

Information technology and its role in promoting physical activity and sport for all

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"Role of Sport for All in the world of information technology", 04.11.2008

Information technology

Information technology (IT) (...) is "the study, design, development, implementation, support or management of computer-based information systems, particularly software applications and computer hardware."

Information communication technology

Information and Communications Technology (...) is an umbrella term that includes all technologies for the manipulation and communication of information.

www.wikipedia.org

Established use of IT in physical activity and sport for all

- development of sport equipment
- technical training
- membership management for clubs
- promoting events
- providing access to results



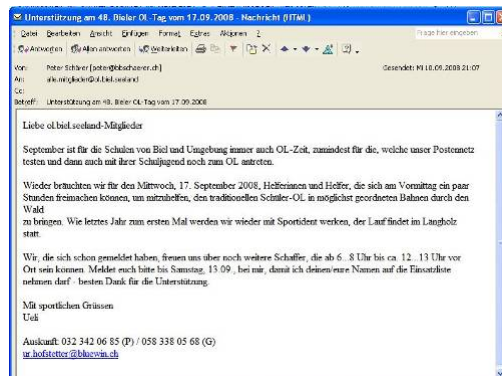
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Place	Place No.	First Name	Last Name	Age	Team	Country	5K	10K	15K	20K	25K	30K	35K	40K	45K	Mile	
18242	11220	2806	JAMIE	AKA0	38M	MAS	4:29:49	9:27:43	0:59:14	1:29:28	2:02:04	2:58:13	3:21:07	3:50:51	3:50:51	6:09:18	
13118	11847	2999	SCENE	BERG01	33M	MAS	4:24:53	9:28:07	0:56:14	1:24:29	1:52:24	2:29:25	2:52:28	3:04:06	3:24:06	6:09:22	
18775	3816	731	3536	GERALDINE	42F	MAS	4:12:32	9:27:54	0:55:33	1:23:44	1:53:20	2:00:04	2:24:25	2:55:00	3:07:19	3:56:26	6:09:38
33528	22096	6884	25134	BILLY	34M	MAS	9:14:38	9:29:24	0:58:23	1:27:13	1:57:48	2:06:59	2:34:52	2:54:49	4:12:38	3:50:06	6:12:00
36153	24253	809	52389	BRNBT	61M	MAS	6:10:38	9:37:40	1:15:23	1:54:24	2:34:52	2:43:41	3:19:12	4:07:19	4:07:19	6:14:08	

The potential of IT in promoting physical activity

- Support for sport and physical activity providers and professionals
- Facilitating access to offers and facilities
- Motivation and support for becoming and remaining physically active
- The potential of exercise-generating video games

Support for providers and professionals

- Support for sport instructors
- Support and training for physical activity counsellors
- Exchange platforms for promotion professionals

Support for sport instructors



Support and training for physical activity counsellors

Weiterbildung


- RatZurTat öffnen
- Sich registrieren
- Über die Weiterbildung
- Evaluation

Dienste

- Vertrag
- Zertifizierte BeraterInnen
- Selbstverwaltung

Informationen

- Über uns
- Startseite
- Publikationen




Struktur

Das Weiterbildungsprogramm „RatZurTat“ besteht aus vier Bestandteilen, wobei die ersten drei internetbasiert sind und das Vierte in Form eines Workshops am Bundesamt für Sport (Maggingen) stattfindet.


1. Der erste Bestandteil ist aus **Video- oder audiodgestützten Wissensmodulen** zusammengesetzt. Mit diesen Modulen eignet sich die sich weiterbildende Person das notwendige Fachwissen rund um das Thema „Bewegung“ an.
2. Der zweite Bestandteil ist **die Software „RatZurTat“**. Mit dieser Software können die TeilnehmerInnen lernen, wie eine Beratung strukturiert ist, welche Fragen man stellen kann und welche Antworten sinnvoll sind. Die Beratung basiert auf dem Transtheoretischen Modell.
3. Der dritte Bestandteil ist **der Selbsttest**. Falls der Selbsttest bestanden wird, wird man zu einem Workshop eingeladen.
4. Der vierte Bestandteil ist **der Workshop** (hier klicken, um das Beispiel eines Workshops herunterzuladen). Die TeilnehmerInnen üben Beratungssituationen mit der didaktischen Unterstützung von Rollenspielen. Sie werden von qualifizierten und erfahrenen BeraterInnen unterstützt und beurteilt. Im Rahmen des Workshops findet eine Prüfung statt. Am Ende des Workshops erhalten die TeilnehmerInnen die Zertifizierung, falls die Prüfung bestanden wurde und die Beurteilung der WorkshopsleiterInnen positiv ist. Mit dieser Zertifizierung bestätigt das Bundesamt für Sport, dass die TeilnehmerInnen die Ausbildung absolviert haben und dass sie in der Lage sind, die körperliche Aktivität der inaktiven Personen professionell, realistisch und konkret zu fördern.

