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

- (mainly) Pupils and young athletes

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

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University of Applied Sciences Groningen in collaboration with:
Introduction

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

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Structure SPEACH

• 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)
- WP2 a **3 step** approach
  - Survey PE and Sportcoach students
  - Focus group: **Thursday 10 September 14:30-16:00 room MA2**
  - Expert interviews

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Results needs analysis

Data Collection

– June 5\textsuperscript{th} - September 3\textsuperscript{rd} 2015
– Total survey population: \textbf{3.500+}
– Students 7 countries (3 institutes; PE & Coaching; bachelor/master/vocational), NO freshmen
– Number of completed surveys: \textbf{407} (on-going)
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
Preferred learning methods

- Practice oriented
- Training
- Internship
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/SPEACH A

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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Focus group meeting/SPEACH A

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Next steps

• Generic template for 5 ‘themes’

• Three levels

• Development & pilot, handbook & training 2015-2016
www.speach.hanze.nl
Website Launch @ XIII ENSSEE Forum: Rome 2015

Sport Physical Education And Coaching in Health (SPEACH) Project

Main goal of the Sport Physical Education And Coaching in Health (SPEACH) Project is to increase awareness and behavioural change in sport professionals and European citizens towards an active and Healthy lifestyle. Sedentaryness and physical inactivity are a cross-national problem. Therefore, the project builds upon a strong collaborative partnership to contribute to solving this problem.

2nd Meeting: Rio Maior (PT)

From June 2nd to the second SPEACH meeting was planned. The meeting took place in Portugal, at the facilities of the Sport Sciences School Rio Maior (SIGRIM). Hosted by dean João Moutão, José Rodrigues and Susana Franco the delegates of the project partners were able to meet and discuss the progress, whereas the members...

Kick-off Meeting: Groningen (NL)

On March 14 the European SPEACH project was officially launched. The formal kick-off was performed by Joer Janzens, dean of the School of Sport Studies and leading dean of the Centre of Expertise Healthy Agdling at Hanze University of Applied Sciences, in cooperation with the City of Groningen and the Garrison Command. The launch was attended by representatives of the project partners and other stakeholders.

ENSAADR

The SPEACH project is co-funded by the Erasmus Programme of the European Commission.

PARTNERS

TWITTER
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.

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