



International Council of Sport Science and Physical Education

## Annual Business Report 2020

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# ICSSPE



**ICSSPE** is a leader of  
the global movement educating for  
sustainable quality of life for all  
through physical activity and sport.

# About ICSSPE

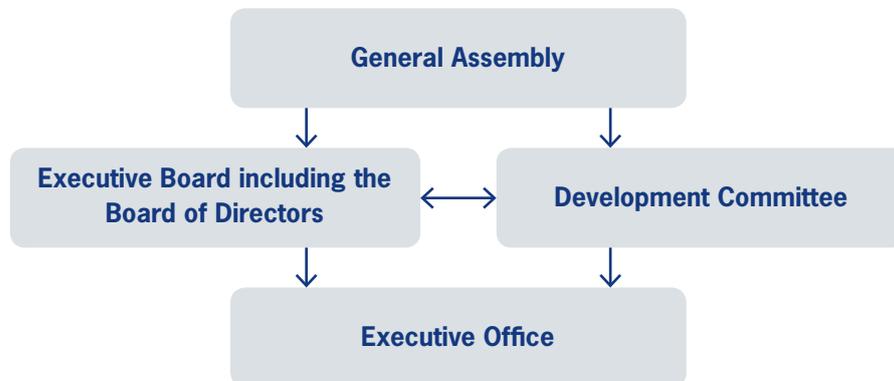
## Mission

ICSSPE's mission is to integrate research to enhance physical activity and sport. The organisation educates for improved quality of life and health for all people through physical activity and sport and promotes policies for active lifestyles, human performance and good governance in physical activity and sport.

ICSSPE strives to accomplish its mission using the three pillars of science, education and policy.

ICSSPE is a membership-driven organisation. Members comprise ICSSPE's decision-making organ, the General Assembly. The General Assembly elects the Executive Board and the Development Committee. Whereas the Executive Board represents ICSSPE in public and controls the organisation's activities, the Development Committee develops and implements the working programme of the organisation.

## Structure



## Legal Status

ICSSPE is a registered non-profit organisation under German law listed at the Court of Registration in Berlin-Charlottenburg. If you support ICSSPE with a donation, you will receive a tax-deductible receipt for your donation.

## Imprint

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## President's Welcome

Dear members and friends of the International Council of Sport Science and Physical Education and partners,

We are living and performing in a dynamic time. The pandemic, which strongly challenges our lives globally, is perhaps the best example. It has hit many of us unexpectedly and requires responses on a variety of levels.

Despite the development of various vaccines with excessive success, the world still needs to overcome many challenges caused by the pandemic such as the economic crisis, the need to support developing countries in fighting the disease and many other mega challenges that the presence is facing.

I see a major role for the global community of sports professionals, researchers and educators in providing measures, which promote safe participation in physical education, physical activity and sport. The Strategic Plan 2021–2024 and the Working Programme 2022–2023 provide an excellent starting point for this.

At the same time, we have accomplished much in 2020. A restructuring involving a new set of governance documents lays the basis for a global sports organisation, which plans all activities on Transparency, Cooperation, Inclusion, Equity, Reliability and Accountability, values through which partners will measure our programmes and us. The report bears witness to our activities in science, education, and policy.

We continue our scientific work as a basis for all activities, including educational and policy recommendations. We invite governmental and nongovernmental authorities as well as the corporate sector to join us, understanding that it takes joint effort to investigate and promote sport, physical activity, and physical education to ensure that society can benefit from some of the healthiest activities the world offers.

In this context, one of the important tasks before us is to work collaboratively with stakeholders to bring about an increase in the number of people who engage in physical activity. An emphasis on children and adolescents to ensure their development and well-being must also be considered.

To those who have laid the foundation for this report, profound thanks. I am pleased with what we have jointly accomplished and wish to invite everybody to join us on the challenging and fascinating journey to improve the quality of life of people globally.

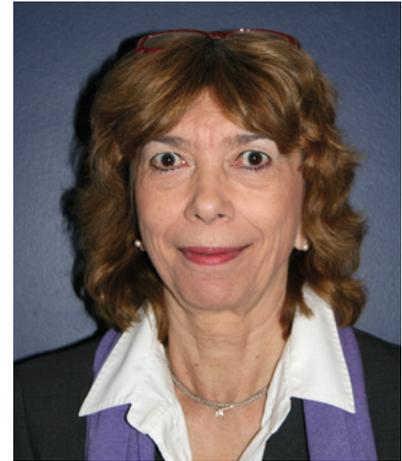
Dr Uri Schaefer  
President



## Greetings from the Honorary President

Dear members, colleagues and friends,

Since its foundation in 1958, the development of the International Council of Sport Science and Physical Education (ICSSPE) and its programmes is closely linked with changes in society, research tasks and policy demands. The history of ICSSPE, written by Professor Steven Bailey and Professor Jan Borms and the long-standing relationships with UNESCO, the World Health Organization, the International Olympic Committee and the International Paralympic Committee and many other international and national organisations provide excellent proof.



Important steps were taken in the late 1990s focussing on establishing a framework for collective action, uniting the very diverse ICSSPE membership. The three pillars of the Working Programme included “Service”, “Science” and “Advocacy”. In this context, the development and implementation of ICSSPE’s “Gender Equality Plan” were of crucial importance. A global issue – the state and status of physical education – was given high priority and is still today of high relevance.

The Annual Business Report 2020 demonstrates in an impressive way, how ICSSPE has responded to new demands. The provision of innovative tools for sport clubs, the development of material for coach education, a research project on online learning in physical education, and the upcoming multi-disciplinary analysis of e-sport are important examples.

I look forward to following the implementation of the Strategic Plan 2021–2024, which aims at growth and the provision of new products and services with and for its members and for manifold stakeholders in sport, sport science, physical education and physical activity. Furthermore, the Biennial Working Programme 2022–2023 demonstrates that ICSSPE works at the cutting edge, willing to support sustainable activities against climate change and demographic challenges, thus continuing to be a reliable partner on the way to an active and healthy society.

Prof. Dr Dr h.c. Gudrun Doll-Teppler  
Honorary President

## ICSSPE Partners

### Federal Ministry of the Interior, Building and Community of Germany

The International Council of Sport Science and Physical Education (ICSSPE) aims to maintain an inclusive perspective on the different disciplines of sport, sport science and physical education and to further continued collaboration between them. ICSSPE furthermore brings together a wide range of scientific and professional sports organisations, enables interdisciplinary collaboration and provides an important platform for the exchange of research and international cooperation. Sport can build bridges and so can ICSSPE.



For years, ICSSPE has worked with the Federal Ministry of the Interior, Building and Community (BMI) – among others – on a variety of international sports policy issues. Its expertise and international networking capacities are being used to establish and expand international contacts. In addition, ICSSPE has been carrying out sports policy and sports-related projects within the scope of its competencies and tasks and hereby been guided by the principles of Inclusion, Reliability, Cooperation and Equality.

The importance of the internationally recognised work of ICSSPE is of particular interest to the Federal Government. ICSSPE serves as an important point of contact for the BMI on international sports policy issues, as an advisor and support in establishing and expanding international contacts and as a partner in the implementation of international projects and conferences.

ICSSPE is a global player in various aspects of sports working in many countries with some 170 members worldwide to promote sports for all and thus contribute to international understanding. I wish ICSSPE continued success in carrying out its missions to make the world a better place by fostering the values of sport, especially in the aftermath of a pandemic when the promotion of sports on all levels of society will be more important than ever.

Beate Lohmann

Head of the Directorate-General – Sport, Federal Ministry of the Interior, Building and Community of Germany

## Senate Department for the Interior and Sport, Berlin

Dear Dr Schaefer, dear Members of the International Council of Sport Science and Physical Education,

I congratulate you on the wide range of activities and achievements as presented in your 2020 Annual Report.

Your organization never tires of emphasizing the important role of sport and physical activity in our society and in the healthy development of our children.

You are at the forefront of promising initiatives, such as developing tools for sports clubs that facilitate innovation and modernisation, doing research for digitalisation of physical education programs, and analysing the rising phenomenon of e-sports. The ICSSPE provides valuable information for policy makers – most recently, in particular, in the analysis of physical activity and sports data related to the COVID-19 pandemic.

