

## **SPORT PHYSICAL EDUCATION AND COACHING IN HEALTH (SPEACH PROJECT)**

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### **Background**

Main goal of the SPEACH Project is to increase awareness and behavioural change regarding HEPA in sport professionals and European citizens. To achieve this, HEPA related educational modules are being developed based on the wishes and needs of current and future physical education (PE) teachers and sport coaches. This developmental process is based on a multi-step needs analysis including data from seven European countries. Results from the needs analysis are presented.

### **Methods**

A three-step strategy was conducted: 1) data was collected on the knowledge, interest and attitudes of future sport coach and physical educators, the students, in relation to HEPA via a digital survey; 2) input on current organisational perspectives, as to the integration of HEPA related modules into existing educational structures, was collected through interviews with representatives of key national organisations from the sport coaching and/or PE sector; 3) input was collected via a focus group with key experts.

### **Results**

A total of 660 students were included and the following HEPA themes were deemed most important and relevant: changing behaviour; personal leadership; physical activity for special target groups; health policy; testing & prescription; nutrition. Students stated that the optimal curriculum should focus on: practice oriented learning; training-, group- and classroom based learning; internship; involving/reflective learning. Importantly, both content areas and learning methods must be defined in accordance with the knowledge, skills and competences students need to build.

### **Discussion**

Opportunities should be given to develop professional communication skills and pedagogic competences enabling full-fledged students to support and coach various target groups to acquire an active and healthy lifestyle. A strong recommendation from the focus group meeting was that the developed modules should be flexible and differentiated from master to vocational level.

### **Implications**

The SPEACH/HEPA modules should be thematic and integrated in nature meaning that several content themes need to be included. Regarding the didactics, a mixed method should be promoted including forms like: training, internship, group- and classroom based teaching. Finally, the modules should be flexible and offer differentiated levels so they can be implemented at vocational, bachelor as well as master level.

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