

INTERNATIONAL CONFERENCE OF SCIENCE CULTURE AND SPORT
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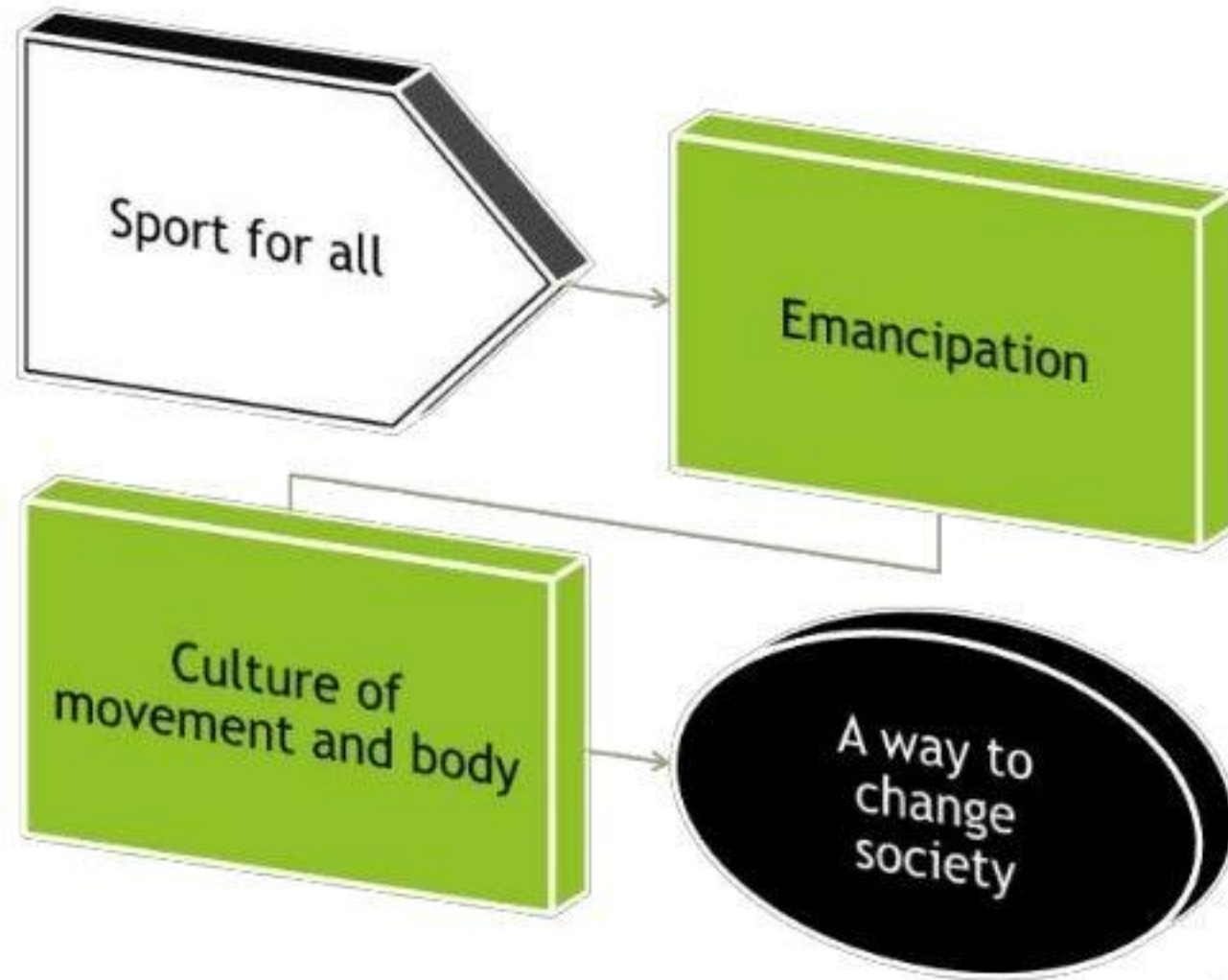
SPORT FOR ALL – EDUCATIONAL AND SOCIAL PHENOMENON

Prof. DANA BADAU Ph.D.



