

# IUHPE European – Healthy Settings

## Health promoting sports club

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# Appetizer

**What is the core-business of a sports club?**

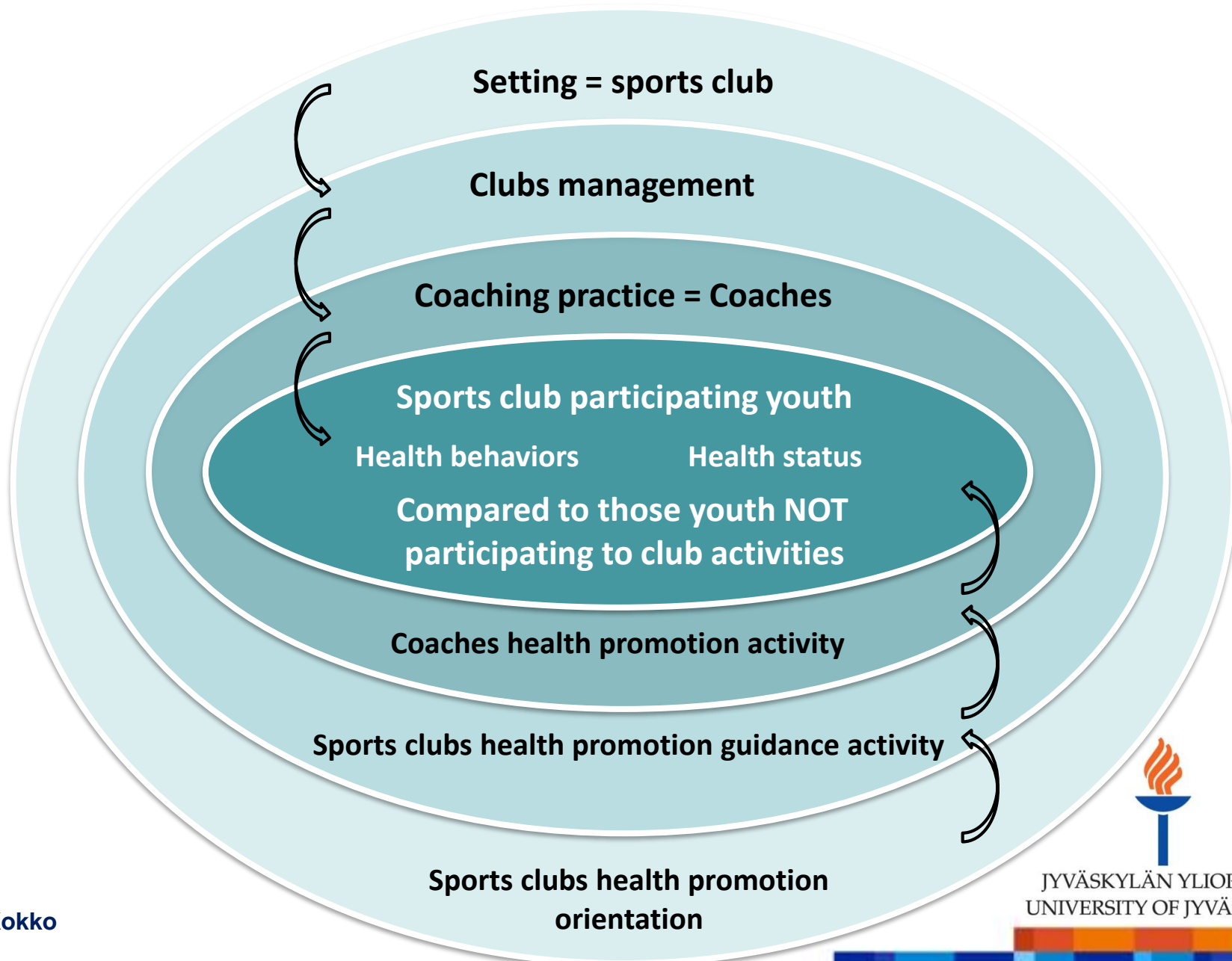
**Develop athletes in a given sport**

**Why should sports clubs invest in HP?**

**To optimize athlete development and sports performance (support public health)**



# Levels of health promotion in a sports club setting



## Original Article

### Piecing the puzzle together: case studies of international research in health-promoting sports clubs

Sami Kokko<sup>1</sup>, Alex Donaldson<sup>2</sup>, Susanna Geidne<sup>3</sup>, Jan Seghers<sup>4</sup>, Jeroen Scheerder<sup>5</sup>, Jeroen Meganck<sup>4</sup>, Aoife Lane<sup>6</sup>, Bridget Kelly<sup>7</sup>, Meghan Casey<sup>8</sup>, Rochelle Eime<sup>8,9</sup>, Jari Villberg<sup>1</sup> and Lasse Kannas<sup>1</sup>

- **In summary, there are two major research themes in this area, namely “research into HPSC activity” and “research into HPSC networks”**
  - **The first theme investigates the extent to which sports clubs and/or national sports organizations invest in HP – both in policy and practice**
  - **The second theme is driven by an intention to widen the scope of HPSC to reach novel internal actors, like parents, siblings etc. and/or external non-sporting bodies, like communities, schools etc.**
- **The future challenges for HPSC research requires a better understanding of the motives, barriers and capacities of sports clubs and coaches**
- **Sports organisations, clubs and coaches generally support the intent of the HPSC concept, but nothing will happen in practice, if the nature and capacities of sports clubs are not better acknowledged**

# Final words

- Sports club activities **effect peoples health comprehensively**,
  - **Not "only" to physical health by PA**
- It is fundamental to...
  - a) recognize the **core-business** of a setting (particular SC);
  - b) investigate the **willingness and possibilities** SCs to implement HP;
  - c) clarify a **link** between the **core-business and HP**;
  - d) use the **same language** with the people in the setting