



**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

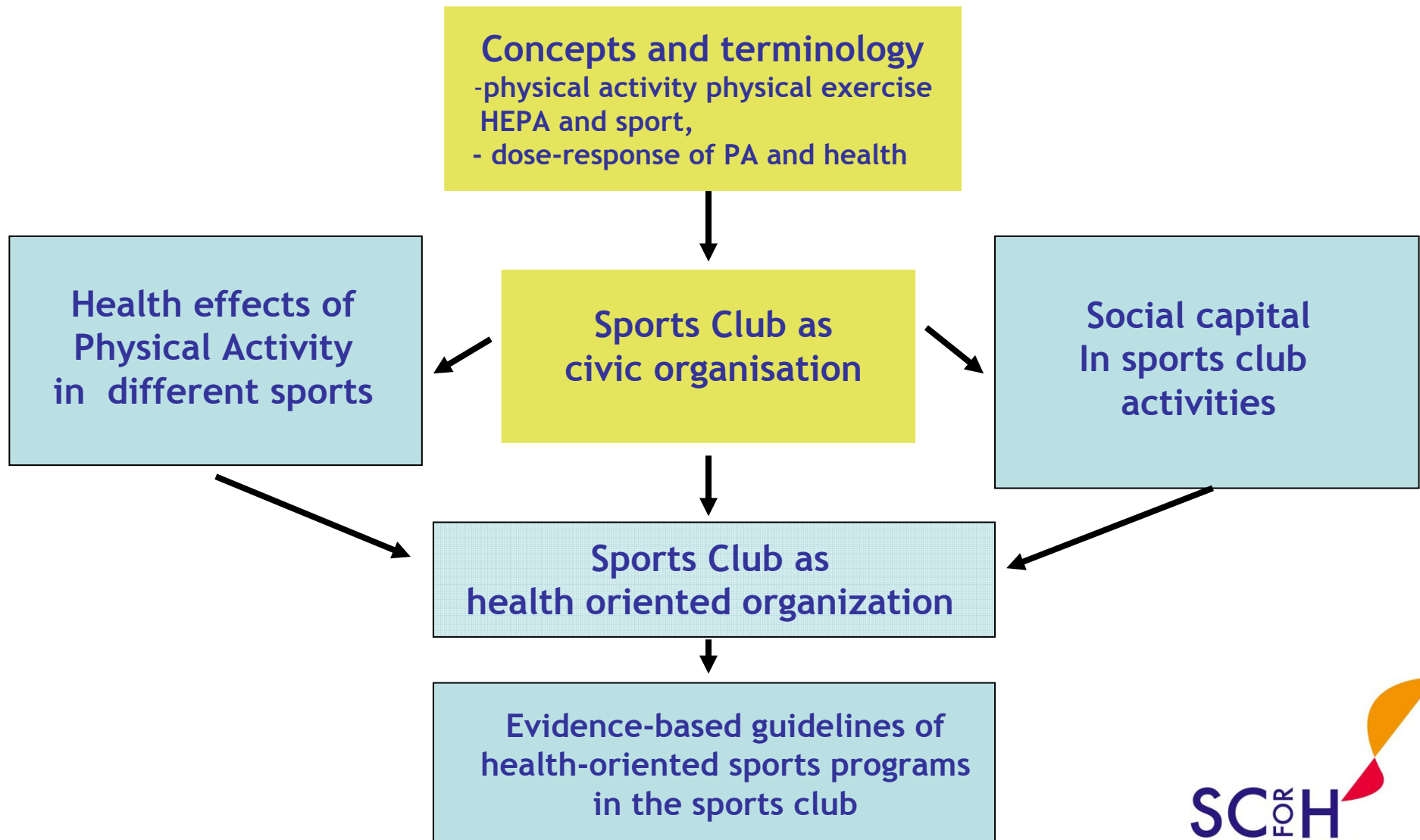
# The SCforH -process in brief

- 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
- **EU granted SCforH –project 2009-2011: Jyväskylä, Warsaw, Eindhoven, Olomouc workshops in 2010 and Concluding symposium in Vantaa, Finland 2011**



# Sports Club for Health

- Framework for the SCforH programmes -



# THE REPORT

## THE GUIDELINES FOR SPORTS CLUB FOR HEALTH (SCFORH) PROGRAMS

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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 (University 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*



# SCforH -project

## SPORTS CLUB for health "Work Packages"

SPORTS CLUB AS CIVIC ORGANISATION

SETTING BASED APPROACH

LEADERSHIP/MGT OF THE CIVIC ORG.  
ORGIZATION

HEALTH PROFILE / HEALTH EFFECTS

SCforH CERTIFICATE

FINANCIAL SUPPORT PRINCIPLES

INSTRUCTOR EDUCATION

## THE UPDATED GUIDELINES VERSION 2.0

1<sup>st</sup> 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 clubs 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

