

Saturday 21st November 1998 (afternoon)
4:20 - 5:00 p.m. (Authors present)

The Level of Sport Activities in Students of Sarajevo University in the Postwar Period

Nermina Babic; Emina Nakas-Icindic; Nesina Avdagic; R. Jadric; Desina Zvizdic; Almira Dzuvo

School of Medicine of Sarajevo, Bosnia and Herzegovina

Badminton: A Sport for all Ages

David Cabello; David Serrano

University of Almeria, Spain

Table Tennis for All: Touring Your City while Participating in Sport

Josep Cuxart

Speed Courts, Spain

Promotion of Sports for All in Eguzki Begi de Galdakao Ikastola (School) through Mountaineering and Mountain Bike

Kepa Lizarraga; M. Hernando; R. Jugo; X. Brena; J. Serra

Osakidetza - Bizkaiko Foru Aldundia, Spain

Orienteering: a Sport of Generations

Carles Lladó

Orienteering Federation of Catalonia, Spain

The Promotion of Snow Sport through a Municipal Campaign

Pilar Martos; Antonio Salguero

University of Granada, Spain

The Effects of Educational Techniques on the Motivation to Practise Floorball, Skating and Basketball

Antonio Méndez

Public School Llanera, Spain

Educational Aquatic Activities: A Physical Activity for All

Juan Antonio Moreno

University of Murcia, Spain

1st and 2nd Recreational Sports Festival of Cáceres

Dirk Nasser

University of Extremadura, Spain

Sports Recreative Campus

Miguel Ángel Nogueras

Sport for All Association of the Valencia Community, Spain

The Lleida Steering Plan for Sports

Josep Pons; Antoni Giró; Bernabé Hernández

City Council of Lleida, Spain

Protocol of an Orientation and Counselling Programme

Jordi Puig-Voltas; Nicolau García; Lluís Palenzuela

Blanquerna - La Salle Bonanova, Spain

Field Study: Wheelchair Basketball

Ángel Ruiz; F.J. Santos; M.A. Parra; N. Mendoza

University of Extremadura, Spain

A Sport for All Experience in Spain

Jesús Telo Rodríguez; Jesús Telo Núñez

Sport Club “Blume Gran Canaria”, Spain

The Computer as an Essential Tool for Sport Training

José Manuel Vela; Jaume Mirallas

High Performance Centre, Spain

High-Risk Behaviour Prevention Programme through Sailing

Cristina Visiers; Lina Abellanas; Sònia Algueró

Àmbits Esport, Spain

Fencing for All

Francisco Saucedo; León Alarcia

National Institute of Physical Education - Madrid, Spain

The Level of Sport Activities in Students of Sarajevo University in the Postwar Period

**Nermina Babic; Emina Nakas-Icindic; Nesina Avdagic; R. Jadric;
Desina Zvizdic; Almira Dzuvo**

School of Medicine of Sarajevo

BOSNIA AND HERZEGOVINA

The young population of Sarajevo lived in very difficult conditions during long period of the war. There were no possibilities to go in for sports activities. The aim of this research was to estimate the intensity of the sport activities in the first and second postwar generations of students of Sarajevo University.

Study was performed in 739 students (385 of the first and 354 of the second postwar generation), both gender. Initially, all subjects completed a questionnaire about their sport activities.

Our results showed outstanding differences in sport activities between the first and the second postwar student generation. The subjects from the second generation showed particular increment of the recreations forms of the sport activities and reduction of number inactive students (from 74.02% in the first to 48.59% in the second generation). We also noticed a low engagement in active sport forms in both generations.

It could be concluded that improvement of the life conditions and normalisation of the situation in our country created possibilities for the recreative sport activities. We suppose that a small number of subjects involved in active form of the sport activities are due to shortage of the facilities necessary for this activities, insufficient financial resources as well as lack of well trained coach staff.

Badminton: A Sport for All Ages

David Cabello; David Serrano
University of Almeria
SPAIN

Since the sixties, the member States of the Council of Europe have formally committed themselves to a Sport for All policy. The intense promotion of recreational sport, particularly in the last 25 years, has turned recreational participation into an expression of mass culture (Hendry, 1994).

