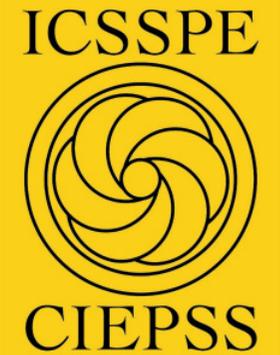


# Using the Potential of Sports



**Prof. Dr. Gudrun Doll-Tepper**

ICSSPE President

Freie Universität Berlin

**International Seminar on Sport in Post-Disaster Intervention**

**Rheinsberg, 1-7 November 2008**



# What is Sport?





# What is Sport?

Latest definition of sport from the UN Inter-Agency Task Force on Sport for Development and Peace in 2003 states:

„ .....all forms of physical activity that contribute to physical fitness, mental well-being and social interaction. These include play; recreation; organised, casual or competitive sport; and indigenous sports or games“



# During the last decades

- Many changes have occurred in societies around the world
- Increased concerns about health-risk factors, e.g. obesity
- The changing roles of schools and sport organisations
- Increasing diversity in thematic areas and disciplines of sport

# Sport as a global phenomenon (I)

- Elite sport/high performance sport and competitions are expanding and receive global attention.



## Sport as a global phenomenon (II)

- "Sport for All" is offering increased opportunities, emphasising participation, inclusion and cultural traditions.



# Sport as a global phenomenon (III)

- Traditional games and sport are being re-discovered and celebrate a renaissance.





# Expansion and Specialisation in Sport Science

Massengale/Swanson (1997) list **9** areas:

- Sport Pedagogy
- Adapted Physical Activity and Education
- Sport Sociology
- Sport History
- Philosophy of Sport
- Motor Development, Control and Learning
- Sport and Exercise Psychology
- Biomechanics
- Exercise Physiology



# Directory of Sport Science 2008

ICSSPE's most recent publication "**Directory of Sport Science 5th Ed.**" lists **25** areas:

- Adapted Physical Activity Science
- Athletic Training and Therapy
- Biomechanics
- Coaching Science
- Comparative PE and Sport
- Health Enhancing Physical Activity
- Kinanthropometry
- Motor Behaviour: Development, Control and Learning
- Philosophy of Sport
- Sociology of Sport
- Sport and Leisure Facilities
- Sport History
- Sport Information
- Sports Law
- Sport Management
- Sports Medicine
- Sport Pedagogy
- Sport and Exercise Physiology
- Sport and Exercise Psychology
- Doping in Sport
- Physical Education
- Sport and Development
- Sport and Human Rights
- Sport Governance
- Women and Sport



# Important Milestones

- 1966 Council of Europe – Sport for All
- 1966 Olympic Solidarity developed
- 1978 UNESCO Charter on Physical Education
- 1994 Olympic Aid (-> Right to Play)
- 2005 International Year of Sport and Physical Education
- 2006 UN Convention on the Rights of Persons with disabilities



# The Changing World of Sport

Sport reflects changes in society and increasingly is focussing in improving opportunities for:

- Women
- Children and young people
- Ageing and older people
- People with a disability
- Physical education
- Sport and development



# Women in Sport

There are increasing opportunities for women in sport however, barriers still exist:

- Culture, traditional roles, religious beliefs
- Body image, dress regulations
- Attitudes of men and women
- Additional barriers exist for women with disabilities





# Women in Sport Initiatives

International developments to increase women's participation in sport at all levels for example:

- Brighton Declaration
- Montreal Declaration
- Beijing Declaration
- Olympic Women's Conferences



# Current Developments



First Women in Paralympic Sport  
Leadership Summit – June 2007,  
Bonn, Germany

# Current Developments



The First Leadership Summit  
Seminar for Iranian Women Officials  
in Sports for Women with Disability –  
July 2007, Tehran



# Children and Young People

Sport and physical activity is important for the development of children and young people. Every child should therefore have the right to participate in sport regularly. Initiatives on a global scale include:

- World Summits on Physical Education
- United Nations
- WHO
- UNESCO





# Ageing and Older People

Another thematic area for sport and physical activity targets the ageing population.