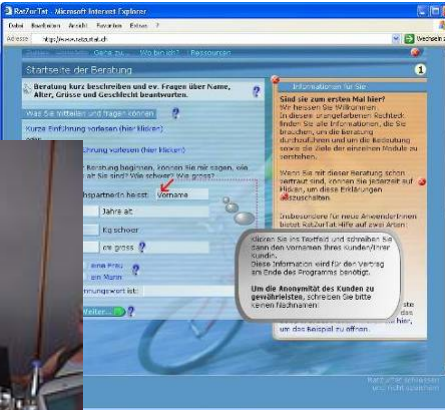
Die Koordinaten der zertifizierten BewegungsberaterInnen werden in einer Datenbank gespeichert. Diese Datenbank steht allen Interessierten (z. B. Ärztinnen und Ärzte) zur Verfügung, die eine Beratung delegieren möchten (hier klicken).



www.ratzurtat.ch

Support and training for physical activity counsellors





www.ratzurtat.ch

Exchange platforms for promotion professionals



www.who.int

World Health Organisation WHO

World Health Organization - Regional Office for the Eastern Mediterranean - Microsoft Internet Explorer

Address: <http://www.who.int>

World Health Organization
Regional Office for the Eastern Mediterranean

Topics

- Essential Medicines and Pharmaceutical Policies
- Arabization of Health Sciences Network
- AIDS and Sexually Transmitted Diseases
- AIDS Information Exchange Centre
- Centre for Environmental Health Activities
- Child and Adolescent Health and Development
- Community-Based Initiatives
- E-Health in the Region
- E-Health Code of Ethics
- Eastern Mediterranean Association of Medical Editors (EMAME)
- Health System Observatory
- Health Professions Education Directory

Highlights

Restrictions in electricity and fuel supply put health service delivery in Gaza at risk
5 December 2007

During the first days of this month a rise in hours of electricity cuts has been observed related to increased consumption in winter times. At the same time the supply of domestic fuel into the Gaza strip has been restricted. As a result, some of the 11 hospitals that are operated by the Ministry of Health are facing severe shortages of diesel and most of the Primary Health Care facilities were obliged to stop emergency generators (no fuel or storage below 100 litres).

[Read the situation report | Palestine web site](#)

Governance

- Regional Committee for the Eastern Mediterranean Region
- Fifty-fourth session of the Regional Committee of the Eastern Mediterranean
- Resolutions of the Regional Committee
- Regional Consultative Committee

Regional Director

Biography, annual reports, messages.
[More](#)

Latest Regional Director's Report 2006
Arabic | English | French

Exchange platforms for promotion professionals

Agita Mundo - Microsoft Internet Explorer

Address: <http://www.agitamundo.org>

letter adhesion meeting members photos & images world physical activity day

PHYSICAL ACTIVITY IS HEALTH:
ACCUMULATE 30 MINUTES PER DAY

home page
speak with us
links

EVENTS REGISTRATION
register your event here
REGISTER

MATERIAL DOWNLOAD
Folder Agita Mundo
Logg Agita Mundo
Logg with flags
Miscario
Stamp

Agita Mundo Meeting 2007
Agita Mundo Network Annual Meeting took place in São Paulo, on October 11th to 13th, during the 30th International Symposium on Sports Sciences organized by CEIARISCS. We received more than 40 representatives from 15 different countries - such as Argentina, Brazil, Chile, Colombia, Cuba, Costa Rica, Finland, Panamá, México, Mozambique, Peru, Trinidad & Tobago, South Africa, United States of America, Venezuela and over than 50 Brazilian institutions. Rotational Chairmanship, Committees Composition were among the issues discussed, and it was approved an Document on Building a Global Agenda to Promote Physical Activity in the World; and bi-Central Theme for 2008 World Day for Physical Activity: "Breaking Down Barriers for Movement".