Badminton can be played as a competition sport, as a recreational sport or as an exercise to keep fit. As a recreational sport it has many advantages. It is a “considerate” sport: with just a little technical knowledge you can enjoy playing it straight away (Hernández, 1984). As a result of its very special characteristics, such as the strikingly unusual mobile device (shuttlecock), the minimal, low-cost material required (racquets and shuttlecocks) and the wide variety of venues or places where it can be played (beach, sports hall or indoor hall, garden, park, etc.) make it a sport for all social classes that can be played at any age, anytime, anywhere.

So much so that it has become the racquet sport par excellence in Physical Education classes because, in addition to the characteristics already mentioned, it requires very little space. From the point of view of physical fitness maintenance, given its characteristics –it basically develops stamina and coordination– it is one of the sports that can be recommended for life. It is often played in doubles (men’s, women’s and mixed) because it is aerobically less demanding. The effort is shared by both players, thus creating an emotionally loaded relationship of cooperation that makes doubles the most commonly requested modality among players (López, 1994).

We believe that these reasons account for the enormous acceptance and popularity that badminton is experiencing in Spain at the moment. We therefore trust that soon it will become one of the most commonly played sports in our country, as it is in most European and Asian countries. This project summarises the programme that is being implemented in the Autonomous Community of Andalusia to extend badminton to the whole population.

Table tennis for All: Touring Your City while Participating in Sport

Josep Cuxart
Speed Courts
SPAIN

It has been three years (1996, 1997, 1998) since a total of 150 tables were installed in all of the parks in Barcelona so that all the citizens have access to this sport. It is possible to participate in the sport at any hour of any day because these are permanent facilities, and some instructors coach those who ask, for free.

The increase in participation in this sport for all has been due to the opportunity for unrestricted play. It is possible for one third of the population to participate in a federation.

The campaign was started in 1995 by the company Speed Courts and the Federació Catalana de Tennis de Taula, to install table tennis in all parks in Barcelona, so everybody at any time can practise this sport.

Promotion of Sports for All in the Eguzki Begi Ikastola de Galdakao (school) through Mountaineering and Mountain Bike

Kepa Lizarraga; M. Hernando; R. Jugo; X. Brena; J. Serra
Osakidetza - Bizkaiko Foru Aldundia
SPAIN

Extracurricular sports activities are generally competitive, suitable for only a limited period of the individual's life and not appropriate for family participation. Moreover, students often drop a specific sports activity upon a change of term or school centre. This may sometimes be due to the loss of "connecting threads" such as instructors or team mates, especially among girls. As a palliative measure to this situation, the state subsidised private school Eguzki Begi Ikastola (Limited Co-operative Company) has periodically programmed Sport for All activities since 1992, involving mountain outings and mountain bike rides.

Programmes are designed for individuals of any age over 6, whether these be students, relatives or friends. Their activities are not competitive. Itineraries are variable to guarantee the satisfaction of both the physically skilful and the more limited and so that they can be followed by entire families with equal participation of all members.

Local mountaineering organisations (Ganguren Mendi Taldea) and cycling organisations (Galdakao Txirrindulari Elkartea) are involved in this programme. Many of their members participate in our projects and we are likewise involved in their own activities. We therefore trust that this mutual relationship will benefit the integration of students and their families in such institutions and will encourage future sports practice.

All activities are backed up by informative facts concerning the natural and human environment of the region, as well as practical self-help techniques: orientation, mechanics, group circulation, cycling techniques, etc. With the objective of stimulating the participation of the young, who sometimes have to follow the demanding schedules of competitive sports, we have turned to the collaboration of popular sports stars, who have volunteered their services.

Orienteering: a Sport of Generations

Carles Lladó

Orienteering Federation of Catalonia

SPAIN

Orienteering sports – “orienteering” – are activities which are practiced in a natural environment and consist in following an itinerary with certain controls and making use of one’s sense of orientation and the correct interpretation of a map.

The peculiarities of this sport make it unique in many aspects, above all those which have a bearing on the present Congress: its educational perspective and social practice go beyond the barriers of gender, age, physical fitness, functional disability and social condition, becoming a truly exceptional sport for all. Additionally, orienteering can be practiced during parents’ recreational time with their young children as well as at high levels of competition, by veteran runners and by all age groups. They are all important within their category; they all play a leading role.

