular exercise.
4. To set up long-lasting walking groups/clubs.



## **Target population**

Bankers from the city of Saluzzo

## **Phases and main lines of action**

Once a week, the walking group gathers at a fixed meeting point at the end of work or immediately before dinner. Guided by a fitness walking instructor and supervised by a physician, participants walk for a distance which may vary according to the technical and physical progresses they achieve. The instructor trains them to ensure they engage in fitness walking correctly. The walking footpath lasts an hour and it includes some stretching exercises at the end.

At the end of the week, the group gathers again for a new fitness walking session of about 90 minutes.

## **The parties involved**

ASL CN1, municipality of Saluzzo, «Scuola del Cammino», Amateur Sports Association of Saluzzo, local press (Gazzetta di Saluzzo, Corriere di Saluzzo and Saluzzo Oggi newspapers and Camminare magazine) and local banks.

## **Financial resources**

Total amount: 15,800 euros

The programme has not been self-financed

## **Human resources**

Physician, project manager, physicians, nurses, environmental health officers, administrative officers, fitness walking instructors, journalists

## **Results**

### **Produced documentation**

Report, activity plan, 2 project status tracking reports and a final report

## **Dissemination of the programme**

Promotional and dissemination events for the programme are continuously carried out on a local level. Events are organised by ASL CN1 in cooperation with the municipality of Saluzzo and other entities. The press and media and the Internet are used.

## **Impact**

90 participants (70% female, 30% male)

## **Assessment**

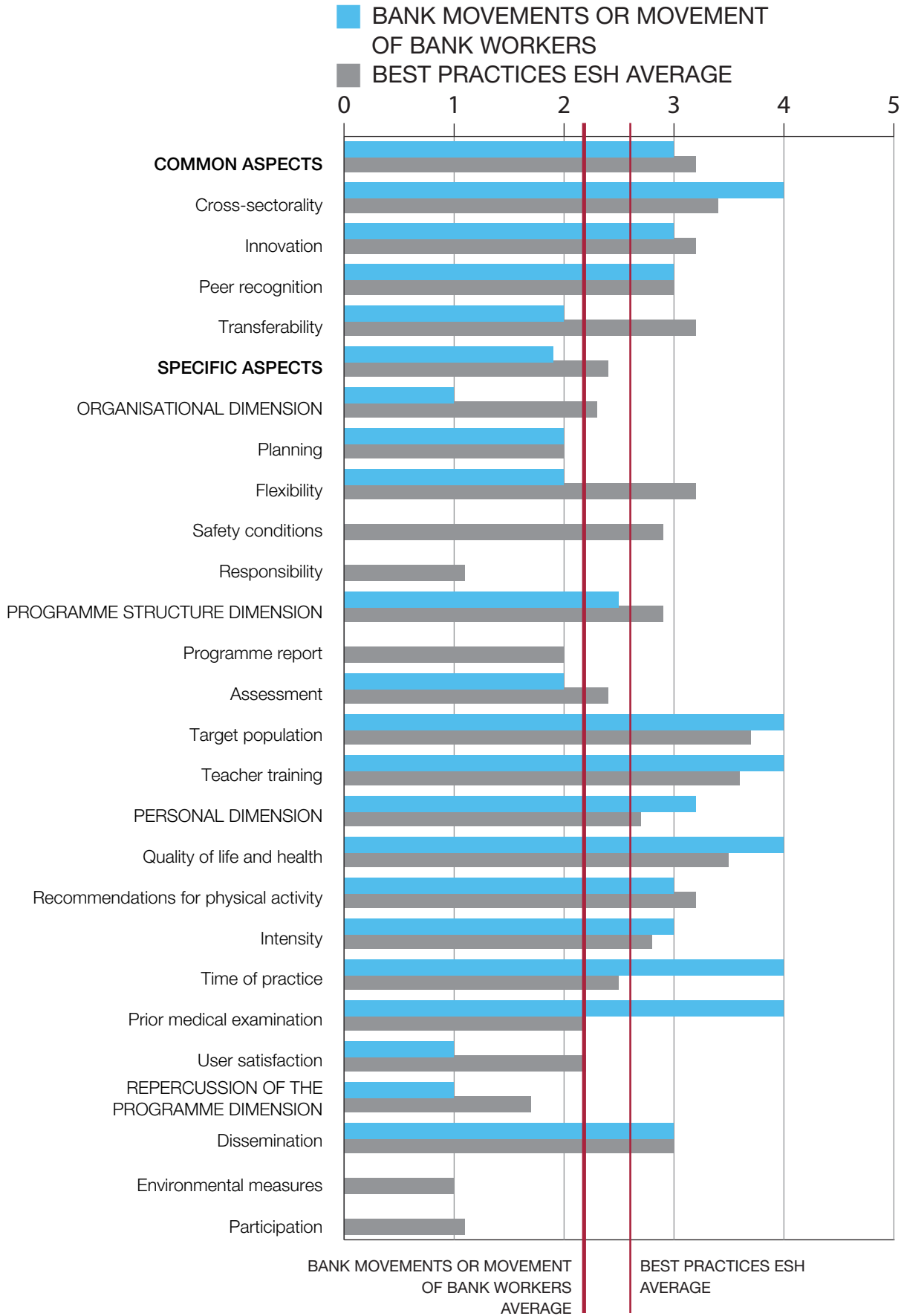
The programme was assessed in relation to a range of aspects: the number of people voluntarily participating in the programme; the setting up of walking groups/clubs within the Saluzzo area; the number of people who have become physically active (2 weekly sessions of fitness walking); and the number of fitness walking sessions requested and run by the «Scuola del cammino» within the territory falling into the programme scope.

## **Main conclusions**

The programme has reached its objectives. Moreover, 3 new clearly marked urban trekking trails have been created and there has been an increasing demand for fitness walking sessions to be organised in neighbouring areas as well. The programme's success is down to cooperation from a host of public entities related to health and social welfare and from private entities (sport association, local press, banks).

## **Programme strengths and weaknesses**

The programme Bank movements or movement of bank workers has built strong partnerships with local authorities. It has been helpful for developing sports tourism to reinforce the fact that Saluzzo is a healthy city. The programme can be adjusted and offered for a different target population (people with diabetes, the elderly, etc.). As a sport, fitness walking is extremely adaptable and easy and it greatly helps people to socialise. Setting up walking groups/clubs is indeed a long-lasting and continuous choice.



## 30 Step by step

Country	Spain
Province / Region	Barcelona
Municipality	Granollers



### Summary

This programme from Granollers Town Council is addressed to sedentary people with the purpose of encouraging them to walk as many steps as possible. Walking is the simplest activity humans can engage in and Step by step shows that doing it with a podometer increases motivation and commitment. The great advantage of the programme is the flexibility whereby the activity can be carried out whenever and wherever the participant decides.

For further information:

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Organisation / entity that identified the programme: Barcelona Provincial Council

Start date: 2009

End date: still ongoing

Organisation / Entity: Granollers Town Council

### Description

#### Objectives of the programme

1. To create a new project addressed to users who do not practice physical activity regularly and to increase the availability of programmes addressed to the elderly.
2. To assess the practice of physical activity emphasising its benefits among adults and the elderly.
3. To improve autonomy among the elderly when it comes to carrying out physical exercise without the regular guidance of a professional.
4. To monitor people's adherence to physical practice whilst analysing the reasons for dropping out and user longevity.

## **Target population**

People aged 50 years and over

## **Phases and main lines of action**

Participants receive a registration book, a podometer and an explanation as to how the podometer and the programme work. They begin to walk independently according to their own organisation (schedule, duration, accompaniment, etc.) or by joining a group (two sessions of one hour per week with all participants).

Regardless of the method chosen, participants will pass a check once a week to find out how many steps they have progressed. The numbers are recorded in the registration book.

## **The parties involved**

Granollers Town Council and Esport 3

## **Financial resources**

Total amount: 7,303 euros

The programme has been 100% self-financed

## **Human resources**

(1) coordinator from Granollers Town Council, (1) coordinator from the company Esport 3, (1) support technician from Granollers Town Council and (1) practical activity instructor.

## **Results**

### **Produced documentation**

Report, timetable, activity plan and dissemination material

### **Dissemination of the programme**

The programme is disseminated in meetings held in centres for the elderly. Information on the programme is provided at the outset and if any person is interested customised information can be given.

## **Impact**

221 participants (59% female, 41% male)

## **Assessment**

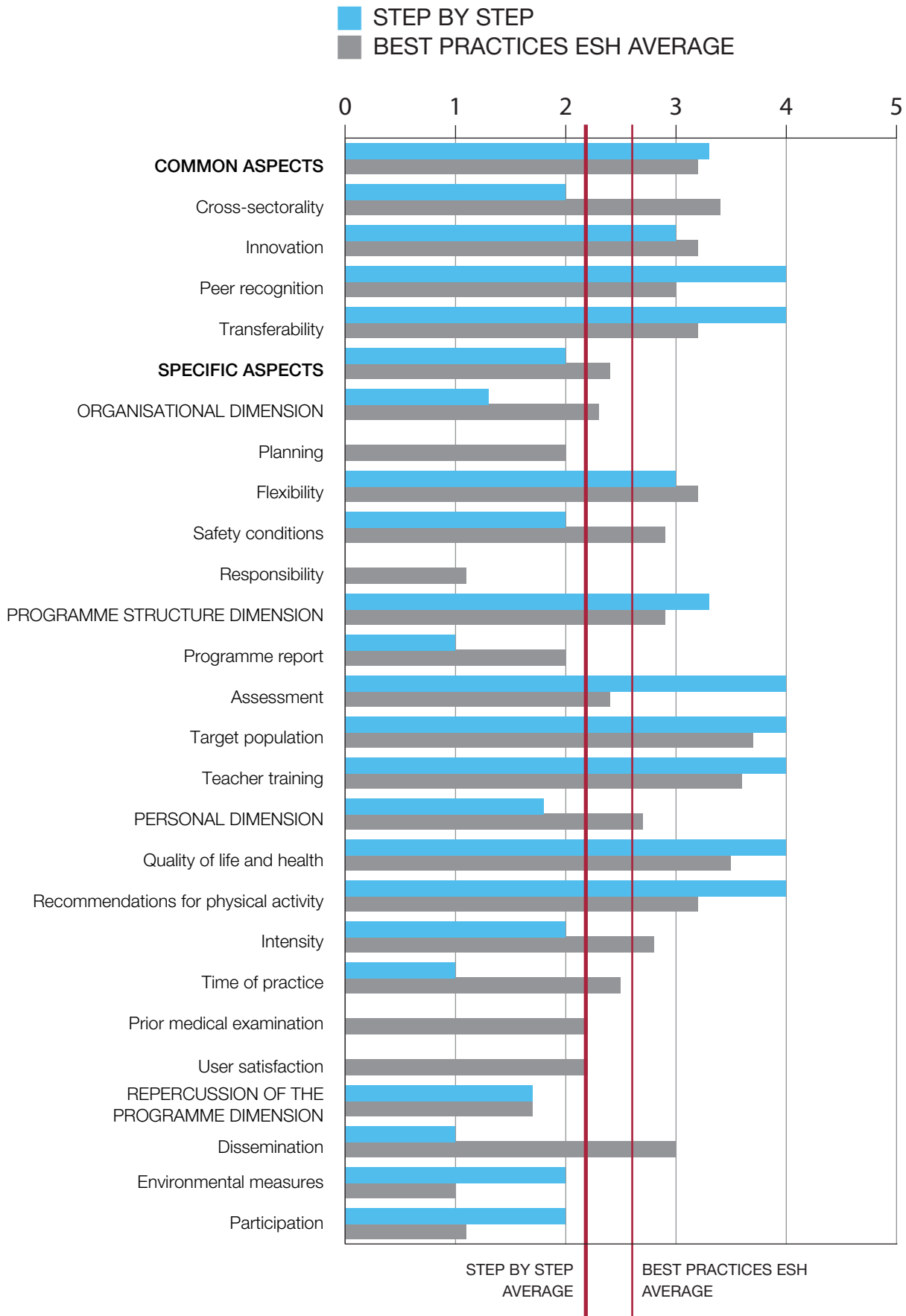
At the beginning of the programme, participants are tested using the 6-minute test and anthropometric data is compiled. Participants' development is monitored by repeating the tests four months later and at the end of the programme.

