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Message from the Editors

The Online Journal of Recreation and Sport (TOJRAS) reflect the nature of interdisciplinary bridge by valuable researches. As the mission of journal is to stress the significance of different practices in the field of education by academic efforts and researches, selected research papers enlighten valuable contributions by different practice on the base of qualitative and quantitative researches, especially mix approach.

As this issue promotes how the journal is developing as regards its vision and mission, there are valuable researches and their studies that contributed to the journal. Therefore, I would like to thank to editorial board, reviewers and the researchers for their valuable contributions to the journal and this issue.

Prof. Dr. Erdal ZORBA
Editor in Chief

It is a great pleasure for me as an editor of The Online Journal of Recreation and Sport (TOJRAS) to publish current issue of 2012. I would like to thank to all authors and associate editors for their contributions to the current issue of TOJRAS that selected papers reflect the journal developments and contributions by their rich research process. On behalf of the editorial team of The Online Journal of Recreation and Sport (TOJRAS), we will welcome to share your original and valuable researchers. All authors can submit their manuscripts to tojras.editor@gmail.com for the following issues.

Assoc. Prof. Dr. Metin YAMAN
Editor

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Adaptation Changes of Pulse Frequency in Callanetics Study With Female Students

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ABSTRACT

The contemporary way of life, especially of the young generation, including the students, predisposes to lower and lower motor activity. According to the experts, the systematical, methodically correctly organized trainings with physical exercises and sports are highly recommended as prevention. The preference of young girls for the new fitness subjects, including the callanetics, provoked us to introduce it as an elective-mandatory subject for the female students in the Insurance and Finances Higher School – Sofia. These new subjects gain bigger and bigger popularity, but we, as experts on physical culture and sports, consider the same not only as modern sport studies/trainings, but we search for their influence / impact on the physical and psychic state of human being, we seek the perfection of the methods and the ways of influence. The research aims a survey of the adaptation changes of the pulse frequency in callanetics training with female students.Changes in the pulse frequency in the period of the survey show that callanetics program prepared lead to changes, speaking about a certain health and training effect with the female students under investigation.

Keywords: *pulse frequency, callanetics, adaptation changes*

INTRODUCTION

The contemporary way of life, especially of the young generation, including the students, predisposes to lower and lower motor activity. According to the experts, the systematical, methodically correctly organized trainings with physical exercises and sports are highly recommended as prevention. Motor activity develops the muscle-motor system and influences favorably the functional state of the organism. The sports hours/classes give the young people a possibility to speed up the processes of adaptation, professionalizing and labor realization (Bassey, 1992).

Experts in the higher schools look for more actual varieties for optimization of the educational programs on sports, diversifying the training process with aerobics, callanetics, "Quick mini-step callanetics (Gallinetics)" and others (Дончева at all, 2009; Дякова, 2007; Пеева & Златарева, 1991; Dyakova at all, 2007; Mineva, 2011).

The preference of young girls for the new fitness subjects, including the callanetics, provoked us to introduce it as an elective-mandatory subject for the female students in the Insurance and Finances Higher School – Sofia. These new subjects gain bigger and bigger popularity, but we, as experts on physical culture and sports, consider the same not only as modern sport studies/trainings, but we search for their influence / impact on the physical and psychic state of human being, we seek the perfection of the methods and the ways of influence (Минева & Сампровалаки, 2004; Пеева & Златарева, 1991; Mineva, 2011).

The research aims a survey of the adaptation changes of the pulse frequency in callanetics training with female students.

The above-said has defined the following tasks of the current survey:

1. To define the attitude of female students towards the sport trainings, callanetics included.

2. To provide the necessary quantitative information.

3. To follow the dynamics of the pulse frequency in the specific trainings/studies during the pressure and in the period of recovering.

For settlement of the tasks set, we have used the following mathematical-statistic instruments: literature survey, pedagogical observation, inquiry method, pulse-metrics, comparative analysis, graphic analysis (Гигова, 2000).

THE STUDY

For conducting the inquiry, anonymous inquiry of 11 questions has been developed.

For measuring the pulse, we have used the pulse-metrics method during the organized trainings, recording, memorizing and reproducing the values of the pulse frequency in several periods of the study: in the beginning, after warming up, at the moment of utmost pressure, in the end of the training, and after 2 minutes of recovering.

