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## 1. Terminology precision

The term "sports" in this context means all physical and/or sports activities practiced in competitive and non-competitive ways. They encompass both traditional sports activities and modern bodily activities, alternative and eastern sports practices, including dance, bodily expression, motor games, small and great games, relaxation techniques, yoga, tai-chi, medical and/or maintenance sports practices etc.

There is an attempt to replace the classical concept of sports for a "sport directed to the highest possible number of people". Within "sports for all" or "leisure-sports" or "health-sports" we are engaged with the motor forms that represent a great variety, a large number of forms and contents created and developed by many different people at the end of the 20<sup>th</sup> century and beginning of the 21<sup>st</sup> century.

## 2. First developments and some key dates in European health-sports

At the beginning of the new century, the world development of sports can be divided in two original stages or instituting periods. Classical sports based on the selections and competition of the best, of potential champions, was established in the whole world during the first two thirds of the 20<sup>th</sup> century. Based on a strict identity of their programs, contents and regulations, they reached the most remote parts of the planet.

The expansion of leisure sports in the form of "sports for all" started in the second third of the 20<sup>th</sup> century not only in Germany but in other places in the world as well. Jürgen PALM, the great authority of "sports for all" in Germany and practically everywhere else in the world, President of TAFISA (Trim and Fitness International Sport for All Association), named that the **second instituting period of sports**. That was the expansion of leisure-sports or "sports for all". In the **development of "sports for all" in Europe**, J. PALM describes different approaches that reflect the national competence for sports in several European countries. The first great approach started in Norway in 1969, and from there it spread all over Scandinavia and Western Europe, that is, over countries where sports are regulated by national confederations or associations managed by sports private organizers. From the beginning of the 1970's, national campaigns, seminars and academies that favored "sports for all" were organized and instituted. An illustration of that fact was the support given by the Norwegian National Confederation to "Physical Fitness" in 1969. There followed the campaign for good physical conditions for the whole population organized by the national leading sports federations in Sweden, Finland, Denmark, Island, Netherlands, Germany, Austria, Switzerland and in Israel.

In a large number of European countries, namely, Belgium, United Kingdom (through CCPR-

Central Council for Physical Recreation), and Portugal in Western Europe, and Yugoslavia, Poland, USSR and Hungary, in Eastern Europe, the Central Government started those initiatives in favor of "Sports for All" through their national sports institutions.

In European countries, where national Olympic committees also play the role of major national sports organizations, they started more or less successful campaigns in favor of "Sports for All". That was the case in France (CNOSF), in Italy (CONI) and in Luxembourg (COSL).

Virtually aimed at the whole population, all these initiatives are characterized by a great variety of forms. Their main goal is no longer performance itself, the respect for elite, the victory of the best. Now it is essentially directed towards health, sociability, wellness, joy of life, pleasure of self-experiencing, and its target is the greatest number of individuals.

### Some of the remarkable dates in the development of "leisure-sports" or "health-sports" in Europe.

1946: Foundation of the Norwegian National Sports Confederation, following the example of the Swedish National Sports Confederation (created in 1904). Mission: direct and organize sports directed to improve the health of the whole population.

1953: In the USA, the beginning of the "fitness-movement", after the catastrophic results accomplished by a representative group of American children in KRAUS-WEBER's physical condition tests compared to the results obtained in the same tests in a representative group of European children.

1959: In Germany, "the second way to sports" (2.Weg des Sports) was proclaimed by the Deutscher Sportbund - DSB (German Sports Confederation). The first classical way to sports (competition) was organized in German sports clubs and sports federations: this is the year when **"sports for all" was created** in Germany.

1966: "Charte du Sport Allemand" (German Sports Charter) defining the DSB's missions: to pursue not only elite sports (Spitzensport) but "Breitensport" (mass sports) as well.

1969: After a long and intense struggle against Olympic Sports Federations, the powerful Norwegian Sports Confederation manages to invite European National Sports Confederations, the European Olympic Committees and state departments in different European countries for a great International Conference on "TRIM's" central issue (work out, get fit, be healthy).

