



#Infusion
Workshops

Sport for People and Planet
**An approach for sustainable
development through physical
activities in Europe**

**Wouter Cools, PhD, Assistant professor,
Vrije Universiteit Brussel**

23/02/2023



*"Immerge, engage, and
innovate education"*



MULTIDISCIPLINARY
INSTITUTE FOR
TEACHER EDUCATION

Agenda

Sustainable PA?



Sustainability goals



[Deze foto](#) van Onbekende auteur is gelicentieerd onder [CC BY](#)

Interventions and actions



Physical Literacy



[Deze foto](#) van Onbekende auteur is gelicentieerd onder [CC BY](#)

Stakeholders



[Deze foto](#) van Onbekende auteur is gelicentieerd onder [CC BY-SA](#)



Sustainable PA?

What kind of physical activities can contribute to attain the SDG's?
(please mention them in your answer)



XONHGE



“

Bácsné-Bába, É., Ráthonyi, G., Pfau, C., Müller, A., Szabados, G. N., & Harangi-Rákos, M. (2021). Sustainability-Sport-Physical Activity. *International Journal of Environmental Research and Public Health*, 18(4), 1455. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/ijerph18041455>

Bjørnarå, H. B., Torstveit, M. K., Stea, T. H., & Bere, E. (2017). Is there such a thing as sustainable physical activity?. *Scandinavian journal of medicine & science in sports*, 27(3), 366–372.
<https://doi.org/10.1111/sms.12669>

Martins, R., Pereira, E., Rosado, A., & Mascarenhas, M. (2021). Exploring the relationship between sport demand's key players and environmental sustainability: Pointers from a systematic review. *Journal of Outdoor Recreation and Tourism*, 35, 100419.
<https://doi.org/10.1016/j.jort.2021.100419>

Worldwide challenges?

Entailing carbon neutrality by the end the century
(195 countries – Paris 2015)

Reduction of climate gas emmisions

Global call to increase physical activity





“

The relationship is bidirectional between PA and climate change

Relationship is highly complex between physical environment, PA and sustainability

Increasing PA is of paramount importance for achieving the objectives in relation to sustainability

Some physical activity habits may hold more sustainable properties than others

The relationship is bidirectional between PA and climate change

5 Important recommendations for stakeholders

Future PA guidelines should include risks and benefits for PA related to climate change (e.g. heat waves, reduction of air pollution and green house gases)

Climate change impact and adaptation roles should be included in sport science courses

PA & Sport communities should be involved in regional preparedness plans for natural disasters

A thorough revision of transport modes related to leisure sport practices AND professional sports needs to be developed

Climate change is transforming PA practices and communities so redefining PA to include climate change perspectives is required

