

Summary of MOVE project

Poland 2015-2017

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Professional
sport



Students
sport



Sport for all



- The biggest student organization in Poland 40 000 members
- Polish University Championships 14 000 participants
- Sport life at Universities 39 000 active students

The level of our physical activity in Poland



In our society majority of citizens leads unhealthy lifestyle. Almost all studies conducted in recent years indicate the low level of Poles' physical activity. Experts are sounding the alarm – the physical passivity and the lack of exercise have become the norm which may be dangerous and have serious consequences for health, especially nowadays when people are living longer.

- More than half of poles do not play any sports;
- Only 13% do physical exercises regularly;

Eurobarometr

- 52% of poles do not practise at all;
- Only 5% play any sport regularly;
- More often than recreational physical exercises poles get informal physical exercise in such forms as cycling, walking, dancing or gardening;

An analysis of the socio-demographic data in all research in Poland reveals which groups play sports more frequently;

- **Men** play more sport than women;
- **Young people** do exercises more often, the frequency of exercise or sport tends to decrease with age;
- **City citizens** practise more often than countryside citizens;
- **There is a strong link between education** and the amount of sport that people play, higher levels of education are linked with more regular exercising;
- **People with financial problems** are far more likely to ignore sport;

Why do we exercise?

The most common reasons why do we exercise are:

- To improve their health;
- To improve fitness;
- To have fun;
- To relax;
- To improve their physical appearance;

Why do not we exercise?



- Lack of time;
- Lack of motivation;
- Lack of companionship;
- Lack of infrastructure;

Project MOVE influence

We found lack in our education system

One of the main reason is that our system of trainers's education is not enough focus on sports for all. We learn coaches for specific discipline of sport. Their aim is training of professional athletes, not motivating wide group of people.

Strategic competences

- Motivation – difference between motivating athletes and motivating to activity
- Intercultural differences – our society is changing everyday

New function of trainer



Coach

Sports
animator

Application project in Higher Education System



- Soft skills = better understanding

Sport for all in Poland



Ministry of Sport and Tourism
– responsible authority for
creating strategy of
popularization of sports
activity and creating
infrastructure for citizens



Ministerstwo
Sportu i Turystyki

Strategy

- Popularization of physical activity of children and youth;
- Equal opportunities for children and youth in access to physical activity;
- Promote a healthy and active lifestyle;
- Changing the model of social behavior;

Areas of interest

- Family, women, adults, seniors, polonia;
- Children and youth;
- Academic environment;
- Persons with disability;

Goals

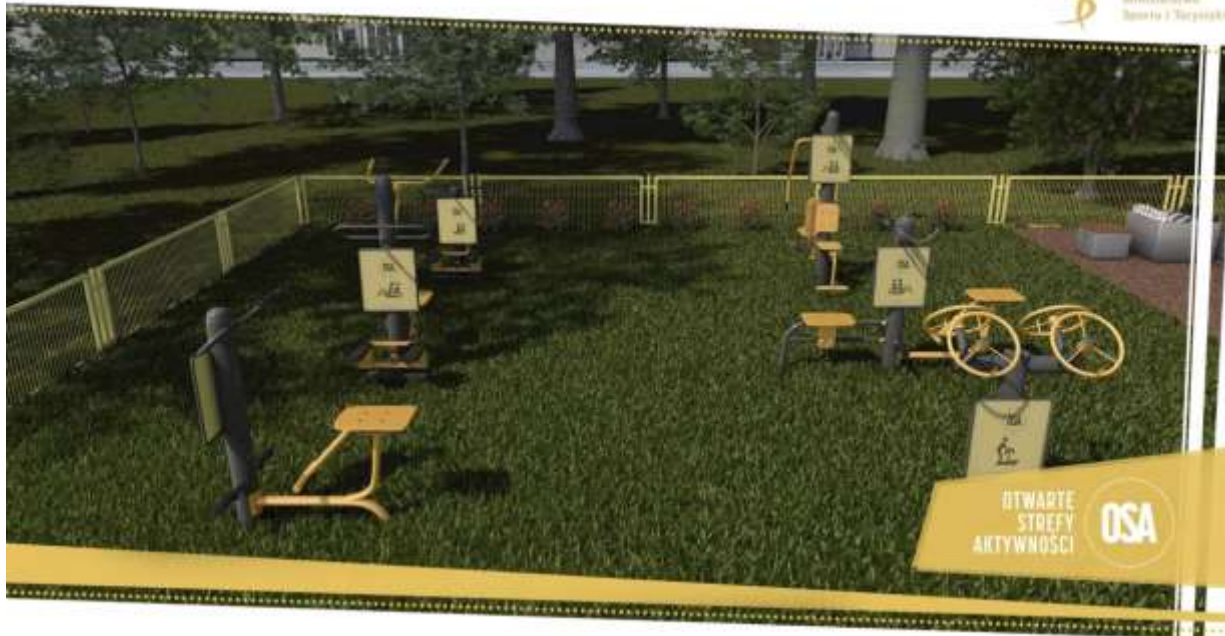
- Create conditions for active leisure time, sports competition and healthy lifestyle;
- Creation of physical activity as a necessary factor for proper functioning of the organism and prevention of civilization diseases (including overweight and obesity), social exclusion and phenomena of social pathology;
- Shaping psychophysical development of Poles, building civic attitudes and sports volunteering;
- Promote systematic physical activity through the use, social, educational, health and educational values of sport;

FINANCING THE SPORTS FOR ALL IN THE YEARS 2013-2018



OSA – Open Sports Areas

„Sport and recreation in every age!”



3 000 Open Sports Areas

Assumptions

- Sport Areas for whole family;
- Small cities;
- Animators;

Animator

- Motivating local society
- Organizing activities
- Understanding cultural aspect



**MOVE PROJECT SKILLS
TRAINING**

THANK YOU FOR ATTENTION

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