Forty female students from 1st and 2nd year have been included in the survey, all trends of the Insurance and Finances Higher School, of average age – 25,5 years. The persons under the survey have been engaged with the callanetics complex two times weekly, once organized and once independently during the educational year 2010/2011.

The complex of exercises developed is of total durability 60 min, including warming up 10 min (6-7 min general-developing exercises and 3 min aerobics, using several basic steps, including the arms), exercises for sciatic muscles, hips and thighs – 20 min, exercises for the upper and lower part of the abdominal muscles – 10 min, exercises for the lower limbs – 10 min and exercise for stretching – 5 min. The trainings are accompanied by music, suitable on intensity for the aerobic part and pleasant for emotion and stimulation of the activity of the female students. What is important in the training is the observation of several requirements:

- The exercises in the beginning to be studied precisely;
- To observe taking the initial/starting position;
- The precise fulfillment;
- The proper breathing.

FINDINGS

The analysis of the data from the conducted inquiry shows that the callanetics training is liked by all female students. The biggest is the percentage of the inquired (60%) with the opinion that they play for health, 24% - for decreasing the weight, 8% - out of curiosity and remaining 8% indicate other reasons – to keep fit.

Of special importance for us is the opinion of the female students about the influence of callanetics. It is established that 34% feel stimulated after the training, 25% - psychically relieved, 15% feel satisfaction with the motor activity. Equal percentage (5%) for the ones replied, that callanetics brings them aesthetical satisfaction, increases their self-confidence and that they deal with something modern and actual. A part of the female students inquired (11%) indicate that they feel tired after the training.

Curious is the result from the answers to the question: “Do you prefer callanetics to other sport classes?”. Most of them – 80% are for the callanetics, remaining 20% of the female students prefer swimming as another sport.

Important thing for the inquired is the including of music in such type of training – 88%.

And to the last question – how do they find the callanetics – a modern phenomenon, or a training with future? Definitely - 100% believe in its future, that gives us optimism in our work.

It is well known the relation between the pulse frequency and the power of work in the range 55-70% of the maximum power (Душков at all, 1986). As an index of the intensity of the effort, the pulse frequency allows through it purposefully to control the value of the pressure. In callanetics, the amount of the pressure is changed through the increase or decrease of: number of repetitions at fulfillment of the exercise, time for rest, amplitude of body

movement, or through change of the initial / starting position.

On Table 1, the average values of the pulse frequency are presented in the periods defined by us for measurement, of each one of the ten trainings, under the survey.

The results received show that the female students start callanetics training with comparatively higher pulse than the normal one for the age. The average values are between 87-95 beats/min in the beginning of the survey and 84-94 beats/min – at the end of the survey (after 2 min recovery). This moderate tachycardia could be explained with some secondary/side factors, such as the everyday pressure in the educational activity, reaching the sports center, the emotion from the forthcoming sport training, etc. What impresses is the fact that the dynamics of the initial pulse for the period of the survey does not characterize with substantial fluctuations (Fig. 1).

Table 1: Average values of the pulse frequency in the periods defined for measurement

Order of training	Average values (beats/min)				
	In the beginning	after warming up	Utmost pressure	In the end of training	after 2 min
1	95	122	125	115	94
2	90	121	130	108	94
3	92	123	132	109	93
4	87	119	130	107	91
5	91	119	131	103	90
6	92	120	128	102	88
7	90	115	128	102	89
8	89	114	131	106	91
9	89	113	131	105	84
10	88	119	127	100	88
Xmin.	**87**	**113**	**125**	**100**	**84**
Xmax.	**95**	**123**	**132**	**115**	**94**

