

INTERNATIONAL COMMITTEE OF SPORT PEDAGOGY AND ITS CONTRIBUTION TO THE DEVELOPMENT OF PHYSICAL EDUCATION, PHYSICAL ACTIVITIES AND SPORT IN THE WORLD AND BUILDING RELATED POLICIES

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SUMMARY

The explosion of information and the development of information and communication technologies contribute to serious worldwide problems – sedentary life styles and physical inactivity of people, all with related health, economic and social consequences. International organizations are actively addressing these current problems of the world. Good example of successful cooperation between international bodies is ICSSPE's International Committee of Sport Pedagogy (ICSP) and its participation on international projects: "International Position Statement on Physical Education", "Benchmarks for Physical Education", "Designed to Move", "Global Voices on Quality of Physical Education and Sport", "International Charter of Physical Education, Physical Activities and Sport", "Quality Physical Education Guidelines for Policy Makers", "Madagascar project"

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PHYSICAL INACTIVITY AS A GLOBAL PROBLEM

Intensified competition in world markets, religious conflicts, issues of war and peace, violations of fundamental human rights and freedoms, massive population growth in some parts of the world, unsteadiness in economic development and widening gaps between rich and poor countries and people, corruption, unemployment, natural disasters, pollution of the natural environment, lack of food and drinking water, extreme nationalism, terrorism, increased violence and crime, drugs and non-communicable diseases - these are the most serious global problems of today's world.

The explosion of information and the development of information and communication technologies, along with society's continues obsession with television, contribute to other serious worldwide problems – sedentary life styles and physical inactivity of people, all with significant related health, economic and social consequences. Just a few generations ago, physical activity was an integral part of daily life. Today physical inactivity seems normal.

The project “Designed to Move” prepared by Nike, ICSSPE and ACSM shows that as economies grow, physical activity is systematically designed, innovated and engineered out of daily life. Research shows that developed economies like as the United Kingdom have reduced physical activity levels by as much as 20 % less than two generations. By 2030, Britons will be almost half as active as they were in 1961. The researchers suggest also that the faster economies are grown, the faster populations reduce their activity levels. In other words, the effects of declining physical activity levels may be felt more acutely in countries with rapidly developing economies, such as Brazil, India and China.

Knowledge of the consequences of physical inactivity has been emerging for years. One of the most important consequences is increase in obesity, especially childhood obesity. For example, between 1994 and 2008 in the United Kingdom, the prevalence of obesity increased by 79% in men and 47% in women. The number of children and young people who are overweight and obese increases from year to year. Also in European countries. Physical inactivity is also a major risk factor for all-cause mortality, cardiovascular disease, high blood pressure, stroke, type 2 diabetes, metabolic syndrome, colon cancer and depressions. 9 % of all premature deaths worldwide are attributable to physical inactivity.

Research is fast showing that physical inactivity is already draining economies. In just four countries (China, India, UK and USA) the cost of physical inactivity is estimated to have been more than 200 billion USD in 2008. By 2030 the direct costs alone in UK will increase by more than 61% and in China and India by more than 450 %.

Physical inactivity is a big economic, social and health problem. The places for change are first in the family and second the school. School physical education must play in future a more important role than it does today.

ICSSPE INTERNATIONAL COMMITTEE OF SPORT PEDAGOGY AND ITS IMPACT TO THE DEVELOPMENT OF PHYSICAL AND SPORT EDUCATION IN THE WORLD AND BUILDING RELATED POLICIES

International organizations are actively addressing these current problems of the world. There is cooperation between sports organizations and federations (IOC, FIFA and others), those working in the field of physical education (PE), sport education and physical activity promotion, especially for children and youth.

ICSSPE was founded in the late 1950s with the aim of maintaining an inclusive perspective on the different disciplines of sport, sport science and physical education, and to continuing collaboration between them. It brings together a wide range of scientific and professional organisations of various sport branches and disciplines, and encourages interdisciplinary and international collaboration. The greatest strength of the organisation is its unique global network, which enables national and international federations and institutions of sport science and sport pedagogy to co-operate. ICSSPE, as an umbrella organization, brings together 250 international and national bodies and institutes.

