

SPORT PHYSICAL EDUCATION AND COACHING IN HEALTH (SPEACH PROJECT)

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Aim

Main goal of the Sport Physical Education And Coaching in Health Project (SPEACH/Erasmus+ 557083-EPP-1-2014-1-NL-SPO-SCP) is to increase awareness and behavioural change in sport professionals and European citizens towards an active and healthy lifestyle. Sedentariness and physical inactivity are a cross-national problem. Therefore, the Project builds upon a strong collaborative-partnership to contribute in solving this problem on the European level and to increase sport and physical activity participation.

Content and structure

To achieve this, the project will develop HEPA related educational modules, which will be included into existing education structures in the areas of sport coaching and physical education (PE), in order to stimulate pupils, young athletes and adults towards an active and healthy lifestyle. An innovative aspect of the project is the diversity of partners involved. The consortium consists of ten organizations and actors from seven EU countries in the field of sport, PE and health. The partners involved are national and international sports committees, sport federations and higher educational institutes in the field of sport, PE teacher education and health. Finally, the project is strongly supported by the European Network of Sport Science, Education & Employment (ENSSEE).

Work packages

The Project consists of five phases: 1) Needs analysis in order to explore the specific needs and wishes from Physical Education Teacher Education (PETE) and coaching educational field; 2) Module development based on the outcomes of the needs analysis; 3) Training concept development so teachers in sport coach education and PETE will be trained in lecturing the modules; 4) Piloting, review and validation of the developed modules; 5) Quality assurance and sustainability of the developed programs and pilots that will be evaluated and adjusted when necessary. Integral to these five phases, the project will be managed and valorisation and dissemination of the results will take place in a structured and continuous way.