



Hungary

MORE THAN A CLUB

Testing the Sports Club for Health (SCforH) concept in a traditional university sport club environment



The Initiative

The approach of the health-oriented sports club was not well-known in Hungary, and it was especially the case in organised sports. According to the Hungarian Sports Act, «sports organisations are sports associations, sports businesses, sports schools, and foundations that develop youth education.» The Hungarian regulations are well characterised by the fact that the law defines the sports association as «the traditional basic organisational unit of Hungarian sport, a workshop for competitive sports, talent management, youth training and leisure sports», but health-promoting physical activity and exercise does not appear in an integrated, inclusive form in our sports associations, only in a fragmented way: our clubs either undertake recreational and competitive sports goals, or they are recreational sports associations. This formed the basic need to pilot Sport Clubs for Health approach in Hungary.

The target group of the Sports Club for Health initiative was

- 60+ year old persons
- People with overweight (special focus on 16-25 year-old group)
- Adult population with risk of backpain, especially parents with small children

Case Study Provided By:



Hungarian University of Sports Science

Targeted Objectives

The objective was to develop and test innovative Health Enhancing Physical Activity (HEPA) services in the framework of a sport club settings, aiming to engage the wider society in health promoting physical activities. A minimum of 100 persons were aimed to be involved into new HEPA offers of the university sport club and remain active for a duration of one year so that health and habitual effects can be measured.

Stakeholders involved

Coordinator: National School, University and Leisure Sport Federation

The implementing partner: University of Debrecen's Athletic Club

Impact

The project saw significant improvement in a number of areas:

- Better health perceptions by participants
- Stronger attitude for healthy lifestyle
- Resting heart rate decreased by 10%, pulse during PA decreased by 15 %
- Gradually improved flexibility
- Barriers against healthy lifestyle reported to decrease
- Improved attitude for healthy diet

Dissemination

During the 3-year-long pilot several knowledge sharing events were organised targeting university sport clubs and regular sport clubs. For the sake of replicability, a methodological booklet has been published (in Hungarian).

Website: [Módszertani füzet I \(ndhsz.hu\)](https://moldszertani.fuzet1.ndhsz.hu)



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Initiatives of the



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