The city of Berlin always keeps in mind the benefits for the city and its citizens when planning and analysing investments in sports. Your research provides data on the impact of mega-events, the exercise and sports behaviour of city residents, and the latest trends in sports-related recreation. In addition, we would like to expand our cooperation with governments of other cities and share experiences. For all these activities, we see the ICSSPE as an important partner and look forward to developing new formats of collaboration.

The Senate Department of the Interior and Sports wishes the ICSSPE all success for the implementation of its Strategic Plan 2021–2024. We hope to see you at one of the many events such as the Berlin Marathon, various international championships and the Special Olympics World Games 2023.

Aleksander Dzembritzki

State Secretary for Sport in the Senate Department for the Interior and Sport



## International Olympic Committee

For many years, the International Olympic Committee (IOC) and the International Council of Sport Science and Physical Education (ICSSPE) have enjoyed a very constructive and valuable cooperation.

The IOC actively support ICSSPE's initiatives to improve the quality of leadership in sport, widely regarded as pivotal in realising and fulfilling the goals and objectives of sport organisations. ICSSPE have made many and varied valuable contributions to the worldwide sports movement ranging from providing assistance to policy makers to investigating and comparing governance systems of sport federations to identify best practices. They have also helped to transform the quality of sports coaching around the world by preparing a guidance framework for coaching policy for use by sport federations, coaching bodies and governments.

Our thanks and appreciation go to ICSSPE for their tireless work. The IOC is counting on ICSSPE as a partner to continue, for many more years, its commitment to strengthening and safeguarding the role of physical education in society.

Dr Richard Budgett  
IOC Medical and Scientific Director



## ICSSPE at a Glance



## Why you should join ICSSPE

As an active member of ICSSPE, you are part of a large network comprising of 170 national and international, governmental and non-governmental organisations and institutions of sport, sport science and physical education.

As a member, you have access to and can get involved in international research projects and, likewise, avail of ICSSPE's members' knowledge for your projects. We welcome all our members to make use of the expert directory, which serves as an excellent marketing tool to gain exposure and be contacted for cooperation projects.

Other member benefits and services include:

- Participation in policy development to ensure everybody has the possibility to be physically active
- Interdisciplinary exchange of information on relevant research results, innovations, publications, projects, initiatives as well as congresses and other worldwide events
- Opportunities to release publications together with other members
- Opportunities to participate in funded projects
- Opportunities for ICSSPE patronage and financial support of scientific activities
- Increased visibility to other professional actors

There are staggered membership fee models available depending on your organisation's status:

- Governmental sport, health and education authorities: 450 Euro/year
- Non-governmental sport organisations: 270 Euro/year
- Scientific and educational organisations and institutions: 270 Euro/year

Download Membership Application form here:

<https://www.icsspe.org/system/files/20210831%20Membership%20Application%20Form.pdf>



## 2020 Membership Survey

ICSSPE conducted an extensive membership survey in May 2020, to determine satisfaction with its products and services among all members. The results showed that many members perceive ICSSPE as a global leader and influencer in the fields of physical education, physical activity and sport. The following planned activities, which have been included into ICSSPE's Strategic Plan for 2021–2024, are the result of the survey.

**Membership Drive:** In the ongoing process of winning new members, ICSSPE will focus on governmental sport, health and education authorities.

**Communication:** Executive Board and Development Committee initiatives, actions, and outputs shall be communicated on the ICSSPE website.

**Products and Services:** ICSSPE will develop and provide relevant, educational digital content available on-demand on ICSSPE's website with presentations, podcasts, and webinars, which will be accessible to all. Furthermore, ICSSPE will present accredited educational courses on a decentralised, regional basis.

ICSSPE will conceptualise a flagship event for members, for which planning will continue after the restrictions imposed by the COVID-19 pandemic have been lifted.

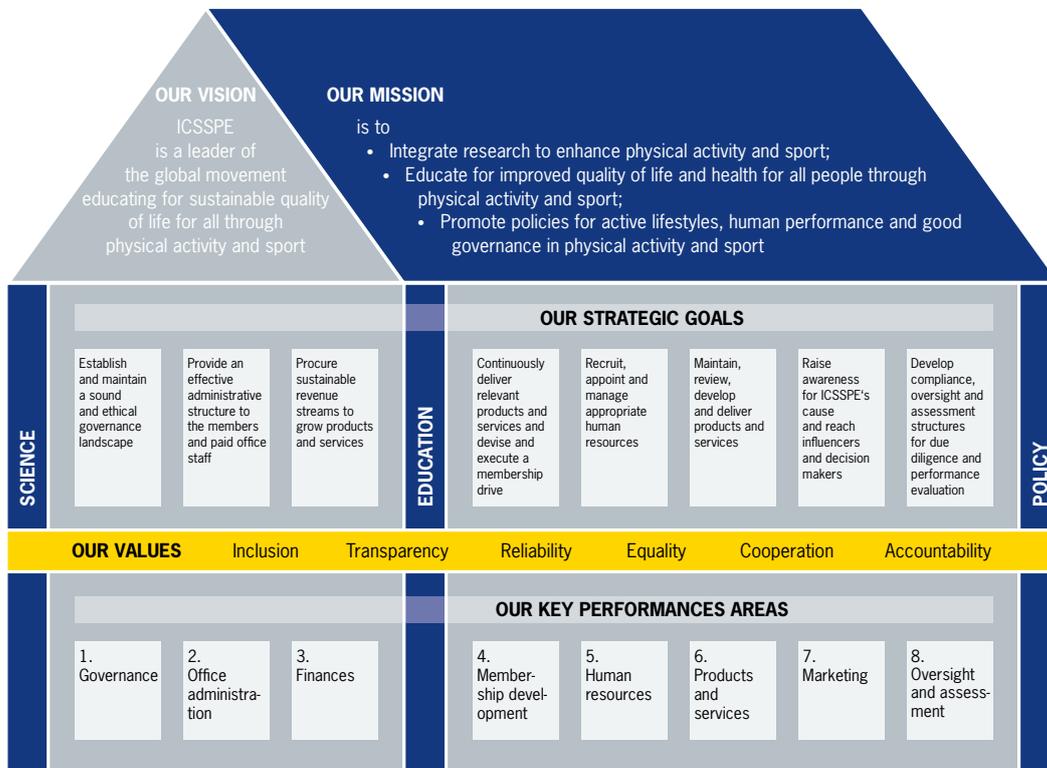
**Finance:** A detailed sponsorship and fundraising strategy will help to generate additional revenue streams, and public-private partnerships shall be used as platform to facilitate sponsorship agreements.

The best way to stay informed of upcoming events is via the ICSSPE News and all ICSSPE Social Media channels. All videos are available via the ICSSPE YouTube channel. Should an event be outside of your time zone, you can watch it on demand at a time that suits you.



# ICSSPE's Strategic Plan

To continue to fulfil the ICSSPE mission and to reach the strategic goals, ICSSPE has developed a strategic plan, based on the results and the core areas identified via the 2020 membership survey. The plan is based on eight Key Performance Areas, which are outlined below.



At the heart of ICSSPE are its members. To improve membership satisfaction, the ICSSPE Executive Board and the Development Committee developed new and relevant products and services that will meet the wishes identified by the 2020 membership survey. Some of these, like the expert directory and the implementation of online events throughout 2021, have already been launched. Concepts for licenced seminars, which can be used by members and tailored to their needs, are currently being developed.

The Executive Office in Berlin cooperates closely with all volunteers in preparing all initiatives and ensures that all decisions are effectively implemented and managed. The Executive Board and the General Assembly regularly monitor and evaluate the process and the results.

To enhance the impact of all initiatives, new, additional revenue sources shall be identified and procured. This will centre on applying for additional research grants and actively searching for more sponsorship partnerships.

All these activities are carried out on the basis of ICSSPE's high standard in governance. Procedural guidelines have been updated in 2020 or adopted by the Executive Board for the first time, and approved by the General Assembly in May 2021.