## **Main conclusions**

Step by step is a programme that is not carried out at a specific place or time. Based on a very simple activity, the programme enhances the activity of sedentary people through the introduction of the podometer as an element for motivation. The report on the programme concludes showing that there is an improvement in physical condition and a drop in problems shown by participants who engage in these regular activities.

## **Programme strengths and weaknesses**

The best results for the Step by step programme were obtained for transferability, assessment, target population, teacher training, quality of health and physical activity recommendations. The programme needs to improve in terms of planning, areas of responsibility, user satisfaction, time of practice, the programme report and dissemination.



## 31 Elderly people

Country	Spain
Province / Region	Seville / Andalusia
Municipality	Morón de la Frontera



### Summary

This programme from the local government of Morón de la Frontera (Seville) in Andalusia focuses on active ageing and running for people older than 60 years and who suffer some kind of health problem. The programme consists essentially of practicing moderate physical activity that allows people to walk in a more agile manner, making their bodies more flexible whilst working on coordination of movement. The programme consequently improves the health habits for elderly people whilst fostering their social integration. It has obtained wide peer recognition at regional level and undergoes continuous analysis to adapt to multiple changes. There are different public entities involved in the programme.

For further information:

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Organisation / entity that identified the programme: (IGOID) the research group for sports facilities and organisation management

Start date: 1995

End date: still ongoing

Organisation / Entity: Local Sports Department (P.M.D) Morón de la Frontera

### Description

#### Objectives of the programme

1. To contribute to the active ageing of old people, granting them personal autonomy regarding the practice of physical activity.



2. To pool the efforts of countless social welfare, public health, research and sports sectors.
3. To create new healthy habits and provide social integration for elderly people.

### **Target population**

People older than 60 years with or without some kind of health problem.

### **Phases and main lines of action**

- 15-minute initial phase of warm-up exercises: walk and articular mobility.
- 30-minute main phase of walking and coordination of movement: walk exercises and coordination of movement exercises (in motion and static).
- Final phase of relaxation and stretching (ten minutes).

### **The parties involved**

Health Centre of Morón de la Frontera, old people's homes in Morón de la Frontera.

### **Financial resources**

Total amount: 17,756.88 euros  
The programme has been 74% self-financed

### **Human resources**

(1) Physiotherapist

### **Results**

#### **Produced documentation**

Denomination, timetables, activity plan and costs.

#### **Dissemination of the programme**

Promotional and dissemination events for the programme are carried out at local level. Events are organised by the local government and other entities. Stands, posters, the press and media, radio, TV and the Internet are used.

## **Impact**

265 participants (90% female, 10% male)

## **Assessment**

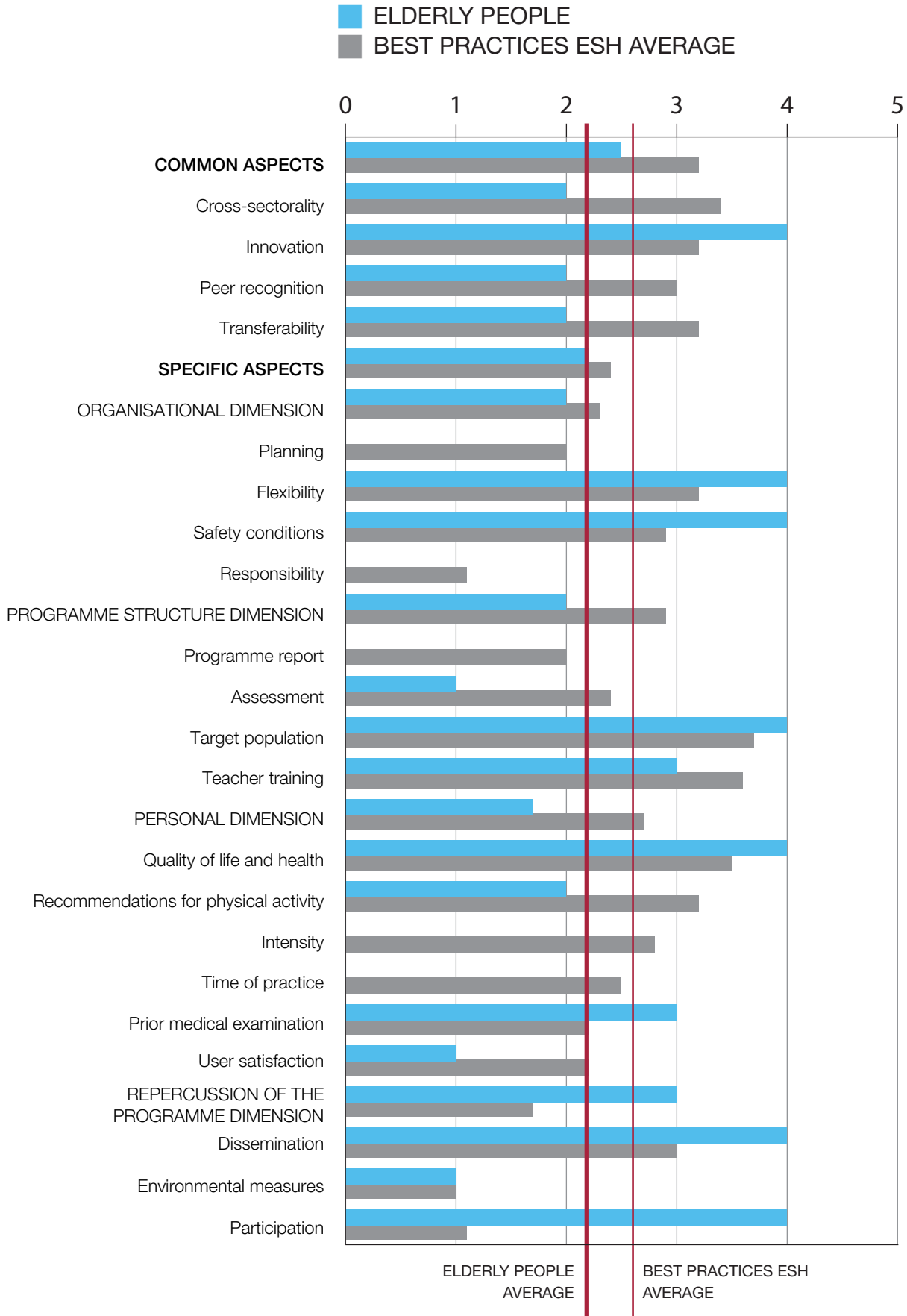
In June, at the end of the programme, participants complete an assessment on the course. The Elderly people programme undergoes continuous analysis for shortcomings and shows an ability to optimise resources whilst offering continuous training for a group for men during the evening, for instance. In addition, if there is any incident, it is directly reported to the sports manager.

## **Main conclusions**

The programme has witnessed notable growth since the outset. The programme owes its success to cooperation from a host of public entities related to health and social welfare and the high specialised qualifications of the professionals involved; indeed, in this case the programme is given by a physiotherapist. Furthermore, the programme has included new groups because there has been widespread participation.

## **Programme strengths and weaknesses**

In general terms, the Elderly people programme is highly recommended though a few dimensions could be improved. The level of participation, innovation, flexibility and dissemination are notable. The programme should include a report and flow chart with names, together with a statement of functions and actions carried out by those responsible. There are a few environmental measures included by the organisation but the programme does not consider the standard ISO 14001, so there is room for improvement.



## 32 National Sports Day – Chi si ferma é perduto

Country	Italy
Province / Region	Aosta Valley
Municipality	Aosta



### Summary

The programme from the Azienda USL della Valle d'Aosta is intended to foster participation in sport and physical activity on the part of all citizens at a regional level. The programme focuses on the promotion of healthy lifestyles and consists of organising a sports day. During the day free multi-sport coaching sessions can be followed on the spot and lunch is available at the health buffet. Many public and private entities are involved in the programme.

For further information:

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Organisation / entity that identified the programme: Azienda USL della Valle d'Aosta

Start date: 2009

End date: still ongoing

Organisation / Entity: Azienda USL della Valle d'Aosta

### Description

#### Objectives of the programme

1. To encourage citizens to participate in sport and physical activity.
2. To offer free multi-sport coaching sessions.
3. To make participants aware that they can benefit from regular and constant physical activity.
4. To help promote healthy lifestyles, including suitable eating habits.

#### Target population

Everybody living in Valle d'Aosta

### **Phases and main lines of action**

- Under the guidance of qualified sports instructors or trainers, participants are provided with free coaching sessions on one or more sports within the green area. Sports are separately presented in specific outdoor exhibition areas.
- Free distribution of fruit juices, tea, fresh fruit, rice and salad.

