

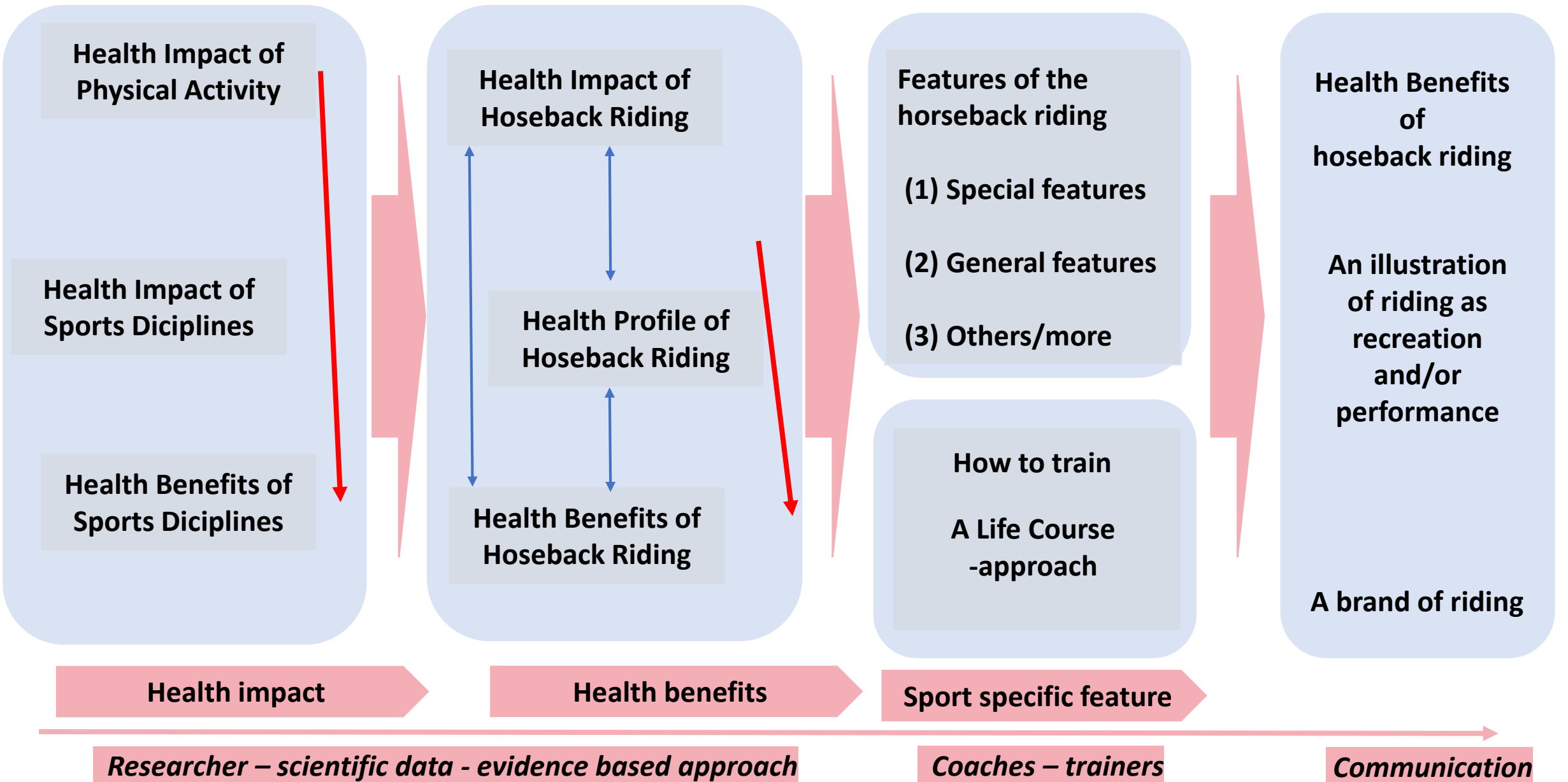
Type A approach to SCforH implementation: Awareness raising in sports association

Case: Finnish Equestrian Federation

Two processes

- 1) A four phase process to define and to construct the **health relation of riding**.
- 2) A process from health profile to **health as a sports-specific** feature of riding

Picture 1. Health relation of riding – from impact to benefits, from health profile to health relationship



The basics for awareness raising of health as the four phase process (Picture 1)

The first phase of the process is to gather the scientific, evidence based data of **positive impact** of physical activity and sport on health.