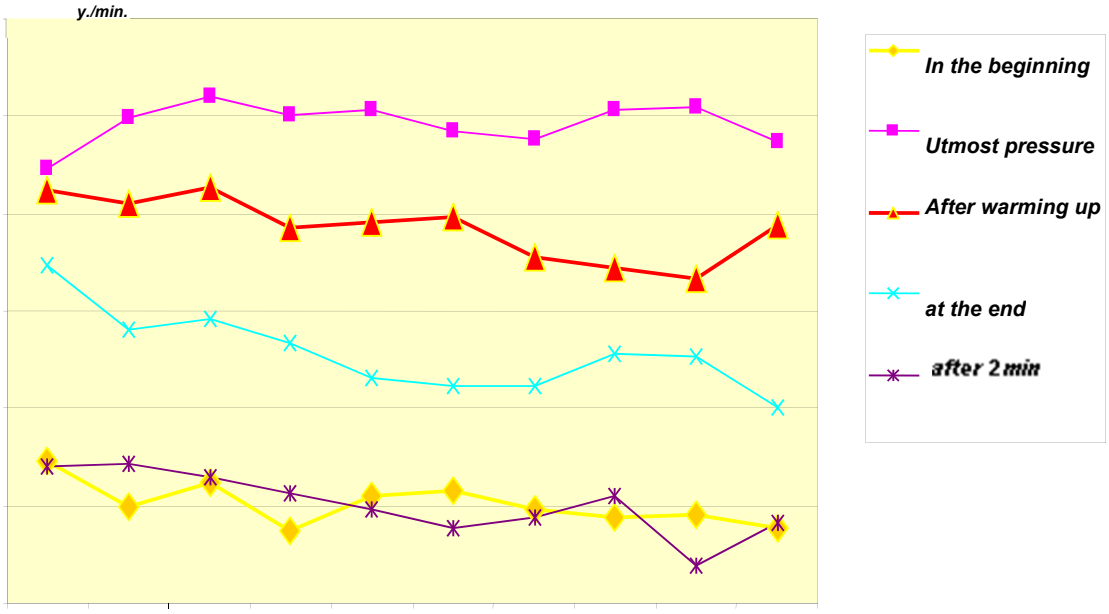
After finishing the exercises for warming up and 3 min aerobics, through which we aim improvement of the mood, increasing the working capacity of the cardio-vessels and respiratory / breathing systems, preparation of the motor apparatus for the following bigger pressure, what is observed is a substantial increasing of the pulse, averagely by 29 beats/min in comparison to the initial one. The dynamics of the pulse frequency after the warming up does not characterize with clearly manifested fluctuations (**Fig. 1**), the difference being only 10 beats/min (Xmax-Xmin).

In the callanetics training, the curve of the pulse, measured in the period “utmost pressure” speaks about an achievement of an optimum combination between the types of exercises, their volume and number of repetitions. So, in this period the pressure applied acquires an optimum character, and the pulse frequency is of average value 129 beats/min. It is established by the experts in this area that the minimum pulse frequency giving a training effect is 134 beats/ min for 17-25 years old persons.

The pulse “at the end” of the training decreases to 100-115 beats/min and clearer fluctuations are observed in its curve, the difference here being 14 beats/min (Xmax-Xmin).

We could also say that the high pulse in the first trainings is defined not only by the week motor preparation of the trainees, but by the pulse reaction, related to the fulfillment of something new and unknown for some of the female students.

Figure 1. Dynamics of the pulse frequency at fulfillment of callanetics complex for the period of the survey



CONCLUSIONS

1. Analysis of the data from the conducted inquiry shows that callanetics is preferred by the female students, having a psychic-emotional relieving and physical pressure effect to most of them.
2. Changes in the pulse frequency in the period of the survey show that callanetics program prepared lead to changes, speaking about a certain health and training effect with the female students under investigation.
3. We recommend at systematic, organized and independent callanetics trainings to look for constant enrichment of complexes, for increasing of their impact on the organism of the trainees, with priority of exercises influencing the cardio-respiratory system.

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Balance and its Relationship to Some Kinematic Variables for the Back Handspring move (standing on the arms in the flipped position) on the floor mat in gymnastics

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ABSTRACT

The researcher seeks to study some biomechanical variables of the Back Handspring move (which is the flip of the body onto both hands and holding in the flipped position) and if the chosen biomechanical variables are related to the type of the body balance system, whether static or dynamic. Another problem that led us to this study is that the training process in Iraq is not based of biomechanical analysis, which is important and fundamental for the improvement process and gymnastics players do not relay on clear scientific basis inferred from the analysis which if done , it can aid them in investing their abilities better..