### **The parties involved**

Azienda USL della Valle d'Aosta (regional health authority), Regional Health and Social Welfare Department (Autonomous Government of the Valle d'Aosta), CONI (Italian National Olympic Committee) – Valle d'Aosta Division, municipality of Pollein (Valle d'Aosta), secondary schools in the Valle d'Aosta, fitness gyms and sports clubs.

### **Financial resources**

Total amount: 15,000 euros

The programme has been 100% self-financed

### **Human resources**

General director of Azienda USL Valle d'Aosta, sports instructors affiliated to CONI, sports medicine physician, physical education teachers, fitness gym and sports club owners.

### **Results**

#### **Produced documentation**

Video, photos and dissemination material.

#### **Dissemination of the programme**

Promotional and dissemination events for the programme are carried out at a regional level from the outset. Events are organised by Azienda USL della Valle d'Aosta in collaboration with other entities. Posters, the press and media, radio, TV and the Internet are used.

### **Impact**

1,000 participants (55% female, 45% male)

## **Assessment**

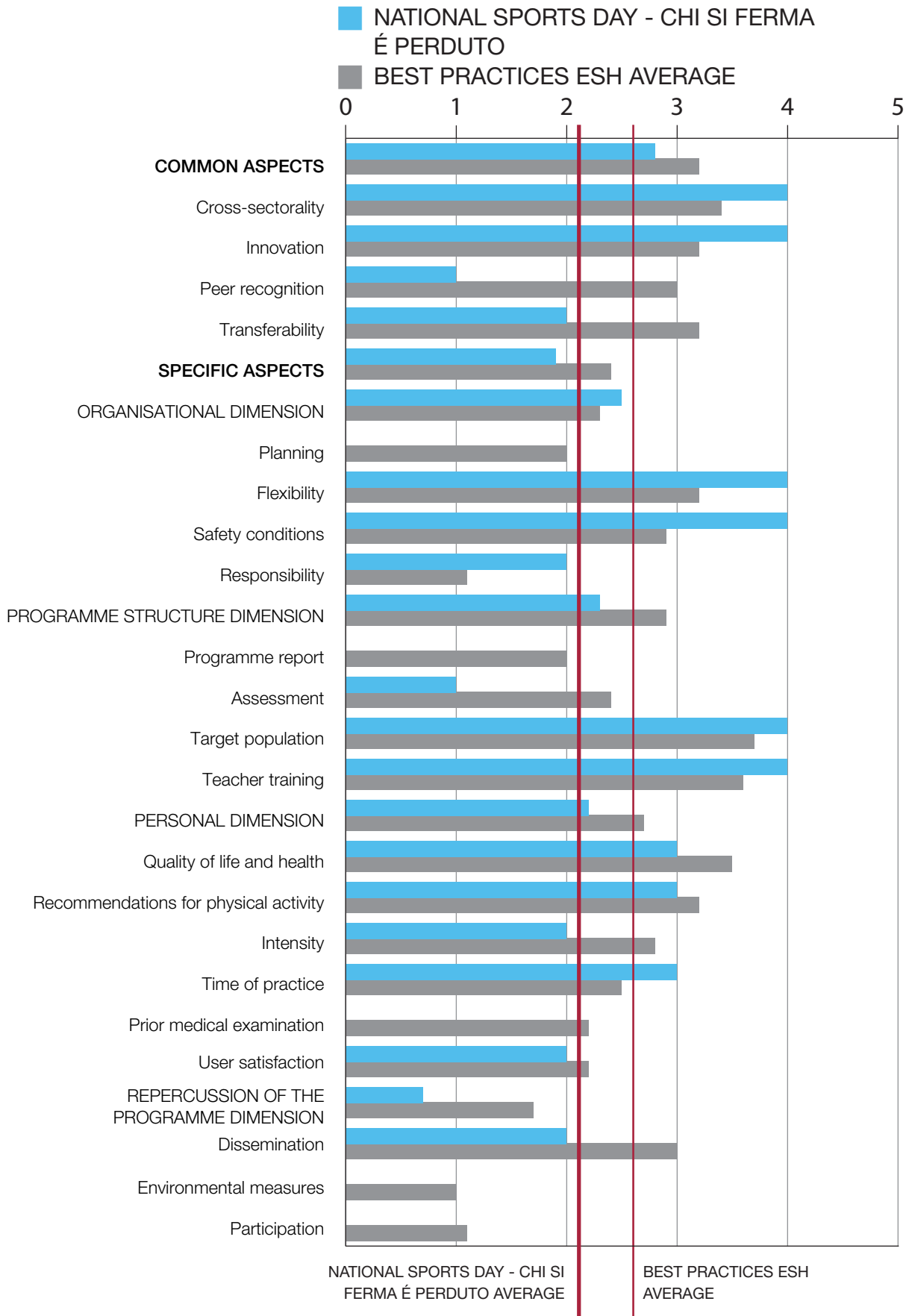
The programme National Sports Day – Chi si ferma è perduto undergoes continuous analysis for shortcomings and shows an ability to optimise resources. A user satisfaction survey has been prepared for use during the sports day.

## **Main conclusions**

The programme, which unfolds in a vast green area near Aosta, has involved countless people of all ages from babies to elderly people who are familiarised with and engage in different sports. The programme owes its success to cooperation from a host of public entities related to health, social welfare and sport and the highly specialist qualifications of the sports instructors.

## **Programme strengths and weaknesses**

The programme National Sports Day – Chi si ferma è perduto is highly welcomed by citizens. The strengths include ensuring people are familiar with and practice different sports. Other advantages include the creation of an ideal setting for a fulfilling and enjoyable experience that enhances the practice of sports, thereby engaging the audience in a healthy lifestyle. Moreover, the programme is flexible in terms of readjustments based on suggestions and innovation. A special area has been set up to provide information about sports for people with a disability. With regard to environmental measures, the programme has not applied such measures; hence, there is room for improvement.



### 33 Universitas University competitions

Country	Hungary
Province / Region	Central-Hungary
Municipality	Budapest



#### Summary

The University and College Sports Federation of Budapest has organised its own competition system for 9 years. The university and college students of Budapest participate in this championship. The target population consists of almost 100,000 young people aged 18-35. Each year, an average of 17,000 students are involved in the Universitas programme in some way. A main office with one person acting as a staff member organises the competitions into 17 sports with the help of almost 20 sports organisers. These organisers are P.E. teachers and university students. The intensity of the competition is determined by the participants' will to win. The indirect goal of the system is to get students to remain in contact with sport after their university years and to ensure there is a need for such programmes.

For further information:

Contact person:	Tamas Freyer
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Organisation / entity:	University and College Sports Federation
Email:	befs@interware.hu
Website:	www.befs.hu
Address and telephone:	1053, 3 Curia Street – Budapest, Hungary +36 307 48 42 90

Organisation / entity that identified the programme: Budapest Association of Sports Federations

Start date: 2001

End date: still ongoing

Organisation / Entity: University and College Sports Federation of Budapest

#### Description

##### Objectives of the programme

1. To instil and promote a healthy lifestyle.
2. To foster and provide a favourable social experience.
3. To create a passion for competition.
4. To organise free-time sport for university students.



## Target population

Students from universities and colleges in Budapest

## Phases and main lines of action

- Warm-up: 15-20 minutes
- Main part: from 40 seconds to 90 minutes according to the sports programme (from sprint to football match)
- Relax, stretching: 10-15 minutes

## The parties involved

Sport organising companies, universities, student governments, sport clubs

## Financial resources

Total amount 48,410 euros

The programme has been 15% self-financed

## Human resources

P.E. teachers (1-6 per event), judges (1-15), organisers (1-6)

## Results

### Produced documentation

Competition calendar, number of competitors, financial and professional report, competition announcement, competition results.

### Dissemination of the programme

Promotion is continuous via two channels: posters and a website that is regularly updated.

## Impact

13,458 participants (30% female, 70% male)

## **Assessment**

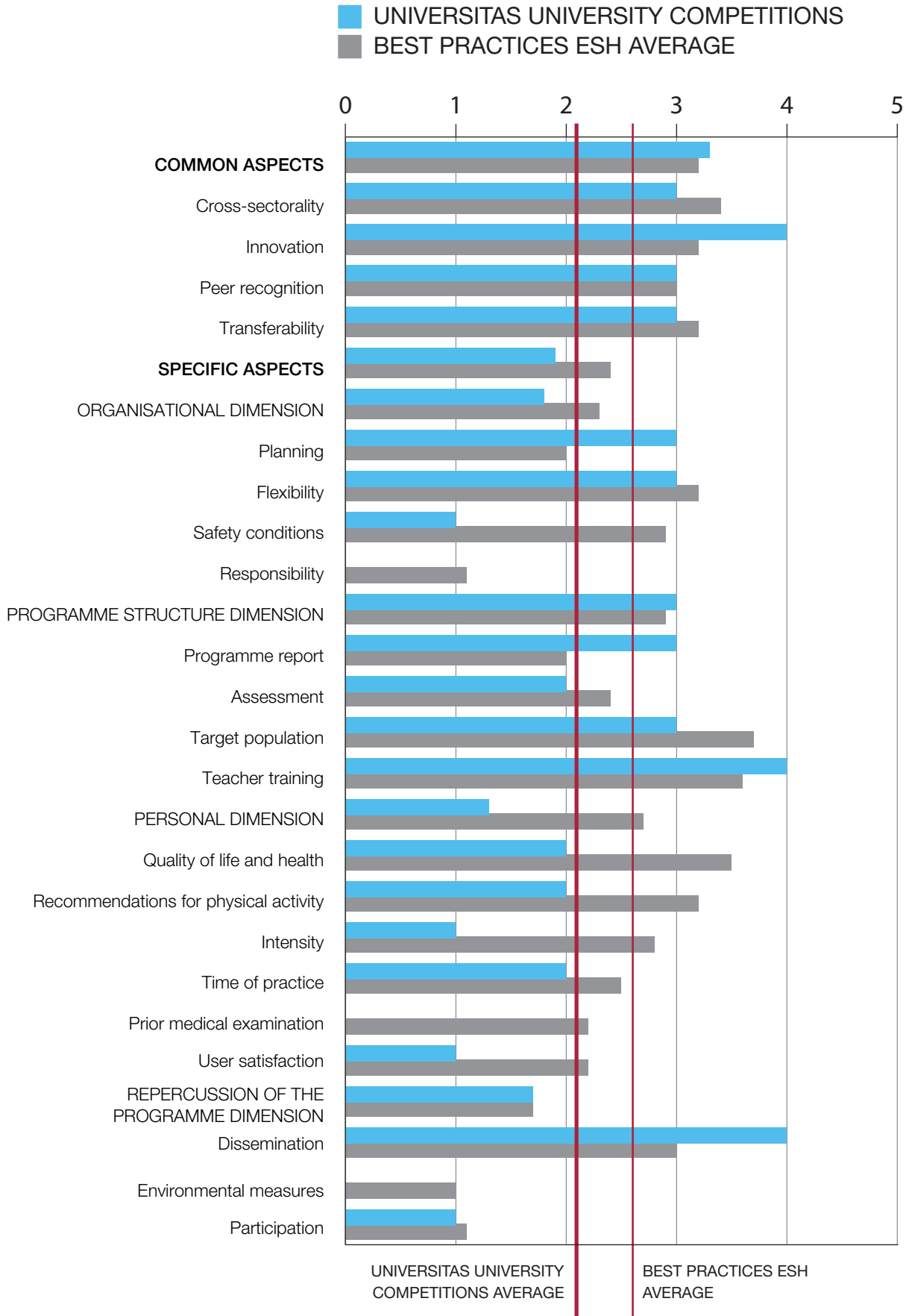
The University and College Sports Federation of Budapest supervises every event specifically and organise the following year's event according to the experiences from the previous one. The number of competitors, their feelings and the smoothness with which the event unfolds are all factors taken into consideration.

