

INTERNATIONAL CONFERENCE OF SCIENCE CULTURE AND SPORT  
Ohrid, Macedonia, May 2015

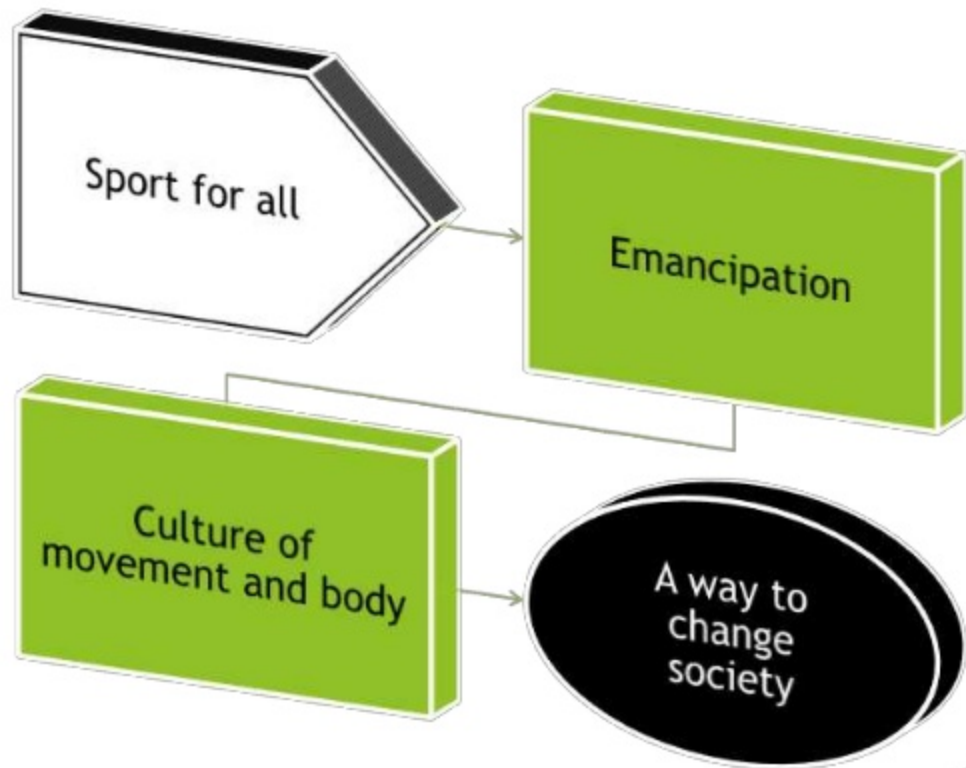
# **SPORT FOR ALL – EDUCATIONAL AND SOCIAL PHENOMENON**

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

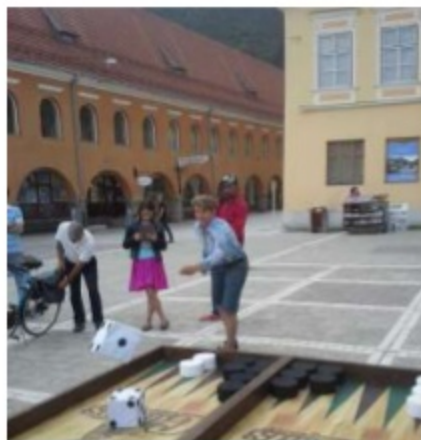
- Physical activity is a priority lifestyle that impacts health, wellness, and fitness