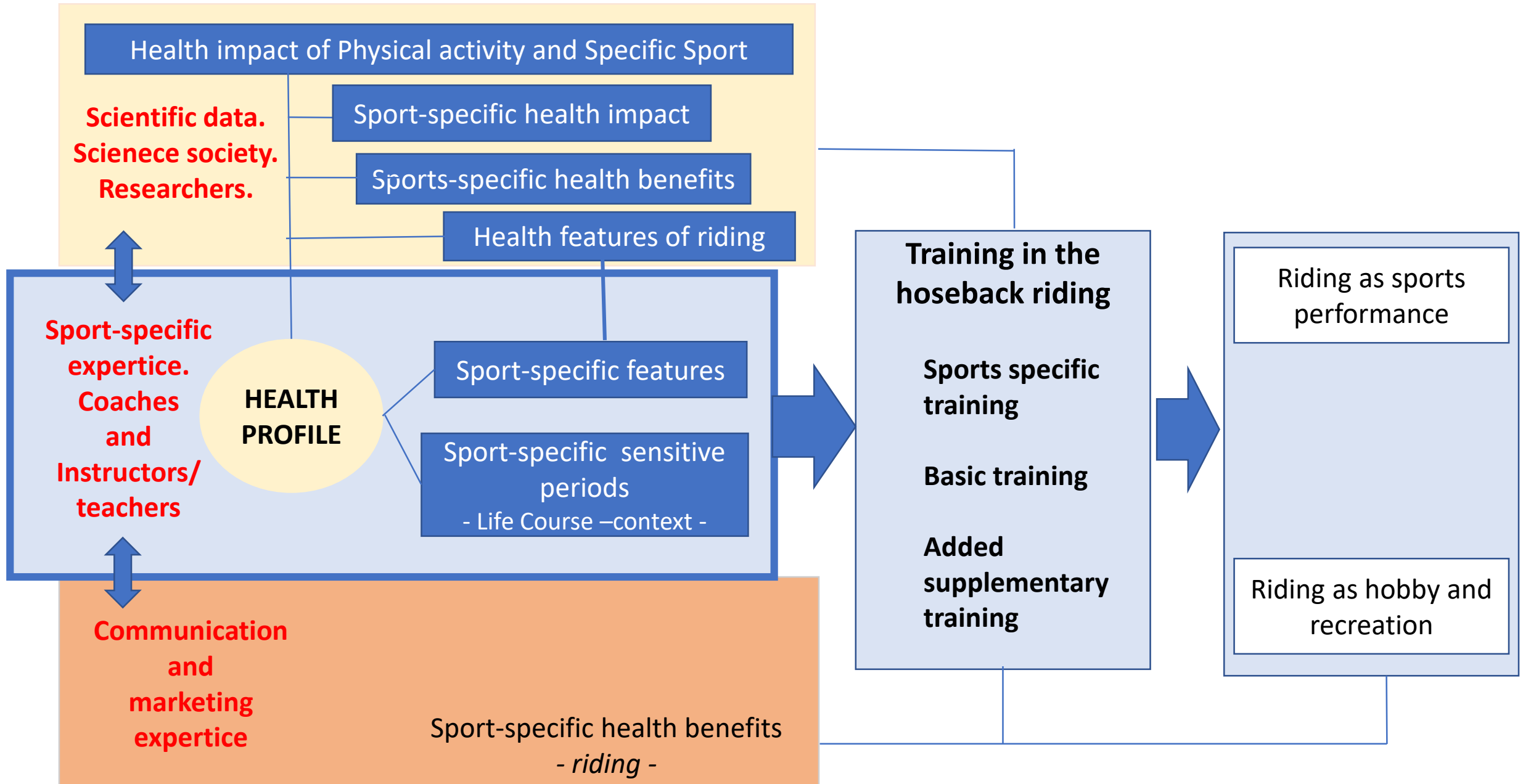
The second phase is to define the **health impact** and **health benefits** of riding and to describe the health profile of riding. Phases one and two need cooperation with researchers, coaches, physiologists and other experts.