- Thematic Network on APA, Disability and Ageing (THENAPA II)
- Sports Federations





# Sport for Persons with a Disability

In recent years:

- Growing awareness concerning the needs and interests of persons with a disability
- Increasing importance and impact of adapted physical activity and sport
- Growing trends towards inclusive approaches

# Various settings

- Physical education
- Rehabilitation/therapy
- Recreation/Sport for All
- High-performance sport





# Definition of APA

Many definitions of “adapted physical activity“ exist; the following definition was presented by Sherrill

“Adapted Physical Activity is cross-disciplinary theory and practice related to lifespan activity of individuals whose function, structure, or appearance requires expertise in (a) assessing and adapting ecosystems and

(b) facilitating societal changes necessary for

- equal access
- integration/inclusion
- lifespan wellness
- movement success
- empowerment/self-actualization”

Sherrill 1996, 389



# International Cooperation and Networks

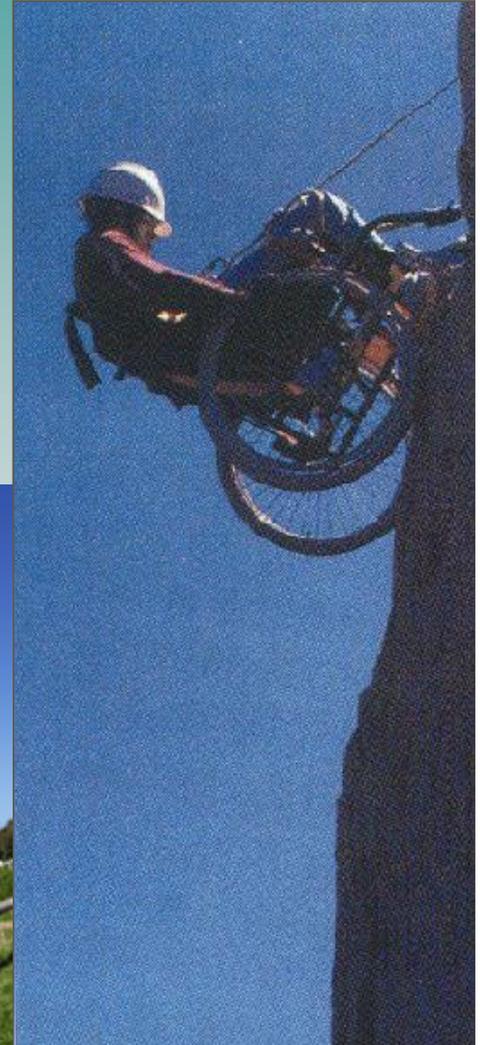
- 1924 CISS/Deaflympics
- 1968 Special Olympics
- 1973 International Federation of Adapted Physical Activity (IFAPA)
- 1989 International Paralympic Committee (IPC)