## Need of sport for all and fitness

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



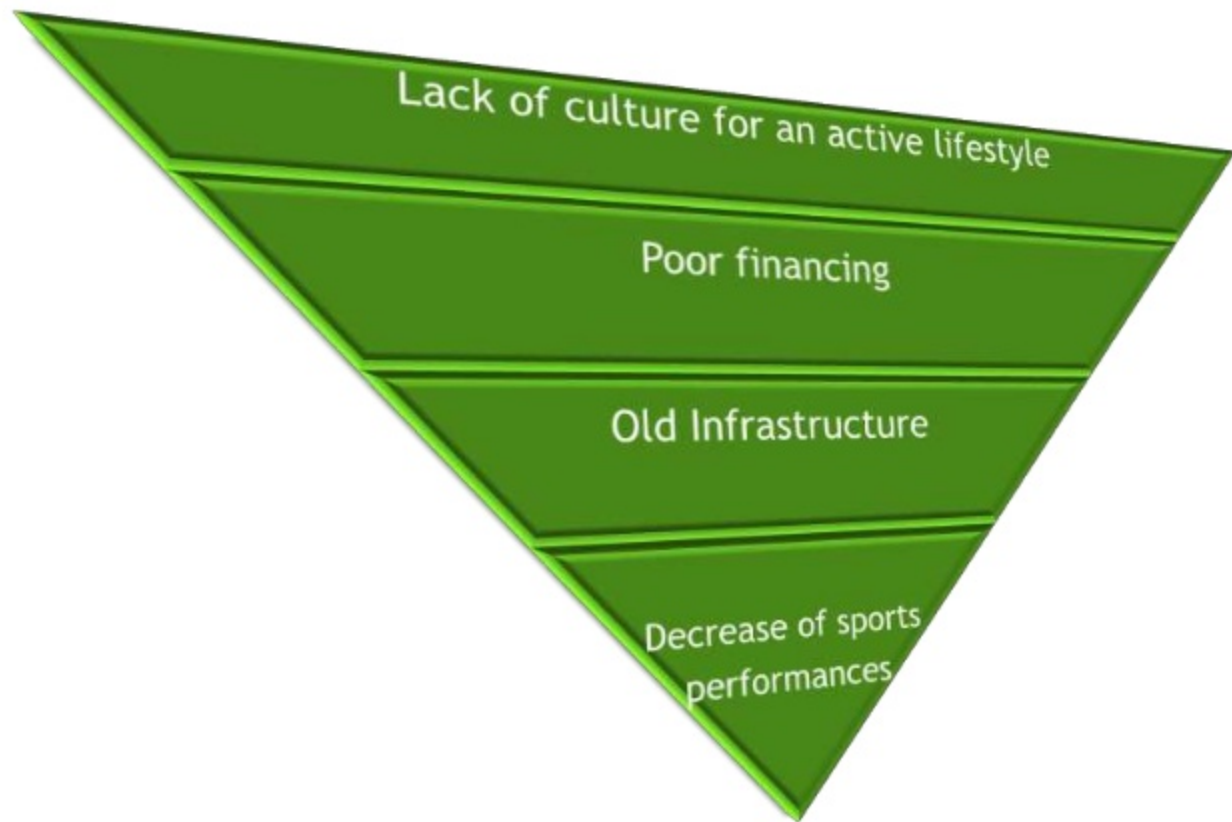


# What sport for all does for people...

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



# Reality about sports for all in the Balkans