Let's "Agitate" in 2008 and make bigger events to promote physical activity in the world!

Agita at GAPA Newsletter!
Last June, we agitated the GAPA (Global Alliance for Physical Activity) newsletter which had been promoted at the 15th IJHPPE World Conference on Health Promotion and Health Education conference in Vancouver, the International conference on physical activity and

PHYSICAL ACTIVITY IS HEALTH:
ACCUMULATE 30 MINUTES PER DAY

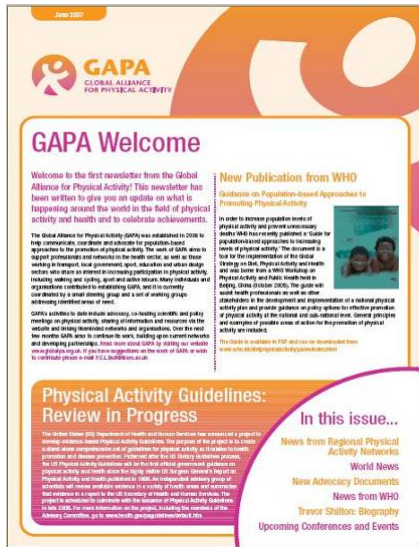
Agita Mundo Meeting 2007

WORLD DAY FOR PHYSICAL ACTIVITY
A NEW AGITA OF
BREAKING DOWN BARRIERS FOR MOVEMENT

Agita Mundo

www.agitamundo.org

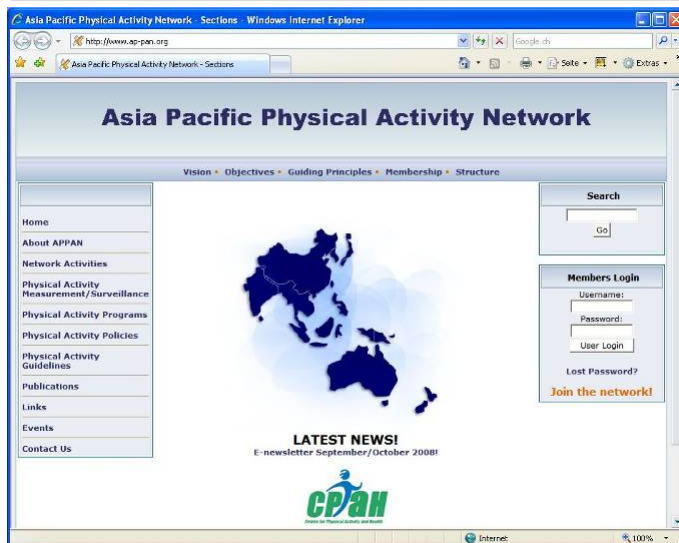
Exchange platforms for promotion professionals



Global Alliance on Physical Activity GAPA

www.globalpa.org.uk

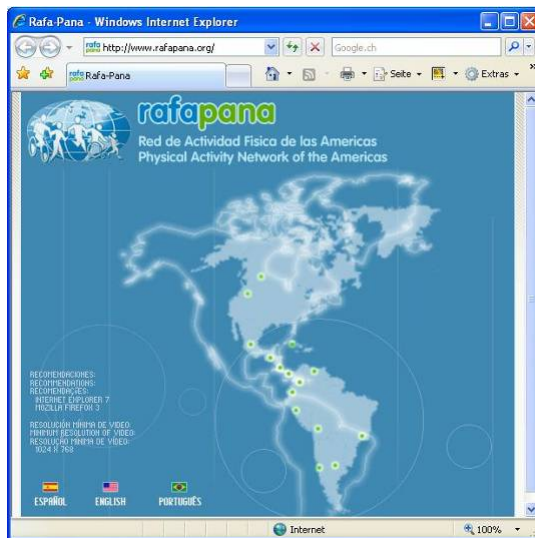
Exchange platforms for promotion professionals