Paquito et al. 2021

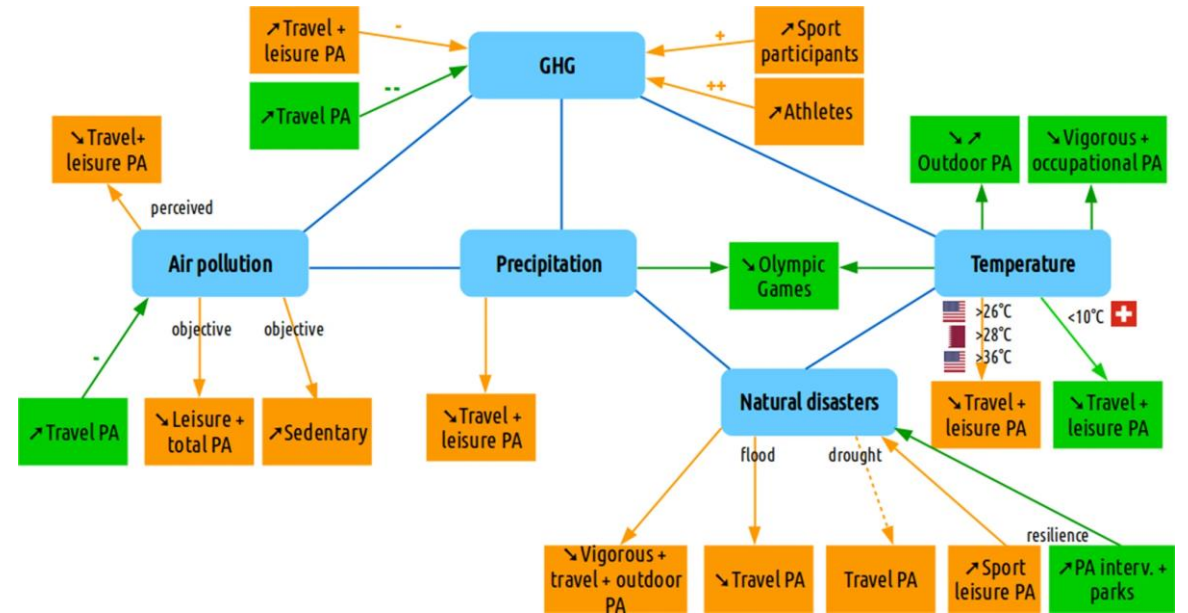


Fig. 3

From: [Climate Change, Physical Activity and Sport: A Systematic Review](#)

Relationship is highly complex between physical environment, PA and sustainability

Increasing PA is of paramount importance for achieving the objectives in relation to sustainability

The built environment can play a major role to increase PA

establishments offering sports opportunities

multi-purpose community spaces

transportation infrastructure

Programs aimed at improving PA are important

eastern and southern Europe

women

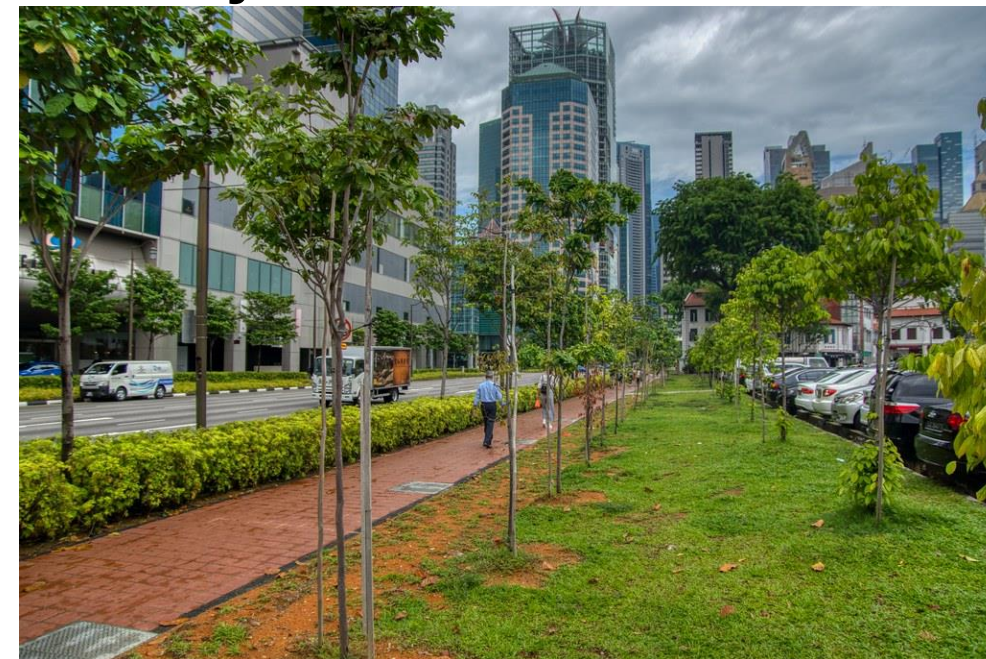
persons with lower educational attainment

Increasing PA leads to a direct and indirect increase of awareness towards environment and sustainability

Focus for interventions preferably on regional and national levels

Urban, common, multifunctional green spaces, sidewalks, bicycle paths are significant to promote and increase pa levels – urban planning

COVID pandemic raised awareness of the importance of outdoor activities and sustainability



[Deze foto](#) van Onbekende auteur is gelicentieerd onder [CC BY-SA-NC](#)



*thank
you*

More at
www.T-hap.com



Thank you

Wouter.cools@vub.be



“

Further readings

[Environmental Sustainability in Sports, Physical Activity and Education, and Outdoor Life](#)