So much so that in Scandinavia –where orienteering races were created 100 years ago– it is quite frequent to see four generations of one family participating in the same competition. In Catalonia, with only 10 years of orienteering practice behind it, it is now common to find three generations participating. Entire families also participate.

This important fact is clearly demonstrated through responses to the following questions: if a boy uses a skateboard, does his father join in?; if a girl plays basketball, does the grandmother join in? The answers are clearly negative. But the answer varies when the question is: If a boy or girl participate in orienteering, do parents and other relatives join in? The answers are that they do and they normally do.

This is a perfect example of how an activity can become a factor of recreational family cohesion and an educational tool of social utility which transcends purely sport related values. It is also the historical evolution of sports as a social value and as a symbol of a better and higher quality of life.

Orienteering is a creative, healthy, formative and fun sport which promotes liberty and security in all participants. A sport of social and familiar-generational importance. Orienteering is a Sport for All.

The Promotion of Snow Sport through a Municipal Campaign

Pilar Martos; Antonio Salguero

University of Granada

SPAIN

In this poster we study characteristics and evolution of an habitual and permanent activity, as the case of the snow campaign of the Patronato Municipal of Granada, in Sierra Nevada, 32 kilometres far away from the city of Granada. We will analyse the modalities of “Weekends Courses” and “Students in Sierra Nevada” describing the duration, level, age, participation index, etc.

The campaign was managed by the Patronato Municipal of Granada, autonomous institution dependent of the Municipality of Granada. The study is from 1988/89 since 1997/98.

The Effects of Educational Techniques on the Motivation to Practise Floorball Skating and Basketball

Antonio Méndez
Secondary School Llanera
SPAIN

This poster aims to research the effects that different educational techniques provoke in the motivation of people who begin the practice of two sports modalities: floorball skating and basketball. Two studies were undertaken with 75 and 72 subjects (students of first level of BUP and third level of Secondary school) and each group received a different treatment: one of them received the information directly (through Direct Instruction), other was stimulated to the discovery through ludic elements (through Inquiry); and finally the third followed a model juxtaposes with the other two.

The results show significant differences in the group. that learnt through the ludic elements (Inquiry), not only in their motivation but also in the intensity of their effort and the real time spent in practice.

Educational Aquatic Activities: a Physical Activity for All

Juan Antonio Moreno
University of Murcia
SPAIN

The development of motor functions in schools has traditionally been carried out on land, completely overlooking the aquatic environment. When this natural means was finally employed in certain primary school centres, the applied contents were centred on sports skills (swimming, water polo, synchronised swimming, etc.).

Our approach lies far from a technical mastery of sports: its aim is to evolve from a familiarisation with the aquatic environment through (on land) approximation games and the swimming-pool (not very deeply submerged at first and eventually deepening) to the development of aquatic motor skills.

We believe that with this type of approach, supported by active methodology, physical activity within the aquatic environment achieves a double objective: a comprehensive training of the individual and the availability of aquatic motor function education to all students, with the subsequent possibility of furthering aquatic sport skills, whether this be done through the school environment or through a private organisation.

1st Recreational Sports Festival in Caceres

Dirk Nasser

University of Extremadura

SPAIN

On 27th April, 1996, the Faculty of Sports Science at the University of Extremadura, in collaboration with Caceres City Council, organised the 1st Recreational Sports Festival. This Festival was held as part of Extremadura's Olympic week, organised jointly by the Faculty of Sports Science, the Spanish Olympic Committee and the Spanish Olympic Academy.

The Festival was held on Caceres' most central and busy boulevard, and there were around 3,000 participants who had the opportunity –as did collaborating students from the Faculty– to directly experience the Olympic values that were being covered theoretically in other forums. In addition, the chosen motto was “Come and play with us for peace”, which conferred a social dimension on the Festival and turned it into a symbol of solidarity with the victims of terrorism and particularly towards a call to free the hostage José Antonio Ortega Lara. To that end, the Festival's sports activities were suspended for 20 minutes so that the participants could form a giant blue bow (110 m long).

