

## **MOVE HEALTHY**

Improving health and sustaining participation of youth in sports through sports injury prevention

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### *Background*

Sport injuries are a major reason for reduced participation and drop-out from sports and PE. Refraining from sport participation has negative bearing effects on mental and physical well-being, which tracks into adulthood. It is therefore important for youth to be facilitated into lifelong active participation in physical activity and sport, as the importance of physical activity for the health of youth is undisputed. Participation in physical education (PE) classes and membership of sports clubs and are essential for health enhancing physical activity. Despite the importance of sports injury prevention in youth, no broad scale approaches that work in real-life situations with significant positive effects exist. Main reasons for this are very poor uptake and maintenance of current sports injury prevention exercises. Sports coaches and physical educators experience these exercises as not context specific, time consuming and not contributing to their training goals. Whereas youth perceives these exercises as not attractive, no fun and without any play or game component. These aspects cause lack of maintenance and thus no significant reduction of injuries. Recent scientific and practical insights promote more emphasis on motivation through autonomy and attractive exercise routines based on principles of motor learning which can be integrated in regular training sessions or physical education classes.

### *Purpose*

Therefore, the Move Healthy project develops ICT based support video material of routines **for** and **with** physical educators and sport coaches, which supports them to prevent sports injuries in youth. This material should be easy to integrate in regular training sessions or physical education classes. The current study will focus on the results of the mapping phase as



fundamental first step in the Move Healthy project. Purpose of the mapping phase is twofold; 1) to identify the status and specifics of current injury prevention programs and 2) to identify the wishes and needs of the end-users (sport coaches, physical educators and children) regarding injury prevention.

### *Methods*

In the Move Healthy project, a process of co-creation with sport coaches (basketball & soccer) and physical educators (primary & secondary) from six EU countries will be conducted to integrate the wishes and needs of these end-users. With this, direct involvement and implementation is assured right from the start. For data collection, a thorough mapping procedure was conducted:

- A rapid literature review was conducted to explore the status and specifics of sports injury prevention programs (PE & sports) (1);
- Structured interviews were held with the national stakeholders/ policymakers and sports injury program owners (1);
- Focus groups were held with the sport coaches, physical educators and youth respectively (2).

### *Results*

The preliminary results from the mapping phase that took place in physical education and sport will be presented. The results consist an overview of:

- a) rapid review literature results
- b) focus group results YOUTH
- c) focus group results SPORT COACHES/PHYSICAL EDUCATORS
- d) interview results from national STAKEHOLDERS/POLICYMAKERS
- e) interview results from program OWNERS

### *Conclusions:*

The results from the mapping phase will lead to guidelines and statements regarding educational concepts, content and design criteria for the ICT based support platform for sports coaches and physical educators.

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