## **Main conclusions**

The goal of the Universitas championship is to provide a framework for leisure sports for university and college students. By the end of the 9th year, participation reached 15%. Organisers strive to reach 50% participation.

## **Programme strengths and weaknesses**

The strength of the programme is the ever growing interest shown, which is confirmed by the number of participants. Its weakness is that the growing number of competitors increases the organisation and implementation costs. We need to improve our communications as well until news of the events reaches every student.



## 34 Cross-country skiing day

Country	Italy
Province / Region	Aosta Valley
Municipality	Aosta



### Summary

This programme from the ISICA (a secondary school specialising in classical and fine arts studies) is focussed on fostering physical activity among students, particularly the disabled, with an educational and sporting basis. The programme consists of playing an outdoor sporting activity in a mountain setting and experiencing sliding on snow. Disabled sports and skiing instructors' associations are involved in the programme.

For further information:

Contact person:	Anna Maria Traversa
Position:	Director
Organisation / entity:	ISICA Aosta
Email:	is-artistica@regione.vda.it
Website:	www.scuole.vda.it
Address and telephone:	Via dei Cappuccini, 2 – 11100 Aosta, Italy +39 0165 458 38

Organisation / entity that identified the programme: Azienda USL della Valle d'Aosta

Start date: 2010

End date: still ongoing

Organisation / Entity: ISICA (secondary school specialising in classical and fine arts studies)

### Description

#### Objectives of the programme

1. To play an outdoor sporting activity in a mountain setting.
2. To encourage socialisation among disabled people.

#### Target population

Students, disabled included, from the ISICA

### **Phases and main lines of action**

- 1 h moderate physical activity practice experiencing sliding on snow.
- Speaking test and systematic monitoring of skiing learners.

### **The parties involved**

The ISICA (a secondary school specialising in classical and fine arts studies) Aosta, DISVAL (Valle d'Aosta disabled sports association), A.V.M.S (Valle d'Aosta skiing instructors' association).

### **Financial resources**

Total amount: 0 euros

### **Human resources**

Physical education teacher, programme coordinator, skiing instructor, career support worker.

### **Results**

#### **Produced documentation**

Photos

#### **Dissemination of the programme**

Promotional and dissemination events for the programme are carried out in the school from the outset.

#### **Impact**

9 participants (70% female, 30% male)

### **Assessment**

The Cross-country skiing day programme has two monitoring tools, one for students and one for instructors: a user satisfaction questionnaire and skiing instructors' self-assessment tool.

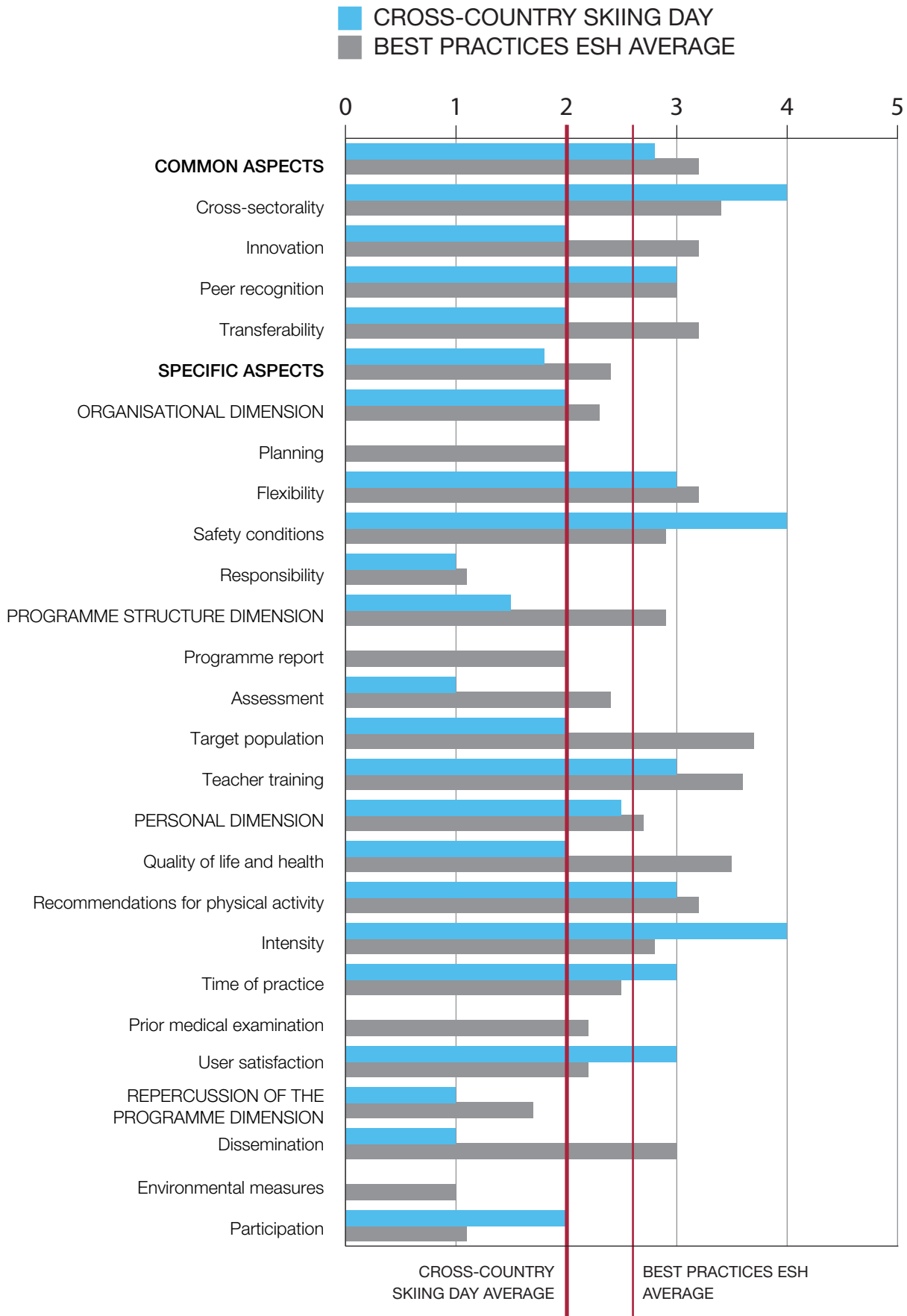
## **Main conclusions**

The programme has the goal of organising an outdoor sporting activity in a mountain setting providing participants with the experience of sliding on snow. The programme owes its success to cooperation from a host of public entities related to health, social welfare and sport and the highly specialist qualifications of the sports instructors.

## **Programme strengths and weaknesses**

The strengths of the Cross-country skiing day programme are related to the promotion and the practice of skiing and the fact that it encourages socialisation among disabled people. Moreover, the programme can be readjusted for other outdoor activities and addressed to other types of users.

The weaknesses concern the short duration of the experience and the fact that the programme only extends to one school.



## 35 Health in movement

Country	Italy
Province / Region	Veneto
Municipality	Verona



### Summary

This programme from the municipality of Verona aims to promote physical activity to prevent chronic diseases and to help people to socialise. The programme was given special recognition during the competition Esperienze intersettoriali delle comunità locali per Guadagnare Salute (intersectoral experiences from local communities to gain health). Public entities related to health and university and gym clubs are involved in it.

For further information:

Contact person:	Alessandro Pignatelli
Position:	Director of Culture Unit
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Email:	<a href="mailto:laura_ugolini@comune.verona.it">laura_ugolini@comune.verona.it</a>
Website:	<a href="http://portale.comune.verona.it">http://portale.comune.verona.it</a>
Address and telephone:	Comune di Verona, Piazza Bra, 1 – 37121 Verona, Italy +39 045 807 89 30/23

Organisation / entity that identified the programme: Azienda USL della Valle d'Aosta in cooperation with Dors (the documentation centre for health promotion in the Piedmont region).

Start date: 1989

End date: still ongoing

Organisation / Entity: Municipality of Verona

### Description

#### Objectives of the programme

1. To promote health and prevent chronic diseases.
2. To provide cost-effective and specialist-led physical education activities.
3. To improve quality of life.
4. To provide an opportunity for getting together and socialising.



## **Target population**

Verona citizens over 55 years

## **Phases and main lines of action**

Initial warm-up phase, joint mobilisation exercises, exercises to tone up muscles in the lower and upper limbs, muscle stretching exercises, balance and coordination activities, aerobic resistance exercises, final cooling-down phase (1 h per session).

## **The parties involved**

Municipality of Verona, Department for Health Prevention of ULSS20 Verona, University of Verona – Faculty of Physical Education Science.

## **Financial resources**

Total amount: 165,000 euros

The programme has been 31% self-financed

## **Human resources**

Senior municipal civil servant, project manager, municipal officers, P.E. professors, physicians.