A student representative read out a manifesto explaining that all forums were good places to revindicate peaceful cohabitation. Furthermore, the recreational, non-competitive nature of the Festival meant that it was open to all (irrespective of sex, age or ability), with over 50 alternative games and sports, and it practically promoted the essential Olympic values: cohabitation, solidarity, interculturality and peace.

The Festival also managed to bring sport closer to the citizens, making it even more accessible as each post had a sports instructor to encourage them and to explain and direct the activities they were responsible for. This event benefited the students at the Faculty of Sports Science who were able to experience in practice the theory they already knew, the sports institutions involved which got to know one another better in a public area and sport in general which was able to demonstrate its multi-purpose use in a social context. The Festival received wide coverage by the media. The formation of the blue bow was even broadcast on national news programmes. Besides the institutions already mentioned, the Festival was sponsored by the Autonomous Government of Extremadura's Education and Youth Ministry.

2nd Recreational Sports Festival in Caceres

Dirk Nasser

University of Extremadura

SPAIN

This Festival was organised just like the previous year, this time on 10th May, 1997. It was held as part of the macro-project “Caceres, European Capital Against Racism”. It was the only sports project among over 100 cultural projects presented in that week of May 1997. Once again, it formed part of the university education of the Faculty of Sports Science of the University of Extremadura and was organised in conjunction with the “Caceres, European City Against Racism” organising committee. More than 60 different sports-recreational events were presented: alternative sports, adapted sports, popular games, adventure activities, etc.

The Festival was held at the Sports Complex and there were around 1000 participants, including pupils from a special education school. The multicultural and heterogeneous values experienced through recreational, fun activities were cohabitation and participation irrespective of sex, age and performance. So, for example, the involvement of disabled pupils was assured, as was their integration. The formation of a black and white bow was a major feature of the Festival. It symbolised different cultures mingling together and respecting each other.

One pupil read out a communication about the educational and social possibilities of this type of sport, and the need to overcome racism in today’s society. To turn this message against racism into something tangible with real values of solidarity, the Festival raised funds for Mozambique by selling tokens to gain free access to any sporting activity and a free T-shirt. These funds, 205,000 pesetas in total, will be used by the non-governmental organisation “Voces” to construct a radio station in that country. Subsequently a book called *Diario de un grito (Diary of a Cry)* was published, which included all the activities presented during the “Caceres, European Capital Against Racism” week. The Festival was sponsored by the Autonomous Government of Extremadura, the Education and Youth Ministry, Caceres Provincial Council, El Puchero and Caja Duero.

Sports Recreative Campus

Miguel Ángel Nogueras

Sport for All Association of the Valencia Community

SPAIN

The aim of this paper is to show the experience that has been carried out since 3 years ago (1996, 1997 and 1998) with 9 to 13 years old children. The activity consists of annual stays of one week during July, where physical and sport activities and games are proposed as an alternative to those in specific or monographic campus on conventional sports.

The activities, which have pedagogic aspects, have objectives oriented to discover new forms of practicing traditional sports and to learn alternative sports, highly participative, with an adaptation of the actual spaces and sport facilities, the integration and social interrelation of children through these games, with no exclusion because of age or sex (activities are for both sexes) and the irrelevance of winning in front of losing.

The methodology applied consists of the presentation of games, the way they can be played, the possibilities to adapt them to spaces and rules, making possible that participants can offer other ways for playing them, modular competition, using materials different from the traditional ones. It is more adapted to children, to their interests, production and construction of materials through a manual craft workshop involving for example boomerangs and hang-gliders. The activities are conducted by Sport for All actors.

The Lleida Steering Plan for Sports

Josep Pons; Antoni Giró; Bernabé Hernández
City Council of Lleida
SPAIN

The objective of the Directive Sports Programme of the Town Council of Lleida is to develop a policy which will promote sports in schools, Sport for All and sport as a means of leisure.

To accept the premise that sport is a fundamental training tool in the education of young people, from school age to their participation in competition, whether this be in an educational environment (Sport Schools), an interscholar environment (Sports Games) or interclubs (federated competition), allows us to educate the young in the intrinsic and fundamental factors of sports games: respect towards rules and adversaries.

Basic sports training should be founded on comprehensive -physical and psychological- individual development, if we aspire to promote habits of human interrelationship.