Keywords:

INTRODUCTION

THE RESEARCH OBJECTIVES:

* Expounding the values of static balance and dynamic balance tests of children gymnastics players in the 6-8 years age category.

* Expounding some of the biomechanical values of the sitting position supported on the arms in the reverse position on the floor mat for children gymnastics players in the 6-8 years age category.

* Expounding the relationship between static balance and dynamic balance and some Biomechanical variables of the sitting position of high backward position supported on the arms from the upper flipped position on the floor mat for children gymnastics players in the 6-8 years age category.

* Expounding the relationship between static balance and dynamic balance and some biomechanical variables of the sitting position of low backward position on the floor mat for children gymnastics players in the 6-8 years age category

Research Methodology:

The researcher used the descriptive method adopting an analysis and relation approach appropriate with the nature of the study.

The sample of the study

The researcher conducting the experiment field with the aid of a sample of (4) players in the children category representing the Nineveh governorate team of 6-8 years old national champions .They were deliberately selected as

the sample of the study. The standard for their selection was their ability to perform Back Handspring move (standing on the arms in the flipped position) while rising the hip from the backwards and upwards position .

Means of data collection:

A questionnaire form, measuring, testing, and technical and scientific observation methods were used to collect the data.

the research adopted the following tests :-

* The Static balance test (Bondraiejowski test). In this test , the gymnastic player stands in balance while supporting the right leg on the left knee while the position of the right knee point outwards (Alshazly, 2009, 239-240).

* The dynamic balance test Johansson's modification of the dynamic balance test by (Bass) (a test of moving over signs) (Alshazly, 2009, 2009, 246-248).

The Programs used in the analysis:

I Filme: Premera: Auto cad 2000i:

Statistical methods:

Arithmetic Mean , standard deviation , simple correlation (r) , coefficient of difference (d) (Alsumaida'ie, et al 2010.29-60)

PRESENTATION AND DISCUSSION OF RESULTS:

Table 2 , the values of static and dynamic balance and some biomechanics variables of the gymnastic players

static and equilibrium balance and biomechanics variables	Unit	Arithmetic mean	Standard deviation	Coefficient of difference
Static balance with eyes opened	Second	t	23,4	32,45
Static balance with eyes closed	second	17,32	7,75	44,75
Dynamic balance	Degree	72,5	9,57	10,7
Upper position				
The ankle angle at the moment the heel is raised	Degree	149,5	1,29	0,86
The knee angle at the moment the heel is raised	Degree	176,5	1,29	0,73
The hip angle at the moment the heel is raised	Degree	131	0.82	0,63
The ankle angle at the moment the hip is raised	Degree	152,3	0,96	0,06
The knee angle at the moment the hip is raised	Degree	179	0,82	0,46
The hip angle at the moment the hip is raised	Degree	43,3	0,96	2,22
The ankle angle with backward balance	Degree	151,3	0,96	0,64
The knee angle with backward balance	Degree	180,5	1,3	0,72
The hip angle with backward balance	Degree	25,5	1,3	5,1
The ankle angle at maximum extension	Degree	149	0,82	0,55
The knee angle at maximum extension	Degree	172,5	1,29	0,75

static and equilibrium balance and biomechanics variables	Unit	Arithmetic mean	Standard deviation	Coefficient of difference
The hip angle at maximum extension	Degree	178	0,82	0,46
Lower backward position				
The ankle angle at the moment the heel is raised	Degree	151,5	1,29	0,85
The knee angle at the moment the heel is raised	Degree	174,5	1,29	0,74
The hip angle at the moment the heel is raised	Degree	130,5	1,29	0,99
The ankle angle at the moment the hip is raised	Degree	154,5	1,29	0,84
The knee angle at the moment the hip is raised	Degree	177,5	1,29	0,73
The hip angle at the moment the hip is raised	Degree	51,5	1,29	2,51
The ankle angle with backward balance	Degree	154,5	1,29	0,84
The knee angle with backward balance	Degree	175,5	1,29	0,74
The hip angle with backward balance	Degree	28,5	1,29	4,53
The ankle angle at maximum extension	Degree	168,8	0,96	56,87
The knee angle at maximum extension	Degree	177,5	1,29	0,73
The hip angle at maximum extension	Degree	170,5	1,29	0,76