1970: In Germany, under the influence of DSB and DTB (Gymnastics German Federation) the national campaign for physical fitness or "TRIM-AKTION" was started, following the example of similar campaigns made since the 1960's in Norway, and later in other Scandinavian countries.

1970: Parliamentary Assembly of the European Council: Recommendation 588 (1970) regarding the development of sports for all, and the creation of structures to coordinate this field.

In this document, the assembly acknowledges the transformations in modern society. On the one hand it is affected now by the absence of the minimum amount of physical exercises that must be done regularly to keep people's physiological balance; and, on the other hand, in the psychological plan, society is affected by the accentuation of individuals' loneliness and their dependence on the environment. By recalling the two major functions of sport, namely, its biological and its sociocultural function, the assembly members claim for immediate action that can place sports within reach for increasingly larger segments of society. The concept for that action is named "Sports for all".

1972: Council of Europe: Recommendation 682 (1972) regarding a "Charter of Sports for All". The parliamentary assembly recommends that the Ministers' Committee adopt an "European Charter of Sports for All" and invites all the related departments to "look after the accomplishment of this Charter".

1973: Finland: International Congress about sports in Jyväskylä. Eino Heikkinen: "Finland has had the world recognition for the deeds of its athletes NURMI, VASAL and VIREN, but the heart diseases that affected them decreased the athletic potential of the Finnish people".

1975: Publications by the Council of Europe under the influence of Scandinavian Countries National Sport Confederations of the **"European Charter of Sports for All"**, which invited all the Europeans to practice sports in order to improve their health (Doc. CMS (75) 18).

Since then there has been a considerable development of "Health-Sports" in practically every European country. In many of these countries, there was a considerable increase in the number of members in sports and gymnastics clubs.

So, as an example, DCB, with its 86,000 gymnastics and sports clubs, had 17 million members in 1980, that is, 27.6% of the population; 20.9 million members in 1989, that is 34.3% of the population and 26.8 million members in 2000, that is, 32.8% of the total population. It is estimated that a second third of the German population practiced sports out of DSB organizations or in private institutions.

2002. 01.03: 40 years of "sports for all", past, present and future. Darmstadt Symposium organized by the Sports Science Institute at Darmstadt University.

2002. 01.03 March in Frankfurt/Main, Germany, "Deutscher Turnerbund" in collaboration with the "Deutscher Sportbund": International seminar of specialists on the theme "Challenges for the development of the "Sports for all" in Europe".

2002, from the 27<sup>th</sup> to the 30<sup>th</sup> of June, in Paris: Health-Sports European Games, with the round table "the European citizen and sports" directed by Robert Decker, Yves Le Lostecque and Walfried Koenig.

### **Germany, an example of good development of leisure-sports or mass sports.**

In Germany, "Deutscher Turnerbund" – the German gymnastic confederation- on the one hand, and the campaigns made by the "Sports For all"

department at the "Deutscher Sportbund"- German sports confederation- on the other hand, have made a great contribution to the development of sports for all since the movement started in the 1960's.

Within DSB, the leader organism of German organized sports, "sports for all" has been treated in an absolutely impartial way and at the same level of relevance of competition, high level competition and elite sports. Among the German federations that rule several sports disciplines, as many as 52 now have a vice-president in charge of "sports for all". That officer is at the same rank as the vice-president in charge of competition and elite sports.

It is true that, in 1960's, at the beginning, there were intense conflicts between DTB, which was the official organism traditionally in charge of "allgemeines Turnen"- gymnastics for ordinary people, on the one hand, and the department of "Breiten Sport" – sports for all- at DSB, on the other hand. From an initial and lively opposition to these sports practices that were less formal, much less regulated and controlled, there was a movement towards a bigger or larger opening in sports clubs and sports federations. That movement led to a new qualification of monitors and sports professionals and to equalitarian balance between men and women's rights in sports. This domain is no longer exclusively reserved to men. "Sport ist nicht mehr nur Männersache".

