Sport, Physical Education And Coaching in Health (SPEACH) project
Outline

• Introduction SPEACH

• Structure of SPEACH

• (Preliminary results) needs analysis

• Website

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Introduction

- Level PA inactivity (59% no/seldom sport; 52% no/seldom daily activities Eurobarometer 2014)

- Stimulate HEPA through PETE & Coaching education

- Awareness raising HEPA

- Healthy Ageing approach

- Young pupils and athletes

- HEPA related modules Physical Education Teaching Education (PETE) & Sport coaching education programs

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Introduction

• Health Enhancing Physical Activity:
  • Exercise
  • Sport
  • Daily Activities (transport, leisure-time, …)
  • Promotion of non-sedentary behaviour

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Structure SPEACH project

• Workpackages
  1. Management, monitoring & evaluation
  2. Needs analysis
  3. Module development
  4. Training concept development
  5. Piloting, review & validation
  6. Quality assurance & sustainability
  7. Valorisation & sustainability

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Needs analysis (WP2)

• Aim: input module development (WP3)

• 3 step approach
  - Survey PE and Sportcoach students
  - Focus group: Thursday 10 September 14:30-16:00 room MA2
  - Expert interviews
Results needs analysis

Data Collection
- June 5th - October 23rd 2015
- Total survey population: 3,500+
- Students 7 countries (3 institutes; PE & Coaching; bachelor/master/vocational), NO freshmen
- Number of completed surveys: 407 (on-going) → 623

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Results needs analysis

Age:
- 16-25
- 26-35
- 36-45
- 46+

Gender:
- Male
- Female

Level education:
- Bachelor level
- Master level
- Vocational School

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Most important HEPA content

- Changing Behaviour and motivation theories
- Physical Activity for Specific groups

- Specific epidemiology

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Preferred learning methods

+ • Practice oriented
• Training
• Internship

- • E-learning
• lectures

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Questions about HEPA

"HEPA is already an important part of my education"

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Questions about HEPA

"HEPA should have a more prominent position in my education"

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Questions about HEPA

"I think HEPA is an important topic for me to focus on in the future"
Questions about HEPA

"I think HEPA is an important topic for me to focus on in the future"
Focus group meeting ‘Rome’/week of Sport

AIM: REFLECTION ON NEED ANALYSIS RESULTS & INPUT MODULES

WHEN: THURSDAY 10 SEPTEMBER, 14:30-16:00
WHERE: HALL MA2
WHO: PE & SPORTCOACH EXPERTS

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Next steps

• Needs assessment reporting
• Generic template for 5 ‘themes’
• Three levels
• Development HEPA modules & validation
• Development training
• Pilot, handbook & training 2015-2016

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life is movement

The SPEACH Project

The project aims to increase awareness and behavioural change in sport professionals and European citizens towards an active and healthy lifestyle.
Internationaal

• Grenzen vervagen vraagstukken/uitwisseling/carriere studenten & docenten/onderzoekers

• Internationale ambitie Hanzehogeschool Groningen (respected University of Applied Sciences) / Sportstudies (PAL, SHM, European master, EU projecten)

• Organisatie ‘testen’ internationalisering readiness

• Open staan andere inzichten/culturen

• Opbouw track record → nieuwe projecten/partners/netwerken

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