



EUROPEAN DIMENSION IN SPORT AND PHYSICAL ACTIVITY WITH ADOLESCENTS

SURVEY

**assessing the need for additional sports activities,
and the opportunities for organizing and
implementing ETSG**



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Objectives and scope of the survey

This survey was conducted online from August to November 2020 in the framework of the Erasmus Sport project “European Dimension in Sport and Physical Activity with Young People” – #EDSPAA [613355-EPP-1-2019-1-BG-SPO-SSCP]. It was designed by Association “Sport Club Comac Sport”, Sofia/Bulgaria, Športno Društvo Media Šport – Ljubljana/Slovenia, Agrupamento de Escolas de Barcelos – Braga/Portugal, and Salas Vidusskola – Sala/Latvia. It targeted educational institutions and stakeholders in the 4 project countries, in order to assess the need for additional sports activities, as well as the opportunities for organizing and implementing ETSG [from regulatory, logistical and resource-based points of view].

The main objective of the survey was to serve as basic information for finding and offering new non-formal sports forms, as a means of building physical culture, social inclusion and values in adolescents across the European Union.

In this regard, the 4 project partners formulated the following 10 questions:

1. Do you consider physical culture important for the personal development of young people?
2. Do you consider that young people can gain key skills and competences through Education through sport methods?
3. Do you consider that the level of interest in sport among young people is increasing?
4. Do you consider appropriate the integration of different elements from traditional sports in new sports games and activities?
5. Do you consider sport as a tool for social inclusion and development of Human values?
6. Do you consider sport a universal language which unites people, and a tool for overcoming stereotypes and prejudices by opening up to the different?



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7. Do you consider appropriate the inclusion of new organizational forms of sporting activity in school curricula?
8. Is there a well-developed sport infrastructure in your country?
9. Is there a strategic document/s in your country, reflecting the need of more sport activities for adolescents?
10. Do you consider the inclusion of European traditional sports and games in new organized non-formal forms of activities with adolescents in and out of school as applicable in formal & non formal education?

The study, based on these 10 questions, was conducted among three categories of respondents from Bulgaria, Slovenia, Latvia and Portugal:

- Adolescents;
- Physical Education teachers and sport coaches;
- Representatives of Sport institutions/ associations/ federations.

The expected number of survey participants was 100, and by the deadline date (November 30, 2020) it was completed by 102 participants from the 4 countries.

In order to reflect the participants' opinions, they were provided with 6 options to answer the questions:

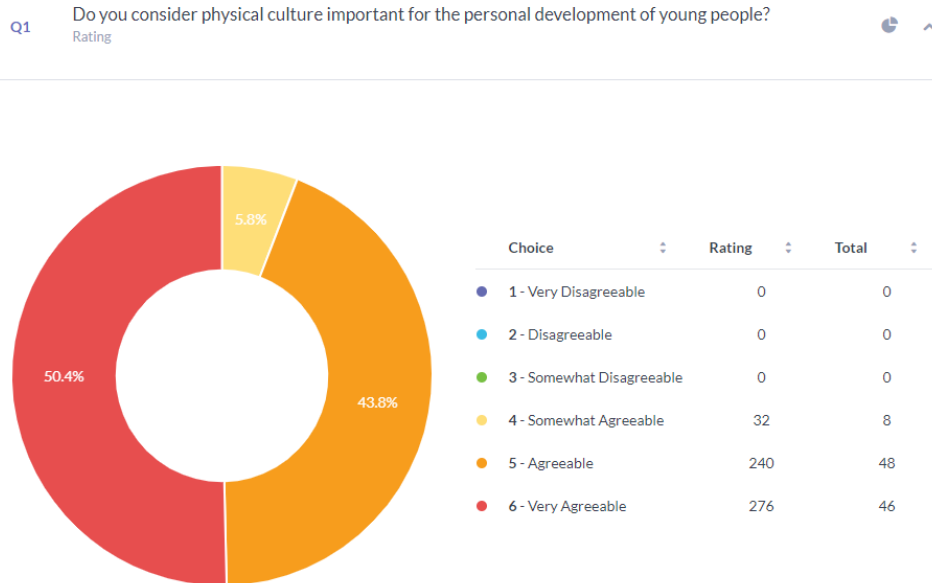
- ✓ Very Disagreeable;
- ✓ Disagreeable;
- ✓ Somewhat Disagreeable;
- ✓ Somewhat Agreeable;
- ✓ Agreeable;
- ✓ Very Agreeable.



