EU DG EDUCATION AND CULTURE FUNDED: SPORTS CLUB FOR HEALTH
Starting position 2007/2008

- TAFISA initiative in the connection with the
  1) HEPA Europe
  2) ISCA
  3) EFCS
  4) ENGSO
The SCforH -process in brief

- 4.-5.2.2008 2nd TAFISA – ESFAN workshop "Sports Clubs for Health", Helsinki,

- 9.9.2008 SCforH Symposium in connection with HEPA Europe Conference, Glasgow,

- 23.-24.8.2009 "Sports Club for Health" workshop, Helsinki

- 11.-12.11.2010 SCforH working group in connection with HEPA Europe Conference, Bologna,

- 25.-26.11.2010 SCforH working group in connection with HEPA Europe Conference, Olomouc

Sports Club for Health

Framework for the SCforH programmes -

- Concepts and terminology
  - physical activity
  - physical exercise
  - HEPA and sport,
  - dose-response of PA and health

- Health effects of Physical Activity in different sports

- Sports Club as civic organisation

- Sports Club as health oriented organization

- Social capital in sports club activities

- Evidence-based guidelines of health-oriented sports programs in the sports club
THE REPORT

THE GUIDELINES
FOR SPORTS CLUB
FOR HEALTH (SCforH) PROGRAMS

Editors:
Sami Kokko,
Pasi Koski,
Jorma Savola,
Markku Alen and
Pekka Oja

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Sports Club for Health

- From project to process -

- SCforH-project is funded by EU Sport Unit 2/2010-5/2011

- There are two essential aims for the project
  1) aim is to update and develop 1.0 guidelines => guidelines 2.0
     - workpackages
  2) aim is to develop SCforH network in the area of health-enhancing PA with special focus on sports clubs
Work Packages with experts

• WP 1 Project networking, management, coordination and economy
  M.Sc. Jorma Savola (TAFISA-ESFAN, EFCS)
  - networking between umbrella organizations like HEPA Europe, ISCA, ENGSO and TAFISA.

• WP 2 Further development of the first SCforH guidelines
  Dr Sami Kokko, Dr. Charley Foster (HEPA Europe) and Dr. Pekka Oja (HEPA Europe)
  • developing 1.0 guidelines to 2.0 guidelines e.g. to finalize the outcomes from various WP as a part of the 2.0 guidelines
• WP 3 Model certificate system for the assessment of SCforH
  a) WP 3.1 concentrates on Certification system and quality management
     Dr. Herbert Hartmann (ISCA)
     • Workshop 7.-8.10.2010 in Warsaw, Poland

  b) 3.2 concentrates on Instructor Education system
     Stefan Westerback (FISAF/EHFA)
     • Workshop 21.10.2010 in Eindhoven, The Netherlands

• WP 4 Health profile of different sports
  Dr. Ari Heinonen (Univesity of Jyväskylä)
  • collect current evidence of different sports health effects and benefits
  • Workshop held 14.6.2010 in Jyväskylä, Finland
• WP 5 The leadership and management of sports clubs
   M.Sc. Jorma Savola (TAFISA-ESFAN)
   • How to exercise leadership and management in the civic organization?

• WP 6 Funding system for the health-related PA promotion
   Dr Pasi Koski (International Sociology of Sport Association)
   • concentrates on how SCforH-programs could be financed
   • Workshop held 14.6.2010 in Jyväskylä, Finland

• WP 7 Evaluation of the project
  a) Evaluating this SCforH project
     Dr Sami Kokko (University of Jyväskylä)
  b) How sports clubs should and could execute evaluation as a part of SCforH work?
     Dr Stepjan Heimer (TAFISA-ESFAN,...)
Sports Club for Health
Concluding Symposium
6th-8th of February 2011
in the City of Vantaa, Finland
THE UPDATED GUIDELINES VERSION 2.0

1st STAGE - Planning for a Sports Club for Health Programme
Guideline 1. Identify the possibilities for SCforH programme
Guideline 2. Identify the health potential of your club's activities
Guideline 3. Explore the know-how and material outside your club
Guideline 4. Ensure the quality of SCforH programme
Guideline 5. Agree on aims and formalize the strategy and operating procedures

2nd STAGE - Implementing a Sports Club for Health Programme
Guideline 6. Inform about the forthcoming actions internally and externally
Guideline 7. Secure the competence of instructors and support them in program delivery
Guideline 8. Monitor the feasibility of planned activities and gather data

3rd STAGE - Documenting and communicating a Sports Club for Health Programme
Guideline 9. Keep records of SCforH programme actions
Guideline 10. Share your success within, outside and beyond the club

To modify and utilize

- EXPERTS
- PARTNERS
- TAFISA, ISCA, ENGSO, EFCS, HEPA Europe
Promotion of the Sports Club for Health Guidelines

• Networking: TAFISA-ESFAN, ISCA, ENGSO, EFCS and HEPA Europe
  • approaching all crucial European bodies, which deals with sports clubs

• SCforH Partners
  • Italy: Federazione Italiana Aerobica e Fitness – FIAF
  • Spain: AccETTD-Cultural and Scientifical Association of Tourism, Leisure and Sport Studies.
  • Poland: Ministry of Sport and Tourism.
  • Estonia: Estonian Sport for All Association.
  • Croatia: Faculty of Kinesiology. University of Zagrep

• Year 2011 – optional events
  • HEPA Europe Conference 11.-13.10.2011, Amsterdam
  • EFCS 4th Active Workplace Conference 22.-23.10.2011, Helsinki
  • TAFISA World Congress 10.-14.11.2011, Turkey
  • ISCA; utilizes in the programs
  • ENGSO; utilizes in the programs

• Year 2012
  • meeting of key persons
  • SCforH workshop/symposium/conference

• Year 2013 - events
  • meeting of key persons
  • SCforH workshop/symposium/conference
Thank you!

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