Sport for all is a fundamental tool which allows access to physical activity, not only to those with specific skills, but to all citizens, promoting the practice of sports as a means towards achieving health and physical fitness. This is why we support such activities, practised within municipal facilities, and believe that there should be further motivation of activity programmes on behalf of organisations which aim at such objectives.

Sport for leisure is an alternative and *non-agonising* sports practice. If, moreover, sport is practised over a holiday period, the sense of exercise and leisure of such recreational activities procures amusement and entertainment, not to mention usefulness.

Protocol of an Orientation and Counselling Programme

Jordi Puig-Voltas; Nicolau García; Lluís Palenzuela
Blanquerna - La Salle Bonanova
SPAIN

As you will see in the video that we are presenting, the practice of Sit-Football can help work on different goals and the basic contents of the curriculaum in Primary and Secondary Schools.

If we analyse our society, nearing the third millenium, taking into account the social impact of sport, we can conclude that one of the needs in the sport world is regulation in educational work during the process of sport initiation, definition of the basic concept and the methodology to develop this process that boys and girls aged 6 to 12 years have to follow. It is difficult to know which sport is the more beneficial and more appropriate depending on their characteristics, possibilities and needs.

In this context it is necessary to apply pedagogical proposals that could define control tools and programmes. We are presenting a programme addressed to boys and girls, and particularly, to their families to help and advise them.

The Advice and Sport Orientation Programme starts from a philosophical and pedagogical basis and it understands sport and the sport initiation processes as a way to educate, form and help children to grow, to mature and to be an adult person.

The main basis of the programme is the advice process, the analysis and the definition of the needs, the continuation and the evaluation of it and the establishment of a communicative system to inform the three members involved in the final process: families, children and teachers or working group.

As you will see in the poster, it's a pedagogical point of view with an educative philosophy from the sport for all.

One of the challenges for the future is to get a sport more educative. At the same time, one of the goals in the schools is to obtain an education more sportive.

Field Study: Wheelchair Basketball

Ángel Ruiz; F.J. Santos; M.A. Parra; N. Mendoza
University of Extremadura
SPAIN

The objective of this study is to obtain as much information as possible on Wheelchair Basketball and its background through fieldwork.

The absence of bibliographical data leads to the uncertainty of all of us who research this modality, quite often resulting in a lack of communication with the players and a certain uneasiness while confronting such an unfamiliar environment.

Professionalisation in this sports modality has meant a modification in the organisational structure of clubs and in the minds of many of its practitioners: it is no longer a means of social integration, but a recognised sport which contains the same values and risks as its “normal” equivalent.

To further familiarisation with this sport, we have developed the following:

- A questionnaire for players consisting of 51 questions which enquire about the different aspects of this modality.
- An interview with the trainer consisting of 49 questions which aim at enlightening us upon the most significant problems any new trainer might come across in this modality.

Through such interviews we have gathered information on three renowned national teams, allowing us to provide a wide and complete range of information on both players and trainers with a view to increasing the reader’s familiarisation with Wheelchair Basketball. We also offer the most significant conclusions we have reached in this study in order to provide further information on this sports modality and its background.

A Sport For All Experience in Spain

Jesús Telo Rodríguez; Jesús Telo Nuñez
“Blume Gran Canaria” Sports Club
SPAIN

This presentation is about the work that has been done in the last 37 years in Las Palmas de Gran Canaria (Spain), although we are now working on the 38th, organised by the Sports Club Gym Las Palmas which has been in existence for 43 years. As the theme is very complex, our aim is to highlight the fact that we work mainly in International General Gymnastics Festivals (Gymnastics for All) as well as other sports.

For the last 40 years we have organised Trophies for the Best Athletes of the Year. These are awarded to the Best Male Athlete, the Best Female Athlete, the Best Indigenous Sport, the Best Club and the Best Disabled Athlete. We have recorded and even published documents about every Olympic Canarian. We also have a publication containing all the Monuments and Works of Art dedicated to Sport in Gran Canaria.