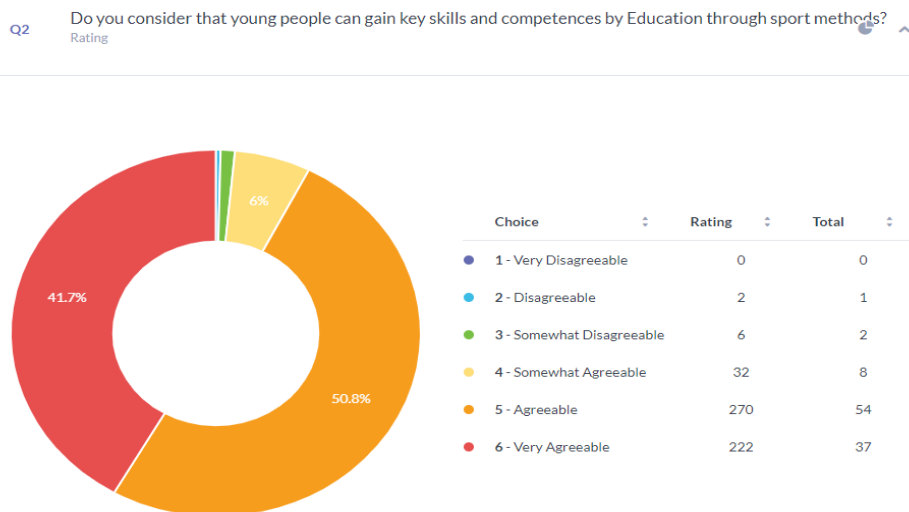
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Survey Results

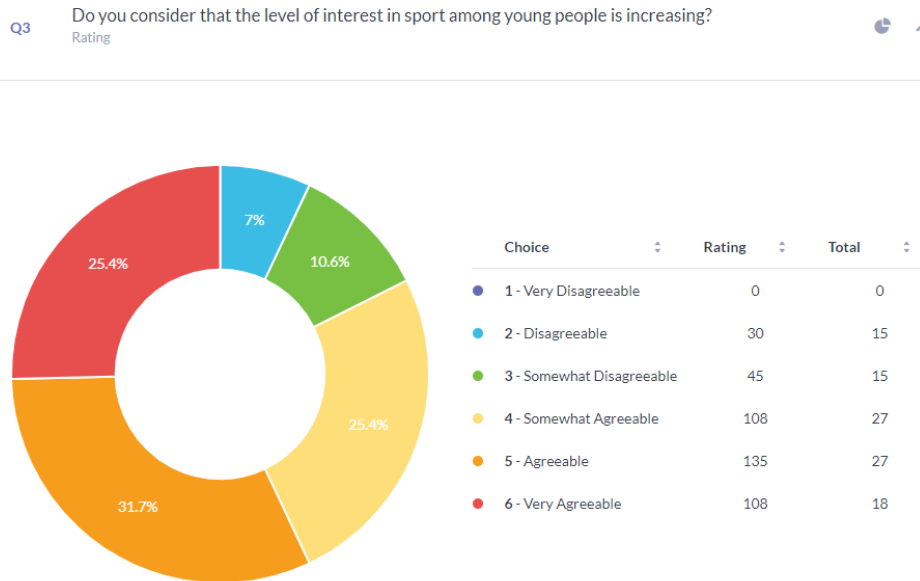
1. All the participants agree that physical culture is important for the development of young people. More than 50 % of the respondents find that statement “very agreeable”, almost 44 % find it “agreeable”, and around 5 % find it “somewhat agreeable”.



