

Steps to set up SCforH initiatives



1. Examine the internal and external preconditions for your programme idea.

- Are the programme aims and content compatible with the mission and the kind of activities you offer in your club/association?
- Did you examine the health profile of your sport?
- Do you expect to receive support from or be blocked by the leadership?
- Do you expect to awaken sufficient spontaneous interest in the target group of your programme or will you need to advertise the programme ahead of time?
- Will you be the first and only provider of such a programme in your area?
- Would you like to invite partners to join a cooperation?

2. Try to find an attractive title for your programme, which helps clearly describe the kinds of activities and the target group.

- Examples: "Basketball with music 60 plus", "Cycling for power-kids", "Walking Football for everybody"

3. Create a leaflet that briefly outlines your concept.

- The leaflet should include the aims, the content, the target group, and the prevailing conditions (e.g. programme duration, location of the facility, timetable, participation fee, limited numbers of participants). It should clearly describe how the activities align with the specific characteristics of the target group. Set up and secure appropriate working structures on all levels of your association.

4. Announce and advertise your programme both inside and outside of your organisation.

- Examples: Create a flyer that you can distribute in your club, in pharmacies, physicians' waiting rooms, submit an article or ad to local newspapers, and provide a programme description on your organisation's webpage.

5. Try to gain a clear insight into the physical conditions and the motor skills of the participants before you develop your curriculum.

- Many testing tools are available, but the personal observations you make in the first unit of the programme are also very important.

6. Set up a mid-term and/or long-term course plan!

- The curriculum should be divided into individual sessions, include the respective aims and types of activities, and describe the methods and the equipment that will be used to carry out these activities. If you provide a documented, standardised programme, the curriculum is set in advance. However, it may still need to be adapted to fit the specific needs, aims, and fitness levels of participants.

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7. Provide a clear structure for the individual sessions!

- An exercise session structure that is used frequently is as follows (American College of Sports Medicine, 2006): Warm-up phase with low-intensity activities that involve large muscle groups (e.g. walking, stretching); stimulus or conditioning phase that includes endurance, resistance, and flexibility exercises; recreational activities, such as rhythmic activities with music and/or modified games that enable participants to experience enjoyment and success; cool-down phase with stretching and relaxation.
- Another structure that is used especially often in specific, health-enhancing exercise programs, is the seven-sequence structure (often used in health-enhancing exercise programmes of the German Gymnastic Federation). This consists of an opening sequence (about 5 minutes); a warm-up sequence (about 10 minutes); an endurance sequence (about 20 minutes) with walking- or aerobic-type activities with music; a muscular strength, flexibility, and coordination sequence (about 30 minutes); a relaxation sequence (about 10 minutes); and a final fun and activating sequence (about 5 minutes), especially for enhancing mood; followed by an information sequence (max 10 minutes, which is always combined with one of the sequences 1–6).

8. Communicate regularly with the participants to provide them with general information about the health benefits sports and with more specific information about the activities in the programme session.

9. Make sure to regularly update your curriculum constantly according to the physical and mental condition of the participants!

10. Evaluate the impact of your programme, both by making personal observations and by applying standardised measurement processes.!

- In addition to making regular observations, you might conduct interviews with the participants or use scientifically verified questionnaires to evaluate the health and well-being of the participants. Moreover, you may use existing tests of physical fitness and motor skills.

11. Provide periodical reports on the programme progress to internal and external stakeholders.

- It is recommended to regularly create evaluation reports and submit them to the club management, so that the managers are informed about the success of the programme and about any potential obstacles encountered. It is also recommended to perform public relations work by including articles in your club's magazine, posting information on the organisation's webpage, and sending press releases to the local newspapers.