

Pro Safe Sport

Practice examples

This factsheet is intended to gather information on practice examples which promote a healthy and safe sport environment.

Basic data	
Title	Health and Movement
Organisation	Unimi - Biological Sciences Dept./School of Sport
Link	http://www.scuoladello sport.coni.it
Country	Italy
What kind of initiative? (E.g. policy, law/ act, campaign, education...)	Study
PSS intervention area	Physical well-being Psychological well-being Social well-being Fair play Governance/ policy

Qualitative facts	
Description	Aerobic training is the most recommended method for the prevention of cardiovascular diseases, but also the training of strength/muscle tone and maintaining good joint mobility should not be neglected if one wishes to maintain a good state of health. The question is how to successfully promote active lifestyles among young people and different cultural levels. The study was set out to propose a method economical, easy to use, valid and repeatable, based on submaximal tests to quantify the overall fitness of the subject and to promote the use of an autonomous training programme. In a pilot study 10 subjects underwent an initial evaluation before undertaking a 4-week training period, during which they had the job of monitoring the extent and duration of freely chosen types of exercise. Loads were modulated autonomously through self-evaluation by participants, who had the goal of reaching a predetermined level of physical

	activity. At the end of the period of training the evaluation was repeated. The evaluation method proved to be repeatable, and the autonomous training strategy proved to be valid when compared with methods for assessing physical activity based on questionnaires. In conclusion, the approach adopted to promote physical activity in a simple, non-binding manner may be considered as being effective for a healthy population.
Activities	<ul style="list-style-type: none"> • Trainings • Personal consultations
Thematic priorities	<ul style="list-style-type: none"> • Health and safety (general)
Target group	<ul style="list-style-type: none"> • Athletes 18-23 years old
Results/ products	<ul style="list-style-type: none"> • article published on the Sds Review
Success factors	<ul style="list-style-type: none"> • dissemination • test validation • number of people reached • visibility

Quantitative facts

Budget	20 000
Number of people working for this initiative	10
Number of people reached	20 000
Timeframe (start/ end)	finished

Observations

The study was implemented in cooperation with local bodies in the Lombardia region