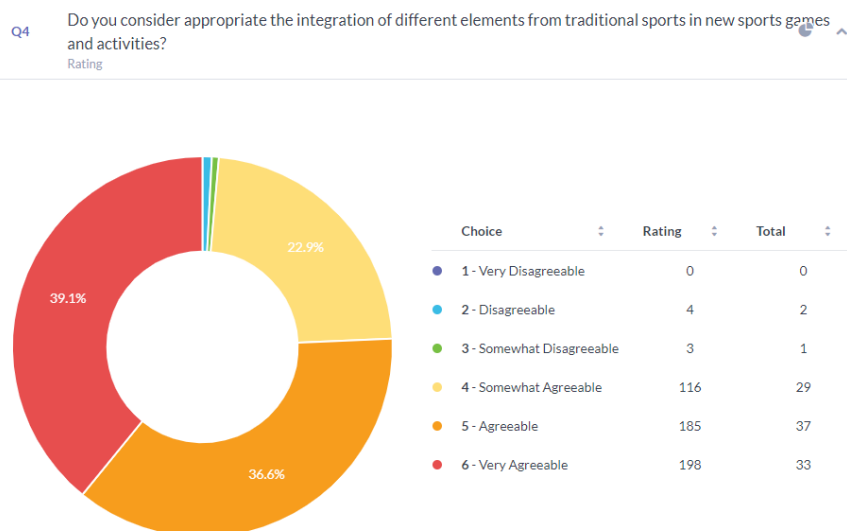
2. Over 98 % of the respondents agree that young people can gain key skills and competences through ETS. 42 % of them consider it “very agreeable”, around 51 % - “agreeable”, and 6 % - “somewhat agreeable”.



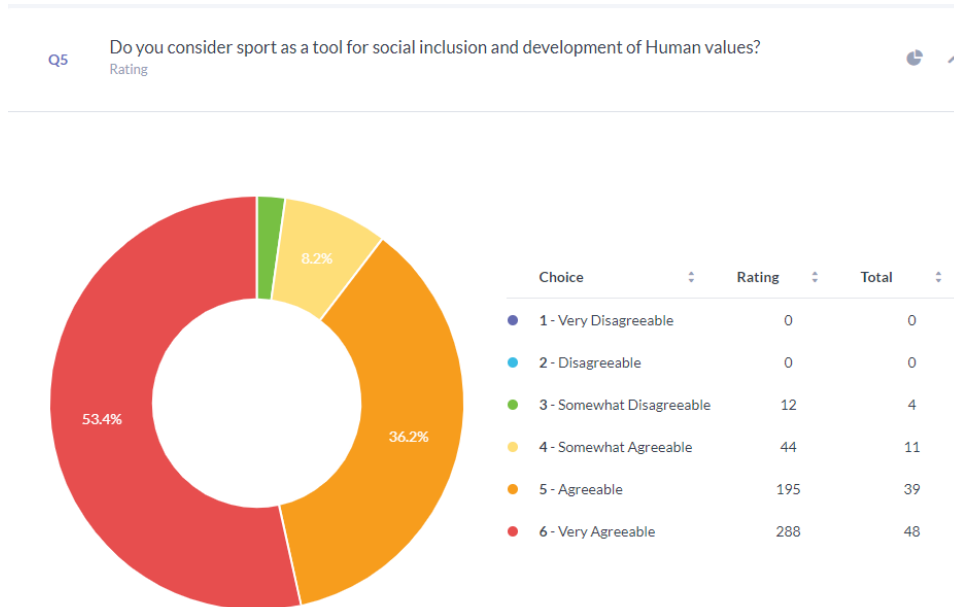
3. The respondents share a wide range of opinions regarding the increased level of interest in sport among youth: while 25 % of them are “very agreeable”, 32 % - “agreeable” and 25 % - “somewhat agreeable”, almost 18 % do not agree (around 11 % - “somewhat disagreeable” and 7 % - “disagreeable”).