## **Results**

### **Produced documentation**

Report, participant database and information brochure

### **Dissemination of the programme**

Promotional and dissemination events for the programme are carried out sporadically. The press and media and mailings are used.

## **Impact**

1,100 participants (90% female, 10% male)

## **Assessment**

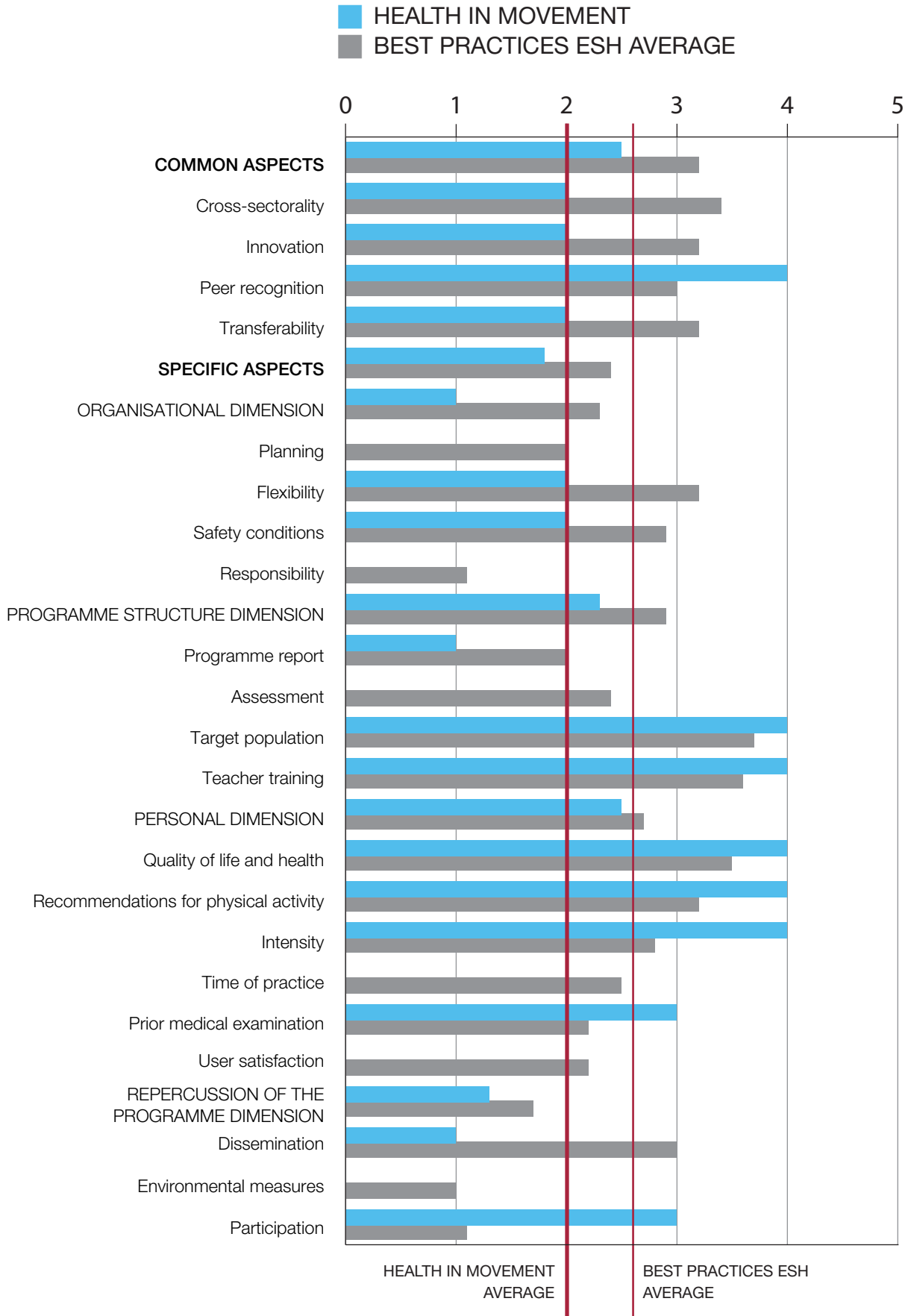
The programme undergoes continuous analysis for shortcomings and shows an ability to optimise resources. Functional tests are performed prior to and after physical activity sessions. The satisfaction level is assessed according to participants' loyalty to the programme's activities.

## **Main conclusions**

The programme has reached its objectives regarding physical health promotion, prevention of chronic diseases, health screening (medical history, specialist medical examination and/or additional clinical checks) and helping people to socialise.

## **Programme strengths and weaknesses**

The programme promotes physical health wellbeing among elderly people and involves GPs who promote and prescribe physical activity. Participants are split into homogeneous functional groups within gym clubs. It has been extended to a further 6 municipalities. The weakness concerns the need to improve with regard to environmental measures, which the programme has not applied.



## 36 Choose a sport! Day

Country	Hungary
Province / Region	Central-Hungary
Municipality	Budapest



### Summary

The purpose of this programme is to provide opportunities for all age groups to try more than 80 sports. It is our hope that these personal experiences will motivate people to practice a chosen sport regularly. The Hungarian sporting elite is invited to make the programme more interesting. Coaches and sportsmen give advice and organise public workouts. The event is open to all ages and is completely free of charge. We emphasise that it is never too late to choose a sport. We offer a wide range of sports, including kayaking, canoeing, skiing, and horse-riding.

For further information:

Contact person:	Endre Ipacs
Position:	Chief organiser
Organisation / entity:	Choose a sport! organiser office
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Website:	www.sportagvalaszto.hu
Address and telephone:	1134, 90 Róbert Károly krt. – Budapest, Hungary +36 20 563 92 54

Organisation / entity that identified the programme: Budapest Association of Sports Federations

Start date: 2002

End date: still ongoing

Organisation / Entity: Choose a sport! Organiser Office

### Description

#### Objectives of the programme

1. To display as many sports as possible from which participants can find what is best for them.
2. To create a foundation for new generations.

### **Target population**

The resident population of the city in which it is organised

### **Phases and main lines of action**

Participants themselves can decide how much time they spend at the chosen sports' free workout. The programme opens at 10 am and closes at 6 pm. During that time, participants wander around the location and engage in physical activity according to their interest and motivation. Among the wide variety of sports there is aerobics, fitness, karate, rugby, Taekwondo, tennis, triathlon, softball, golf and athletics.

### **The parties involved**

Merkapt Llc, Governmental Ministry, Hungarian Olympic Committee, National Sports Federation.

### **Financial resources**

Total amount: 75,000 euros

The programme has been 20% self-financed

### **Human resources**

(1) Chief organiser, (1) coordinator, (30) organisers, (150) coaches, (2) doctors

### **Results**

#### **Produced documentation**

Database about the sports and schools, invitations, programme plan, chronological plan, layout of the area.

#### **Dissemination of the programme**

Programme updates are aired continuously. Posters, radio spots, the press, TV spots and the Internet are used.

## **Impact**

2,000 participants (50% female, 50% male)

## **Assessment**

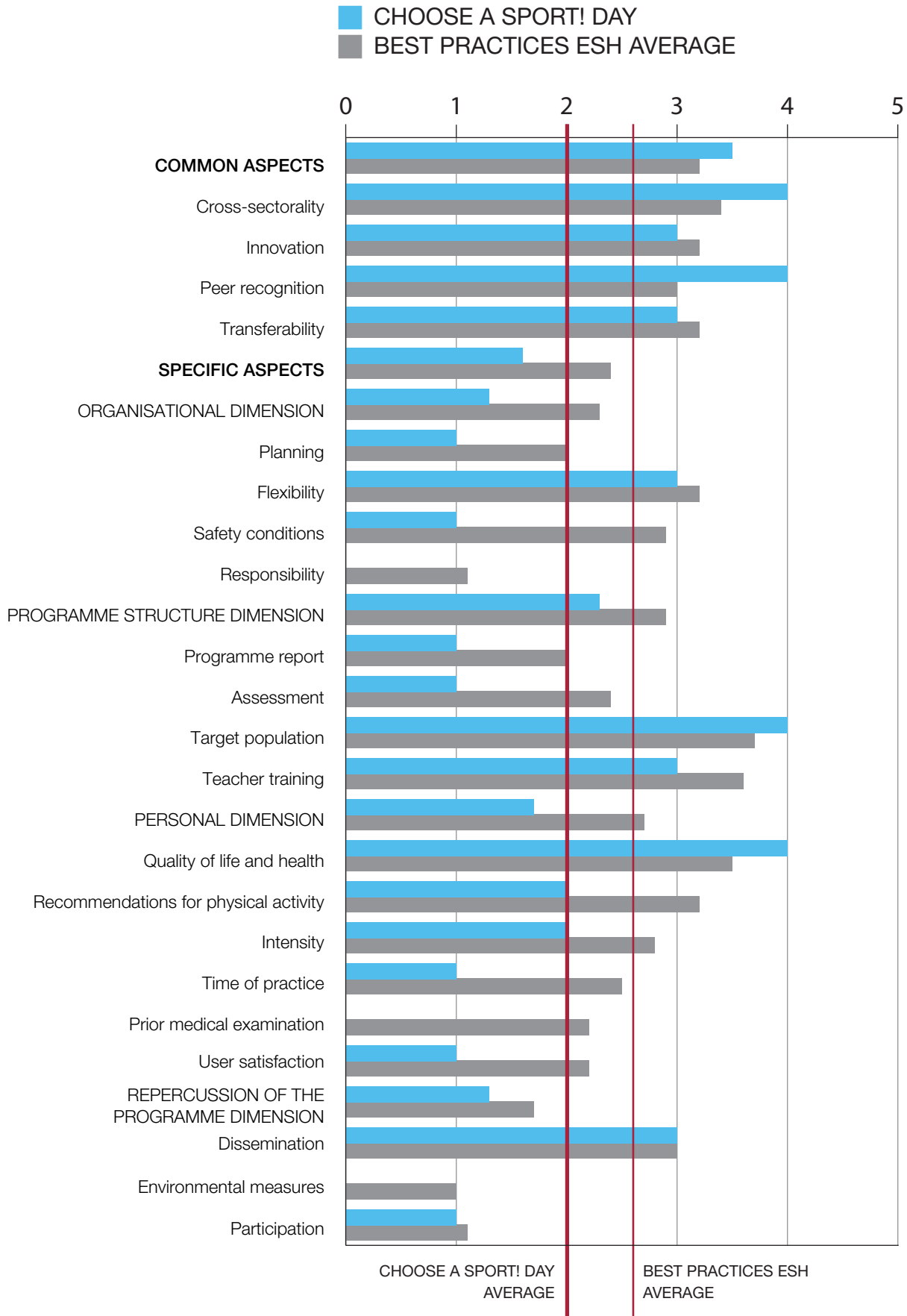
The programme only has quantitative indicators. The increasing number of participants, schools and represented sports confirm the success. The programme was adopted by other cities as well.