ICSSPE activities include publication of scientific books (Directory of Sport Science; Sport Science Studies) and journal (Bulletin ICSSPE); organisation of multi-disciplinary congresses and conferences serving both scholars and practitioners (e.g. MINEPS V, 2013; Communities and Crisis, 2013, MINEPS VI, 2017); making scientific awards to researchers and scholars (The Philip Noel-Baker Research Award); participation on preparation of policy documents (Berlin Declaration, 2013, Kazan Action Plan, 2017); supporting research projects (e.g. Quality of Physical Education and Sport).

In accordance with its 'Associate Status' with UNESCO, ICSSPE serves as a permanent advisory body to UNESCO's CIGEPS (International Governmental Committee of Sport and Physical Education) and conducts research and other projects on its behalf. ICSSPE also works closely with other UN agencies, notably the UN Office of Sport for Development and Peace (UNOSDP), the World Health Organisation (WHO), the International Red Cross and Red Crescent and UNICEF. ICSSPE is a 'Recognised Organisation' of the International Olympic Committee (IOC), with which it has a long tradition of co-operation and mutual support. The International Paralympic Committee (IPC) is a member of ICSSPE, but also works with ICSSPE as a full partner in international activities such as the International

Convention on Science, Education and Medicine in Sport (ICSEMIS). To support its world-wide commitment, the Council establishes contacts with business affiliates, aiming at joint contributions to responsible and sustainable development. ICSSPE promotes the missions of its partners and involves them in scientific and communication projects of the network. ICSSPE has identified “Healthy Living across the Lifespan” as one of its three strategic priorities.

Good example of successful cooperation between international bodies is ICSSPE’s **International Committee of Sport Pedagogy (ICSP)**. It brings together representatives of the six most important organizations from the field of physical education and sport education (FIEP, IFAPA, IAPESGW, ISCPES, AIESEP and ICCE). ICSP was founded during the Olympic Scientific Congress held in 1984 in Eugene, Oregon, USA. It is working group specializing in sport pedagogy. Its specific objectives are to develop resources, definitions and publications, and to undertake major projects and programmes identified as important and of common interest to the member organizations. The role of this Committee is to meet, discuss, and make decisions about pedagogical matters rose by the member organizations and co-opted members.

Regularly, every four years one organization is in charge of the ICSP, e.g. IFAPA led the Committee from 2005-2008, ISCPES from 2009-2012 and FIEP from 2013-2016. Currently is led by IAPESGW. ICSP has worked on several common projects led by ICSSPE’s three strategic priorities – “Quality Physical Education (QPE)”, “Healthy Living across the Lifespan” and “Ethics”:

International Position Statement on Physical Education

In promoting QPE, the Committee has led work on the preparation of ICSSPE’s 2010 "International Position Statement on Physical Education", This Position Statement has been endorsed and supported by the International Olympic Committee, the International Paralympic Committee, the United Nations Educational, Scientific and Cultural Organization and the United Nations Office on Sport for Development and Peace

Benchmarks for Physical Education

International “Benchmarks for Physical Education” The benchmarks for physical education provide countries with self-evaluation guideline indicators that could help to improve the practice of physical education and / or sport in the education system. The benchmarks address specific minimal requirements for a quality physical education and sport, with regard for embracing diversity and inclusion. The intention is to support countries, embracing different levels of subject establishment in education: Emerging, Developing and Advancing. They

provide: Government ministers and policy-makers, Curriculum designers, School providers.

Designed to Move

ICSSPE has identified "Healthy Living across the Lifespan" as one of its three strategic priorities. As part of this work, in 2012, Nike, ICSSPE and ACMS co-authored a global report "*Designed to Move*" (DTM) (www.designedtomove.org), which focused on the need to increase levels of physical activity among children and young people. DTM has two principal aims: to create early positive experiences with movement activities for children and to integrate physical activity into everyday life.

Create early positive experiences for children

If kids are playing hard and having fun, they'll come back for more. One day, they'll have hard-playing kids of their own, and the negative cycle will be broken.

1. Special Emphasis on Childhood; Before Age 10
2. Design of Early Positive Experience in PE, sports and Physical Play
3. Special Emphasis on School as a Foundation for Impact
4. Combine Resources and Community level
5. Leverage Digital Platform
6. Invest In and Recruit Diverse Role Models

Integrate physical activity into everyday life

Our world doesn't make physical activity very easy. Everything around us is designed for sedentary convenience. It's time to shake things up.