We have an operative Association for Historic Sports Studies (ADEHISDE) which does historic-sports follow-up, the last one being the date set for the celebration of the 100 years of existence of the Spanish Gymnastics Federation on 15th June, 1998. A monthly publication called “Noticias - Olímpicas Gimnasio Las Palmas” (Olympic News Gym Las Palmas) is produced, which began prior to the Seoul Olympics in 1988. It has an operative travelling Museum which goes by the name of Gym Las Palmas. Historic studies are done for certain sports, always looking for their history in Las Palmas. Conferences about Olympism are organised in various places.

The Computer as an Essential Tool for Sport Training

José Manuel Vela; Jaume Mirallas
High Performance Centre
SPAIN

The poster offers a general view of the basic computer applications and their utility in sports training for those sports technicians that want to jump into information technology.

Information technology allows automatization and improvement of our work procedures in an effective way. The decision of acquiring one tool or another will depend on our own needs. So, it is necessary to consider thoroughly the possibilities of each informatic product in order to choose the one that fits these needs best. The trainer needs to process the information he has. This can be done using a data base, a word processor or a spreadsheet as basic informatic tools.

The spreadsheet is the most versatile tool. In this poster we introduce Microsoft Excel as an example. Spreadsheet allows us to calculate, compute functions (logic, referential, statistical, etc) and, also, can be used as a data base in order to work with our information. With our data, we can create graphics that allow us the making of more accurate analysis of the results and so improve our reports.

We can profit from its capabilities in the presentation area, switching between the different designs of the cells and an attractive and functional look by adding images and sound. Spreadsheet simulates a notebook's sheet, with a grid in which each cell allows us to insert information of different kinds: text, number, date, time. It also allows the use of computing languages so we can design the spreadsheet as a personal program.

An example of spreadsheet is attached, featuring the different ways of treating information in order to planify sports training.

High-Risk Behaviour Prevention Programme through Sailing

Cristina Visiers; Lina Abellanas; Sònia Algueró

Àmbits Esport

SPAIN

In recent years, prevention has been employed as a suitable tool to prevent risk behaviour in youths and adolescents. Some authors highlight the beneficial effects of physical exercise or sport as an additional element in the range of tools used in prevention. The characteristics of sailing are particularly attractive and suitable for youths and adolescents since they provide contact with nature, develop a sense of personal responsibility and encourage solidarity and disciplined behaviour. Previous positive experiences with various population groups determined the suitability of carrying out a pilot project to assess the effect of sailing in a risk group and to obtain some data that would allow a larger project to be carried out to obtain specific indicators in order to measure possible objective changes.

The sample consisted of 20 youths/adolescents aged between 12 and 18 residing in Barcelona who showed signs of social marginalisation or inadequate adaptation. All the adolescents were referred by Social Services, Social Welfare Centres and schools. Of the total sample, 14 completed the programme. Of this sample, the majority (N=10) were male. Regarding the traits that were used to define the marginalisation criteria, we found that 85.7% had a low socio-economic level, 71.4% were from single-parent families, 14.3% had done some sport in the past and the reasons they gave for starting the programme were mostly connected with the fact that they liked the sea (N=11).

The programme lasted for 5 months. During that time, some sailing courses were organised at the Barcelona Municipal Centre. These were given by the centre's monitors and an Àmbits Esport worker. Data to measure the degree of socially inadequate adaptation were gathered at the start of the activity and one year after it had ended. The results obtained are presented and proposals are given for the development of a more extensive design.

Fencing for All

Francisco Saucedo; Leoncio Alarcia
National Institute of Physical Education - Madrid
SPAIN

The inclusion of activities not widely or practiced in programmes of physical education, makes possible their diffusion and provides future possibilities for Sport for All. If we can make it possible for these activities to be practiced no with specific facilities or expensive or sophisticated materials, future possibilities are increased.

This process has been done with Fencing, thinking about the increase of sport practice, from the recreational point of view, as well as the competitive one.

In the information era society is walking towards, decision making in real time, the logical reasoning for the use of computers and the abstraction as mental capacity, are important values. All these values are inherent to fencing and they can be a fundamental element for educating.

With the use of foam sables, there is no need of any other material for the practice of fencing (masks, jacket of protection, gloves), in education centres (as an educational content), and also in the sporting-recreational structure of the initiation levels and Sport for All.

This material, together with some changes in the activity, increase the recreational possibilities, as they can be practiced anywhere and by anybody, with no limit of age, sex, physical condition or disability.