## Building Strategic Partnerships

ICSSPE continues to seek long-term business partners to engage with in an impactful way. All partnerships shall align with ICSSPE's mission and values of Inclusion, Reliability, Cooperation, Equality, Transparency, and Accountability. Research in sport science, the education of professionals and the promotion of safe sport and physical activity are at the heart of ICSSPE.

The ICSSPE membership and its combined expertise have a lot to offer, and we want our partners to truly benefit from a cooperation.

### Please get in touch, if:

- You share our goal of improving people's lives through physical education, physical activity and sport;
- You are genuinely interested in starting initiatives within your company to improve your employees' health and access to physical activity;
- Your business is interested in integrating research findings into its activities or products and services;
- Your business shares our mission and you strongly relate to our values of Inclusion, Reliability, Cooperation, Equality, Transparency, and Accountability;
- You are interested in meeting our members who represent sport science research centres, non-governmental sport organisations and governmental sport authorities all across the world.

### What you can expect:

- An international multidisciplinary network of experts dedicated to physical education, physical activity, sport and sports science;
- Good governance mechanism in place to ensure that the Code of Ethics, values and mission are respected throughout all activities;
- Long record of programmes and activities which have led to stable relationships with leading research, sport, governmental and intergovernmental bodies;
- Openness and flexibility for new and sustainable joint venture;
- A bag full of ideas for meaningful partnerships.

### We would like to get to know you

Building a trusting relationship takes time. If the organisation's profile and programmes have sparked your interest, please contact us.

## Supporters & Partners

We extend our sincerest gratitude to our supporters and partners in the name of many professionals, volunteers and sport enthusiasts. Only because of their confidence in our work and their foresight, many of our activities become real.

The Senate Department for the Interior and Sport of Berlin, the Federal Ministry of the Interior, Building and Community, Germany, and the International Olympic Committee.



Federal Ministry  
of the Interior, Building  
and Community



## Communication Channels

### Website

The ICSSPE website regularly shares news relevant to ICSSPE's mission and information about activities such as industry events organised by ICSSPE member organisations worldwide. Visitors can find information on the organisational structure of ICSSPE's mission, values, and goals.

ICSSPE strives to provide professionals with all necessary information in one place. In addition to the resources available, visitors can also directly access the Olympic Library via the ICSSPE website. Other benefits include the expert directory, where members can be found by external organisations who seek experience in a specific field of physical activity, physical education and sport. This helps ICSSPE members to display their competencies and develop valuable cooperation opportunities using ICSSPE's reach.

**ICSSPE** Science Education Policy  
International Council of Sport Science and Physical Education

Contact us

About ICSSPE | Scientific Resources | Activities & Upcoming Events | Membership | Media

**ICSSPE Coffee Break**  
Next steps following the General Assembly  
Click here for further information.

Event Calendar July 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**Upcoming Events**

**2021 European Universities Games**  
07/14/2021 - 12:00 to 07/27/2021 - 12:00

**FISU 2021 World University Games**  
08/18/2021 - 09:00 to 08/29/2021 - 09:00

**18th Prague Summer School**  
08/28/2021 - 09:00 to 09/04/2021 - 17:30

Show more events ...

Join ICSSPE | Member Login | Newsletter | ICSSPE Membership: Search our Expert Directory for Cooperation and Services

Behind the Scenes of the WIN-DOP Project

### Monthly Newsletter

**ICSSPE NEWS** August 2021  
International Council of Sport Science and Physical Education

**International Physical Performance Test Profile**  
Special Offer for ICSSPE Members  
The *Deutsche Vereinigung für Sportwissenschaft* (German Association for Sports Science) has published the book *International Physical Performance Test Profile*.

**Diploma in Adapted Physical Activity**  
Register Now For Spring 2022  
Enroll now for Spring 2022 for the 13<sup>th</sup> European University Diploma in Adapted Physical Activity!

Haaga-Helia

The ICSSPE News with industry and research updates as well as important events hosted by ICSSPE members has an active readership of more than 800. If you would like to stay up-to-date, you can subscribe to the newsletter on the ICSSPE website: [www.icsspe.org](http://www.icsspe.org).

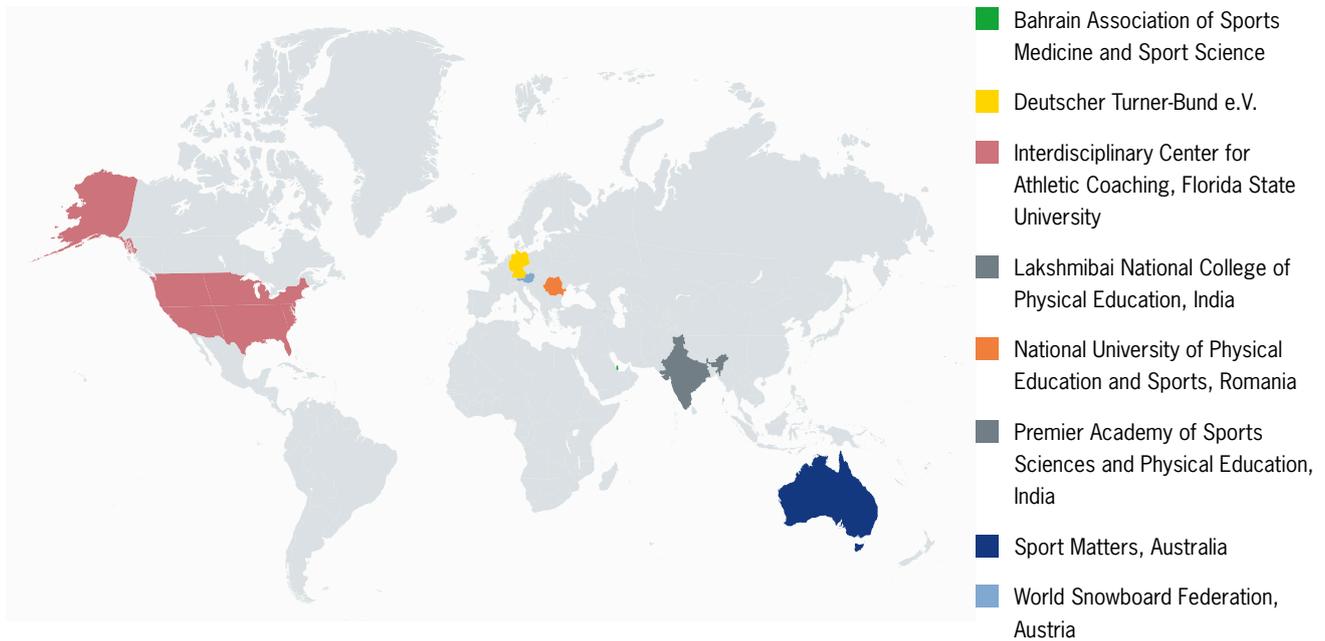
## Social Media Channels

Subscribe to ICSSPE Social Media channels to stay informed about upcoming events, sport science and research news, jobs, abstract calls and conferences.



## New ICSSPE Members 2020

In 2020, our membership extended to include the below members. As is custom, we introduced each member in the monthly ICSSPE News to the wider network, giving everybody the chance to connect.



### Bahrain Association of Sports Medicine and Sport Science



The Association focuses on advocacy for sports medicine and sports science through research and teaching. Their expertise stretches across the following areas:

Adapted Physical Activity, Biomechanics, Coaching Performance, Equality and Equity in Sport, eSports, Exercise Physiology, High Performance Sport, Physical Education, Prevention of Injuries/Diseases, Public Health, Sport and Coaching, Sport and Disability, Sport and Gender, Sport for All, Sport Psychology, Sports Medicine, Traditional Sport and Games

Languages: Arabic, English

### Deutscher Turner-Bund e.V. (German Gymnastics Federation)



The second largest federation in Germany represents numerous sports including gymnastics, aerobic and rhythmic sports gymnastics. To ensure that everybody has access to a desired sport, the DTB is engaged in a variety of advocacy activities, event hosting, teaching and coaching.