1. Design Physical Activity into the Build Environment
2. Align Sectors that Share Goals
3. Challenge Misaligned Incentive Structures
4. Challenge Everyday Signals that Reinforce the Current Norm

Global Voices on Quality of Physical Education and Sport

4 of the organisations participated in the project "Global Voices on Quality of Physical Education and Sport". The associations developed a project that collected the voices of professionals in physical education / school sport in all regions of the world. The purpose was to analyse the views of PE teachers about

their understanding of physical education, the challenges they faced and solutions found. Answers on these three questions were analysed: What makes high quality physical education / school sport? What are the challenges for physical education / school sport? How do you manage those challenges?

International Charter of Physical Education, Physical Activities and Sport

ICSP participated on revision of International Charter of Physical Education, Physical Activities and Sport prepared by UNESCO and published in 2015. ICSP representatives participated as members of UNESCO working group in different working meeting especially in meeting in Medellin in Colombia, where all changes, recommendations, and comments were finalised.

Quality Physical Education Guidelines for Policy Makers

Assistance for UNESCO's "Guidelines on Quality Physical Education for Policy Makers" These Guidelines have been developed, accordingly, with the aim of supporting UNESCO Member States in formulating and implementing inclusive quality physical education (QPE) policy and programmes.

Madagascar project

Madagascar project was focused on Development and Validation of a Support Methodology Aiming to Build/Improve Physical Education and Sport National/Regional Policies

The goal of this project was:

- To develop and validate a concrete approach aiming to identify the current 'physical education and sport policy' of one country/region;
- To develop and validate a concrete approach aiming to involve the national stakeholder in the development of a new 'physical education and sport policy' that would respect their cultural, economic, and historical characteristics as well as the main international recommendations about physical activity and QPE.

CHALLENGES AND POSSIBILITIES FOR THE FUTURE

For international NGOs, which are successful in promoting their mission and demonstrating their value to governments and UN agencies, one of the biggest challenges is to manage the raised expectations for assistance and delivery, within

constrained financial contexts. ICSSPE is no exception. As ICSSPE has established its role as a source of international expertise and knowledge in the field of physical education and sport science, increasing numbers and types of agency have requested expert advice and support. With a small staff team and dependence upon volunteer elected officers, it is sometimes difficult to fulfil expectations.

However, the recent expressed need for expert input into policy and good practice for health promotion through physical activity has brought ICSSPE and its member organisations into contact with mainstream health promotion organisations, in ways which would have been unthinkable a decade ago, for example in “Designed To Move”, partnerships with Generation Europe (on resources for young people’s lifestyle management), the American College of Sport Medicine, Excellence in Paediatrics, and the Hellenic Nutrition Foundation.

Similarly, following two decades of observation and recording of the demise and attrition of physical education in school curricula, ICSSPE, through its International Committee of Sport Pedagogy and its elected officers, is actively contributing to international and national innovation and capacity-building in physical education systems and strategies in a range of countries and at international level, working with UNESCO and other UN agencies.

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МЕЖДУНАРОДНЫЙ КОМИТЕТ СПОРТИВНОЙ ПЕДАГОГИКИ И ЕГО ВКЛАД В РАЗВИТИЕ ФИЗИЧЕСКОГО ВОСПИТАНИЯ, ФИЗИЧЕСКОЙ АКТИВНОСТИ И СПОРТА В МИРЕ И РАЗРАБОТКУ СООТВЕТСТВУЮЩЕЙ ПОЛИТИКИ

АННОТАЦИЯ

Взрыв информационной активности и развитие информационно-коммуникационных технологий способствуют возникновению серьезных общемировых проблем - малоподвижного образа жизни и физической бездеятельности людей, имеющих связанные со здоровьем, экономические и социальные последствия. Международные организации активно занимаются решением этих актуальных мировых проблем. Хорошим примером успешного сотрудничества между международными организациями является Международный Комитет спортивной педагогики (ICSP) ICSSPE и его участие в международных проектах: "Международное заявление о позиции в области физического воспитания", "Контрольные показатели физического воспитания", "Рождены для движения", "Глобальные голоса по качеству физического воспитания и спорта", "Международная Хартия физического воспитания, физической активности и спорта", "Руководство по качественному физическому воспитанию для политиков", "Мадагаскарский проект".

Ключевые слова: Физическое воспитание, ICSSPE, FIEP, международные сети.

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