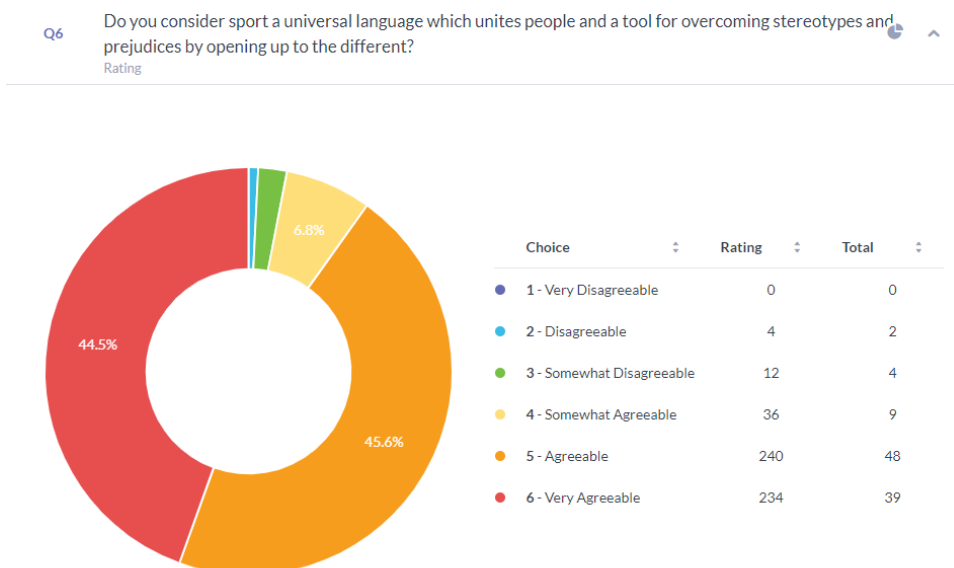
4. There is an almost consensual agreement among the participants that the integration of different elements from traditional sports in new games and activities is appropriate – over 39 % find it “very agreeable”, almost 37 % - “agreeable” and 23 % - “somewhat agreeable”.



5. The vast majority of participants considers sport a tool for social inclusion and development of Human values. Over 53 % of the respondents find that “very agreeable”, 36 % - “agreeable”, and 8 % - “somewhat agreeable”.

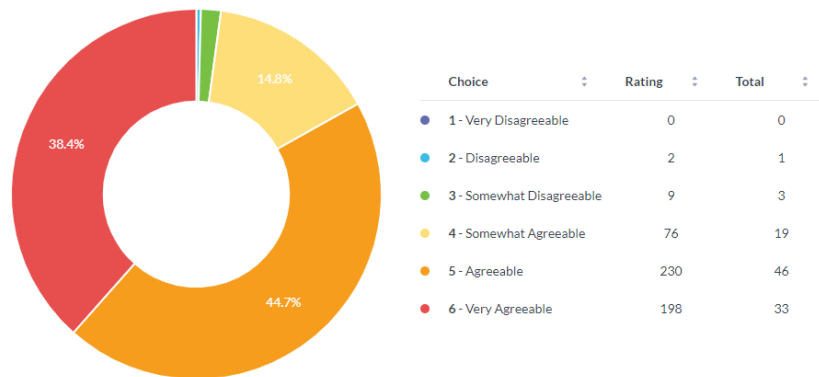


6. 44.5 % of the participants very much agree that sport is a universal language, uniting people, accepting differences and overcoming stereotypes, almost 46 % agree with that statement, and nearly 7 % agree with it to some extent.



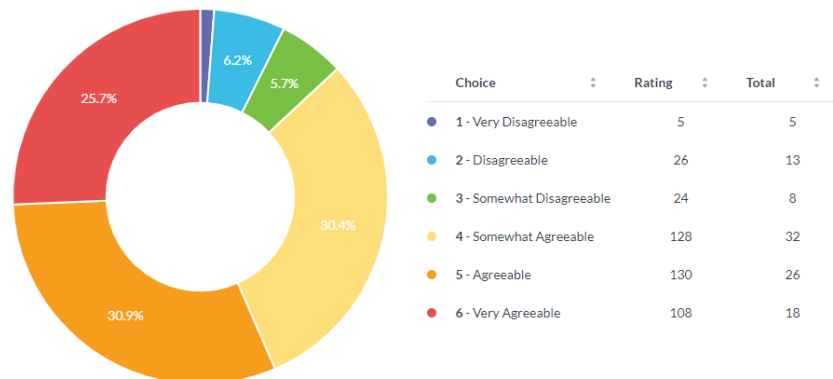
7. The inclusion of new organizational form of sporting activities in school curricula is ‘very agreeable’ to more than 38 % of the participants, “agreeable” to almost 45 %, and “somewhat agreeable” to 15 % of them.