The values and percentages were within the accepted ranges between (1-30%) in which (24) variables represent (88%) . The values that were more than the homogeneity limit were (3) variables at (11.1%) Hall, J.S. (1995) . this is an indication of the variance in the abilities of the players and the difference in their training and skill levels .The table also shows that the time of static balance increases when the eyes of the gymnastic player are open. The arithmetic mean when the eyes are open was (72.1)with a Standard deviation of (17.32) while the arithmetic mean when the eyes were closed was less at (17.32) with a standard deviation of (7.75)

Table 3 The correlation between static and dynamic balance with eyes opened or closed in children gymnastic players

Static balance	Eyes opened	Eyes closed
dynamic balance	0.996 *	-0.873

Significant at (p=0.05 , f=3 and tabled r=0.878)

Table 4 The values of static and dynamic balance and some biomechanics variables of the gymnastic players in the upper balance position on the floor mat

Biomechanical variable	Static balance with eyes opened	Static balance with eyes closed	Dynamic balance	Result of correlation
The ankle angle at the moment the heel is raised	0,138 –	0,208	0,135 –	Not significant
The knee angle at the moment the heel is raised	0,222	0,285	0,135	Not significant
The hip angle at the moment the heel is raised	0,075	0,311	0,001	Not significant
The ankle angle at the moment the hip is raised	0,403 –	0,565	0,455	Not significant
The knee angle at the moment the hip is raised	0,075	0,311	0,001	Not significant
The hip angle at the moment the hip is raised	0,403 –	0,565	0,455 –	Not significant
The ankle angle with backward balance	0,403 –	0,565	0,455 –	Not significant
The knee angle with backward balance	0,138 –	0,208	0,135 –	Not significant
The hip angle with backward balance	0,138	0,208 –	0,135	Not significant
The ankle angle at maximum extension	0,075	0,311	0,001	Not significant
The knee angle at maximum extension	0,138	0,208–	0,135	Not significant
The hip angle at maximum extension	0,419	0,05	0,426	Not significant

Table 5. The values of static and dynamic balance and some biomechanics variables of the gymnastic players in the backward balance position on the floor mat

Biomechanical variable	Static balance with eyes opened	Static balance with eyes closed	Dynamic balance	Result of correlation
The ankle angle at the moment the heel is raised	0,741	0,248 –	0,674	Not significant
The knee angle at the moment the heel is raised	0,138	0,208 –	0,135	Not significant
The hip angle at the moment the heel is raised	0,138	0,208 –	0,135	Not significant
The ankle angle at the moment the hip is raised	0,138	0,208 –	0,135	Not significant
The knee angle at the moment the hip is raised	0,224 –	0,285 –	0,135 –	Not significant
The hip angle at the moment the hip is raised	0,138 –	0,208	0,135 –	Not significant
The ankle angle with complete backward balance	0,138	0,208 –	0,135	Not significant
The knee angle with complete backward balance	0,097	0,305	0,135	Not significant
The hip angle with complete backward balance	0,657 –	0,741	0,674	Not significant
The ankle angle at maximum extension	0,824	0,727	0,818	Not significant
The knee angle at maximum extension	0,138 –	0,208	0,135 –	Not significant
The hip angle at maximum extension	0,138 –	0,208	0,135 –	Not significant

CONCLUSIONS AND RECOMMENDATION

CONCLUSIONS

The body joint differ in their effect on static and dynamic balance with various degrees.

* A significant correlation exists between dynamic and static balance when the eyes are opened .

* A high significant correlation exists between dynamic balance and the variable of ankle angle at the moment of lifting the hip and in backward balance position and the hip angle at the moment of lifting the hip and maximum extension when the body is balanced with the eyes closed but not significant in the upper balance position .

* A high but not significant correlation exists between the variable of ankle angle at the moment of lifting the heel and in maximum extension when the body is in static balanced with the eyes opened in the backward support position.

* A high but not significant correlation exists between the variable of hip angle at static balance and the ankle angle in maximum extension with the eyes closed and the body is in the backward balance position.