## **Main conclusions**

The goal of the programme is for participants to become acquainted with different sports. This way each sport can gather more sportsmen and women. As a result, the interest for the represented sports increases following the event.

## **Programme strengths and weaknesses**

The main strength of the programme is that it helps to choose a sport in several ways. Participants can try almost all possible sports, they are given advice by coaches with great experience and the elite can inspire them also. The infrastructure of the location needs to be improved. Also, the throughput of each sporting area should be increased to reduce the waiting time.



## 37 Historical relay race

Country	Hungary
Province / Region	Central-Hungary
Municipality	Budapest



### Summary

This event recalls an historic episode in time (the struggle for freedom in 1848-1849) through the medium of a sporting activity: running. The Historical relay race of Budapest renewed a sport tradition that dates back to 1924. Back then such races were widespread among the cities of Europe. The distances of relay races were determined in a way that makes them achievable for almost everyone. When the event was first organised in 1993, it was only open to students, but 5 years ago that restriction was lifted. Therefore, it has become a genuine leisure time running competition for everyone. We provide additional programmes for participants: health-screenings, counsels, musical performances, award-giving ceremonies, and a special memorial of the historic event.

For further information:

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Website:	www.bpatletika.hu
Address and telephone:	1053, 3 Curia Street – Budapest, Hungary +36 12 66 80 28

Organisation / entity that identified the programme: Budapest Association of Sports Federations

Start date: 1993

End date: still ongoing

Organisation / Entity: Athletic Federation of Budapest

### Description

#### Objectives of the programme

1. To help people achieve a healthy lifestyle.
2. To create an opportunity for social experience with cultural and historical content.
3. To nurture traditions.



### **Target population**

All students in Budapest

### **Phases and main lines of action**

- General warm-up for running: 10-15 minutes (slow running, gymnastics for stretching, sprints).
- Competition: 1-3 minutes, according to distance and the stamina of the competitor.

### **Parties involved**

Local Government of Budapest, sport department, Student Sports Federation of Budapest, University and High-school Union, sports clubs, ice-rink in the park.

### **Financial resources**

Total amount: 21,000 euros

The programme has been 25% self-financed

### **Human resources**

(5) Organisers who prepare the competition, (130) directors and judges, (10) medical staff, (2) doctors, (2) ambulance men, (24) policemen, (8) public transport coordinators, (1-2 per team) P.E. teachers

### **Results**

#### **Produced documentation**

Competition announcement, implementation plan, professional report, minute book.

#### **Dissemination of the programme**

Programme information is continuously updated on a provincial level. Posters, the press, TV, the Internet and flyers are used.

## **Impact**

2,000 participants (30% female, 70% male)

## **Assessment**

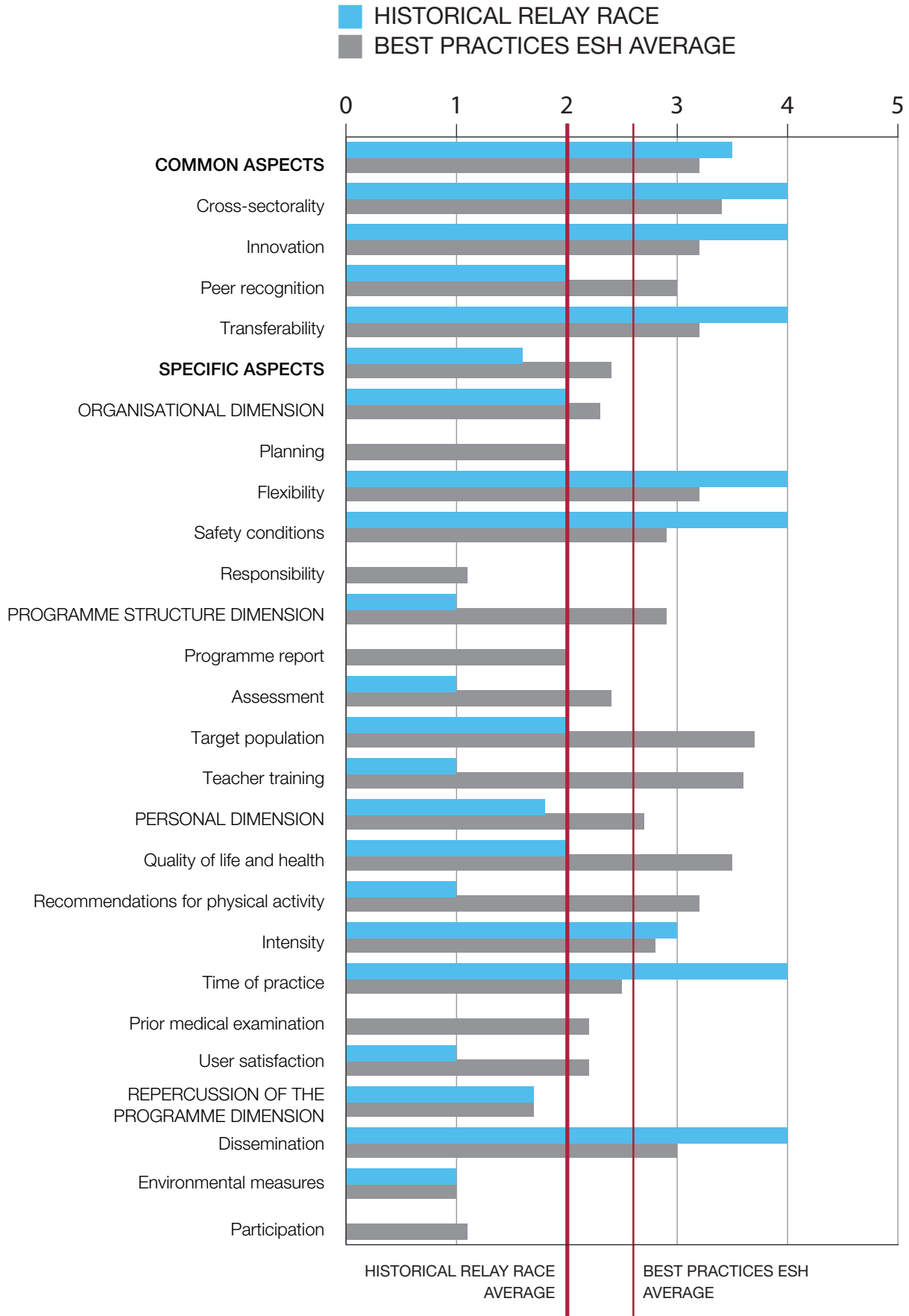
The Local Government of Budapest supports the event with scope for implementation. Financial support is given by the Wesselenyi Miklos Public Sports Foundation, the Ministry of Defence, the local government of some districts of Budapest, other foundations, and sponsors. For this reason, a financial and assessment report is drawn up each year describing the programme's benefits and possible improvements for the coming years.

## **Main conclusions**

The principle idea of this programme is based on the involvement of pupils; therefore, the number of possible participants is almost unlimited in the case of a big city like Budapest. Each year 80-100 schools bring teams, only about one fifth of the institutions.

## **Programme strengths and weaknesses**

As this year we organised this programme for the 18th time, it can be considered a traditional event. Its historical aspect is always at the heart of the event for students. Its weakness is that its success relies greatly on good weather and that the running path, which is a frequented road, must be secured causing some difficulties for buses and cars. The organisation costs a great deal as well.





## Comparison and assessment of the best practices compiled

Following a benchmarking methodology, this section sets out a comparison of the results obtained after the analysis of each best practice. Healthy physical activity and sports programmes are compared in tables and charts in relation to dimensions, indicators and target population. Within these comparisons, particular characteristics of healthy physical activity and sports programmes are highlighted. By comparing the best practices selected, weaknesses and strengths of the programme can easily be analysed and compared with the remaining programmes. Results are structured into three types of charts.

Firstly, the 37 programmes that have been selected as best practices are listed according to order of score. Every indicator for every programme has a score from 0 to 4 and average scores at all levels have been extracted to compare sports programmes and indicator results (Table of best practices with assessment of 21 indicators).

Secondly, grouped charts compare the results of the indicator with the average score for all programmes and the average score for all dimension (Grouped charts).

Lastly, the collection of programmes has been extremely balanced with a similar number of programmes compiled for every target population. Best practices have been **grouped** according to the following target populations: children, young people, adults, disabled people, the elderly and sport for all (Best practice results according to target population).

## **Table of best practices with assessment of 21 indicators**

### **Grouped charts**

- Common Aspects
- Specific Aspects
  - Organisational dimension
  - Programme structure dimension
  - Personal dimension
  - Repercussion of the programme dimension

### **Best practices results according to target population**

- Best practices for children
- Best practices for young people
- Best practices for adults
- Best practices for elderly
- Best practices for disabled people
- Best practices for all

## Conclusions and proposals to improve physical activity and sports programmes

The main objectives of this European Best Practice Guide of Physical Activities and Sports Programmes is to offer examples of physical activity and sports programmes which are well-developed in Europe and, furthermore, to compare the results as a technique to provide ideas for readapting existing programmes and offering new ideas for future planning of programmes in other territories.

According to the results obtained, there are some relevant conclusions we can draw to keep promoting the design of good physical activity and sports programmes and to redesign other programmes that have room of improvement.

It has been demonstrated that **health programmes** are more effective if they are **designed taking into account the needs of a specific population**. In this respect, entities that allow citizens to engage in sports must analyse accurately the needs and characteristics of the population and adapt the objectives of the programme to a specific target population.

**Cross-sectorality** facilitates the transferability of essential knowledge that will enhance the quality of the programme in terms of health promotion. For this reason, clubs and entities that provide sports programmes should guarantee they are set up and developed by other departments linked to health and social welfare.