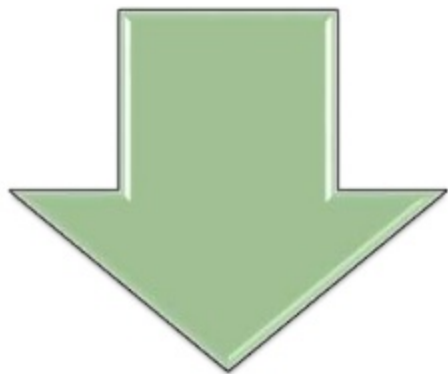


# Social reality because of lack of sport for all and poor lifestyle



## **Increase:**

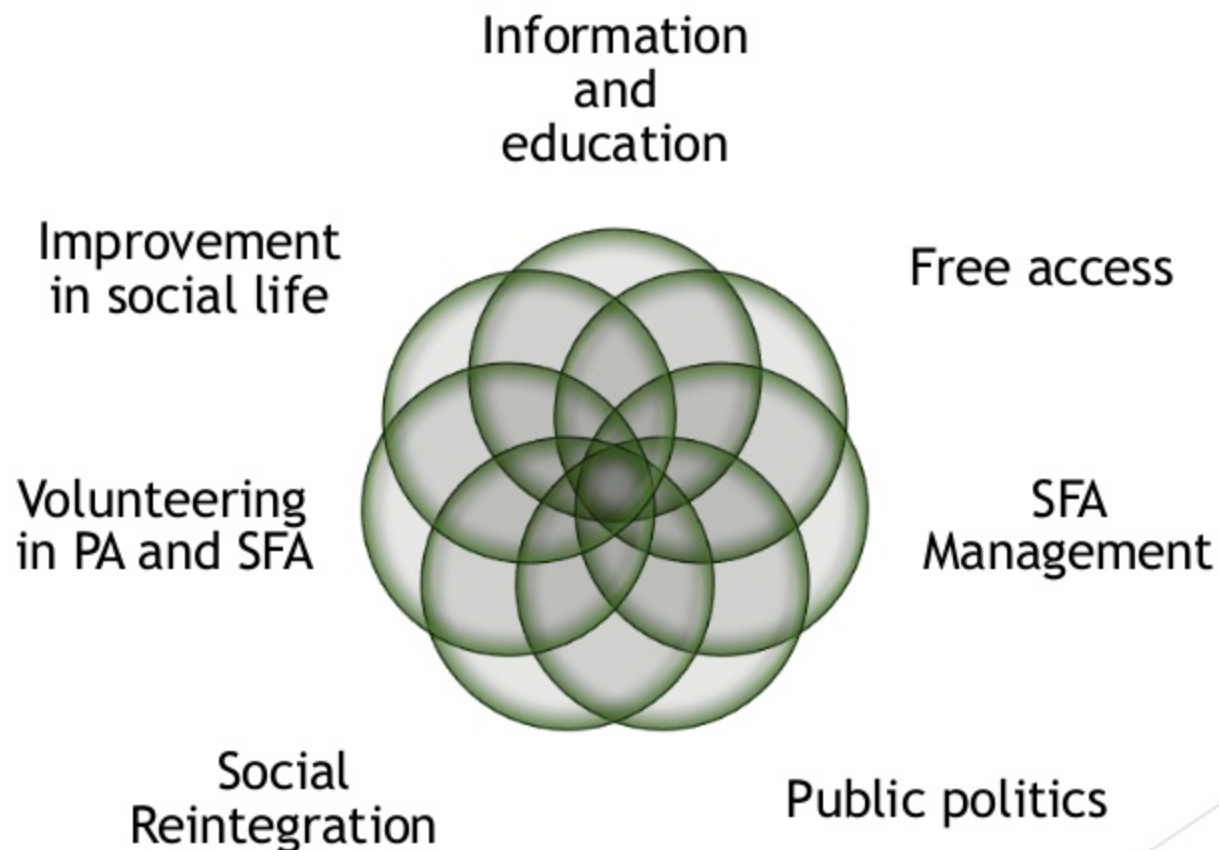
- Juvenile obesity
- Adult obesity
- Sedentary lifestyle
- Number of persons with health problems



