



Movement Environment Wellbeing (MEW)

Invitation: Trainer (p/t) for 6-month physical activity project

The International Council of Sport Science and Physical Education (ICSSPE) invites expressions of interest from personal, fitness and/or sport coaches to lead a 6-month inclusive physical activity project in Berlin, Germany. This is part of the Europe-wide 'Movement Environment Wellbeing' (<http://www.projectmew.eu/>) project, and focuses on developing strategies for the promotion of physical activity among people aged 30 to 55 in Europe.

The work on this project will involve 10-12 hours per week administered flexibly over the period of 6 months (plus a period of about 1 month to recruit the group) with a voluntary inclusive group of adults (approximately 30-40 people). 1 / 2 practical session a week will be supplemented by regular e-mail and/or social media messaging, evaluation, and basic information data-gathering about participants at various stages of the project.

The maximum funding available is 7000€.

Organisation Background

Founded in 1958, ICSSPE acts as a global network of governmental and non-governmental organisations, which jointly generate and promote evidence-based developments in and through sport, physical education and physical activity. Abiding by the principles of Inclusion, Reliability, Cooperation and Equality, ICSSPE capitalises on research to enhance physical activity and sport, educate for improved quality of life and health for all people, and promotes policies for active lifestyles, human performance and good governance in physical activity and sport.

ICSSPE is a core member of the MEW project.

Project Background

MEW is a European Union-funded project that aims at fostering the well-being of Europeans through supporting and promoting physically active lifestyles.

Main Objectives of the project include:

- Publication of resources that will promote the "Model of Action" elaborated by the project in order to counter sedentariness and to demonstrate the money savings and improvements in individual and social well-being which are generated by active behaviors in daily life;
- The establishment of the "European Network for Health".

Protocol of Activities

Project partners will recruit volunteers, mostly sedentary people 30 to 55 years old, who are motivated to incorporate movement into their daily routines. It will give them support through providing a Protocol of Activities, which are materials with guidance on how to become more active. The participants will take part



in a Protocol of Activities both individually and in a group, working closely with a trainer. Individually, they will be encouraged to integrate movement into their daily lives and with a group they will explore different opportunities for leading an active lifestyle.

Time period for Protocol of Activities

July and August for the preparation and (recruitment of the participants), and September 2018 to February 2019 for the implementation of the Protocol of Activities.

The role of the Trainer

The trainer's role is crucial. The trainer will be the "mastermind" behind the structure of the movement activities within group and the facilitator of a supporting spirit in the group. The trainer will be a source of information for the participants regarding the activities in the project; facilitator of the social cohesion of the group inside and outside of the group session, and administrator of the monitoring and evaluation protocol and other data gathering exercises. S/he will also be responsible for ensuring activities and advice reflect recognised best and safe practice.

The working language of the project is English, but a knowledge of German would be an advantage.

The trainer will have enthusiasm, well-developed social skills, and a sensitivity to the needs and interests of their group. S/he also needs an understanding of the likely needs of a relatively inactive 30-55-year-old age inclusive group, such as generally low levels of physical fitness, low physical self-esteem, and a lack of awareness of movement opportunities available to them. The trainer will have demonstrated experience in leading group sessions and have an interest or experience in inclusive work and have the necessary insurance for this type of work.

The trainer's roles and responsibilities include:

- Recruit participants to the physical activity group (relatively inactive, 30-55 years old) using social media and existing contacts;
- Develop an interesting, safe, and fun programme of weekly movement sessions based on recognised best practice;
- Base all of the work on the core principles of the MEW's Protocol of Activities;
- Explain the project to the participants, how it can help them to become fitter, healthier and feel better, the challenges they may face and how they can overcome them, what is expected of them, and the activities they will be doing during the project;
- Keep in regular contact with all participants on a weekly basis, sharing advice and information, answering questions, and encouraging their sustained engagement with the sessions and their own daily physical activity;
- Hand-out and collect occasional monitoring forms that measure the physical activity and quality of life of the participants;
- Keep in close, regular contact with ICSSPE.

Any expressions of interest must be sent to:



Iva Glibo at iglibo@icsspe.org by 13 July 2018.

This should include the following information:

- A quote of proposed time investment and costings;
- Brief biography, including relevant qualifications;
- Summary of experience in personal, fitness and/or sport coaching; and
- The names of two referees.