Q7 Do you consider appropriate the inclusion of new organizational forms of sporting activity in school curricula?
Rating



8. In regards to the existence of a well-developed sport infrastructure, all 6 choices have been selected by the respondents: “very agreeable” – almost 26 %, “agreeable” – 31 %, “somewhat agreeable” – 30 %, “somewhat disagreeable” – nearly 6 %, “disagreeable” – 6 %, “very disagreeable” – 1 %.

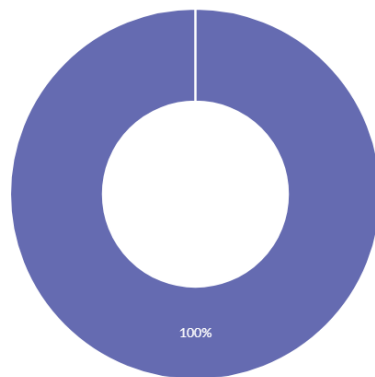
Q8 Is there a well-developed sport infrastructure in your country?
Rating





9. The respondents have confirmed that in each of the 4 countries – Bulgaria, Slovenia, Portugal and Latvia, there is a strategic document, reflecting the need of more sport activities for adolescents.

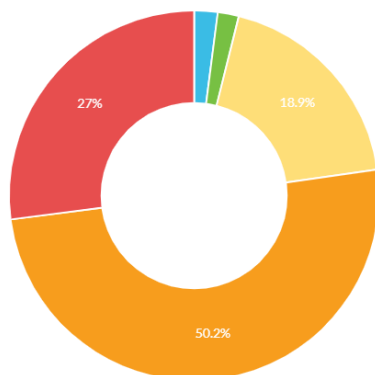
Q9 Is there a strategic document/s in your country, reflecting the need of more sport activities for adolescents? Rating



Choice	Rating	Total
1 - Yes	64	64
0 - No	0	37

10. The inclusion of ETSG in new organized non-formal forms of activities in and out of school is “very agreeable” to 27 & of the respondents, “agreeable” to 50 %, and “somewhat agreeable” to almost 19 %.

Q10 Do you consider the inclusion of European traditional sports and games in new organized non-formal forms of activities with adolescents in and out of school as applicable in formal & non formal... Rating



Choice	Rating	Total
1 - Very Disagreeable	0	0
2 - Disagreeable	10	5
3 - Somewhat Disagreeable	9	3
4 - Somewhat Agreeable	92	23
5 - Agreeable	245	49
6 - Very Agreeable	132	22



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Survey Key Findings

The survey has confirmed the high importance of physical culture for the personal and educational development of young people. More than 98 % of the respondents from Bulgaria, Slovenia, Latvia and Portugal agree that adolescents can gain key skills and competences, while playing European traditional sports and games (ETSG). According to 99 % of them, that is achievable through the application of new forms of sport activities, combining different ETSG elements, in both formal and non-formal education.

At the same time, as digitalization has changed many aspects of people's everyday life, keeping youth motivated to regularly practice sports is by no means an easy task. Therefore, the 102 participants were not able to fully agree on the increased level of interest in sport among young people in the 4 project countries. Similarly, the respondents' opinions vary in regard to the existence of a well-developed sport infrastructure in their respective country.

Over 97 % of the respondents believe that sport is a universal language, uniting people, accepting differences and overcoming stereotypes. About the same number of participants consider it a tool for social inclusion and development of Human values. Moreover, 98 % of them support the addition of new organizational forms of sporting activities to school curricula, thus contributing to the development of skills, competences and values among adolescents.

Last but not least, the survey has demonstrated a very high rate of approval (over 96 %) for introducing European traditional sports and games into new organized non-formal forms of activities for young people. In this way, adolescents' interest in ETSG, as part of the European intangible heritage and symbol of cultural diversity, will greatly increase.

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