

Self-Assessment of SCforH Approaches and Initiatives

This document may be used as a checklist to identify, which factors of planning and implementation of SCforH approaches are taken into account and which factors might be added.

Furthermore the rough qualitative assessment of the individual factors may help to identify strong and weak points and to encourage improving the approach.

	We didn't do it	We did it some way	We did it quite well
1. Did you analyse the prevailing social and individual conditions your target groups?			
1.1 Did you identify the social-political importance of the topic?			
1.2 Did you consider the social living conditions and individual prerequisites of your target groups?			
1.3 Did you consider the relevance of physical activity for your target groups?			
2. Did you take into account the preconditions inside your organization to go for a SCforH approach?			
2.1 Did you examine the general policy and goals of your organization regarding the openness and obstructions for the approach?			
2.2 Did you take into account the feasibility of the overall activities in your organization for SCforH initiatives?			
2.3 Did you take into account the current and prospective membership development of your organization?			
2.4 Did you consider the availability of human and financial resources needed to implement the approach/initiatives?			
2.5 Did you consider the appropriateness of communication channels in your organization to communicate approach/initiatives?			
2.6 Did you identify possible external partners and competitors for your approach/initiatives?			
3. Did you describe what you want to achieve through the approach/initiatives (vision and mission)?			
3.1 Did you outline a formal document to be accepted by the leading bodies of your organization?			
3.2 Did you get a formal agreement/confirmation?			
4. Did you transform the analysis data of external and internal factors into concrete objectives and measures?			
4.1 Did you identify and describe the target groups(s), you want to include in your approach/initiatives?			
4.3 Did you give advice for the recruitment of instructors/managers for SCforH initiatives?			

4.4 Did you give advice for the education of instructors/managers?			
4.5 Did you give advice to internal organizational working structures?			
4.6 Did you give advice for external partnership and networking?			
5. Did you outline implementation procedures?			
5.1 Did you set up a team to manage the approach/initiatives?			
5.2 Did you outline detailed operating-/working-plans?			
5.3 Did you give advice of the provision of relevant working resources (finances; human resources; working material)?			
5.4 Did you discuss your operating-/working-plans within the different working groups?			
5.5 Did you look for external expertise?			
5.6 Did you take care for regular exchange of information about the status of the working procedures?			
6. Evaluation procedures			
6.1 Did you consider evaluation procedures for your approach/initiatives?			
7. Adaption and Updating of your approach/initiatives			
7.1 Did you take care for an adaptation and updating ?			
8. Summarising assessment: Which are the strong and which are the weak points of your approach and the initiatives?			