Asia Pacific Physical Activity Network

www.ap-pan.org

Exchange platforms for promotion professionals



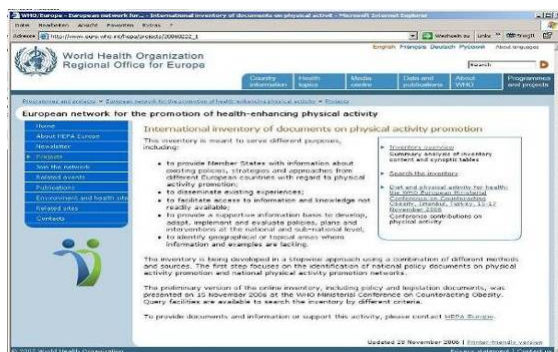
**Red de Actividad
Física de las
Americas**

**Physical Activity
Network of the
Americas**

RAFA-PANA

www.rafapana.org

Exchange platforms for promotion professionals

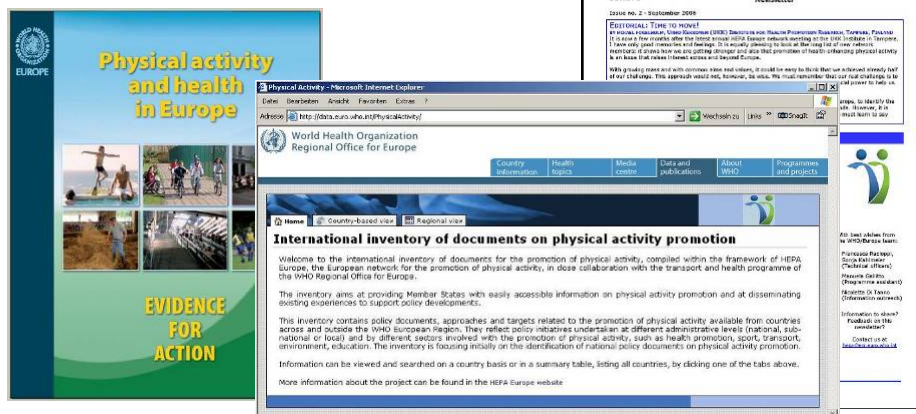


**HEPA Europe
European Network
for the promotion
of health-
enhancing
physical activity**

www.euro.who.int/hepa

Exchange platforms for promotion professionals

IT can support exchange...



www.euro.who.int/hepa

Exchange platforms for promotion professionals

... but it cannot replace meetings and personal discussion



The potential of IT in promoting physical activity

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Facilitating access to offers and facilities

- Electronic databases for training and exercise offers
- Integrated information systems

Electronic databases for training and exercise offers

The real challenge is not in the information technology,
but in keeping the database up to date

Qualitop

Certified
commercial
fitness centres
in Switzerland

www.qualitop.org

Integrated information systems

sanitas GATE24 Google Blick

Cycling in
Switzerland

www.veloland.ch

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Motivation and support for physical activity

- Automated counselling systems
- Potential of feedback providing systems
- Training diaries and personal coaching
- Integrated systems linking to real life offers

Automated counselling systems



www.active-online.ch

Potential of feedback providing systems

HEALTH EDUCATION RESEARCH

Vol.22 no.3 2007

Pages 406–413

Advance Access publication 13 September 2006

Twelve-month effects of Canada on the Move: a population-wide campaign to promote pedometer use and walking

C. L. Craig^{1,2*}, C. Tudor-Locke^{1,3} and A. Bauman⁴

Potential of feedback providing systems

Abstract

Canada on the Move is a national initiative to promote pedometer use and walking among adult Canadians. The purpose of this paper is to investigate the initiative's impact on sufficient walking, defined here as at least an hour

Introduction

In recognition of the public health burden posed by modifiable risk factors for chronic disease, the Organization developed a Global Diet and Physical Activity in 2004. The intent of the strategy was to recommend education campaigns with the goal of encouraging populations to undertake at least 30 minutes of moderate intensity activity most days of the week, consistent with the minimal accepted public health recommendation in the United States [2] and Canada [3]. Walking is often promoted as a feasible way of reaching these recommendations among the inactive population as it represents a form of moderate intensity activity that has few perceived barriers; it can be integrated into all aspects of daily life, requires no special skill [4]. Recently, walking has been widely used to successfully track progress in health promotion programs for health [6, 7]. The Journal of the American Medical Association (JAMA) [8]

dissemination and adoption of an easy-to-use tool for self-monitoring purposes.