Among the German sports confederation from the 1970's to the 1980's, DTB was a leading reference to "sports for all", with its campaign of "Trimm Dich", "Turn mal wieder", "Turnen ist Mehr", "Aktiv-er leben", with its diversified activities to children, women and seniors, with its action programs such as "Gesundheit im Turnverein". It also offered new activities to its 4,852,724 members spread in its 22,000 clubs in 22 "Landersverbände" (regional federations) where 61.2% of the adults, 33.3% of the children and 5% of the youngsters integrate the total figure of 99% of the people who practice leisure-sports or sports-health. DTB's most recent organization was the huge "Deutscher Turnfest 2002" in Leipzig from the 18<sup>th</sup> to the 25<sup>th</sup> of May, with more than 100,000 thousands participants (Cf. web-pages-[www.dtb-online.de](http://www.dtb-online.de), [www.pluspunkt-gesundheit.de](http://www.pluspunkt-gesundheit.de), [www.dtb-akademie.de](http://www.dtb-akademie.de)).

In addition to the Olympic disciplines related to gymnastics, namely floor and apparatus gymnastics, SRG (Sports Rhythmical Gymnastics) and high level gymnastics on the trampoline, DTB manages the following non-Olympic sports disciplines: "aerobics, sports acrobatics, rhythmical gymnastics and dance, Rhönrad gymnastics (wheel gymnastics), orienteering race, rope skipping, gymnastic games of *Faustball* (Fistball), *Prellball* and *Korbball*, *Ringtennis*, *Indiaca*, *Völkerball*, *Schleuderball* and volleyball as leisure-sports.

Health-Sports must be included here because of their action on physical fitness, namely, "Conditions training" and "Fitness training".

The list of possibilities for the qualification of monitors and trainers at DTB is too long to be included here. So, just as an example, this is a recent list of improvement courses offered at DTB academy in the aerobics, fitness, and health fields: video clips-dance, aerobics, self perception training, AKWYIYO-action-reaction, new forms of work in muscle building in the sports club/gymnasium for fitness, variations

doubles steps, coaching/work of endurance/resistance in the fitness club/gymnasium and *Aqua-dos-fit*.

### 3. Current European Structures of Sports

In the wide field of sports, the responsibilities related to sports in general and health-sports in private are taken over at different levels both by non-governmental institutions and state institutions.

#### 1) Non-Governmental Organizations

The "European Non-Governmental Sports Organizations" (ENGSO) regroups the set of sports national confederations. So, the ones in Germany, for example, are the DSB (Deutscher Sport Bund) an institution of German organized sports that includes Olympic sports federations, non-Olympic and/or leisure sports federations, or if sports national confederations do not exist, the national Olympic committees, such as CNOSF for France, CONI for Italy, the Belgian Inter-federal Olympic Committee (COIB); the Luxembourgian Olympic sports committee (COSL), for Luxembourg.

For the wide, complex and diversified field of sports for all, the ENGSO (European Non-Governmental Sports Organization) organizes its **Round Table for Sports for All** regularly, as well as other "Forums".

Several confederations or European leagues of different sports disciplines such as UEFA (European Union of Football Association) for footballs, CEV (Volleyball European Confederation) are busy not only with the organization of European Cups as in football, but also, similarly to the European volleyball confederation, they are concerned with the development of volleyball leisure, "beach volleyball" and "park volleyball", that is, their attention is directed to less strictly regulated and codified forms of their sports so as to allow freer practices, as in the case of the volleyball for all.

Even the International Olympic Committee (I.O.C) includes different fields of actions, among which *Sport pour Tous* (Sports for All).

In the message he addressed at the Olympic Day Run 2002, Dr. Jacques ROGGE, president of the I.O.C., reminds us that since 1987, millions of men, women, children, disabled citizens at all ages and from all origins have reacted to the Olympic national committee's appeal and have joyfully participated in the traditional Olympic Day Run, the celebration that commemorates the foundation of the International Olympic Committee by Baron Pierre de Coubertin on June 13<sup>th</sup> 1894, at the University of Sorbonne, in Paris, France.