**Can sport for all
modernise our life?**

Goals of Sport for all in the Balkans







Balkan Sport for All Association



Prof. Erdal Zorba PhD.
President of BSfAA



March 2015 - Kopaonik



May 2010 - Istanbul



May 2014 - Sarajevo



BSFAA - CONNECTIONS



Physical Activity

- ▶ Physical activity is a priority lifestyle that impacts health, wellness, and fitness



Need of sport for all and fitness

- ▶ Look good
- ▶ Feel good
- ▶ Enjoy life
- ▶ Be healthy

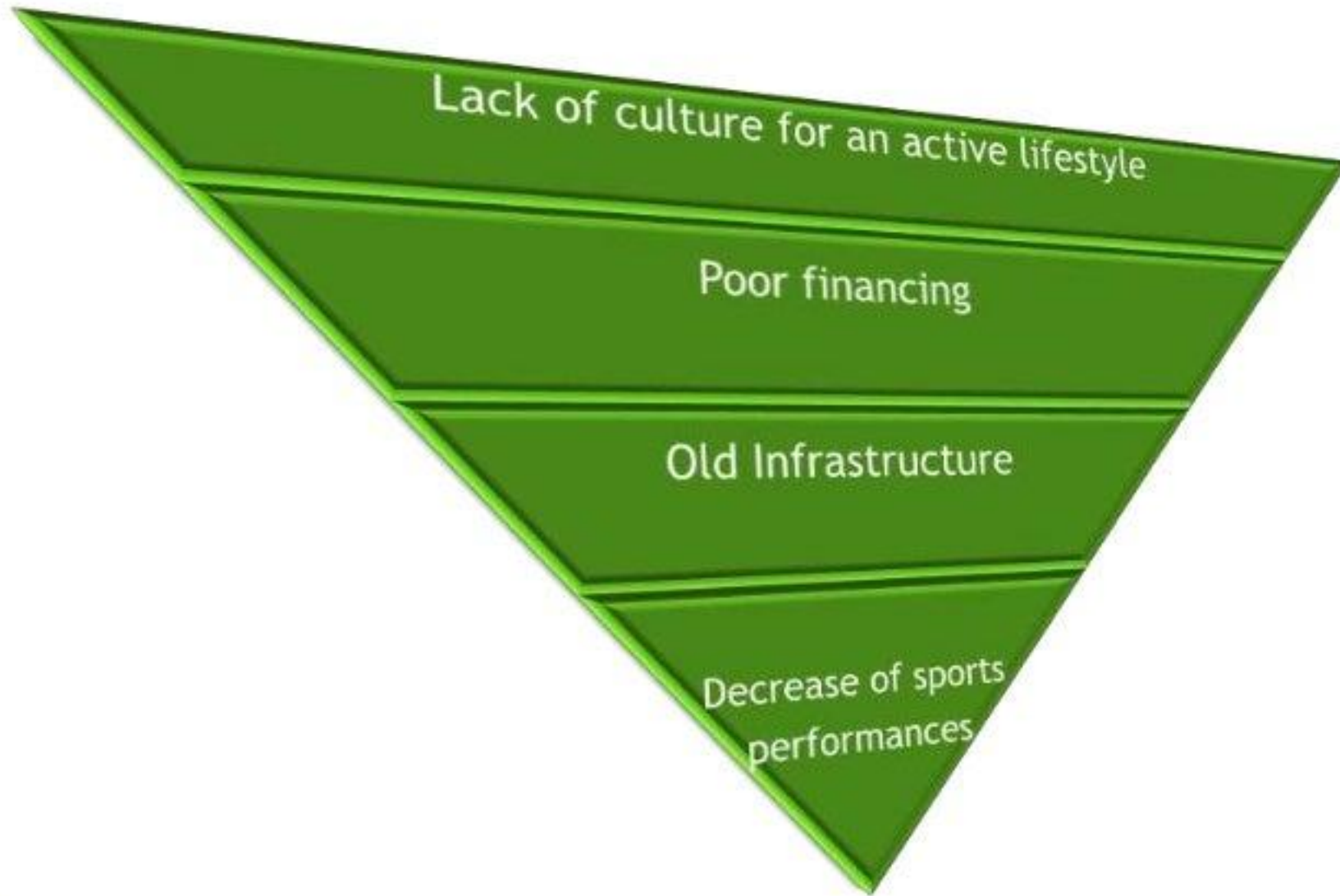


What sport for all does for people...

