

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')

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Introduction

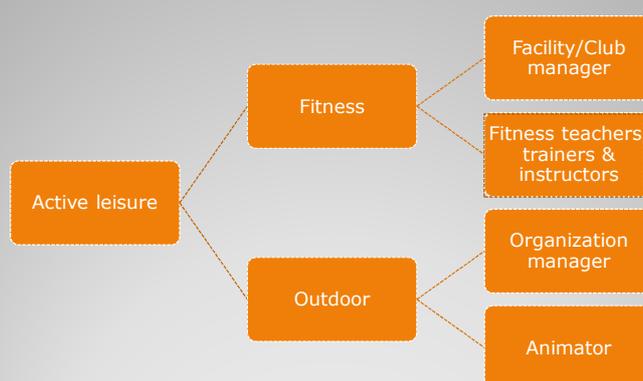
Development of the fitness sector

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



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Development of the fitness sector



ESCO (2015) Sport and Active Leisure Organogram

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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



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Development of the fitness sector

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



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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)

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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

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References

References

- Cloes, M. (2012, March). Sport (and Exercise) Pedagogy and its interest in the fields of PE teaching, sport coaching and physical activity/health. Paper presented at the AIESEP-Bham Specialist Research Seminar 2012 "Sport & Exercise Pedagogy": Defining the Field, Birmingham, UK. Available on Internet: <http://hdl.handle.net/2268/116969>
- Cloes, M. (2014). The leisure context. A forgotten topic of sport pedagogy. In, A. Albuquerque, C. Pinheiro & R. Resende (Eds.), *A Formação de Formadores em Educação Física e Desporto. Perspectivas Internacionais Tendências atuais* (pp. 111-121). Avioso S Pedro : Instituto Universitario da Maia. Available on Internet: <http://hdl.handle.net/2268/172153>