It is essential that *sports for all* become a key principle for a harmonious development of human beings so that, through the values the movement represents, it can contribute to the construction of a pacific, better world".

#### 2) Governmental Organizations

In this paper, we would like to make a first-hand reference to the **Conference of the European Ministers Responsible for Sports** who gather formally or informally. The conference also include the Councils of the European Ministers responsible for sports, education and youth, the European Parliament and the Council of Europe. As an example, at the conference, there was a recent proposition by the

European Parliament and Council of the European Union to establish the European year of education for sports 2004!

So, at the 9<sup>th</sup> Conference of the European ministers responsible for sports, the Polish minister invited the other ministers to hold the 16<sup>th</sup> Informal Meeting of European Ministers Responsible for Sports in Warsaw, from the 12<sup>th</sup> to the 13<sup>th</sup> of September 2002. The central theme of the meeting was "Physical Education and Sports: a new political and institutional approach". This conference on children's and adolescents' access to physical education and sports was prepared by a group of CDDS' specialists.

3) "Mixed" European organizations gathering governmental and non governmental institutions.

#### - **The Committee for the Development of Sports (CDDS) at the Council of Europe.**

Created in the 1970's under request of the parliamentary assembly of the Council of Europe, CDDS gathers high governmental officers and high officers in charge of organisms in their respective structure of sports in the 39 European member countries. These organizations are usually national sports confederations of the country members. Among CDDS's main concerns, one must mention its great efforts to develop *sports for all* in the member-countries of the Council of Europe. That enterprise ranged from the "Charter of sports for all", which has been published since 1976, to great attempts as the efforts made to hold the 16<sup>th</sup> Informal Meeting of European Ministers Responsible for Sports from the 12<sup>th</sup> to the 13<sup>th</sup> of September 2002, in Warsaw.

-**The European conference of sports** gathers regularly to deal with general problems related to sports. It also organizes governmental and non-governmental European officers in charge of sports.

-**The "European Sports Forum", organized by the European Commission of the European Union every year.** Among the invited entities are governmental delegates, non-governmental delegates and representatives of the IOC, ENGSO, EOC, Olympic National Committees and/or the leading Confederations of sports in European countries as well as the European federations or confederations of several Olympic and non Olympic sports.

#### **The European Commission and sport**

by Yves Le Lostecque, top level officer at the Board of Education, Culture and Sports at the European Commission, Brussels

"The European community does not count on any specific sport-oriented organization. The community efforts have been naturally concentrated on policies directed towards agriculture, industry, competitive actions etc. Consequently, sport's contribution to public health was not European Union's major concern.

However, sports have always been present in the community scenario. Bosman affair or discussions related to professional players' transfer can demonstrate that concern. In fact, it is only an apparent paradox. Amateurs' sports, leisure sports, health-oriented sports have effectively been object of many issues that depend on the action of member States or sports federations. And the European Commission plays a self-limited role in its

interventions. Conversely, professional sports, business sports and spectacle-sports are fully covered by provisions in the Treaty, since they are regarded as economic activities. Those provisions have led the Community to make an increasing number of interventions in the world of sports by applying its policies related to public market, competitiveness, free circulation and public trade. Lately, sports economic boom has also been followed by more frequent Community's interventions.

However, until recently, the Community had not embraced any really global sports-oriented approach. The statement about sports that was annexed to the Amsterdam Treaty, in 1997, was its first step. After that, in 1999, due to an initiative taken by Mme. Reding, European Sports Commissioner, the Commission fostered two essentially important actions. One of them is the plan of Community support against doping in sports and the other one is "Helsinki report on sports". For the first time, in this document, the Commission adopted a "sports doctrine".

At last, directed to sport specific conditions, the declaration of Nice, in December 2000, was adopted by heads of State and Government regarding the specificity of sports. It constituted a new stage toward the recognition of sports reality and its importance in the Community institutions.