Areas of Expertise: Coaching Performance, Diversity, Elite Sport, Equality and Equity in Sport, Ethics and Integrity in Sport, Grass Roots Sport, High Performance Sport, Inclusion, Physical Activity and Ageing, Physical Literacy, Prevention of Injuries/Diseases, Sport for All, Sport Management, Sport Sociology, Traditional Sport and Games

Languages: German

## Interdisciplinary Center for Athletic Coaching, Florida State University, USA



The Center for Athletic Coaching prepares the next generation of athletic coaches and sports professionals with evidence-based education and research that maximises coaching excellence. This is achieved through academic programming, research, individualised support for coaches, and organisational support and training.

Areas of Expertise: Coaching Performance, Elite Sport, Ethics and Integrity in Sport, Grass Roots Sport, High Performance Sport, Sport and Coaching, Sport for Development, Sport Governance, Sport Pedagogy

Languages: English

## Lakshmbai National College of Physical Education, India



The Lakshmbai National College of Physical Education (LNCPE) is a part of the academic wing of the Sports Authority of India (SAI). The college is affiliated to the University of Kerala and it aims to serve as a model institute for teacher training.

Areas of Expertise: Adapted Physical Activity, Biomechanics, Coaching Performance, Exercise Physiology, Kinanthropometry, Kinematics and/or Kinetics, Physical Education, Prevention of Injuries/Diseases, Sport and Coaching, Sport Management, Sport Psychology, Sports Medicine

Languages: English

## National University of Physical Education and Sports, Romania



The National University of Physical Education and Sports of Bucharest is the only university of Physical Education and Sports of Romania. It has two faculties: "Physical Education" and "Physical Therapy". The university offers all three levels of education: Bachelor, Master and Doctorate Degrees. It is ranked number five among European universities of Physical Education and Sports.

Areas of Expertise: Adapted Physical Activity, Biomechanics, Coaching Performance, Ethics and Integrity in Sport, High Performance Sport, Inclusion, Physical Education, Sport and Coaching, Sport Management, Sport Marketing, Sport Pedagogy, Sport Psychology, Sport Sociology

Languages: English, French, Romanian

## Premier Academy of Sports Sciences and Physical Education, India



The Academy is a registered non-profit organisation established in Delhi, India. It promotes the culture of excellence in the core domain of sports science and physical education. Membership is open to experts and professionals from the areas of sports science, physical education and competitive sport, including coaches, teachers, trainers and elite athletes. Its vision is to develop India into a sporting nation, providing scientific support to elite Indian athletes.

Areas of Expertise: Adapted Physical Activity, Coaching Performance, Elite Sport, Equality and Equity in Sport, Ethics and Integrity in Sport, Exercise Physiology, High Performance Sport, Physical Activity and Ageing, Physical Education, Physical Literacy, Public Health, Sport and Coaching, Sport Economics, Sport for All, Sport for Development, Sport Governance, Sport Management, Sport Marketing, Sport Psychology, Sports Law

Languages: English

## Sport Matters, Australia



Sport Matters is an NGO based in Sydney, Australia that aims to make a positive and long-lasting impact on development in Australia, the Pacific, Asia and Africa through Advocacy, Consultancy, Monitoring and Evaluation, Research.

Areas of Expertise: Adapted Physical Activity, Grass Roots Sport, Inclusion, Physical Education, Sport and Disability, Sport for All, Sport for Development

Languages: English

## World Snowboard Federation, Austria



The World Snowboard Federation (WSF), founded in 2002 in Prague, is an umbrella organisation for snowboarding with a membership comprising 45 national snowboard federation across the globe. In 2017, the WSF moved to Innsbruck, Austria and adopted its new strategy focussing on grassroots, youth and Sport for All within the culture of snowboarding. The WSF aims to promote the sport of snowboarding as a recreational and leisure sport (Sport for All) in the interest of all snowboarders – especially as a healthy activity for children and youth.

Areas of Expertise: Equality and Equity in Sport, Ethics and Integrity in Sport, Grass Roots Sport, Physical Activity and Ageing, Physical Education, Safeguarding, Sport and Coaching, Sport and Disability, Sport and Gender, Sport for All, Sport for Development

Languages: English, German

## Review Projects 2020

With its broad and long-standing expertise, ICSSPE is a welcome partner in a number of projects for research, education, advocacy and policy. In the following overview we present ICSSPE's contribution to the success of a number of projects which were co-funded by the Erasmus+ Programme and other programmes of the European Union.

### CHAMP

#### Clubs for Health-enhancement Activation, Modernisation and Participation

The project came into action in 2019 as a response to the rising problem of decreased numbers in club sports participation. At the end of the project, a Massive Open Online Course will be made accessible to clubs to gain insight into best innovative practices.

ICSSPE prepared a collection of evidence-based business development concepts from outside the fields of sports and translated these into tangible learnings for sport club innovations. The review of business innovations is a useful task for club officers who want to extend their traditional club customs.

Other partners in the project are the Lithuanian Union of Sport Federation, the National Olympic Committee and Sports Confederation of Denmark, the European Non-Governmental Sports Organisation, the Latvian Sports Federation Council, the Swedish Sports Confederation, the Portuguese Sports Confederation, the Estonian Foundation of Sport Education and Information as well as the Italian based Organisation for Sport Education.

The project runs from January 2019 to December 2021.

### DITEAM12

#### Diverse and Inclusive Teams for Children under 12

The project's objectives are to raise awareness of the positive aspects of non-competitive sports for children under 12, to create inclusive, diverse clubs and to use inclusion and diversity in sport clubs as tools to prevent violence.

The aim is to provide coaches and club owners with online tools, which help them to focus on skills' development and self-improvement, rather than on competition. In addition, the project creates inclusive clubs where children with different mental, sensorial and physical abilities can train together. Furthermore, clubs are encouraged to create a school of parents with regular workshops. This will allow parents to accept diversity in the team, understand the focus on the development of children through inclusion and tolerance rather than through competition and superiority.

Other partners in the project are the Asociación Mi Hijo y Yo (Spain), Informa Deporta Psicología (Spain), Schola Empirica (Czech Republic), the European Paralympic Committee and the Educational Research Institute (Slovenia).

The project runs from January 2020 to December 2021.

### PACTE

#### Promoting Active Cities through Europe

The aim of the project was to provide a blueprint for creating small and large-scale active cities. Project partners developed a matrix, which helps municipalities to analyse their physical activity policies and practice and to improve opportunities.

Other partners in the project were the European Cyclists' Federation, the European Federation for Company Sport, Sport et Citoyenneté/Sport and Citizenship, EUPEA, TAFISA, the Baltic Region Healthy Cities Association, Liverpool City Council, University of Lausanne and Associazione Nazionale Comuni Italiani.

The project ran from January 2018 to December 2020.

## PEAK

### Policy, Evidence and Knowledge in Coaching

ICSSPE is currently coordinating the international project PEAK, which aims at developing coaching policy recommendations for sport federations, coaching bodies and governments.

Together with the International Council for Coaching Excellence, the German Sport University Cologne, the European Elite Athletes Association, the Finnish Olympic Committee, Sport Ireland Coaching, the Swiss Federal Institute of Sport, and the Foundation of Sport Education and Information (Estonia), ICSSPE is developing a comprehensive picture of coaching and education systems for coaches. Research reports about coaching roles, policies and varying decision-making processes across Europe in the field of coaching will be shared continuously on [www.peak-coaching.eu.com](http://www.peak-coaching.eu.com). The four main areas of the project are: coaching systems, volunteers in coaching, opportunities for women in coaching, and coaching regulations.

The project terminates at the end of 2021.



## SPEY

### Sport for Prevention of Extremism in Youth

The aim of this project is to create a sports programme to prevent radicalisation, and, in particular, to help young people at risk of exclusion and radicalisation to better integrate into society. The sports programme is created by experts in education, psychology and sport, and is validated by professionals in the phenomenon of radicalisation. It focuses on the practise of sport and physical activity as a tool to promote inclusion into society and social activities, and addresses those areas, which face social problems, always with the dimension of gender equality and with the cooperation of different local stakeholders.

For this project, ICSSPE works together with the Hellenic Ministry of Culture, Education and Religious Affairs, Sport et Citoyenneté/Sport and Citizenship, Unio de Federacions Esportives de Catalunya, the Swedish Sports Confederation, University of Córdoba and the Latvian Sports Federations Council.

The project runs from January 2020 until June 2022.