In the third phase the challenge is to define the health as **sports-specific feature** of riding and integrate health with special substance to the teaching, instructing and coaching processes of riding. The sensitive periods of riding within the life course are a challenge and opportunity.

Fourth phase deals with communication; the brand of riding is strengthened with health when the profile of riding gets a new dimension.

The process of constructing the health relationship of riding combines the concepts health impact, health benefits, health profile and health as the sports-specific feature in the new creative way and generates new health –related substance to riding development proceedings

Picture 2. From health profile to sports-specific feature – a multiprofessional process.



From health profile to sports-specific feature – a multiprofessional process (Picture 2.)

Awareness raising for SCforH is a multiprofessional challenge with the aim to integrate health to the development proceedings of riding.

The health as a one of sports-specific features of riding generates new substance to the teaching, instructing and coaching of riding

Health impact of sports types, health impact of different sports and health profile of riding are the initial and core of SCforH database (Pictures 3,4 and 5)

Pictures 3. and 4 provide an assessment of the health impact of different sport types and sports and these assessments worked as the tool to construct the health profile of riding.

Picture 5 consists the health profile of riding and works as the tool to develop further health as new sports-specific feature of riding.

Picture 3. Health impact of different sport types on health variables and on physical activity related reduction disease risks

Type of sports	Measurable health variables							Physical activity related reduction of disease risks			
	Metabolic function Bodyfat	Cardio-vascular function	Aerobic fitness	Muscle function	Motor skills	Balance	Bone health	Type2 diabetes	Cardio-vascular	Risk of falls	Osteoporosis
Endurance sports	XXX	XXX	XXX	X	X(X)	X	XX	XXX	XXX	X(X)	XX
Strength sports	XX	X	X	XXX	X	XX	XXX	XX	X	XX	XXX
Power and speed	X	X	X(X)	XXX	XX(X)	XX	XXX	X	X(X)	XX(X)	XXX
Ball games	XX	X	XX	XX	XX	XXX	XXX	XX	XX	XXX	XXX
Racquet sports	XX	X	XX	XX	XX	XXX	XXX	XX	XX	XXX	XXX
High skill sports	X(0)	X	X	X(X)	X(X)	XXX	X(0)	X	X	XXX	0

Picture 4. Impact of different sports on health on various fitness capacities and their relationship on life style-diseases (Modiefied from Krustrup et al., 2010)