Nowadays there are multiple action sites and sports have become a relevant issue. This is not surprising, since sports constitute people's major interest. Nevertheless, the Commission's approach to sports has become more diversified. It is now oriented to some of sports' values, as for example, their contribution as a health factor.

Even if one cannot strictly speak of sports policies, the fact is that there are quite many initiatives. In that sense, the Commission objectives for 2004 will be fundamental. In fact, in October 2001, the Commission adopted a decision proposition designed to mark 2004 as the European year of sports education. The year of 2004, when the Olympic Games will have returned to their original place, will be a remarkable event in the Community sports agenda. This proposition will demonstrate that the Commission regards sports not only as an economic activity, but also, and above all, as a social and educational phenomenon. It will also provide conditions to evaluate the possible evolution of sports as a health factor."

#### **4. Structures and forms of leisure/health physical and sports practices**

Thousands of people practice a given competitive sport in a club affiliated to the national federation that rules that specific sport, and this federation itself is a member of the corresponding international and European federation. For those people, it is obvious that they must comply with the statutes and regulations of the specific sport issued by the international federation.

The same applies to leisure-sports and "sports for all".

In fact, many people are motivated by the pursuit of health, pleasure, socialization or self-experiencing, interested in getting to know their own possibilities and limits. They are committed to a physical and/or sports activity such as marching

(walking), running, swimming, bicycle riding, or any kind of dancing practiced in the world, or to the practice of equipment-aided physical exercises (muscle building, fitness). Some of them are still devoted to one of several modalities of Asian-origin martial arts. So, for those people, it is not a matter of submitting to the authority of any leading organism, to any national or international sports federation.

Therefore, it is not a matter of attempting to place "*sports for all*" under the command of a world leading organism, even if it were the I.O.C.!

Contrarily, the traditional institutions in charge of organized sports, the national and international sports federations can also engage in leisure-sports by adapting their sports disciplines to the needs and possibilities of the participants and, consequently, play a specific role. Incidentally, that has already been the case for some sports, such as volleyball.

Open cooperation, trading of ideas, conferences, congresses involving several institutions are some of the actions that are really needed in this wide and relatively new field, so that a lively exchange of ideas and experiences can take place. Since 1973, that has been the result of international "Trim and Fitness" conferences. That was the origin of TAFISA, of "FISpT" (Fédération Internationale du Sport pour Tous) conferences, and of "Sports for All" I.O.C. World Congresses as well.

#### **Which sports activities to whom: youth, adults, seniors?**

For **children and youngsters** it is possible to set a difference between leisure-sports out of school and out of clubs and leisure-sports in clubs.

For leisure-sports out of school and out of clubs there is a wide range of activities that go from bicycle riding to roller skating, swimming, jogging, tennis, table tennis, street-ball, sandlot soccer, badminton, dance, skiing, trekking and climbing, horse-riding, among others. Some simplified forms of track and field sports can be included on this list.

For leisure-sports in a club or in a school sports association, children and youngsters practice soccer, swimming, gymnastics, tennis, track and field sports, handball, judo, table tennis, horse-riding, rhythmical (sports) gymnastics, dance, badminton, basketball.

For young **adults**, all sports practices are possible and there is a great variety of activities at traditional sports clubs, where they are naturally competitive. It is worth remarking that the range of sports offered at traditional sports clubs follow a classical model that is related to performance. Meanwhile, the leisure-sports alternative is related to pleasure, to the joy of self-liberation. It can also be stated that at the lower classes/leagues of championships of any kind of sports, the sports activities happen according to a leisure program for the amateurs that includes one or two two-hour training sessions plus an "official" game on the week-end, added of course, to the moments they share before and after the games. This is the reason why all these institutionalized competitive sports activities must be organized; their performance is different from performance in the so-called leisure-sports.

