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MULTI-SPORT

MULTIDISCIPLINARY MODULES FOR A HEALTHY,
SAFE AND COMPREHENSIVE APPROACH TO SPORT



The objectives of the projects and the strategy

The MULTI-SPORT main objective is to promote an adequate approach to the basic motor activity of 5-7 year old children through an integrated action system managed through the activation of effective synergies between local institutions, sports associations, volunteers, schools, doctors and families.

The project pursues the following specific objectives: (i) to encourage education in and through sport with special focus on skills development; (ii) to encourage preventive actions to protect athletes, especially the youngest ones, from the risks associated with health and safety.

The project was developed through the involvement of the 3 local communities (Italy, Greece, Cro-



atia), that has been engaged in different phases. Partner municipalities and associations have studied, shared and stimulated the engagement of teachers, educators, families, etc. both in the needs analysis and design of the practices and in their implementation (during and after the project). Involving the communities, project partners (PPs) have also had the opportunity to attract more people as volunteers in the associations. Partner associations in fact implement their activities thanks to volunteers and their role has been enhanced during the project. The project wants to have an educational purpose not only for 5-7-years-old children, but to stimulate the whole community to increase social and civic participation, to raise awareness on positive values (solidarity, sense of belonging, etc.) and to promote health-enhancing lifestyles.



The partnership

COMUNE DI CASTELNOVO NE' MONTI
(Italy)

POLISPORTIVA QUADRIFOGLIO ASD
(Italy)

ASD LG COMPETITION
(Italy)

**MUNICIPALITY
OF AMPELOKIPI-MENEMENI**
(Greece)

**NORTHERN GREECE PHYSICAL EDUCATION
TEACHERS ASSOCIATION
(E.G.V.E.)**
(Greece)

**RIJEKA SPORTS ASSOCIATION
FOR PERSONS WITH DISABILITIES**
(Croatia)



The beneficiaries

The main project beneficiaries are public entities, sport associations, volunteering and stakeholders interested to the project. Participants have improved their knowledge, capacities and practices to be implemented. They have strengthened their relations and collaboration. They have reinforced their role at local level.

The activities and output

The main activities and output of the project foreseen in the MULTI-SPORT Methodology have been:

- Each territory (Castelnovo ne' Monti, Thessaloniki and Rijeka) has analyzed the local MULTI-SPORT practice: collecting material, involving expert and producing a Report about their own best practices;
- The three best practices were presented during the Kick-Off Conference in May 2018 in Italy.



- In each territory, PPs created a local Focus Group (representatives of sport clubs, teachers, parents, doctors, psychologists, etc.) and involved it to analyze local needs and practices for a healthy, safe and comprehensive sport initiation of 5-7-years-old children. The Focus Group was the occasion to discuss and share the main project topics (public-private cooperation; link between sports, health, education, social inclusion; the role of volunteering; motor skills development through multi-purpose and pre-specialized games)
- Each territory has hosted a Study-Visit (3 Study visits in total) to develop relations and networking, further improving their local practices through confrontation and exchange. Direct observation of good local practice in each Country aims at encouraging greater comparisons between partners at different levels. During the visits, the partners visited the facilities where sports activities take place and had the chance to get in contact with people who really participate in these activities, including volunteers, members of sports associations, etc.



What are the Policy recommendations?

MULTI-SPORT project focused on a very urgent issue: the necessity to pay particular attention to guarantee a healthy, safe and comprehensive sport initiation for 5-7-years-old children and the role that effective public-private synergies can play to promote the fundamental societal role of sport in European societies in terms of health, education and social integration.

Project partners are already active in this field and the project allowed them to make further progress, thanks to further confrontation at local and European level, the exchange of practices and the improvement / enhancement of multi-disciplinary modules for this purpose. The final step of this path was a reflection on lessons learnt to identify the main elements that should be taken into consideration by relevant stakeholders in other local municipalities or at regional, national and European level in order to replicate this experience.

Here below the main five 'strategic' recommendations to be underlined.



PR 1 - To create a local public-private network (Local Focus Group)

The Italian, Greek and Croatian focus groups involved very qualified people representative of all these worlds. They gave suggestions, ideas and shared a common approach to sport. A public and private network strategy at local level is a methodological practice to spread, multiply and enhance the impact of sport.

MULTI-SPORT recommends creating a multidisciplinary Local Focus Group in each community to connect people and ideas, share best practices and make evaluation report the annual point for each sport team involved. This Local Focus Group will be involved in the initial participation process as well as throughout the operation of the sport teams.

PR 2 - To develop an effective local strategy for sports education

MULTI-SPORT recommends the importance of having adequate physical education programs and, at the same time, of having a correct planning, implementation and control strategy to guarantee the quality of the activity aimed to children.

It is important promoting psychophysical well-being of children identifying indicators of measurement such as: (i) augment of the number of children involved in motor activities at local level; (ii) augment of the number of hours of the offer of motor activities at local level; (iii) improvement of the quality of the offer of motor activities at local level (training for coaches).

It is important to support the planning of the motor activity at local level with an adequate and effective communication and dissemination strategy. Indeed, this could act as a multiplier of the impact potential of the activities. Each partner should be

involved and put in a position to provide its own contribution to develop the planned dissemination and communication activities (e.g. through the tools available, such as press releases, contact with journalists, mailing lists, newsletters, websites, social media, networks, mouth to mouth).

PR 3 - To promote initiatives to integrate motor activities and health

Health does not only coincide with the absence of disease, but with a state of complete physical, psychological and social well-being. It is important to promote physical activity and sport to all ages, from the youngest to the oldest, including the disabled, also to promote a correct approach to well-being and health.

MULTI-SPORT recommends promoting the evaluation of the athlete and in particular: (i) creation of a solidarity multidisciplinary health care team composed of: cardiologist / sports doctor, dietician, physiatrist, psychologist; (ii) to promote a more widespread health check for example by proposing an electrocardiogram with a visit for all children with family pathology.

PR 4 - "Let the trained experts lead the way" in the sport education system

Within the local sports system there are qualified professionals (teachers with a degree in physical education, coaches, experts and other professionals) who must be valued and supported with training plans to promote quality sports education for children of 5- 7 years.

In Municipalities and Schools, sports professionals are exclusively graduates, while in clubs can be found, in a small percentage, non-graduates,

mostly 'old athletes' with a lot of experience and expertise. But the trained experts who have been taught courses in different sciences, such as sports medicine, ergonomics, sports training, pedagogy, sports history, psychology, kinetic learning, sociology, physiotherapy, etc., hold a great advantage into the integrated education of young children who are starting to play sports.

MULTI-SPORT recommends involving these figures: their role is to inspire children, to create the right bases so that they can continue to engage in general activities throughout life.



PR 5 - To promote sports of persons with disabilities in the media

MULTI-SPORT recommends promoting sports of persons with disabilities in the Media since it is through the media that greater number of people get information about the activities of athletes with disabilities.

In this way the public can get to know not just about their success in sports, but also the barriers and hardship they deal with every day, and ways in which they surpass them. Among other things, it is through media coverage that sports clubs can have an increase of membership, thus improving their socialization and leading to progress in the society as a whole.





Comune di Castelnovo ne' Monti



L.G. Competition
Castelnovo ne' Monti



E.G.V.E.
1954

Northern Greece Physical Education
Teachers Association
(E.G.V.E.)

športski savez osoba s invaliditetom grada rijeke
rijeka sports association for persons with disabilities



Information:

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Multisport European Project