Sport pedagogy in the fitness sector: A promising research topic?

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Objectives of the symposium

• AIESEP aims 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
Organization of the symposium

- Introduction - M. Cloes (5’)
- An overview of the current research on teaching in fitness - S. Franco (15’)
- A critical analysis of a fitness instructor bachelor program - V. Simões (15’)
- Research recommendations - M. Onofre (10’)
- Open discussion (15’)

Introduction
Development of the fitness sector

- Sedentary society ➔ Need of physical activity opportunities
- Globalization ➔ active leisure market
- Well educated professionals

ESCO (2015) Sport and Active Leisure Organogram
Development of the fitness sector

- **Fitness sector objectives**
  - Clients’ satisfaction and adherence … and health
  - Priority to financial outcomes

- **How?**
  - Quality of the fitness professionals’ intervention
  - Acquisition of specific qualifications

- **Who?**
  - National and/or international bodies
  - Private and public training providers
  - Great variability in the legal requirements and national regulations
  - Standards
Development of the fitness sector

- What is the place of research on this process?
  - Most studies on fitness refer to ‘biomedical’ or ‘managerial’ preoccupations
  - At the border between health and leisure,
  - Research on ‘educational’ aspects should be encouraged (Cloes, 2012, 2014)

Research on the ‘pedagogical side’ of fitness

- Potential input
  - Better knowledge of the teaching-learning process
  - Implementation of instructors’ education projects

- AIESEP Specialist Seminar in Timisoara, Romania (November 2014)
  - Follow up and future directions
References