On the other hand, it must also be stated that, in general, there are many more constraints and difficulties for the women. Above all, housewives, and of course, mothers who have a job, find it rather

difficult to practice any kind of sports, no matter whether it is traditional, institutionalized, or simply a leisure activity. (Cf. papers and publications regarding this issue, by Gertrud PFISTER, important German scholar specialized in topics related to women in sports at Berlin Free University. At present, she is a sociology professor at Copenhagen University. (1)

### **Great variety of physical, motor and sports activities**

The study known as "MAREP" was carried out in an international context in 1997/98, in northern Rhineland and Saxony. Its purpose was to investigate the strategies used to promote health. In the survey, more than 60 sports and physical activities were mentioned at random in telephone conversations between 1402 adults (above the age of 18).

### **A list of sports activity preferences was made from the data in the said opinion poll:**

Gymnastics (Gymnastik) (14 - 17%)  
Cycling (Rad fahren) (15 - 26%)  
Swimming (Schwimmen) (8.5 - 12%)  
Walking (Wandern) (4.5 - 7%)  
Jogging (5%)  
Fitness (4.7 - 5.1%)  
Marching / walking (Gehen) (2 - 2.4%)  
Football (3.7 - 5%)  
Aerobics (2 - 2.4%)  
Volleyball (1.8 - 2.4%)  
Tennis (0.6 - 3.5%)

According to the said survey, between 60 and 50 % of those who practice sports prefer private surroundings where they can exercise individually, out of all established sports premises.

From 18 to 26% of the interviewees people prefer to practice their "sport" in a club,

From 8 to 10% of the interviewees go to commercial institutions "to do their exercises",

From 4 to 6% do their exercises in premises where they share the space with others, 4% of the interviewees do their exercises in premises supported by health insurance companies.

And from 3 to 4% of them do their activities in the companies where they work.

Among favorite sports practiced in clubs or elsewhere (private gyms, community premises, health security centers, business offices) we have firstly registered gymnastics (to the full extent of the word) seconded by bicycle riding, swimming, walking / jogging/ moderate running, physical preparation activities. Football, "aerobic" practices, volleyball and tennis come next.

According to the contents of the "self-organized" sports and physical practices, the first activity is bicycle riding (25.63%), followed by swimming (18.35%), running/jogging (16.69%). The next most practiced activities are: "gymnastics" (5.15%), in-line roller skating (5.11%), football (3.92%), badminton (3.11%), walking (1.96%) and skiing (1.79%).

Among motivation and meanings, the "reasons for sports physical practices", the first registers are the feeling of reality, joy, pleasure of reality, risk and adventure, good physical conditions and health, a sharing attitude and community spirit. Performance sports and the accomplishment of sports feats in competitions are far less mentioned. Incidentally, the

advantage of self-expression in gestures and bodily movements (bodily expressions) are not often referred to either. Another mentioned reason: being able to concentrate on one's own body and have mostly positive self-experiences. In other words: being able to live, express oneself normally and/or intensely through one's own body and body movements.

For senior citizens Heinz MEUSEL makes a difference between

- (1) Sports disciplines for sportsmen and women of all ages,
- (2) Sports that need special preparation and
- (3) Sports for experienced sportsmen and women. (1)

### **The organizers**

The different organisms and/or institutions referred to as organizers of activities of health-sports are: classical sports clubs and alike; schools and universities -, through their school and university sports associations; municipalities - through their sports departments; private institutions (gymnasiums and fitness, wellness centers), tourism.

A great variety of self-organized sports practices can also be mentioned. Among them there are diversified and numerous practices such as marching, trekking, bicycle riding, horse riding, running, jogging/ footing, swimming, bicycle riding, gymnastics in multiple forms, in-line skating, football, badminton, skiing. (1)

### **5. School education for leisure-sports or health-sports - its pedagogy, its methodology**

The preparation for sports-health must be made by schools, from children care center to universities and also by sports clubs/federations.

At first it must be clearly stated that important changes regarding their structure and operation effectively take place or are part of plans and research at **modern schools**.