- ▶ Emotional release
- ▶ Affirmation of identity
- ▶ Social control
- ▶ Socialization
- ▶ Agent for change
- ▶ Collective conscious
- ▶ Success



Reality about sports for all in the Balkans

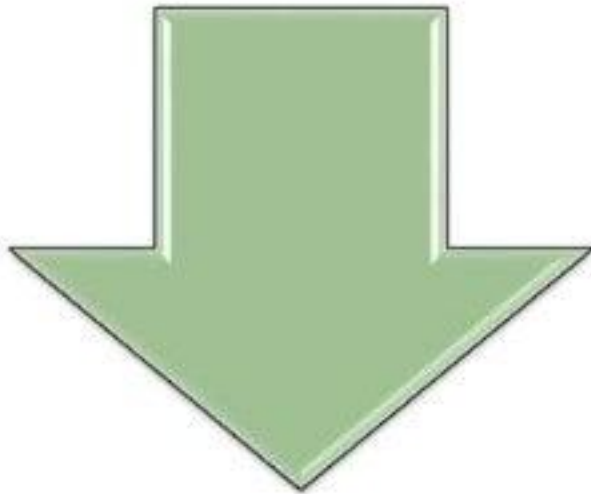


Social reality because of lack of sport for all and poor lifestyle



Increase:

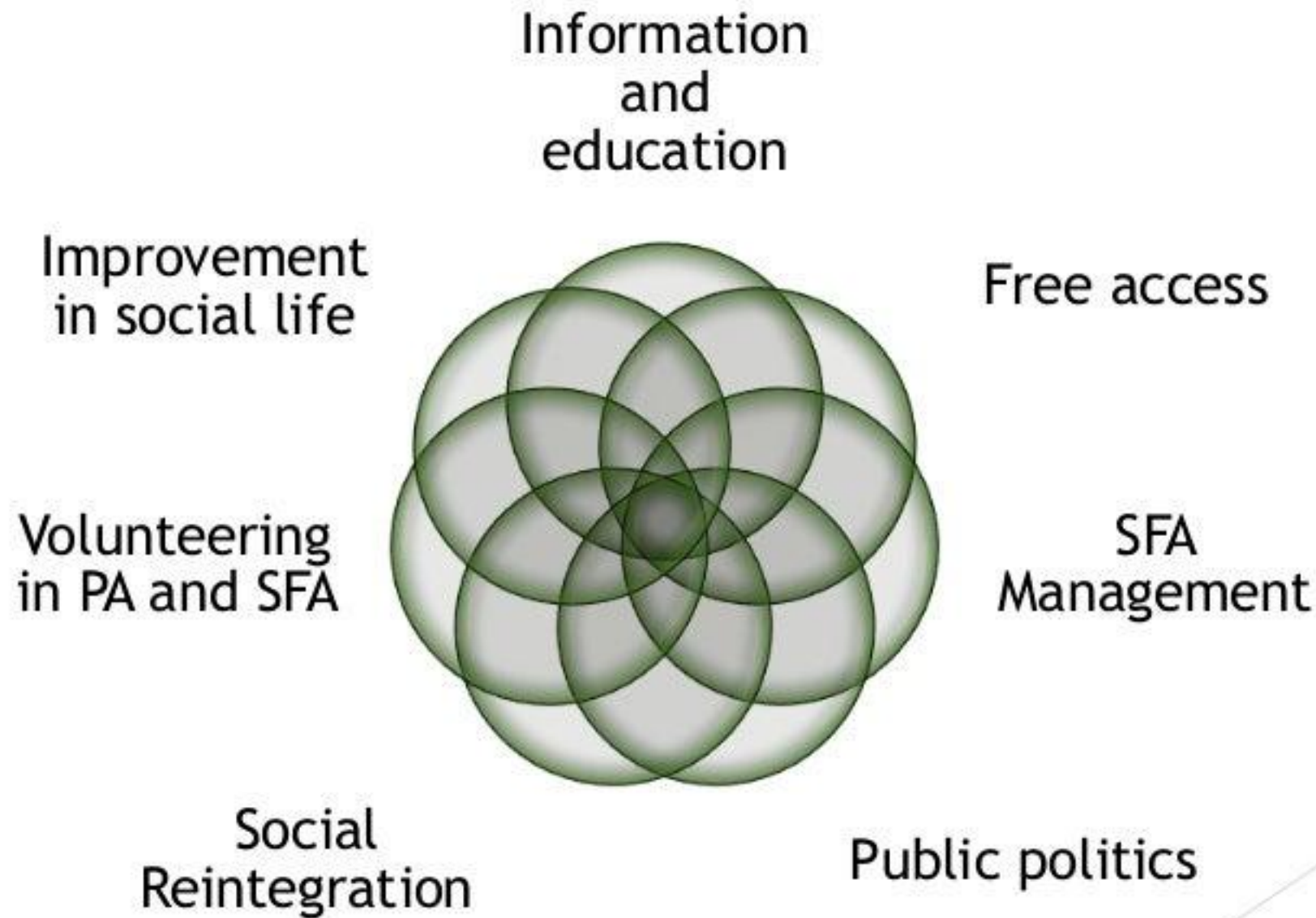
- Juvenile obesity
- Adult obesity
- Sedentary lifestyle
- Number of persons with health problems