# Trend Sports: Emphasis on Persons with a Disability

- Adventure sports
- High-risk activities
- Fun sports





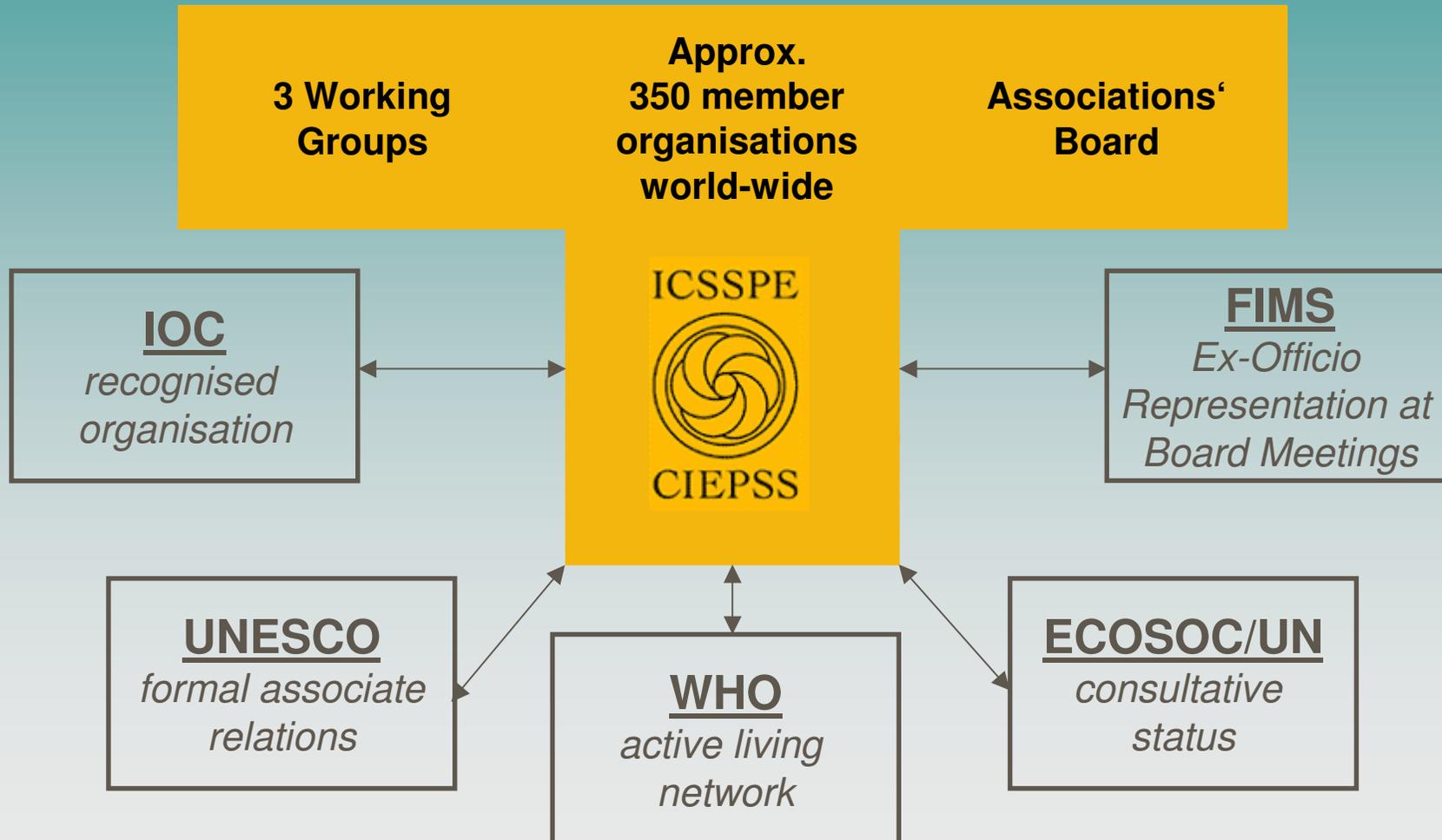
# Physical Education and Sport

“Quality physical education is the most effective and inclusive means of providing all children, whatever their ability/disability, sex, age, cultural, race/ethnicity, religious or social background, with the skills, attitudes, values, knowledge and understanding for life long participation in physical activity and sport.”

(Doll-Tepper/Scoretz)