At this new kind of school, **movement** plays a role designed not only to fight the harmful consequences of sedentary life and to fulfill the so-called hygienic functions, but also to play an essential part as a **fundamental structural principle and element of all learning process**. This action could be developed in the schools known by Germans as "Bewegte Schule" (an active school, where students moves, learns about all their senses, hence the kinesthetic sense is included). - This is what the Belgians name the participation of Physical Education in the development of children's cross competence: "*Au carrefour de la maîtrise de l'espace, du temps et du mouvement, l'éducation corporelle doit être partie prenante dans la formation des enfants à la lecture, aux mathématiques*" (At the intersection of the domain of space, time and movement, bodily education must be prepared to captivate children to the development of reading and mathematics).

The main goal of **sports and physical education** properly speaking is now, in a general way, the students' individual development and the development of their organic skills and their motor and sports active competence. - "*Förderung der Handlungsfähigkeit im Sport*" (Germany); - "grant the students the wisdom and knowledge that allows them to organize and lead their physical lives at all ages", - that is, to assure they will be autonomous to manage

their future adults' lives - (France, Official Instructions, 1993). Long after the Germanic countries, France finally adopted this means as the goal!

Its specific **MISSION** is to contribute to the harmonious development, to the fulfillment of motor and playful needs, to the development and to the unfolding of the personality not only in its cognitive, emotional, affective and social dimensions, but also in its bodily and motor dimensions; to guarantee the initiation to appropriate sports techniques for basic sports skills or abilities aimed at further autonomous sports practices; to awaken the interest for APS, and to promote the understanding of the role of APS, in the broad sense of the term, for health, well being, improvement of life quality in general. These are the **MISSION OBJECTIVES** devised and ruled from the top by management officers, although they have not yet been confirmed by serious sports sciences in general, by APS general pedagogy, or by the motor action science.

So, schools must be prepared for youngsters' and children's active sports practices not only for leisure during their childhood and adolescence, but during all their lives.

**This preparation is made not only through the offer of new contents, but rather through a wide range of different pedagogical methods and procedures and teaching styles.**

In fact, the correct application of different procedures plus the directive and non directive inductive and deductive processes, different teaching styles, in short, the principles of active pedagogy are decisive to materialize the teaching objectives and/or the propositions made in the official programs.

In general, **the methods of active education** have become indispensable, as it is a question of attitudes, of long-lasting motivation to be developed, and even education for 'self-government', education for autonomy, for freedom. Its aim is to give students full conditions to make their own decisions about what they are going to do or not to do to manage their physical life.

In that "open" kind of teaching, a wide space is left for students' collective work, "teaching projects", "school projects", forms of cooperation with other institutions, as for example the organizations dedicated to health issues of the population, companies, municipality offices, agencies, associations or sports clubs.

In the domain of sports, the cooperation between schools and sports associations are obviously necessary. In this case it is a question of reinforcing the commitment to children and youngsters' sports and of employing concrete leisure-sports or health-sports offers. Such a cooperation can be made much more easily if there are personal ties between the monitor, the coach of the club and the teacher other than the School Physical Education teacher. This cooperation is quite often very easy to carry out without great costs or extra expenses.

For most children and youngsters, it is obvious that this action means preparing them for leisure-sports and health-sports.

The school specific mission related to education for leisure-sport or health-sport must be emphasized by means of programs, study plans, including their range of sports and/or physical activities contents, the accomplishment of School Physical Education specific

missions mentioned above, the teachers' pedagogical approach, the pedagogical methods or processes that they apply. All means must be used in order to prepare and educate students for what is currently known as responsible attitude in relation to people's civil rights. That attitude obviously embodies the idea of health life; therefore, it also embodies a personal autonomous practice of physical and/or sports activities adapted to individuals' tastes, to their possibilities, their needs, their involvement with those activities for the rest of their lives.