## **Decrease :**

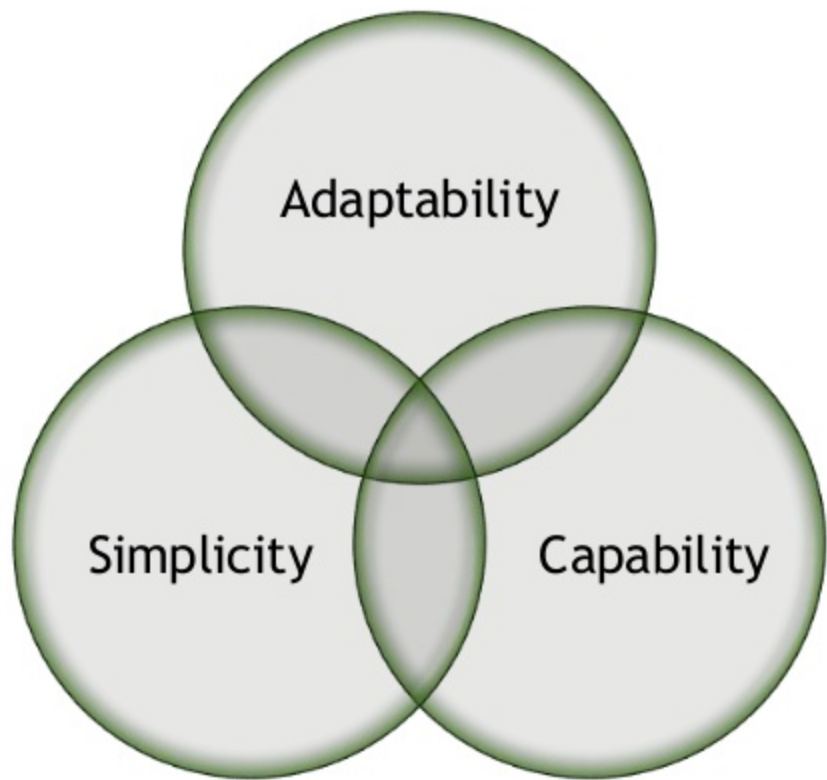
- Number of people who practice regular physical activities

# Strategic aims in sport for all

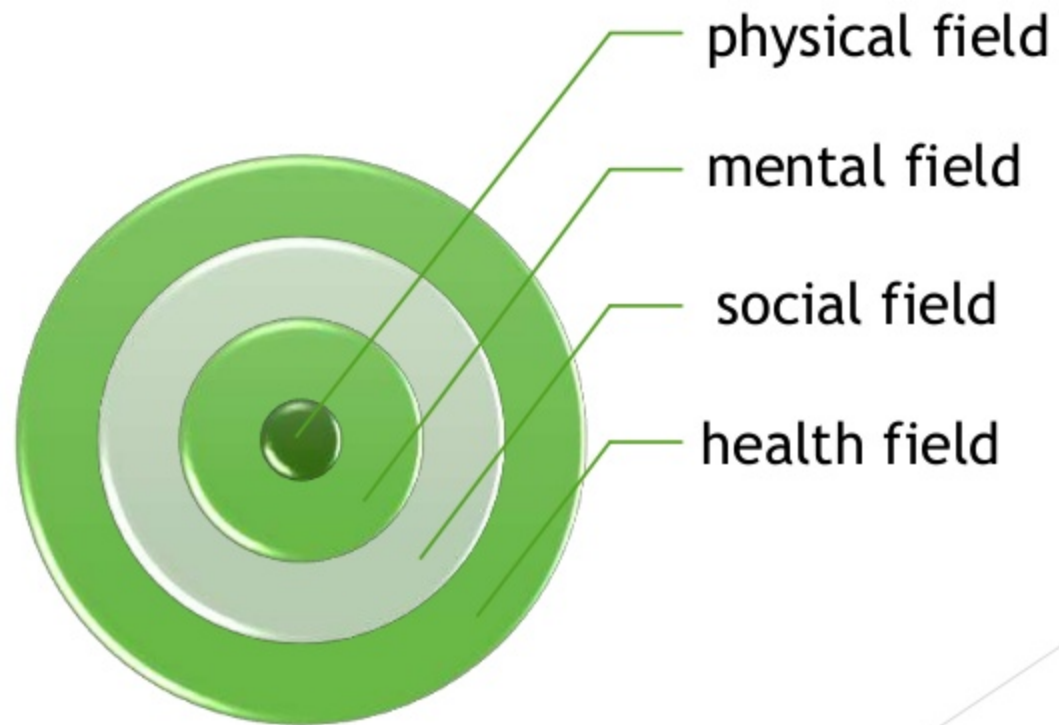




# Basic Principles in Sport for All



# 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