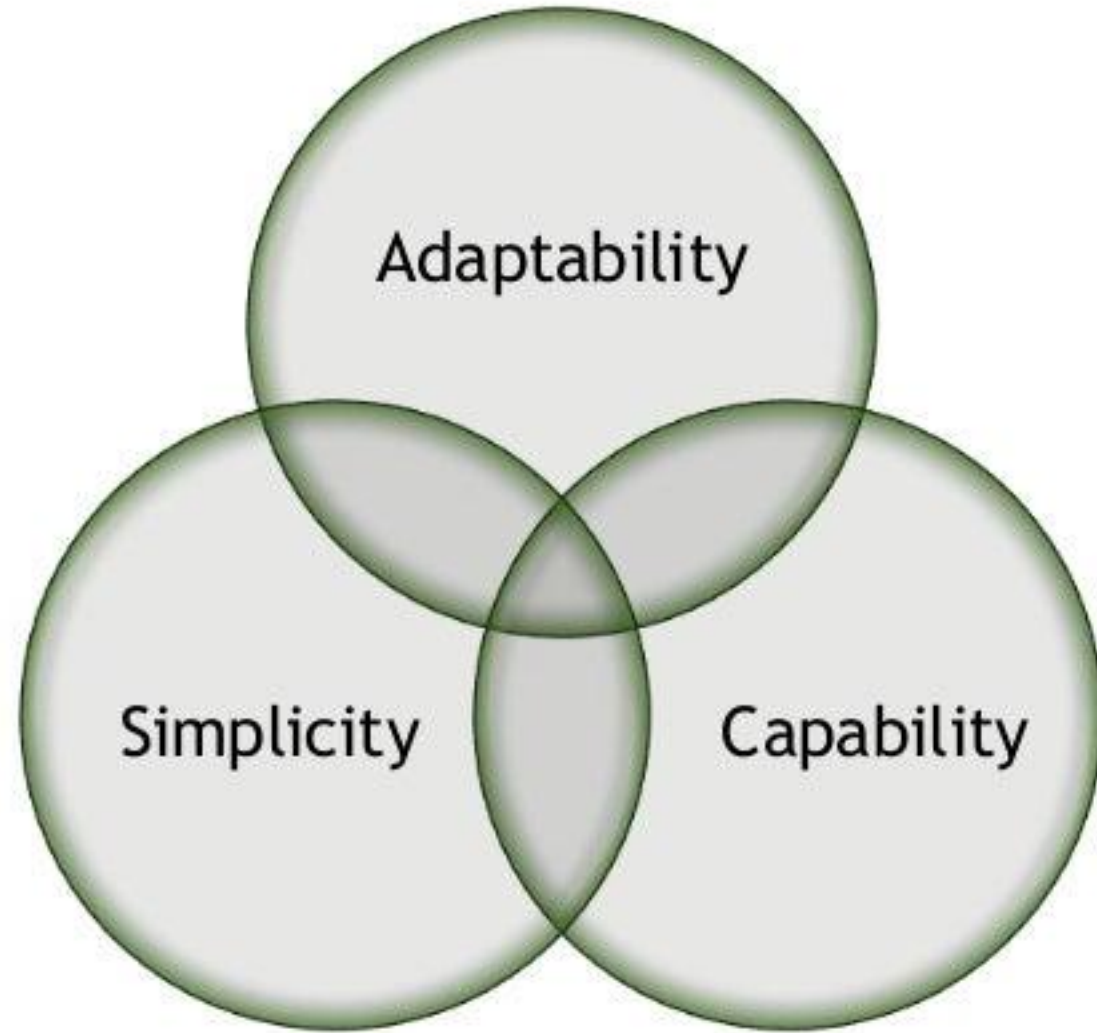
Decrease :