ratios adjusted for age, sex, income and education. Message recall and pedometer ownership were associated with increased odds of self-reported walking. There was evidence of a campaign effect.

nationally funded public awareness campaigns. The effectiveness of health promotion to increase walking may be enhanced by combining motivational health-related messages with the

Training diaries and personal coaching

Trainingsplan von Viktor Röthlin: Anmelden - Windows Internet Explorer

http://www.vicsystem.com/

Trainingsplan von Viktor Röthlin: Anmelden

deutsch | english

VICSYSTEM
LAUFEND ERFOLGREICH

Anmelden

Deine Anmeldung ist kostenlos und ohne jede Verpflichtung: Du kannst die Eintrittsfragen beantworten, Dein sportliches Profil ausfüllen, die Wochentage mit Training wählen, Deine Ziele angeben und eine allfällige Wettkampfplanung vornehmen.

Die dynamische Berechnung des Trainingsplans ist kostenpflichtig, es gelten folgende Preise:

- für 1 Jahr CHF 150.00 [EUR 100.00 / USD 130.40]
- für 2 Jahre CHF 240.00 [EUR 160.00 / USD 208.70]

Falls Du einen Gutschein-Code erhalten hast, kannst Du diesen auf der Bezahl-Seite eingeben, die Preise reduzieren sich dann entsprechend.

* Benutzername

* Passwort

* Geschlecht

* Vorname

* Nachname

* Strasse

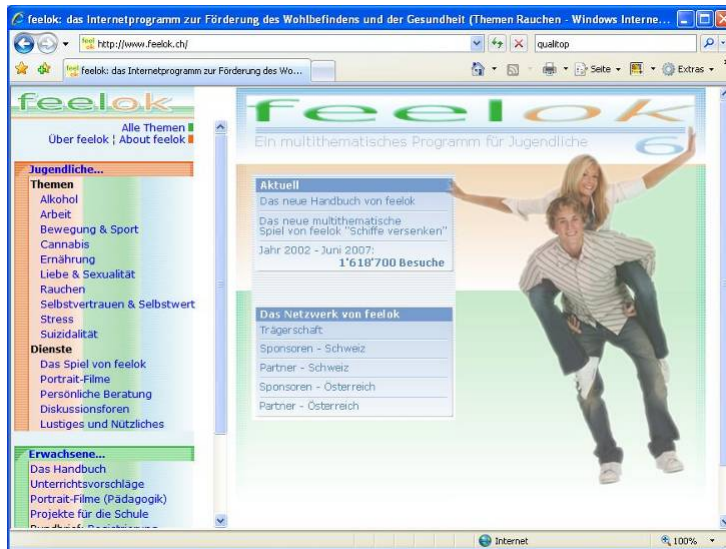
asics

Bern Ryffel Running Uster
www.ryffel.ch

Basler Stadtlauf

www.vicsystem.ch

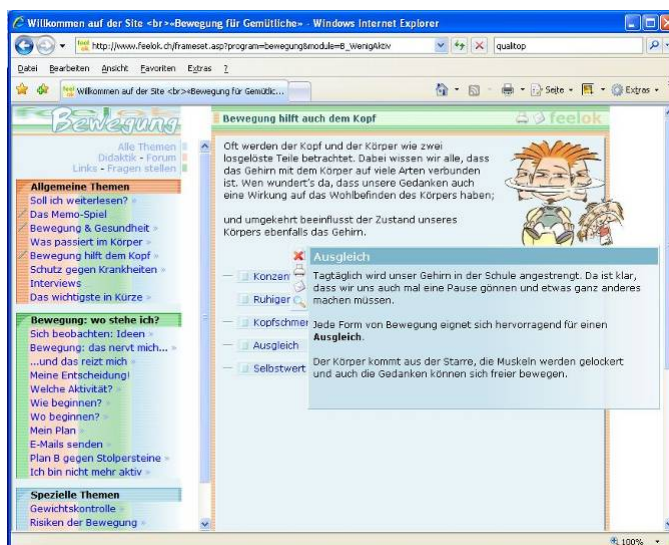
Integrated systems linking to real life offers