## **6. Perspectives for the future and conclusion**

According to Professor Christian WOPP, sports clubs and associations can have a brilliant future provided their are inclined to make changes, prepared to learn, to develop, to consider the needs and aspirations of their future potential members. For that purpose, they will have to be administrated by managers ready to serve, professionals who have young souls, who have a youth-oriented style (Jugendstil), who do not get surprised by every new fashion movement, but are rather open to the public that are ready to attend the clubs and associations: women, senior citizens, foreigners. In their opinion, the present and future sports practices will be more and more related to the following life-style-oriented themes: fitness, wellness or mental or physical well being, entertainment and relaxation, bodily experience, the wilderness (adventure, risk, dangerous enterprises), speed or velocity and balance, expressiveness (dance, bodily expression, staging), team sports, (collective) sports or, better saying, sports in small groups, the purpose of all is to lead an unlimited life, to have pleasure, to have fun, to feel comfortable, to discharge tensions, to feel important, in sum, to adopt a style of life.(1)

The development of game spaces will also change: traditional sports premises will no longer be the first option. Instead, sports practices will come down to streets, to public squares again. Life style (clothes, garments, music) seeks aesthetic values out of previously planned constructed areas, built spaces, game, sports and movement places. The competitive offers, or commercial options, will be directed to groups that are the sports clubs targets as well.

"Future will not fall from heaven, it is made by people". That is the reason why we must have an "organization for apprentices", and we must also make permanent, quick changes. "We can no longer keep teaching or transmitting knowledge or competence for a whole life. Learning will have to be forever. This is the reason why the aged people will have a higher number of problems, difficulties to transmit life knowledge and competence to the young".

This "German" future perspective for health-sports must be completed in the European context by some "French" key-ideas, that is some ideas borrowed from a country where health-sports are not, at first, organized by traditional sports federations that are, above all, competent in the field of competitive and elite sports, but, instead, by sports federations known as "affinity", "multi sports", "neutral" clubs and/or popular education.

Nineteen national associations gathered in a colloquium in Riom on the 8th, 9th and 10<sup>th</sup> of March 2002, to provide a series of answers to the question:

"How to guarantee and promote educational and cultural values in sports and physical activities?"

Their conclusion was that the "sports they organize, namely, health-sports, are not satisfactorily considered by sports and finance policies at local and national levels when compared to spectacle-sports!"

The fact is such issue has never been on the radio, TV or sports pages in the newspapers when reports are published about the Olympic Games, the Football World Cup, or Tour de France. However, the two values — namely education and culture through sports —, remain as essential as ever.

The pronouncement made by Henri SERANDOUR, president of the Comité Olympique et Sportif Français (CNOSF - French Sports and Olympic Committee), was recalled: "the reality of organized sports is not so much what is seen on TV but rather the reality experienced in sports movement everyday life and in the city regular life". This statement is rather satisfactory because "the same television viewers who watch F1, high level Olympic sports, tennis or football matches for an incredible number of hours would also like to live sports practices that are quite the opposite of what they see, that is, some friendly, congenial, amateur practice at their level, a practice that is pleasant to them".

And the 150 congress participants say more: "High-level sports make the spectacle. It must be so. Sometimes it is really very beautiful. But we have no power of action on that business and those media that go beyond us". And business and media make the process.

Conversely, they all agreed on a point: "more than ever it is important that the responsible for Federations insist on the instrument of education, on the respect for rules and individuals on the one hand, (the maintenance and even the development of educational values), on the sports that are opportunities of personal development in all fields -

and not merely techniques to awaken the enrichment of the spirit of others (that is the development of cultural values) on the other hand.

And in the sequence: "The sports clubs of the 21<sup>st</sup> century must "do their job" in an environment full of pleasure, social ties, friendliness. They are supposed to transform sports into an occasion for shared happiness, full respect for the other, opening of personal horizons, socialization and sociability. The errors, the horrible, the excess, sometimes anti-education in spectacle-sports cannot jeopardize sports status itself, as the road accidents cannot bring up questions about the automobiles"(2)

### **Conclusion**

Even if "sports for all" remains utopian, we must all work to take sports, physical and sports practices adopted to the highest number of people, and above all, resuming words dear to Pierre SEURIN, FIEP President in the 1970's, "to those who need it greatly".

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## **CONGRESO EUROPEO DE EDUCACIÓN FÍSICA – FIEP 2003**

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