* A high but not significant correlation exists between the variable of ankle angle at the moment of lifting the heel and in maximum extension and also the hip angle at backward position with dynamic balance in the backwards balance position

Recommendations

* Paying attention to both types of balance and increase the level of the balance performance among children gymnastic players using exercises with open and closed eyes and various forms of balance apparatuses.

* Conducting other studies on variables other than those used in the current study

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Ethnic Immigrants and Elite Sports Participation. The Education System and the Present Situation in Greece and its Neighbors Countries

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ABSTRACT

Although research in the area of immigrants and their physical activity patterns has been steadily growing, there is still much to learn. The purpose of this study was to identify the barriers, facilitators and motivators facing recent ethnic immigrants as they relate to involvement in coaching youth sport. The quantitative information presented in the first article of this series served as a framework for conducting semi-structured qualitative interviews with 28 immigrant youth-sport coaches. Results of these interviews support the notion that there are two distinct groups of immigrant coaches - the 'leisure-oriented coach' (those without coaching occupational aspirations) and the 'career-oriented coach' (those with coaching occupational pursuits). Despite sharing several of the same barriers, facilitators and motivators, each group showed marked divergence from the other on a number of aspects in each of these three categories. Sport participation is one way in which immigrants interact with established and long-term community residents. This involvement has the potential for facilitating immigrants' sense of inclusion and belonging in their new communities, and for long-term residents to learn the traditional cultural practices of immigrants, which may differ from those of the dominant groups. This study also explores the involvement of immigrants in sports in two ways: first, how immigrants experience the sport delivery system and, second, how volunteer and paid coaches and sport officials address the needs of immigrants who want to participate in sports. The education system in Greece today, provides or not recommendations for how sport, recreation and leisure policies may play a significant role in facilitating the social inclusion of all ethnic minority immigrants in local communities across the country.

Keywords: *immigrants, education, elite sports, recreation and leisure policies*

INTRODUCTION

1. IMMIGRANTS PRESENT SITUATION IN EU COUNTRIES

Throughout the 20th century, immigration has become a mainstay in population growth and renewal for many Western nations (Europe, USA and Canada). For example, immigrants now account for over 12 % of the entire population in many European countries and have dramatically changed the composition of their culture and society. Post-arrival, immigrants often create distinct communities in terms of their cultural and social norms, family structure, as well as recreational and sport participation patterns. It is well documented that ethnic and racial background

influences a variety of issues related to sport, leisure and recreational behavior. Considerable differences from the mainstream population have been observed in terms of preference for and participation in recreational sport among ethnic minority groups. For example, Verma and Darby found significant differences between Anglo-Americans and seven immigrant groups in terms of their participation rates in sporting activities. Stodolska suggested that even when observable changes in leisure participation are evident following arrival, the recreational behavior of immigrants is still influenced by the values and customs of their native country. This may be due to the fact that traditional leisure activities can provide comfort and a sense of security in helping immigrants to cope with the often traumatic adaptation process.

Many theories have been put forth to account for the observed cultural differences in leisure behavior. According to marginality theory, unequal access to and distribution of resources, poverty, and discrimination account for differences in leisure participation. Using qualitative interview techniques, Juniu found support for this socio-economic hypothesis. Ethnicity theory, on the other hand, claims that it is primarily the values and belief systems of immigrants themselves that account for differences in participation rates.

