

The SPEACH project: bringing HEPA into sports¹

SPORT PHYSICAL EDUCATION AND COACHING IN HEALTH (SPEACH) PROJECT

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Background

Physical activity, including regular exercise, leisure-time physical activity, active transport and regular sports activity, is the best way of staying physically and mentally fit and healthy, helps to tackle weight and obesity issues. In contrast, too much sitting and being physical inactivity is unnatural behaviour and harmful to someone's health in many ways: physically, socially and mentally. Despite this clear message, still a substantial part of the children and adolescents demonstrate physically inactive or even sedentary behaviour.

Aim

Main goal of the SPEACH project was to increase awareness and behavioural change in sport professionals and European citizens towards an active and healthy lifestyle. Therefore, educational Health Enhancing Physical Activity (HEPA) modules were identified and developed which could be integrated in Physical Education and Sport coaching trainer education.

Content and structure

SPEACH consisted of five steps: 1) Needs analysis to explore the specific wishes and needs from the Physical Education (PE) and Sport coaching sector; 2) Module development based on the outcomes of step 1; 3) Training concept development for PE teachers and Sport coaches; 4) Piloting, review and validation of the SPEACH modules; 5) Quality assurance and sustainability.

The following speakers will present about:

1. Overview of the SPEACH project (Johan de Jong²);
2. Example of the SPEACH module 'A healthy lifestyle for the whole family!' (Marloes Hanssen³);
3. Implementation aspects of SPEACH modules in Physical Education (Jacqueline Selker²/ Rita Gruodytė-Račienė⁴);
4. Implementation aspects of SPEACH in Sport Coaching (Jan Minkhorst⁵/Susana Franco⁶).

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²Hanze University of Applied Sciences Groningen (HG) – The Netherlands; University of Southern Denmark (SDU) – Denmark; European Network of Sport Education (ENSE/ENSSEE); ³Free University of Brussels (VUB) – Belgium; ⁴Lithuanian Sports University (LSU) – Lithuania; ⁵Netherlands Olympic Committee * Netherlands Sports Confederations (NOC*NSF) – The Netherlands; International Council for Coaching Excellence (ICCE) – Global Network; ⁶Sport Sciences School of Rio Maior (ESDRM) – Portugal; Canterbury Christ Church University (CCCU) – United Kingdom; Royal Spanish Tennis Federation (RFET) – Spain; SPIN sport innovation.