



SPORT PEDAGOGY IN THE FITNESS SECTOR: A PROMISING RESEARCH TOPIC?

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INTRODUCTION

In the modern society, citizens of the developed countries are facing to several paradoxes. One of them is to deal with the negative health consequences of the comfort of life improvement brought by the permanent technological evolution. Despite the current financial crisis, the active leisure industry – and the fitness sector in particular – is a growing market and needs well educated professionals. As the final objective consists to obtain the clients' satisfaction and adherence – the requirement to reach the financial outcomes – the quality of the fitness professionals' intervention has to be guaranteed, meaning that specific qualifications need to be acquired. National and/or international bodies (training providers, universities, and shoe and equipment companies) have developed programs as well as standards. A great variability exists in the legal requirements and national regulations but it seems that constant efforts are done in order to enhance the quality of the intervention.

In parallel with the development of the sector, scholars are focusing more and more on fitness activities. At the border between health and leisure, most studies refer to 'biomedical' or 'managerial' preoccupations. Cloes (2014) underlined that research on 'educational' aspects should be encouraged.

OBJECTIVES OF THE SYMPOSIUM

As a professional association aiming to promote high quality research

worldwide in the area of sport pedagogy across the lifespan, AIESEP is preoccupied by the lack of scientific interest provided to the educational aspects of fitness.

During the symposium, after an introduction underlining the link between AIESEP's objectives and the enhancement of the interest of sport pedagogy in the active leisure sector (M. Cloes), there will be an overview of the current research on teaching in fitness (S. Franco) and the critical analysis of a fitness instructor bachelor program (V. Simões). Finally, we will summarize the research recommendations stated during the AIESEP Specialist Seminar held in Timisoara, Romania, in November 2014 (M. Onofre). Participants will be invited to comment and enrich the proposals.

Concrete suggestions aiming to implement studies on an international level will be expected. Moreover, the symposium should contribute to initiate a network gathering scholars who could share their experiences and contacts with the professionals of the sector.

REFERENCES

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