Type of sports	Areas of fitness				Measurable health variable							Life-styled diseaseses				Injury risk
	Meta-bolic	Cardio-Vasc.	Musculo-skelet.	Motor	Muscle	Fat %	Glucose Tolerance	Blood Bressure	VO2 Max	Balance	Bone	Type2 Diab.	Card Vasc	Fall risk	OP	
ENDURANCE																
TF Running	XXX	XXX	XX	(X)	X	XXX	XXX	XXX	XXX	X	XX	XXX	XXX	X	XX	X(X)
Orienteering	XXX	XXX	XX	(X)	X	XXX	XXX	XXX	XXX	X	XX	XXX	XXX	X	XX	X(X)
Speed skating	XXX	XXX	XX	XXX	X	XXX	XXX	XXX	XXX	X	XX	XXX	XXX	X	XX	X(X)
X-coutry skiing	XXX	XXX	XX	XX	X	XXX	XXX	XXX	XXX	X	XX	XXX	XXX	XX	XX	X(X)
Cycling	XXX	XXX	X	X	X	XXX	XXX	XXX	XXX	X	X	XXX	XXX	X	XX	X(X)
Swimming	XXX	XXX	(X)	X	X	XXX	XXX	XXX	XXX	X	X	XXX	XXX	0	XX	X(X)
Rowing	XXX	XXX	XX	X	X	XXX	XXX	XXX	XXX	0	X	XXX	XXX	0	XX	X(X)
Tai Chi	X	X	X	XXX	X	0	0	X	X	XXX	0	X	X	XXX	0	0
Martial arts	X	XX	XX	XXX	XX	X	X	X	X	XXX	X	X	X	XXX	XX	XXX
STRENGHT																
Body bilding	XX	X	XXX	X	XXX	XX	XX	X	X	XX	XXX	XX	X	XX	XXX	XX
Power.lifting	XX	X	XXX	X	XXX	XX	XX	X	X	XX	XXX	XX	X	XX	XXX	XX
Weight-lifting	XX	X	XXX	X	XXX	XX	XX	X	X	XX	XXX	XX	X	XX	XXX	XX
TF thorw	XX	X	XXX	XX	XXX	XX	XX	X	X	XX	XXX	XX	X	XX	XXX	XXX
SPEED & POWER																
TR sprint/jumps	X	X	XXX	XX	XXX	X	X	X	X	XX	XXX	X	X	XX	XXX	XXX
Gymnastics	X	X	XXX	XXX	XXX	X	X	X	X	XXX	XXX	X	XX	XXX	XXX	XX(X)
Ballet dancing	X	X	XXX	XXX	XX	X	X	X	X	XXX	XXX	X	XX	XXX	XXX	XX(X)
Basketball	XX	XX	XXX	XX	XX	XX	XX	X	XX	XXX	XXX	XX	XX	XXX	XXX	XXX
Volleyball	XX	XX	XXX	XX	XX	XX	XX	X	XX	XXX	XXX	XX	XX	XXX	XXX	XXX
Soccer	XX	XX	XXX	XX	XX	XX	XX	X	XX	XXX	XXX	XX	XX	XXX	XXX	XXX
Squash	XX	XX	XXX	XX	XX	XX	XX	X	XX	XXX	XXX	XX	XX	XXX	XXX	XX
Tennis	XX	XX	XXX	XX	XX	XX	XX	X	XXX	XXX	XXX	XX	XX	XXX	XXX	XX
Aerobic	XXX	XX	XXX	XX	X	XX	XX	X	XX	XXX	XXX	XX	XX	XXX	XXX	XX
Figure skating	XX	XX	XXX	XXX	XX	X	X	X	X	XXX	XXX	X	XX	XXX	XXX	XX
Down hill skiing	X	XXX	XXX	XXX	X	X	X	X	X	XXX	XXX	X	X	XXX	XXX	XXX

Picture 5. Health profile table of different equestrian sports

Sport	Measurable health variables							Physical ability related reduction of disease risks				Injury risk
	Metabolic function & Bodyfat	Cardio-vascular function	Aerobic fitness	Muscle strength/function	Motor skills	Balance	Bone health	Type2 diabetes	Heart & cardio vascular	Risk of falls	Osteo-porosis	
High skill sport	X(0)	X	X	XX	XXX	XXX	0	X	X	XXX	0	
Dressage	X(0)	X	X	XX	XXX	XXX	0	X	X	XX	0	X
Show jumping	XX	X	X	XX	XXX	XXX	0	X	XX	XXX	0	XXX
Eventing	XX	XX	XX	XX	XXX	XXX	0	X	XX	XXX	0	XXX
Endurance riding	XX	XX	XX	XX	XX	XXX	0	X	X	XXX	0	XXX
Equestrian vaulting	X	XX	XX	XX	XXX	XXX	0	X	X	XXX	0	XX