

FIG Foundation Courses

Educating and instructing adults interested in coaching gymnastics

The FIG Foundation Courses provide adults interested in teaching gymnastics with foundation knowledge and skills to share with their future students.



Location	Worldwide - Cape Town (RSA)'s FIG Foundation Courses
Organisation	International Gymnastics Federation (FIG)
Start-end date	9-14 July 2012
Target group	Adults interested in coaching gymnastics
Reach	28 participants
Partners	FIG-affiliated Federations, African Union
For inspiration	www.fig-gymnastics.com

Summary

The World Fit Foundation is an independent non-profit organisation based in Florida. World Fit is a fitness initiative targeting students in schools from ages 8 to 13. An Olympian is assigned to a school to help motivate and inspire the students. At the heart of the World Fit programme is the World Fit Walk, a six-week competition among schools each spring (April/May) to determine which has the fittest students. All sports and exercises are converted to equivalent walking miles (km) and count towards the competition. The objective of the Foundation is to make World Fit a global programme.

Keys to success

Programme supported by an International Federation

One of the main reasons for the success of the FIG Foundation Courses in Cape Town is that it is part of a broader programme conducted by the FIG. The FIG has a lot of experience in sport development programmes and since the Foundations of Gymnastics Courses Programme in 2007, already 13 course programme have been held around the world (4 in Africa, 3 in Europe, 1 in Asia, 5 in the Americas).

Focus on grassroots development

The FIG Foundation Courses focus on the roots of the sport's development: coaches. By giving them the responsibility to promote and develop gymnastics within their country, coaches feel more involved and achieve higher results in terms of sport participation.



Sport for All objectives

Support active societies

Through the FIG Foundation Courses, the programme reaches not only coaches but also future students. As a consequence, the more coaches are educated the more young people will have the opportunity to do more sport.

Improve public health and well-being

The programme helps fight obesity and other diseases related to lack of physical activity. The programme provides coaches with education and skills to make youngsters get moving.

How is the programme communicated?

The FIG Foundation Course communication is achieved through emails to FIG's member Federations/Continental Union, the FIG's website and social media.

How is the programme evaluated?

At the end of each course, the participants have to take an exam which includes questions on the theory and practical exercises. So far, this has been a big success as no one has failed. Further follow-up from the courses is being considered for the future.

“The course gave me the foundation knowledge of how to start working with a gymnast, and a clearer understanding on how to deal with different gymnast behaviour.”

Aletta Petlo – Participant





Join the sporting society!

Globally, 1 in 4 adults is not active enough and more than 80% of the world's adolescent population is insufficiently physically active (World Health Organization). Let's reverse the trend and get moving.



Promote sport and physical activity

Recent changes in leisure and work practices, diet and a host of other trends has led to an increasingly sedentary lifestyle amongst the world's population. Sport for all programmes aim to promote sport and physical activity to mitigate the negative effects associated with these developments.



Improve public health and well-being

Sport and physical activity plays an important role in making societies healthier, happier and safer into the future. Successful sport for all projects help to stimulate these common benefits across entire communities.



Support active societies

Active societies involve many stakeholders such as parents, coaches, schools, local clubs, sports organisations, event organisers and grassroots activities, to name but a few. They can all be hugely influential in promoting healthier lifestyles within a community. Programmes that support and reinforce their efforts are vital for the encouragement and promotion of active societies around the world.



Provide equal access to sport

Every member within a community should have equal opportunity to live an active and healthy lifestyle. Effective grassroots programmes place a heavy emphasis on ensuring that all of their participants can enjoy this opportunity regardless of physical condition, race, gender, social conditions, geographical location or otherwise.



Foster Olympic legacy

The Olympic Games provide a source of inspiration and a vibrant expression of the Olympic values of excellence, friendship and respect. This unique power can energise communities to develop projects enabling and inspiring people to become and stay physically active into the future.

Become a key player in your community

A useful platform has been designed for organisations across the Olympic Movement that are managing Sport for All programmes, providing them with the knowledge, understanding and tools needed to improve existing programmes worldwide, as well as to create new ones.

Get inspired by more than 45 projects around the world

Learn more about best practices with our toolkit

Create your project based on proven academic research and experience of organisations

Share your experience and lead the way to inspire more projects

Connect with a vast network fueled by inspired partners

Find more information

-  Sports and Active Society Programmes
-  A Guide to Implementation
-  www.olympic.org
-  activesociety@olympic.org