- Number of people who practice regular physical activities

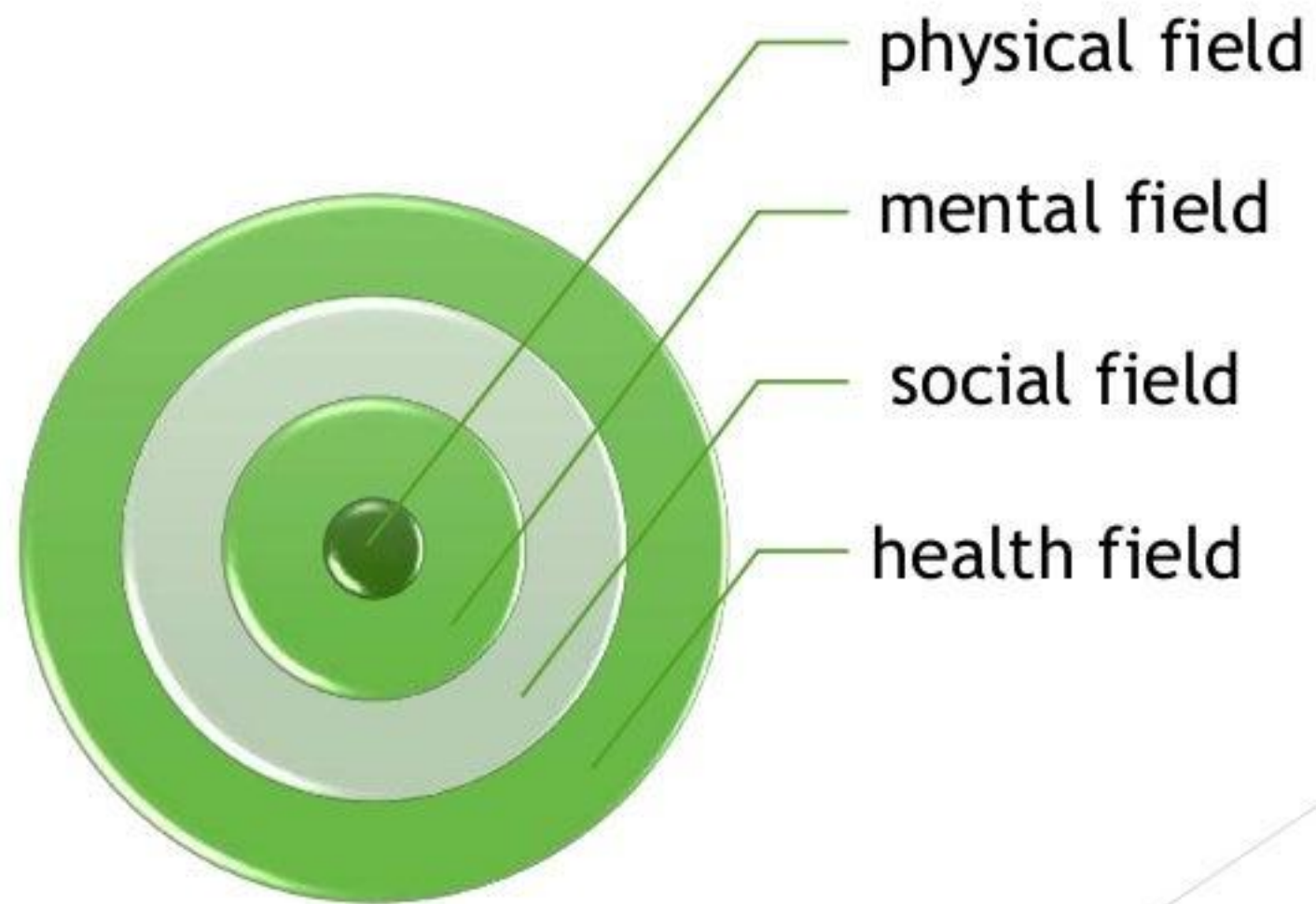
Strategic aims in sport for all



Basic Principles in Sport for All



Sport for all affects





Sport for all - phenomena



Educational

Social

SFA - educational phenomenon



Why are people inactive?

- ▶ No Time
 - ▶ Work
 - ▶ Family
- ▶ Cost
- ▶ Lost the Habit
- ▶ Poor motivation/mood due inactivity
- ▶ Health issues
- ▶ Social isolation
- ▶ Hard first few sessions so stop



8 main skills which have to be developed through education (Educational Group Pearson, Great Britain)

Can SFA develop this skills by life long learning?



SFA - social phenomenon

Socialization helps us to learn who we are and how we are connected to our world



SFA - social phenomenon

