

The SPEACH project: How to implement innovative topics in existing education¹

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.

This workshop will focus on distinguishing paths to implement innovative topics, such as the HEPA modules, into existing education, by generating input from the professionals attending the conference.

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