2<sup>nd</sup> 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

3<sup>rd</sup> STAGE Documenting and communicating a Sports Club for Health Programme

Guideline 9. Keep records of SCforH programme actions of your actions

Guideline 10. Share your success within, outside and beyond the club

To modify and

utilize

EXPERTS

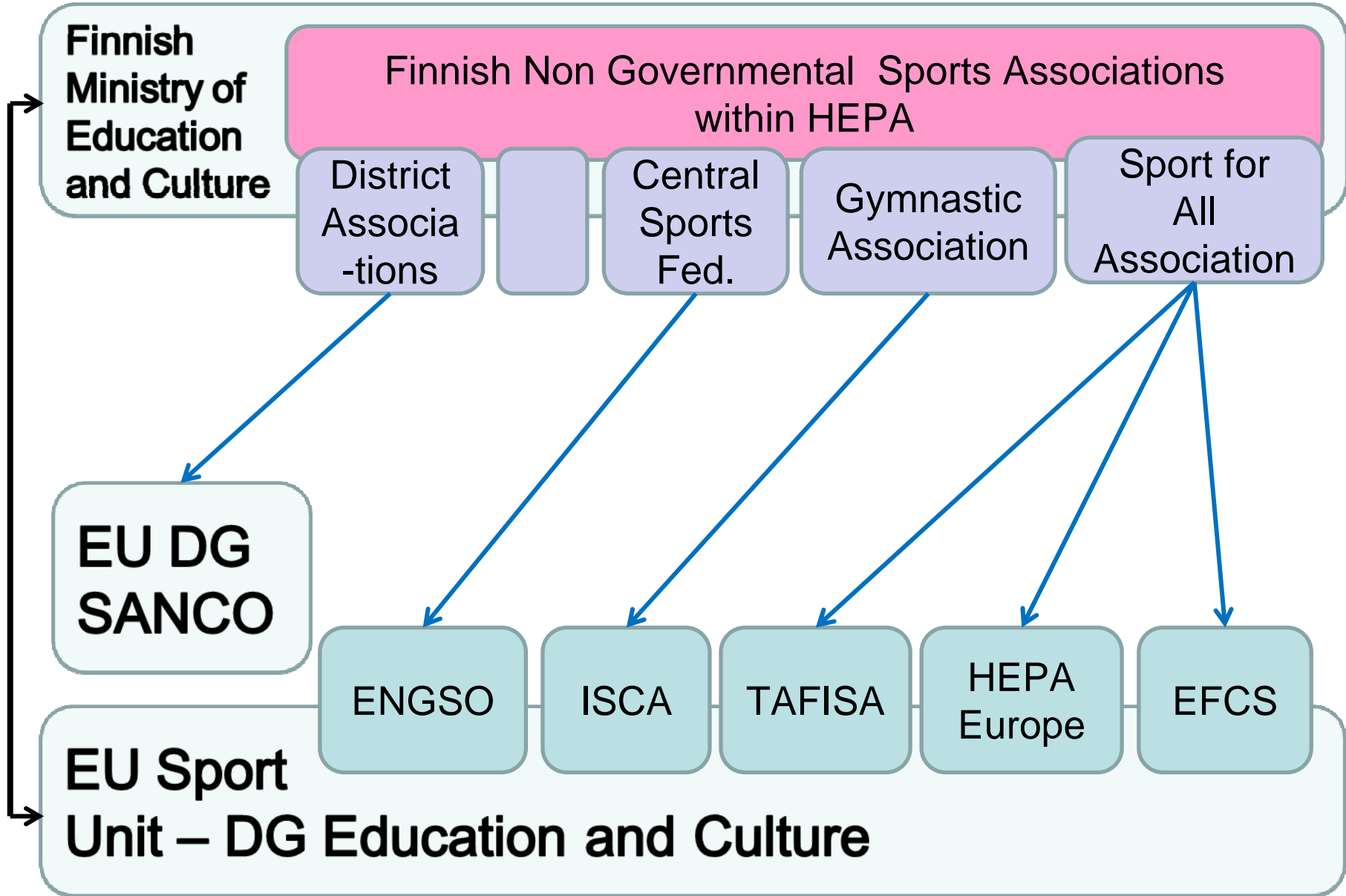
PARTNERS

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 Scientific 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 Zagreb
- **Year 2011 – optional events**
  - HEPA Europe Conference 11.-13.10.2011, Amsterdam
  - EFCS 4<sup>th</sup> 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

Case Finland



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# Thank you!

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