

Good practise examples for different types of SCforH implementation

Type D: Develop particular SCforH projects

Title of the initiative:

ATP – Everyday Training Program for inactive elderly people

Who is the initiator and/or provider of the activity?

The ATP has been developed in cooperation between German Gymnastic Federation, Federal Centre for Health Education, German Sport University Cologne, German Olympic Sport Confederation, and Regional Sport Association North Rhine-Westphalia. ATP is a standardised and evaluated program.

To which type can the initiative be assigned?

Type D: New projects to implement SCforH initiatives in sport clubs

Who is the target group?

Sedentary women and men over 60 years old, who want to become more active in their daily life.

What are the aims of the initiative?

ATP is going to motivate elderly people (60+) to implement more physical activity into their everyday life. The program focuses on daily necessary abilities like strength, endurance, coordination and flexibility. Participants should discover, that physical activity makes fun, to experience body feeling and to enjoy the social spirit of a group. Moreover health related knowledge will be conveyed.

What is the content and method?

ATB is carried out as a 12 lessons course in sport clubs. Participants should learn, to use their daily routines as a possibility to maintain or to enhance their mobility.

Normally no special equipment will be used for the exercises; only material, which participants will find at home as well such as towels, newspapers, handkerchief packages, water bottles. To be able to link the exercises, practised during the lessons, with the individual daily life, the participants will get a brochure with a description of the exercises, with relevant knowledge modules and with tasks for exercises, which can be practised at home or at any other places outside.

Table: Main topics of the individual lessons:

LE	Main topic
1	Introduction to ATP; core objectives & content
2	The public environment as a place and subject for training: walking-school
3	How to use the household as a place for training.
4	Stimulating training when sitting and standing upright.
5	Sequence of movements at dynamical walking
6	Balance and coordination
7	The public environment as a place for training: endurance- and strength training



Photo: BZgA

8	To use shopping and carrying to strengthen the muscular system of trunk and arms
9	Stimulating training at reclining and standing upright
10	Strength- and endurance-training on the stairs
11	Circuit-training to strengthen the muscular system
12	Repetition of the core objectives and the content of ATP

What kind of precondition is requested for the instructor/coach?

License (2nd Level) "Sport in Prevention; additionally introduction course into the program (8 units)

Special remarks

See more: www.aelter-werden-in-balance.de/programme/ATP/video/ or www.akademievorort.dtb-online.de

More pictures may be used! In this case refer to "Photo: BZgA"