# International Networks in Sport, Sport Science and Physical Education





# MINEPS IV (UNESCO)

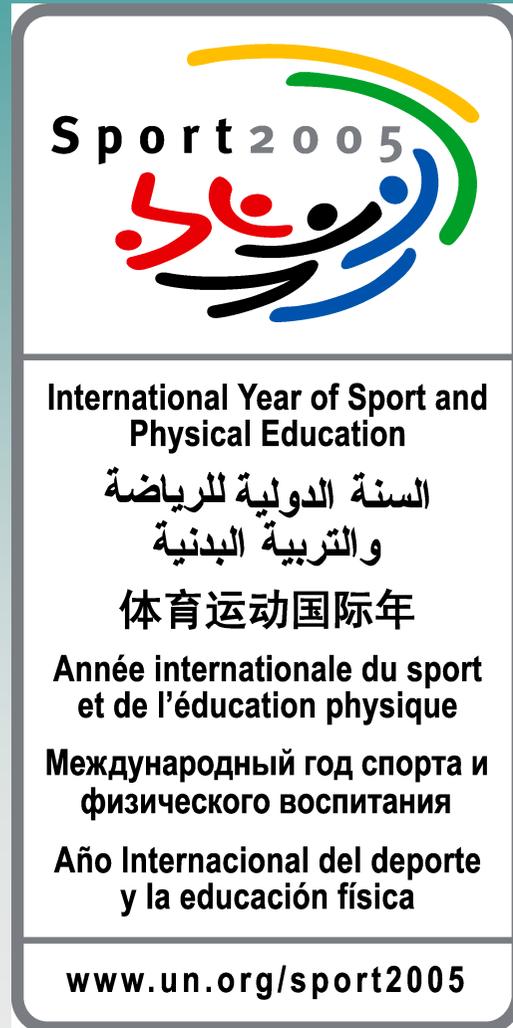
The Declaration of Athens 2004 highlights 3 areas:

- Physical education
- Fight against doping
- Women and sport





# 2005 The International Year of Sport and Physical Education

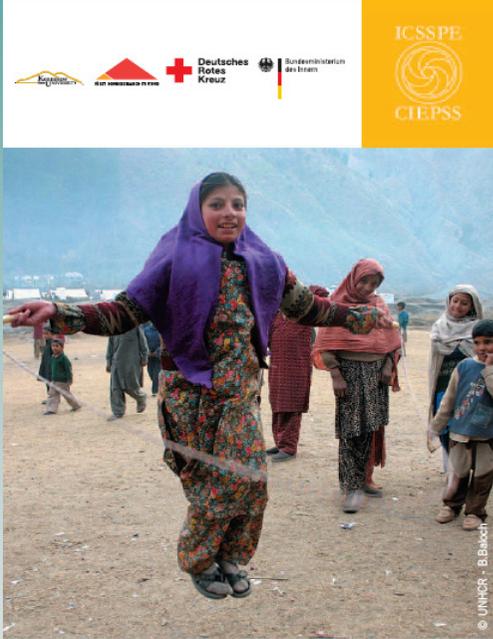


- 2<sup>nd</sup> Magglingen Conference on Sport and Development
  - Overcoming trauma through sport with a focus on psychosocial sports programmes



# Recent Initiatives

- Conference in Bangkok, Thailand, 2005
- Seminar in Berlin, Germany, 2006
- Training programme for experts, Germany, 2007
- Training programme for experts, Germany, 2008



The brochure cover features a photograph of a woman in a purple headscarf and colorful patterned dress, smiling and holding a sword, standing in a dusty outdoor area with other people in the background. The top of the cover has logos for 'Katholische Akademie in Bonn', 'Deutsches Rotes Kreuz', 'Bundesministerium des Innern', and 'ICSSPE CIEPSS'. A vertical copyright notice '© UNICR - B.Baschi' is on the right side of the photo.

**Sport in Post-Disaster Intervention  
Second International Seminar**

1-7 November 2008  
Rheinsberg, Germany

This event is held under the leadership of the International Council of Sport Science and Physical Education in co-operation with Kennesaw State University (USA). It is financed with the assistance of the Federal Ministry of the Interior (Germany), and is being held with the cooperation of the Fürst Donnersmarck-Foundation and the German Red Cross.



# Call for Action

- Create more programmes with sustainable effects in sport for health, education, development and peace
- Intensify international cooperation and collaboration within sport, physical education and sport science and build new partnerships with other governmental and non-governmental organisations



# Future Directions

- Initiate international cooperation and collaboration
- Develop new research initiatives
- Publish research and resources for professionals
- Sport and physical activity as part of disaster management



# Thank you for your attention!