## **SPIRIT**

### **Sport and Psychosocial Initiative for Inclusive Training**

The aim of the project is to make sports clubs more accessible and welcoming to everyone. In order to achieve this, project partners currently develop a framework for humane, inclusive and empowering coaching, that nurtures good mental health.

The project output comprises of a set of recommendations for coaches, which advance the mental well-being of their sports participants. The coaching framework will present the academic case for sports and mental health in an accessible manner and will present practical examples to guide the learner through an educational path.

Finally, coaches will have access to an online learning tool that facilitates the skills development of coaches in a flexible way. The project runs from January 2020 until December 2022 and is a cooperation between ICSSPE and Monaliiku (Well-Being and Sports for Multicultural Women, Finland), the Bulgarian Union for Physical Culture and Sports, the Finnish Association for Mental Health, the Hellenic Paralympic Committee, the European Non-Governmental Sports Organisation, Unio de Federacions Esportives de Catalunya, the Flemish Athletics Federation, BelnovActiv (France), the ITTF Foundation, and Minor-Ndako (Belgium).

## **WIN-DOP**

### **Understanding and Promoting Whistleblowing on Doping Irregularities in the EU**

The project focuses on the act of whistleblowing on doping offences in competitive sports. WIN-DOP will help to understand the organisational and personal factors of whistleblowing, such as the factors that influence whistleblowing behaviour. Furthermore, WIN-DOP aims to promote whistleblowing across European member states by developing pedagogical material.

Together with ICSSPE, the following partners are running this amazing project: Agencia Española de Protección de la Salud en el Deporte, the Anti-Doping Agency of Serbia, the National Anti-Doping Agency Romania, Aristotle University of Thessaloniki (Greece), University of Hull (UK), Mary Immaculate College Limerick (Ireland), Athens University of Economics and Business (Greece), the National University of Physical Education and Sports Bucharest (Romania) and K.E.A. Fair Play Code Hellas (Greece).

The project responds to the European Union's priority area of reducing doping within sports and runs from January 2020 to June 2022.

## Online Events & Webinars 2020

2020 was a year for new beginnings. ICSSPE, like many other organisations, had to determine how to continue to work and provide the best service to members and to the professional community in the context of Covid-19 restrictions. We launched a series of online webinars, which were a great success.

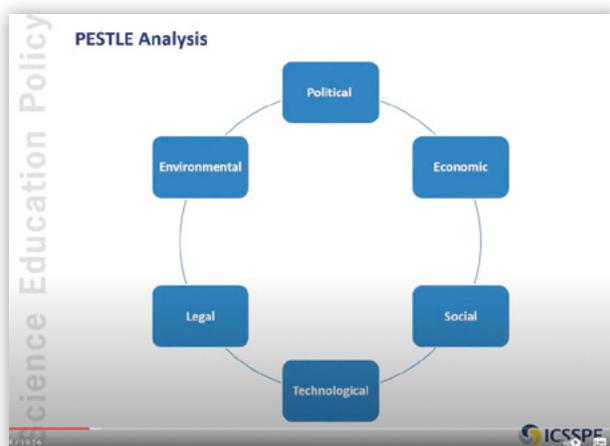
### August 2020: CHAMP Webinar

ICSSPE Executive Director Detlef Dumon began by introducing the CHAMP Research project. CHAMP stands for Clubs for Health-enhancement, Activation, Modernisation and Participation and looks for good practice examples outside the field of sports, which can then be adapted and used to drive innovation in the sports sector to help struggling clubs in their endeavours of business development.



The webinar focused on the question: “What do corporate businesses do differently than sports clubs and what can sport clubs learn from this?”

At this event, ICSSPE co-author of a comprehensive analysis of business development measures in the corporate sector and TAFISA staff member Keri McDonald shared innovative tools for sports clubs who wish to find new ways to promote physical activity.



## August 2020: DITEAM12 Webinar

The second episode of the ICSSPE webinar series focused on diversity and inclusion in grassroots sports. ICSSPE is involved in the ERASMUS+ co-funded project DITEAM12 – Diverse and Inclusive Teams for Children under 12.



Ken Black, the founder of The Inclusion Club, shared exciting and easy to implement rules to enable inclusive sports environments, which can be at the same time competitive. These resources are aimed at practitioners, sports teachers, coaches and clubs who would like to learn more about inclusive sport participation.



**Ken Black's presentation and Michelle Friedrich's literature review can be found on the ICSSPE YouTube channel.**

## September 2020: Yokohama Sport Conference



ICSSPE was a major supporter of the 2020 Yokohama Sport Conference, which was organised by the Japan Academic Alliance for Sport, Physical Education, and Health Science. Japan has a longstanding history of gymnastics and awareness of physical education, which can be traced back to the opening of the National Institute of Gymnastics in 1878.

During the opening event speeches by Professor Michiyoshi Ae from Nippon Sport Science University and ICSSPE President Dr Uri Schaefer addressed the impact of COVID-19 on physical activity behaviour and sport practice.

The following globally known experts completed the group of speakers:

**Simon Darnell**, Associate Professor at the Faculty of Physical Education and Health at the University of Toronto, Canada, presented the results of a project that examined the impact of the COVID-19 pandemic in Commonwealth countries on Community Sport and Sport for Development.

**Eric Saintrond**, FISU Secretary General and CEO, presented the impact of the global pandemic on an international federation and the activities that FISU still realises.

**David Legg**, Professor at Mount Royal University, Canada, showed how the pandemic reveals existing health-care challenges and how technology can help people with disabilities to stay active.

**Stanley Mutoya**, CEO of the African Union Sports Council Region 5, gave insight into how the Council is dealing with the impact of the pandemic.

**Helene Kirkegaard**, Senior Analyst at the Danish Institute for Sport Studies presented early results from a recent study that investigated how the corona pandemic and the lockdown affected sport and exercise participation in Denmark.

## November 2020: SPEY Webinar



In another webinar, participants discussed the latest research as well as practical applications for coaches and sports clubs on sport for the prevention of extremism in youth.

Marilen Neeten led through findings of the literature review, which she had collected.

In the second part of the event, Professor Manuel Moyago Pacheco spoke about how extremism can be prevented in youth. In his talk, he provided evidence and advice for front-line professionals.

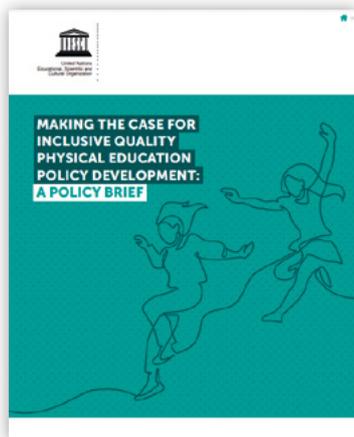
**The webinar has been recorded and can be found on the ICSSPE YouTube channel.**



## Review Policy Activities & Publications 2020

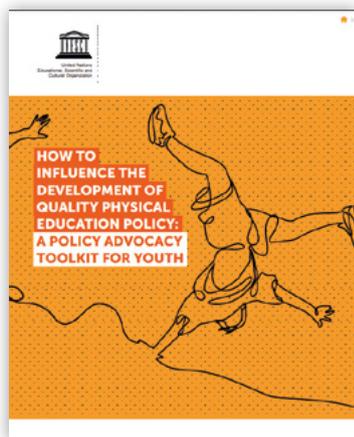
### ICSSPE on UNESCO's Steering Committee for Quality Physical Education

UNESCO's Quality Physical Education initiative aims at policy makers and governments, giving them resources to develop and improve their physical education policies. With tailored resources and tool kits, all activities strive to support governments in implementing child-based development plans and policies, which teach children important physical, social and emotional life skills.



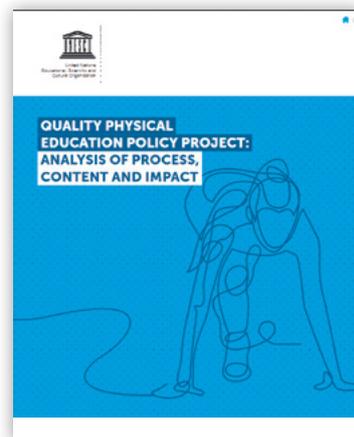
**Policy Brief:**

Making the Case for Inclusive Quality Physical Education Policy Development



**Advocacy Toolkit for Youth:**

How to Influence the Development of Quality Physical Education Policy



**Quality Physical Education**

**Policy Project:**

Analysis of process, content and impact

The Quality Physical Education programme is administered by UNESCO and supported by the European Commission, the International Bureau of Education, the International Olympic Committee, Nike, the United Nations Development Programme, UNICEF, and the World Health Organization.

