

HEALTH-ENHANCING PHYSICAL ACTIVITY APPROACH IN DEVELOPING STUDY MODULES IN “SPORT, PHYSICAL EDUCATION AND COACHING FOR HEALTH” (SPEACH) PROJECT

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Background: Physical inactivity is a growing health problem in Europe and worldwide. The current levels of physical inactivity are due to insufficient participation in leisure time physical activity and an increase in sedentary behavior (WHO, 2017). The “Sport, Physical Education and Coaching for Health” (SPEACH) project, co-financed by the Erasmus+ Programme of the European Union (2015-2017) aims to set sustainable and conferrable grounding in order to prepare pupils and young athletes (but also adults in regards of a holistic ‘healthy aging’) towards a healthy lifestyle through *HEPA (Health Enhancing Physical Activity)* related education during their physical education (PE) classes and/or their training sessions in sport clubs. To achieve this, the project pursued to develop HEPA related modules, which may be included into existing education structures in the areas of sport coaching and PE.

Methods: In order to design effective programs a systematic approach to studying the state of knowledge, ability, interest and/or attitude of a defined audience on a particular topic is needed (McCawley 2009). The needs analysis covering seven European countries was performed using data of 660 survey respondents (students), the 14 interviewees and the focusgroup with key experts.

Results: Several content themes (such as changing behaviour, personal leadership, physical activity for special target groups, health policy, etc.) were included in the five developed HEPA modules. Regarding the didactics, a mixed method was conducted including forms like training, internship, group- and classroom based teaching. Three selected HEPA modules were piloted in a real-life setting with PE and sport coaching students and teachers during the International SPEACH Week in February 2017 in Hanze university of Applied Sciences (Groningen, the Netherlands).

Conclusions: The developed HEPA modules should be flexible and offer differentiated levels so they can be implemented at vocational, bachelor as well as master level, providing not only a direct (short-term) impact during the running of the project, but also setting up sustainable structures, cooperation and tools to be used and exploited by further stakeholders from the Coaching and PE sectors.

References:

McCawley: *Educational needs assessment*, 2009

WHO: *Global Strategy on Diet, Physical Activity & Health*, 2017

Keywords: HEPA, sport, changing behaviour, healthy aging

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