

Good practices in HEPA

NAME OF THE ACTIVITY

Sports Club for Health (SCforH)

LEADING ORGANISATION

Faculty of Kinesiology University of Zagreb

COUNTRY

 Croatia

HEPA-RELATED TOPIC

HEPA for NCD prevention, HEPA for mental health and wellbeing

TYPE OF ACTIVITY

Training, education, resources

TARGET GROUP

Grassroots sport clubs and initiatives

OBJECTIVES

The overarching aim of the project is to increase participation in sport and physical activity in the European Union by encouraging sports clubs and associations to implement Sport Clubs for Health principles in their activities. The project has six specific aims: to document the history and current status of the SCforH movement in the EU and provide recommendations for its future development; to develop an interactive SCforH online learning tool for the stakeholders in the area of sport interested in learning about, implementing, and promoting the SCforH principles; to further raise awareness of the SCforH guidelines among sports clubs, sport associations, HEPA promoters, and policymakers in the EU; to develop mechanisms that will support continuous implementation of SCforH guidelines in the EU; to expand the scientific

evidence base supporting the SCforH initiatives and their effective implementation; and to further strengthen collaborations and partnerships between key EU stakeholders in the promotion of health through sport.

ACTIVITIES

An online course has been developed to improve the availability and quality of health-enhancing sports activities within sports club, sports associations and communities. A collection of good examples has been prepared and Sports Club for Health Guidelines have been published on the project's website in 5 languages. The Sports Club for Health (SCforH) textbook has also been published on the website.

RESULTS/EVALUATION

By the time of writing, 781 students had participated in the SCforH online course and 76 best practice examples met the SCforH criteria and were included in the project's database. Five scientific articles and three academic reports were also published on the project's results. Events organised to disseminate the project's results had 232 participants at symposia, 810 at workshops, 50 at seminars, and 130 at the final conference.

WEBSITE

www.scforh.info

CONTACT

www.scforh.info/contact