ICSSPE is a member on the QPE Steering Committee.

### Leadership development through ICSSPE's Biennial Working Programme Grant

To promote good governance measures in the provision of sport, physical education and physical activity, ICSSPE awarded the 2019/2020 Biennial Working Programme Grant to the blended learning project run by the Faculty of Sports Science of the Negeri Semarang University, Indonesia.

Administered by Professor Tandiyo Rahayu, the project aimed at improving teachers' skills at using technology in physical education classes. The relevance of this project and blended learning in physical education became obvious not long after its commencement, when the whole world came to a standstill through lockdowns and many traditionally taught physical education classes stopped.

In the context of this grant programme, ICSSPE supports one project every two years. The new Development Committee will draft a grant proposal for the cycle 2022/2023, which will be published in autumn 2021.

# ICSSPE Online Events 2021

## **Designing the Role of Sports and Physical Education – ICSSPE’s Response to the Sustainability Agenda** **31st March 2021, 2pm–3pm CEST**

In this online presentation, ICSSPE Director Detlef Dumon invited participants to join him to learn more about sustainable development through sport and how ICSSPE is contributing to this conversation through science, education and policy.

## **Presentation of Candidates for the Executive Board** **22nd April 2021, 2pm–3pm CEST**

In preparation for ICSSPE’s General Assembly and the election of a new Executive Board on 12th of May 2021, candidates introduced themselves to an online audience.

## **Presentation of Candidates for the Development Committee** **29th April 2021, 2pm–3pm CEST**

In preparation for ICSSPE’s General Assembly and the election of a new Development Committee on 12th of May 2021, candidates introduced themselves to an online audience.

## **Moving in the City – Identifying and Shaping Developments** **21st June 2021, 10am–12pm CEST**

In many cities, efforts are being made in different ways to help people stay active and healthy. Based on recent studies and successful measures, participants discussed which services can positively influence physical activity in cities and how politics and administration can effectively network for this purpose.

## **ICSSPE Coffee Event** **6th July 2021, 4pm–5pm CEST**

After a short introduction, ICSSPE’s President Dr Uri Schaefer moderated an open session on current developments in sport, sport science, physical education, and physical activity.

## **Mental Well-being and Coaching in Sport** **5th August 2021, 2pm–3pm CEST**

In this online event, we talked about how coaches can influence the mental well-being of their athletes through their own behaviour. We introduced research results of the SPIRIT project, which aims at developing a framework for humane, inclusive and empowering coaching and sport clubs that nurture mental well-being.

## **Methodological considerations for Systematic Literature Review** **5th August 2021, 3pm–4pm CEST**

Using the EU project SPIRIT as a real-life example, students were guided through the process of conducting a systematic literature review.

### **Inclusion in Sports for Children under 12: Competencies for Coaches and Parents**

**5th October 2021**

In this event, we intend to raise awareness on the positive aspects of non-competitive sports for young children. Inclusive and diverse sports clubs can be used to prevent violence and intolerance. We will introduce research results of the Erasmus+ funded project DITEAM12, which stands for Diverse and Inclusive Teams for Children under 12. The project outputs include online educational tools for parents and for coaches, allowing the latter to focus on skill development rather than competition.

### **An Inclusive Framework for Coach Education in Sport**

**November 2021**

In this session, we will share the latest results and recommendations from the international project PEAK coordinated by ICSSPE, which aims at developing coaching policy recommendations for use by sport federations, coaching bodies and governments.

### **Young Professionals in Sport Science**

**December 2021**

Sport scientist – and now? For this event, ICSSPE will invite sport scientists who will talk about their work experience during the first years after finishing their university studies. This event will provide students and young people with insights into work opportunities in the field of sport and sport science and leaves room for questions and discussions.

## Thank You to Our Outgoing Executive Board Members

Four years ago, at the General Assembly in Frankfurt, 2017, ICSSPE decided to restructure the organisation to reflect 21st century thinking. We streamlined ICSSPE's structure and reduced the number of boards and committees to be more effective and efficient. Following the growing consciousness for access to safe participation in sports organisations, the Executive Board recognised the need for good governance measures – for its own work and for the entire organisation. With this in mind, the Executive Board produced a set of governance documents, which will contribute to an accountable and transparent workflow for all areas of the organisation.

Starting with an Executive Board meeting in Malta (Austria) in May 2019 and completed after a second meeting in Frankfurt in January 2020, Board members produced a strategic plan for the years 2021 to 2024. This strategic plan is visualised in this report as a Strategic House and can be found on page 13 of this document. It provides transparent and valuable guidance for members and partners regarding ICSSPE's goals, products and services, as well as procedures.

All this could only be accomplished with a strong commitment by the members of the Executive Board, their trust in the benefits of physical education, sport, physical activity, and sport science in the context of well-being of people in general and children and youth in particular, and in ICSSPE as a promoter of these values. In addition to regular monthly Board meetings, we had numerous teleconferences and online meetings, where we critically analysed the challenges and searched for the best way forward.

The leadership expertise, the knowledge and the skills you, as members of the Executive Board demonstrated, helped us to reach the point where we currently are – ready to fulfil our mission in collaboration with our members and partners.

Since some of you did not stand for re-election, let me wish you all the best for what lies ahead of you. Your extraordinary contributions as volunteers led ICSSPE through a transition phase with now clearly defined objectives as well as modern and reliable work methodologies. We have a solid foundation on which we can build for the future. I am confident to speak, also on behalf of the ICSSPE membership, when I thank you for your longstanding and continuous commitment. Thank you for sharing your expertise, your knowledge and skills for the development and betterment of ICSSPE, ensuring the Council's continuing important global role, based on our three domains: research, education and policy.

### My special thanks go to:

**Wolfgang Baumann**, Vice-President

**Dr Maria Dinold**, Vice-President

**Dr Darlene Kluka**, Vice-President

**Prof. Dr Kari Keskinen**, Treasurer

**Prof. Dr Anneliese Goslin**, Co-Chair Development Committee

**Prof. Dr Rosa López de D'Amico**

**Prof. Dr Pedro Ferreira Guedes de Carvalho**

**Dr Claude Scheuer**

I am glad that **Dr Sandra Heck** who joined the Executive Board in 2019, continues her work on the Board and that **Dr Maria Dinold** was re-elected to the Development Committee.

Dr Uri Schaefer  
President

## Statements

### **Dr Darlene A. Kluka:**

I have been in a leadership capacity in ICSSPE for 25 years. Whether on the Executive Board, as Chair of the Editorial Board, on the President's Committee or as Vice-President, my experiences and contributions have been valuable to the organisation. I have also made long-time international colleagues and friends globally.

### **Dr Sandra Heck:**

Having joined the ICSSPE Executive Board in 2019, I was immediately warmly welcomed by the team and highly motivated to serve the internationally renowned International Council of Sport Science and Physical Education. Working for an international organisation means to me searching for global solutions while identifying current developments and its demands and chances. Personally, I appreciate an international and interdisciplinary working ambience as it opens the horizon to change perspectives beyond the national or disciplinary umbrella. However, having committed to serve the ICSSPE board not only embraces setting values and strategic goals theoretically, but also implementing them while finding common solutions in difficult and controversial issues. ICSSPE's core principles of inclusion, reliability, cooperation and equality shall not remain empty phrases, but also be reflected in its products and processes. As executive member, I do not step back from this responsibility and try to ensure its realisation by critically observing and demanding for transparency whenever required.

