Using the Potential of Sports

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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
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
Sport reflects changes in society and increasingly is focusing on 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

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
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
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
“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

- ICSSPE
- CIEPSS

3 Working Groups
- Approx. 350 member organisations world-wide
- Associations’ Board

- IOC
  recognised organisation

- UNESCO
  formal associate relations

- WHO
  active living network

- FIMS
  Ex-Officio
  Representation at
  Board Meetings

- ECOSOC/UN
  consultative status

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

- 2nd 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
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!