Another important aspect that enhances the quality of a sports programme is the **qualification held by the teachers or instructors who conduct the sports programmes**. In this case, clubs and entities should work on guaranteeing that professionals in the field are recruited having knowledge of the strengths and weaknesses of the target population and adapting the programme to reality. The most suitable qualifications are degrees in physical education, health-related degrees, sports science degrees and specific training in physical activity and health.

In order for programmes to be assessed as healthy sports programmes, all of their objectives should be geared towards improving **quality of life and health**. Clubs and entities will need to undertake great effort in establishing a clear organisational chart with information about who **is responsible for developing the programme** and who will be involved in the actions to be carried out.

Regarding **environmental measures**, it is obvious that a system of effective environmental management needs to receive more support from local authorities. A reduction in the environmental impact of the programme would thus be achieved and even the organisation would obtain greater profitability.

Since the actual number of people who participate in the programmes in relation to the expected **participants** shows a very low percentage, sport organisations should improve when it comes to the promotion of sport and physical activity among the population. Despite organisations promoting the existence of the sports programmes they are offering, the effect of dissemination is not as remarkable as expected, or expectations in terms of participation are too high.

Sport organisations should focus particularly on the internal consistency of the programmes with the **planning** of the actions to be carried out when designing a physical activity and sports programme and likewise on the creation of a more detailed programme report.

When we look at the **sports programmes according to target population**, we can see that sports programmes targeted to children have the best internal organisational capacity with good coordination, structure and implementation. On the other side of the coin, programmes addressed to adults have a remarkably low score for operational aspects; they need to improve in terms of operation and coordination of human and material resources.

Apart from the 37 physical activity and best sports practices, **40 further programmes in the field of the sport have been compiled**. Among them, we have found excellent programmes that have reached a suitable score to be considered as a best practice (42 points) but failed in obtaining the required minimum score for common aspect indicators. Indeed, **peer recognition** is the most difficult indicator to obtain and local institutions could do more to disseminate the programme in the territory and in the media. If we analyse the results in depth, the worst indicators are **responsibility** and **environmental measures**, which coincide with the low scores for the programmes selected as best practices. In addition, those programmes need to improve urgently with regard to the indicators concerning **user satisfaction, programme report, assessment, medical check, intensity and planning**.

On the context of the creation of this document, we would like to emphasise the importance of establishing a common methodology to assess physical activity and sports programmes in Europe. Considering that every country or territory has its own definitions in the field of health and sport, Spain, Hungary, Cyprus, Italy and the UK have reached a consensus in defining indicators and concepts such as health, sport, physical activity or healthy lifestyle. For this reason, we consider the European Commission could help to reach a consensus with the remaining European countries and extrapolate this methodology at European level. This would create a general database to improve the health and quality of life of individuals and communities in Europe whilst giving examples and ideas to sports managers on how to organise new sport activities or programmes adapted to their reality and context.

In line with the conclusion of the project, the methodology created seeks to be dynamic and facilitate the self-assessment of sports and physical activity programmes for organisations. In order to preserve this dynamism, we expect the generation of a self-assessment tool will allow a sports manager to make an estimate as to whether he



is developing a good practice or not. Furthermore, organisations would be able to assess, plan and implement programmes that increase health-enhancing behaviours, decrease health risk behaviours and create environments conducive to healthy lifestyles.

Furthermore, this methodology could be adapted to other sectors where sport has a social impact, such as social inclusion, education, values and even competitive sport. Common indicators and glossaries should be created in every sector to form the basis for comparison of programmes implemented in different territories.

Finally, we would like to encourage the European Commission to disseminate this tool as far as possible once Euro Sport Health is finished in order for it to serve as a useful tool in the field of sport.

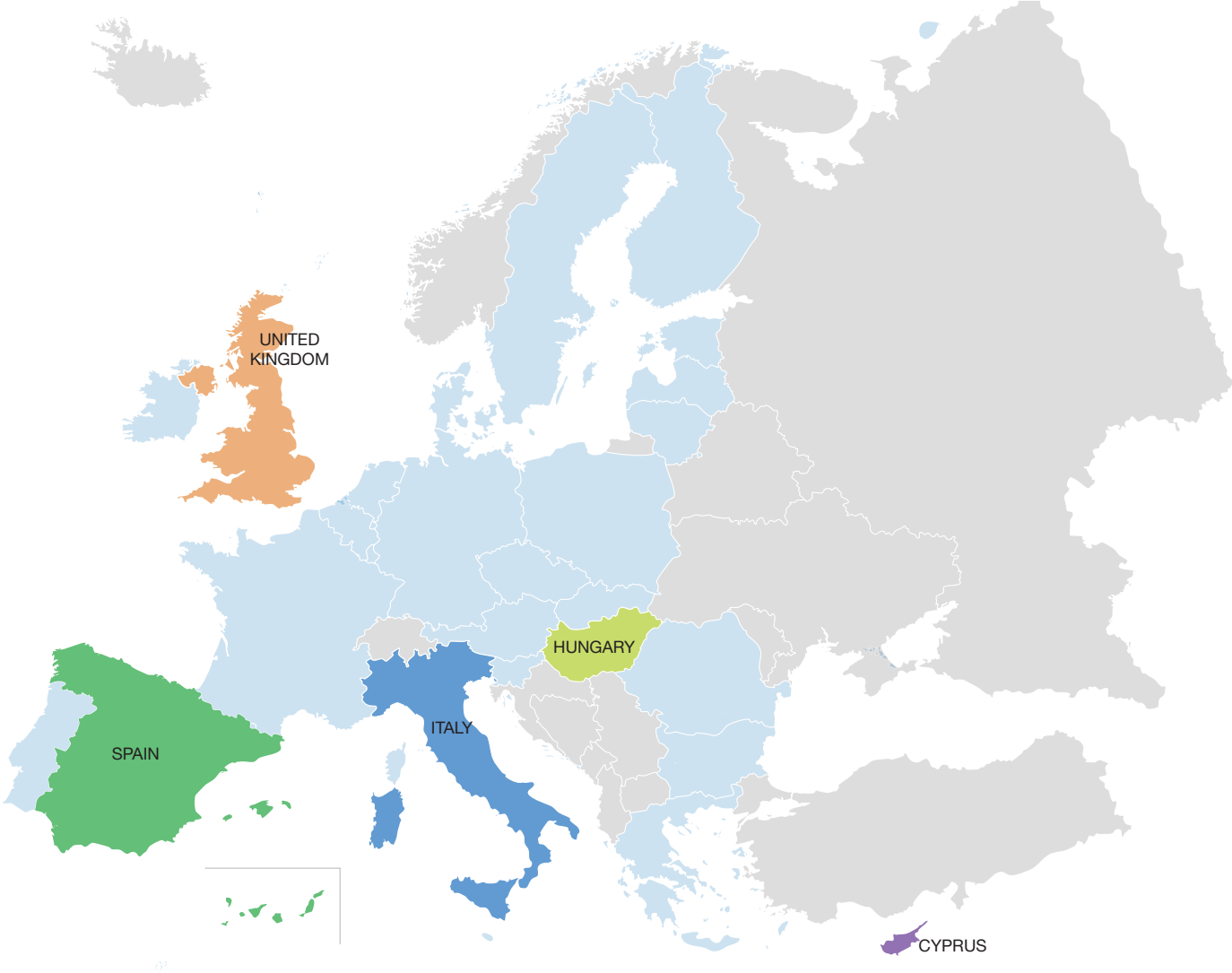
## Notes of Assessment tool to detect and assess best practices in healthy physical activity and sport

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1. Works developed in the frame of this previous work will be of exclusive property of Barcelona Provincial Council and Fundació Carles Pi i Sunyer d'Estudis Autònoms i Locals and, in consequence, the favoured bidder transfers the copy rights, public communication of results and edition; however, the bidder cannot use any data for itself nor third parties without the previous written authorisation of both institutions. The price of this work includes the rights that could be derived from this exclusive transfer.
2. Macintyre and Ellaway, 1998; Parks et al., 2003; Takano et al., 2002
3. Corti et al., 1996; Hallal et al., 2006; Steffen, 2006
4. Eyster et al., 2003; Fox, 1999; Pate et al., 2005
5. Alexandris et al., 2004; Gallardo, 2005
6. Stahl et al., 2001
7. Burton et al., 2003
8. García Ferrando, 2006; Stahl, 2002
9. Wild et al., 2004
10. Barengo, 2004; Soomar and Macintyre, 1995
11. Bull et al., 2004; Bauman, 2004; Department of Health, 2004
12. Stahl et al., 2001
13. Di Lorenzo et al., 1998; Sallis et al., 1997; Sallis and Owen, 1998
14. Ball et al., 2001; Brownson et al., 2001; Diez-Roux et al. 2000; Ecobas and Macintyre, 2000; Giles-Corti and Donovan, 2002; Macintyre and Ellaway, 1998; Parks et al., 2003; Takano et al., 2002
15. Eyster et al., 2003; Giles-Corti and Donovan, 2003; Humpel et al., 2004; Li et al., 2005; Pascual et al., 2007; Stahl et al., 2001; Van Lenthe et al., 2005; Wendel-Vos et al., 2004
16. i.e. ParticipACTION and SummerActive in Canada, Fit for life in Finland, Push Play in New Zealand, Netherlands on the Move! VERB United States
17. Bull et al., 2004; Centers for Disease Control, 2001; Kahn et al., 2002
18. Kahn et al., 2002
19. Bull et al., 2004
20. Ball et al., 2001; Stone et al., 1998; Strong et al., 2005

# Annexes

## Eurobarometer of the country of Euro Sport Health partners



## Tool to collect information on best practices

### MESH - Best practices collection sheet

#### General information about the organisation

Organisation name: \_\_\_\_\_

Locality: \_\_\_\_\_

Region: \_\_\_\_\_

Country: \_\_\_\_\_

Nr of inhabitants: \_\_\_\_\_

Does the organisation dispose of a certification of quality? YES  NO

Indicate which: \_\_\_\_\_

#### General Programme Information

Name: \_\_\_\_\_

Type of programme: \_\_\_\_\_ Start date: \_\_\_\_\_

Place of performance: \_\_\_\_\_ End date: \_\_\_\_\_

Budget (€): \_\_\_\_\_ Self-financing (%): \_\_\_\_\_

#### Specific programme information

Offer participants: \_\_\_\_\_ Registered participants (21): \_\_\_\_\_

Target population (11):