### **Prof. Dr Kari Keskinen:**

I became aware and acquainted with ICSSPE already in the early 1990s when the ICSSPE office was in Jyväskylä, Finland and I participated in ICSSPE's Pre-Olympic Congress in Malaga 1992. Already then, I recognized ICSSPE as one of the leading worldwide organizations, which I wanted to be part of. Thereafter I became more involved with ICSSPE from 2004 onwards and served ICSSPE as a member and the Chair of the Editorial Board until 2016. Now after five more years as the Treasurer and a member of the Board of Directors my feelings are even more convinced that ICSSPE is one of the global actors in science communication and policy making. I am leaving ICSSPE duties after 17 years of service with a conviction that ICSSPE has the ability and capacity to lead the way in sport science in the future as well.

I have been a member of ICSSPE's working groups since 2006. My participation in each one of the structures (Editorial Board, Associations' Board, ICSP, Development Committee, and Executive Board) has been a great experience! The chance to exchange with colleagues from various places of the world has been meaningful for my growth as a human being and professional. I have enjoyed having the chance to introduce other colleagues to participate in ICSSPE's various projects and become involved in its activities. Serving ICSSPE as volunteer is also a way to serve the profession and moreover the places we come from!

**Prof. Dr Rosa  
López de D'Amico:**

I was a member of ICSSPE before I started to serve as volunteer in any of the positions, I never thought I was going to be part of several groups and in various responsibilities; it has been a meaningful learning experience. At first, I was shy and I thought my contribution was not meaningful but afterwards the colleagues I have worked with made me feel that all our inputs were important. In ICSSPE, I have met colleagues, friends and acquaintances; there are many diverse experiences that I treasure. Thanks to all those with whom I have had the chance to work in all these years!

It is my pleasure and honour to try to report about my long lasting affiliation with ICSSPE in a few words.

I am with ICSSPE since many years. My first position for ICSSPE was from 2004 to 2008 when I was nominated to chair the International Committee of Sport Pedagogy (ICSP) representing IFAPA under former IFAPA President Claudine Sherril during the statutory ICSSPE meetings 2004 in Athens. She was one of my great mentors – as later on Gudrun Doll-Tepper as well as Margaret Talbot.

**Dr Maria Dinold:**

Once being involved in the refined organisational structures of ICSSPE I continued to attend nearly all meetings and conferences (for ICSP all except the one in Brisbane 2009) and dedicated my scientific and leadership competences to take the position of Speaker of the Associations' Board (2013 to 2016). I was then elected Vice President (jointly with Darlene Kluka and Wolfgang Baumann) with the assignment to co-chair the Development Committee (jointly with highly competent Anneliese Goslin) – until the General Assembly in 2021.

During all these years, I was attracted by the opportunity to share knowledge and help to improve participation in the field of physical education, sport science and adapted physical activity. Coming from my background as athlete, dancer and researcher, I kept aiming to enhance and to bridge theory and practice in the sense of social inclusion. It was – finally yet importantly – of equal interest to me to have the chance to cooperate with nice and competent people involved and come to know the world.

I hope that my efforts within ICSSPE have had relevant influence for the objectives of the Council and have set the scene for better active life style.

My overall message could be: Don't forget to dance!

## Thank You to Our Outgoing Members of the Development Committee

After the decision of the General Assembly 2017 to establish a Development Committee, its first term of office is ending. In this transition period, the Development Committee was composed of members of the Associations' and the Editorial Board as well as the International Committee of Sport Pedagogy.

Within this new forum for interdisciplinary cooperation, members provided their expertise from various scientific disciplines, pedagogy and inclusive sport practice. Several programmes and activities, including the Biennial Working Programmes of 2017–2018 and 2019–2020, were developed. These included numerous research activities, scientific publications and training in sport for development.

In 2019 and 2020, special emphasis was placed on leadership development and good governance to promote a framework for inclusive, reliable, accountable, transparent, and cooperative sport organisations.

As a result of the COVID-19 pandemic, challenges arose that required responses from the Development Committee. Like many member and partner organisations, members accepted the restrictions and creatively used the new opportunities.

I thank all Development Committee members for their multiple contributions – their initiatives, their visionary approach and their expertise. The scientific evidence; the commitment to support children and adolescents as they grow; as well as physical educators and coaches in their professional development; and their perseverance in promoting the benefits of physical activity, physical education and safe sport to policy makers are important pillars for ICSSPE's credibility and accountability.

Furthermore, I thank my colleagues, Dr Maria Dinold and Professor Dr Anne-liese Goslin, for jointly chairing the Committee. Their commitment to good governance and inclusion as well as their clear guidance helped to sharpen ICSSPE's reputation as an organisation that demands a higher speed in the attempt to provide equal opportunities.

The work, which the Co-Chairs and the members of the Development Committee conducted, will provide a superb foundation for new members of the Development Committee, who will be for the first time elected at the General Assembly.

My most sincere thanks to outgoing members of the Development Committee! Welcome to newly elected members! ICSSPE is looking forward to jointly fill the Strategic Plan 2021–2024 with your ideas, expertise and enthusiasm.

Dr Uri Schaefer  
President

### Development Committee Members (2017 to 2021)

Jens Sejer Andersen

Prof. Dr Branislav Antala

Lilia Barieva

Wolfgang Baumann

Dr Claire Boursier

Julien Buhajezuk

Dr Verena Burk

Prof. Dr Marc Cloes

Prof. Dr Rosa López de D'Amico

Prof. Dr Rosa Diketmüller

Dr Maria Dinold

Prof. Dr Kari Fasting

Prof. Dr Maria Beatriz Rocha Ferreira

Prof. Dr Pedro  
Ferreira Guedes de Carvalho

Prof. Walter Ho

Prof. Dr Annette R. Hofmann

Martin Holzweg

Diane Huffman

Prof. Helene Joncheray

Prof. Dr Kathryn Ludwig

Prof. Dr Mike Marfell-Jones

Klaus Meinel

Dr Karen Petry

Dr Airikki Pousi

Prof. Dr Uwe Pühse

Dr Uri Schaefer

Prof. Dr Cesar R. Torres

Prof. Dr Karin A. E. Volkwein-Caplan

Detlef Dumon

Katrin Koenen

Anne Schomöller

## Overview of ICSSPE Meetings 2020

### 1st Quarter 2020

January 2020: Executive Board Meeting

Frankfurt, Germany

February 2020: Development Committee Meeting (online)

March 2020: Executive Board Meeting (online)



### 2nd Quarter 2020

April 2020: Executive Board Meeting & Development Committee Meeting (online)

May 2020: Executive Board Meeting (online)

June 2020: Executive Board Meeting (online)

### 3rd Quarter 2020

July 2020: Executive Board Meeting & Development Committee Meeting (online)

August 2020: Executive Board Meeting (online)

September 2020: Executive Board Meeting (online)



### 4th Quarter 2020

October 2020: Executive Board Meeting & Development Committee Meeting (online)

November 2020: Executive Board Meeting (online)

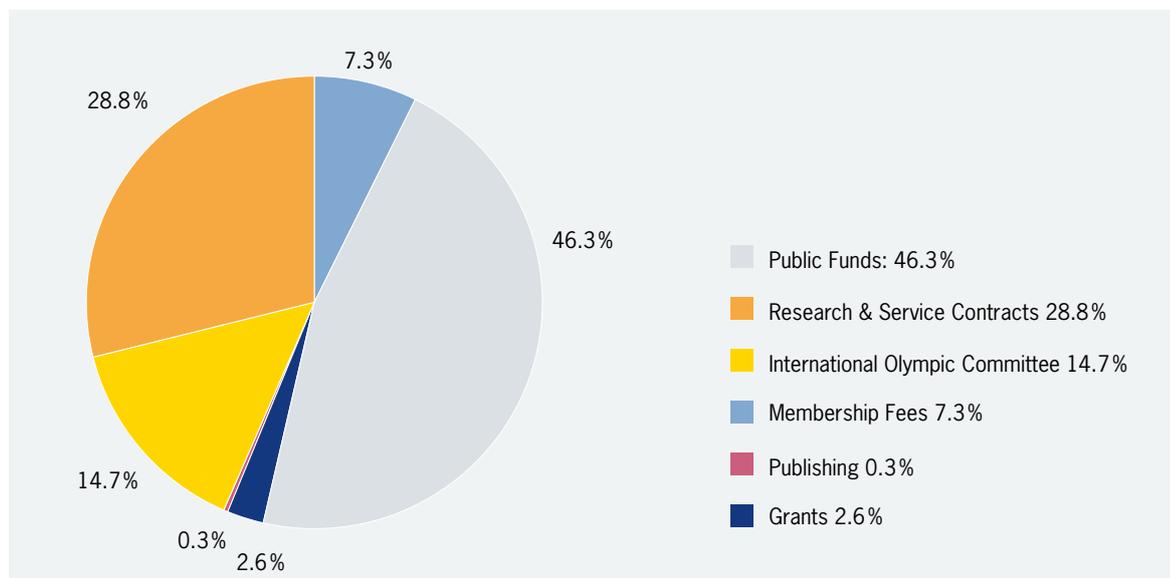
December 2020: Executive Board Meeting (online)