Feelok
Youth
prevention
programme
including
physical
activity
and sport

www.feelok.ch

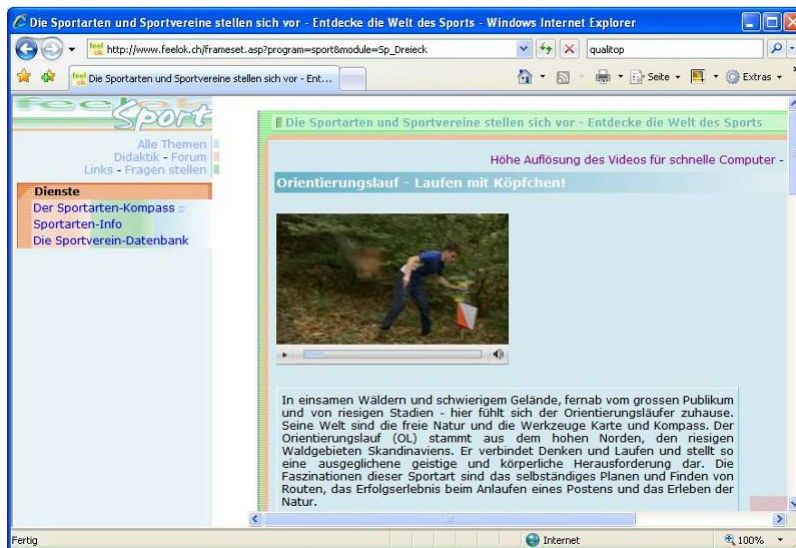
Integrated systems linking to real life offers



Feelok
Physical
activity
module

www.feelok.ch

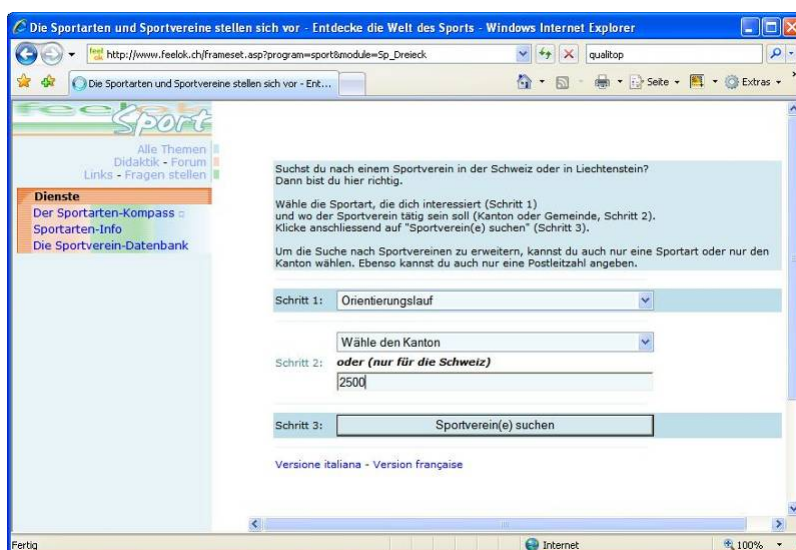
Integrated systems linking to real life offers



Feelok
Sport
presen-
tation
module

feelok.ch

Integrated systems linking to real life offers



Feelok
Sport
club
search
engine

feelok.ch

Integrated systems linking to real life offers

Die Sportarten und Sportvereine stellen sich vor - Entdecke die Welt des Sports - Windows Internet Explorer

http://www.feelok.ch/frameset.asp?program=sport&module=Sp_Dreieck

Id	Logo	Club Name	Sportarten	Adresse	Region
4		OL NORSKA - Orientie...	Badminton Orientierungsla...	3082 Schloswil	BE
5		OLG BERN	Allgemeine Leis... Orientierungsla... Ski-OL	3000 Bern	BE
6		OLG HONDRICH	Orientierungsla...	Bühlermatte ... 3703 Aeschi bei S...	BE
7		OLG SKANDIA	Ski-OL Orientierungsla...	3550 Langnau im E...	BE
8		OLG Thun	Orientierungsla... Ski-OL	Äussere Ring... 3600 Thun	BE
9		OLV HINDELBANK	Ski-OL Orientierungsla... Allgemeine Leis...	Präsident: M... 3400 Burgdorf	BE
10		Orientierungslauf-Ve...	Orientierungsla... Ski-OL	2500 Biel/Bienne	BE