Children  Youth  Adults  Elderly  Disabled  Sport for all

Participation by sex (%): men % women %

Collaborating entities (1) \_\_\_\_\_

1 \_\_\_\_\_ Public  Private

2 \_\_\_\_\_ Public  Private

3 \_\_\_\_\_ Public  Private

4 \_\_\_\_\_ Public  Private

Indicate which of the above entities is related to health or social welfare: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Relationship of human resources (12)**

N	Role	Training
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

**Project objectives (13)**

1	
2	
3	
4	
5	

**Other considerations****Innovation (2)**

Indicate modifications, improvements and innovations of the programme regarding previous editions or arisen needs and justify them:

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**Peer recognition (3)**

Has the programme had some sort of external recognition? YES  NO

Indicate which: Local  Provincial  Regional  National  International

**Flexibility (6):**

Indicate whether the programme can adapt to any changes or not:

Activities

Means available

Place of performance

New demands Indicate which:

**Safety conditions (7)**

Does the organisation have protocols against possible risk, emergencies and first aid related to the programme? YES  NO

If the response was "YES":

Is the monitor programme trained in first aid and Basic emergency related to the programme? YES  NO

Do users receive information regarding potential risks, emergencies and basic first aid related to the programme? YES  NO

In addition, are users instructed in the programme in these areas? YES  NO

**Report of the programme (4) (5) (8) (9)**

Indicate whether there is a report available of the sport programme carried out or not:

No, there is no report

No, the programme only lists the possible actions to develop

Yes, there is a report

In the event the answer is "Yes, there is a report", write the various items that compose the report:

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Does the organisation dispose of a structured time line? YES  NO

If the answer is "YES", include the time line at the end of the document

Is there a detailed activity plan? YES  NO

If the answer is "YES", include the activity plan at the end of the document

### Evaluation (10)

Specify the monitoring tools conducted to evaluate the programme and include them, if possible, at the end of the questionnaire together with their results

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### Checkup (17)

Is health of participants evaluated previously? YES  NO

Indicate in what way:

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Does the organisation have its own medical service? YES  NO

Can it be used throughout the programme? YES  NO

### Satisfaction (18)

Specify which tools are used for the evaluation of satisfaction and suggestions from the user. Include them, if possible, at the end of the document

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### Dissemination (19)

When is programme information updated to participants?

Only at the beginning

Sporadically

Continually

There is no update

How was the programme disseminated?

Posters

Press

Radio

TV

Internet

Other

Is any personal information provided? YES  NO

How?

**Environmental issues (20)**

Indicate whether legislation ISO 14001 or similar are implemented as environmental management systems or not:

No measure is applied

Measures suggested by the organisation itself are applied

Some similar measures to the ones indicated in the guideline are applied

An ISO 14001 accreditation or a similar one are considered. Some measures are carried out

There is an ISO 14001 accreditation or a similar one

**Activities included in the programme (\*)**

(\*) Note: The sport programme which include more than one activity should complete this table as many times as activities are included in the programme

Nr:

Name:

Location of development:

**Specific objective**



**Activity description**

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Intensity of the exercise:

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How is the intensity evaluated?:

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Duration of the activity:

---

Real duration of physical activity practice:

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**Activity summary**

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Use the space below or the annexes to add pictures and other graphic documents regarding the activities

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## Self-Assessment tool

### Best Practice Self-Assessment Questionnaire

#### Name of the organisation

Country

Name and surname contact person

Position

Contact email

Telephone

#### Name of the programme

Town / city where it unfolds

Brief description of the programme

Please tick the option that best fits the characteristics of your programme

#### 1. Is your sports programme cross-sectoral?

- It has only been organised by the sports organisation or by the corresponding private entity
- It has been organised together with 1 public or private entity
- It has been organised together with 2 entities (public and/or private)
- It has been organised together with 3 entities (public and/or private)
- It has been organised together with 3 or more entities. At least 1 of them is related to health and/or social welfare

#### 2. Is your sports programme innovative?

- It is a programme maintained over time without any change or improvement
- There are modifications or activities from the previous programme without any justification
- There are actions for improvement and innovation regarding the assessment carried out for the previous programme
- There are new services or forms of management based on new needs
- There are new needs and opportunities and they are met without taking advantage of favourable conditions

**3. Has your sports programme been recognised in the field?**

- It has no recognition or positive assessment of players in this sphere of action
- It has peer recognition and positive assessment of players at a local level
- It has peer recognition and positive assessment of players at a provincial level
- It has peer recognition and positive assessment of players at a regional level
- It has peer recognition and positive assessment of players at a national / international level

**4. Is your sports programme easily transferable?**

- It cannot be transferred. Exclusive programme for its context
- Only the overall objective of the programme can be transferred
- Only 1 basic pillar can be transferred
- 2 basic pillars can be transferred
- The 3 basic pillars can be transferred

**5. Does the programme have a schedule of actions?**

- No, it does not have a schedule of actions
- It has a general plan but no chronological frameworks for the different actions
- It has a chronological framework for some areas of the programme
- It has a chronological framework for most of the actions and areas developed
- It has a prior chronological framework for all areas of the organisation, even with some alternative plans for unexpected situations

**6. Is the programme flexible?**

- No, it does not allow modifications
- It is flexible regarding material resources
- It is flexible regarding some of its actions
- All the actions are flexible even in unexpected circumstances (protocol of actions, staff)
- It is flexible in terms of resources, actions and new demands

**7. Does your programme consider safety conditions?**

- The organisation does not have basic rules for action when faced with potential risks, emergencies and first aid related to the programme
- There are protocols for action in case of potential risks, emergencies and first aid related to the programme, but monitors are not trained on these issues
- There are protocols for action in case of potential risks, emergencies and first aid related to the programme, and monitors are trained on these issues
- There are protocols for action in case of potential risks, emergencies and first aid related to the programme, monitors are trained and users are informed about them
- The organisation has instructed monitors and users on the protocols and actions to be carried out in case of potential risks, emergencies and first aid related to the programme

**8. Does the programme have an organisational chart?**

- No it does not
- There is a general information chart for positions within the organisation without specifying names
- There is a general organisational information chart specifying the name of the people responsible for every task
- There is an information chart for all policy areas (top and middle management and operational controls)
- There is a fully detailed information chart for all areas with the names and a statement of functions and actions

**9. Are data and characteristics for the different actions performed compiled in a report?**

- No, they are not
- There is no report but the main features of the experiences and actions are compiled without breaking down the information
- There is a programme report but only some parts are broken down into detailed information
- There is a programme report and most parts of the programme are broken down
- There is a programme report and all parts are broken down

**10. Does the programme have any assessment system?**

- There is no assessment system to monitor the programme
- There is a check on some parts of the programme but it is not included in the report
- The assessment system performs checks and monitoring on major programme areas
- The assessment system issues a report after finishing the programme
- The assessment system generates continuous feedback during the programme including the result summary in the report encompassing all areas of the programme

**11. Does the programme define the target population with its needs and characteristics?**

- The programme does not define the target population
- The programme identifies the target population but none of the objectives are properly geared
- Some of the proposed objectives are geared to the target population
- Most objectives are properly geared to the target population
- All objectives are properly geared to the target population

**12. Are the programme instructors trained?**

- Instructors have no qualifications or training
- Instructors have a qualification in professional sports training
- Instructors have a qualification in physical activity and health
- Instructors have a degree in physical education or a health-related degree in medicine, physiotherapy, nutrition or nursing
- Instructors have a degree in sports science (or similar) with post-graduate education in physical activity and health

**13. Does your programme promote quality of life and health?**

- Neither the programme nor its objectives are oriented towards that mission
- It is geared towards improving quality of life and health but this is not reflected in the objectives of the programme
- Some of its objectives are geared towards that mission
- Most of its objectives are geared towards that mission
- All its objectives are geared towards that mission

**14. Does your programme follow recommendations for healthy principles?**

- It does not follow healthy physical activity recommendations for the target population
- Some recommendations are followed but without a clear plan
- Some of the recommendations are followed for each target group with a clear activity plan
- Most of the recommendations are followed for each target group with a clear activity plan
- All recommendations are followed for each target group with a clear activity plan

**15. Is the intensity of the physical activity controlled?**

- It is not controlled by any of the means included in the proposed methods of assessment
- It is controlled by some of the methods but clear directives are not given to the user
- It is controlled by some of the methods of assessment proposed and the level of intensity is adequate for the target population
- It is controlled by some of the methods of assessment, the level of intensity is adequate for the target population and users are informed in this regard
- It is controlled by some of the methods of assessment, the level of intensity is adequate for a healthy population and participants with different pathologies. Users are informed of these aspects

**16. How does the programme structure the time of practice?**

- The real time of practice is not structured in advance by the instructor
- The instructor structures the actual time of practice in advance but does not control it during the programme
- The actual time of practice is structured for less than 50% of the actual time available
- The actual time of practice is structured for between 51% and 75% of the actual time available
- The actual time of practice is structured for between 76% and 100% of the actual time available

**17. Does the programme plan a prior medical examination?**

- No examination is performed
- A medical examination is suggested to users before beginning the programme

- The monitor administers a questionnaire for self-assessment
- A validated questionnaire is administered in advance (PAR-Q or similar) or a prior medical report is required
- A validated questionnaire is administered in advance (PAR-Q or similar) and there is an optional medical service during the programme

**18. Is user satisfaction gauged?**

- It is not gauged
- User satisfaction is known through communication between monitor-user without a systematic procedure
- The opinion of the user is known by forms for complaints and suggestions
- Satisfaction surveys are conducted but information is not conveyed on the assessment
- User satisfaction is gauged through surveys and there are forms for suggestions and claims in the final report

**19. Is the programme disseminated among the population?**

- No information is offered
- Information on the programme is offered exclusively at the start by means of publicity posters
- Sporadic updates of information are offered during the programme in the media
- Regular dissemination and updates on the programme are offered in the media
- Information is offered through the media and is customised for each user in different formats. Users have a personal environment for providing feedback

**20. Does the programme consider measures to reduce its impact on the environment?**

- There is no planned measure and the measures set out in standard ISO 14001 are not known
- Environmental measures are proposed by the organisation itself
- Different environmental standards are known and some measures are taken which are similar to those standards
- The standard ISO 14001 is considered and some of the measures thereof are adopted
- There is accreditation of standard ISO 14001 or a similar standard

**21. Which is the % of participation in relation to availability?**

- From 0 to 10%
- From 11% to 49%
- From 50% to 90%
- From 91 to 100%
- Waiting list



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