# Summary of the Financial Report 2020

## Income

Membership Fees	34,870.00 €
Research and Service Contracts	137,320.00 €
International Olympic Committee	69,806.00 €
Public Funds	221,000.00 €
<ul style="list-style-type: none"> <li>Berlin Senate Department for the Interior and Sport</li> <li>Federal Ministry of the Interior, Building and Community, Germany</li> </ul>	
Grants	12,555.00 €
<ul style="list-style-type: none"> <li>UNESCO Participation Programme</li> </ul>	
Publishing	1,359.00 €
<b>Total</b>	<b>476,910.00 €</b>

## Income Distribution



## Expenses

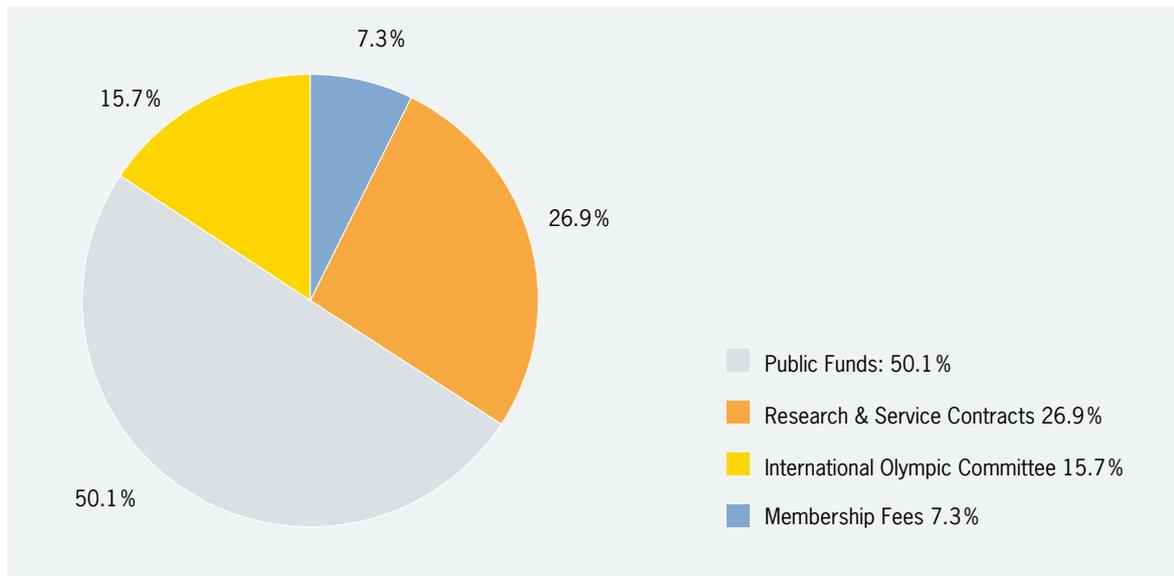
Administration	181,949.00 €
Research, Advocacy and Policy Development	192,820.00 €
Marketing and Communication	19,943.00 €
Membership Affairs	30,179.00 €
Reserves	12,000.00 €
<b>Total</b>	<b>436,891.00 €</b>

## Summary of ICSSPE Preliminary Budget 2021

### Projected Income

Membership Fees	32,000.00 €
Research and Service Contracts	118,600.00 €
International Olympic Committee	69,000.00 €
Public Funds	221,000.00 €
<ul style="list-style-type: none"> <li>• Berlin Senate Department for the Interior and Sport</li> <li>• Federal Ministry of the Interior, Building and Community, Germany</li> </ul>	
Publishing	200.00 €
<b>Total</b>	<b>440,800.00 €</b>

### Projected Income Distribution



### Projected Expenses

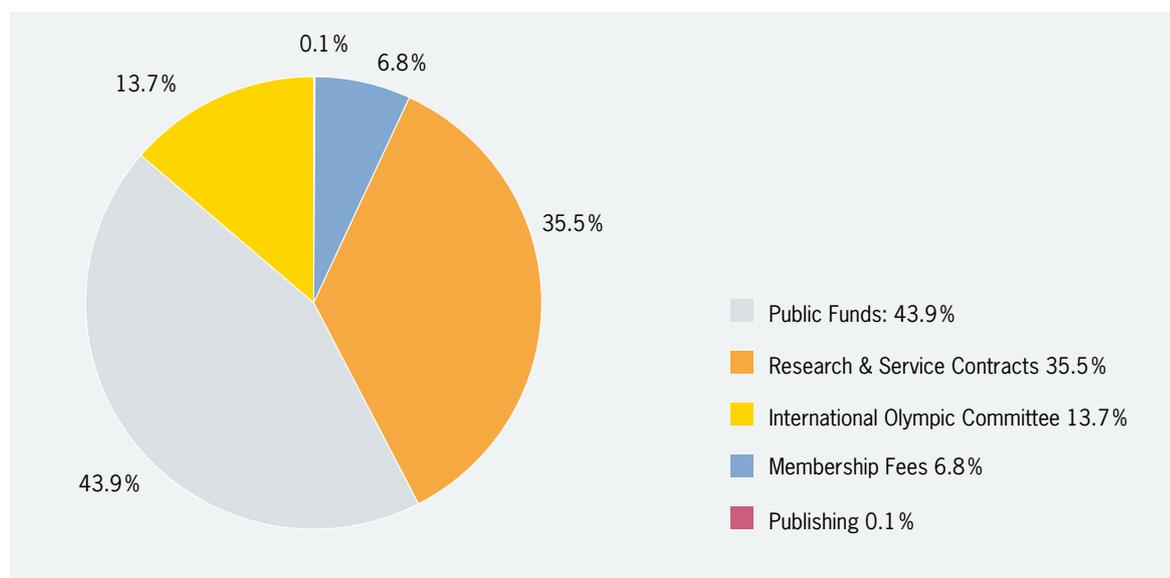
Administration	149,540.00 €
Research, Advocacy and Policy Development	195,000.00 €
Marketing and Communication	61,870.00 €
Membership Affairs	34,390.00 €
<b>Total</b>	<b>440,800.00 €</b>

## Summary of ICSSPE Preliminary Budget 2022

### Projected Income

Membership Fees	34,000.00 €
Research and Service Contracts	178,800.00 €
International Olympic Committee	69,000.00 €
Public Funds	221,000.00 €
<ul style="list-style-type: none"> <li>• Berlin Senate Department of the Interior and Sport</li> <li>• Federal Ministry for the Interior, Building and Community, Germany</li> </ul>	
Publishing	500.00 €
<b>Total</b>	<b>503,300.00 €</b>

### Projected Income Distribution



### Projected Expenses

Administration	167,340.00 €
Research, Advocacy and Policy Development	251,500.00 €
Marketing and Communication	51,000.00 €
Membership Affairs	33,460.00 €
<b>Total</b>	<b>503,300.00 €</b>



International Council of Sport Science and Physical Education  
 Conseil International pour l'Education Physique et la Science du Sport  
 Weltrat für Sportwissenschaft und Leibes-/Körpererziehung  
 Consejo Internacional para la Ciencia del Deporte y la Educación Física

## Contact

ICSSPE is open for partnerships, event sponsorships and other forms of cooperation. The organisation is a registered association by German law, based in Berlin, Germany. Please do not hesitate to contact ICSSPE for further details on how we can work together.



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**We thank our members and partners  
for their confidence  
and the continued cooperation.**