(Noch 1 Element) Bild http://www.feelok.ch/v1/bewegung/sport/bilder/hintergrundSportvereine

www.feelok.ch

Integrated systems linking to real life offers

Die Sportarten und Sportvereine stellen sich vor - Entdecke die Welt des Sports - Windows Internet Explorer

http://www.feelok.ch/frameset.asp?program=sport&module=Sp_Dreieck

Die Sportarten und Sportvereine stellen sich vor - Ent...

Sportvereine

Orientierungslauf-Verein ol.biel.seeland

Angebote Sportarten

Orientierungslauf / Ski-OL /

Eine Mitteilung für Dich vom Sportverein

ol.biel.seeland heisst unser Verein. Wir bieten im Frühling (ab April) und im Sommer (bis September) jeweils am Mittwoch OL-Trainings im Wald an. Zu diesen sind denn auch gewundrige Nicht-Mitglieder willkommen, die unseren schönen Sport kennenlernen wollen. Wettkämpfe werden regelmässig organisiert, sie finden in der Umgebung der Stadt Biel, im Seeland, im Jura und in vielen anderen Teilen unseres Landes statt. Du kannst im Team starten, mit ein wenig Übung auch bald ganz alleine. Ein spezielles Gefühl vermitteln dir Nacht-OL oder Staffel-Wettkämpfe. Gelegentlich organisieren wir Reisen an Wettkämpfe im Ausland, so 2007 nach Slowenien - 2008 werden wir in Schweden an einem 5-Tage-OL an den Start gehen. Damit alle fit über den Winter kommen, wird von Oktober bis März in der Halle trainiert, jeweils am Donnerstagabend.

Training ohne an Wettkämpfen beteiligt zu sein

Möglich

Weitere Informationen in Internet

www.o-l.ch/ol.biel.seeland/

Kontaktaufnahme mit dem Verein

Spycher Ursula
Jugendleiter/in, Jugendtrainer/in
ursula.spycher@surfeu.ch
032 637 32 75

Adresse

Orientierungslauf-Verein ol.biel.seeland
2500 Biel/Bienne
Bern - Schweiz

Feelok
Sport
club
search
engine

www.feelok.ch

The potential of IT in promoting physical activity

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The potential of exercise-generating video games



Exercise-generating video games - physiological issues

BMJ Comparison of energy expenditure in adolescents when playing new generation and sedentary computer games: cross sectional study

Lee Graves, Gareth Stratton, N D Ridgers and N T Cable

BMJ 2007;335:1282-1284
doi:10.1136/bmj.39415.632951.80

„Conclusions: Playing new generation active computer games uses significantly more energy than playing sedentary computer games but not as much energy as playing the sport itself.“

Exercise-generating video games - physiological issues



Alisdair Thin:
www.gamersizescience.ch

Exercise-generating video games - physiological issues

- Energy expenditure in conventional e-games:
1 to 2 METS (*1 MET or metabolic equivalent = resting*)
- Energy expenditure in "ExerGames" up to 6 MET ("Cascade"),
7 MET ("Box the Robot", Dance Games)
or over 10 MET ("Dodge...")
- *Energy expenditure sufficient for health recommendations*
- *Very high intensities (10 MET) might raise health screening issues...*

Alisdair Thin:
www.gamersizescience.ch

Conclusions

- Information technology can help us to do faster and more efficiently many of the things we already have been doing
- For motivation and support, there seems to be specific potential in feedback providing and in integrated systems
- Exercise-generating video games can be physiologically adequate for health and fitness in individuals, participation and exercise adherence are important issues
- Be realistic in expectations, particularly if the intervention focuses on the individual and not the environment
- IT can support physical activity and sport for all promotion, but it cannot replace human interaction and personal experiences