Adherence to certain cultural practices and religious beliefs may significantly affect people's leisure participation. For example, the Islamic faith places certain restrictions on crossgender interactions as well as dress for female participants, which may hinder involvement in co-ed recreational activities that are common in many Western countries. The South Asian culture also maintains different expectations and societal roles for men and women, placing considerable limitations on women's ability to partake in leisure activities, thereby contributing to higher inactivity rates. Yu and Berryman also found that Chinese immigrant youth were more likely to participate in indoor activities such as reading or watching television than in sports or other outdoor activities. Finally, acculturation/assimilation theory refers to the acquisition of the dominant group's social norms. It provides a conceptual framework for understanding how well immigrants are 'fitting in' to their new country and is purported to correlate with physical activity participation rates among various ethnic groups. Stodolska showed that immigrants' perception of various constraints on leisure changes with respect to their level of assimilation. The economic standing of immigrants will ultimately influence their participation in recreation-based and sport-related activities. Since immigrants often come to a new country for economic opportunities, they tend to work long hours, forgoing recreation as a pastime. Since newly arrived immigrants are more likely to be employed in occupations with irregular work schedules, their time for organized/structured recreation activities is limited. Russel and Stage showed that many recently arrived immigrants perceive leisure as an unnecessary luxury, because high unemployment rates and financial instability are of primary concern. The reported absence of old friends and extended family severely hampered both the quantity and quality of immigrants' leisure participation. These over-arching barriers resonate among most immigrants and have been noted in many studies across a variety of ethnic and cultural groups. However, it is also important to recognize that constraints are often symbolically constructed within an environment that defines which activities are socially acceptable. Thus, factors that appear to constrain individuals may not actually be perceived as barriers by the individuals themselves. It is clear, however, that when economic, social, or informational constraints to participation are removed, the participation of immigrants in leisure and recreation activities increases correspondingly. While some investigations show that recreation serves as an important factor in the acculturation process, other studies have shown that members of minority groups participate in recreational sporting activities to maintain or revive their ethnic identity. Positive leisure experiences have been linked to identity formation and social inclusion. However, immigrants who experience discrimination during the acculturation process (in public areas like pools, parks and restaurants) are less likely to engage in subsequent public recreation. Further research is needed to better understand the complexity of immigrant sport participation. It is not only important to understand whether immigrants acclimate to a new mainstream culture, and how they acclimate, but also to understand the specific activities that they undertake and the social contexts in which they immerse themselves to connect with the new mainstream community.

1.1 THE EDUCATIONAL SITUATION OF MIGRANTS AND ETHNIC MINORITIES IN 15 EU MEMBER STATES

The European Monitoring Centre on Racism and Xenophobia (EUMC), recently published results on the following questions:

1. Are there equal chances for all ethnic groups in the EU Member States' educational institutions or do migrants and ethnic minorities experience inequality and discrimination?
2. What do we know about minorities' educational achievements and is it feasible to make comparisons between different countries on this issue?

The study highlights dissimilarities between the EU Member States regarding their ethnic composition and their different methods of data collection and illustrates that there is a lack of significant current data, which limits the

development of objective, reliable, and comparable information on these topics. The main difficulties regarding comparability across countries evolve from the fact that in the EU Member States there are:

Different types of ethnic minority groups;

Different terms and categories that are used for collecting data on migrants and ethnic minorities in the field of education;

Differences regarding the availability of data; Different educational systems.

Minority groups in the Member States vary in ethnicity, size, and status. While the absolute increase of school enrolment of migrants and minorities depends on immigration, some countries with little new immigration still show a relative increase of these groups among the school population, which in part is caused by lower birth rates among the majority populations. Depending on each country's specific situation, there are also indigenous groups or different national, autochthonous or linguistic minorities that have lived in the respective countries or specific territories for centuries.

Thus, among the different types of ethnic minority groups in the EU Member States are:

Indigenous groups

National, autochthonous or linguistic minorities (e.g. Roma, who live in many countries);

Ethnic minorities from former colonies (e.g. minority groups from North African countries in France or from Asian countries in the UK and the Netherlands);

Labour migrants and descendants (e.g. from Turkey, and former Yugoslavia);

Refugees and asylum-seekers (from various countries depending on regional conflicts and political turmoil);

Repatriated groups or returned migrants (e.g. in Greece or Portugal).

All the countries of the EU use different terms and categories for collecting data on migrants and ethnic minorities in the field of education. These criteria effect how data is collected for educational enrolment or achievement and determine who receives what kind of services. Most countries distinguish students according to citizenship or nationality. These countries are Austria, Belgium, Finland, France, Germany, Ireland, Italy, Luxembourg, and Spain. Collecting data according to these categories has the result that naturalized citizens or members of the second or third generation with a foreign background, who were granted citizenship at birth, no longer are recorded separately from the countries' majority group. As a consequence, depending on each country's situation, a smaller or larger group of students with a foreign background "disappears" from the statistics

1.2 EDUCATION SYSTEMS

Another circumstance is the fact that education systems in the EU Member States vary considerably. There are countries where schooling starts at age four and others where it starts at age seven. In some countries, students transfer to different school types after four years of primary school, while in others basic comprehensive schooling lasts nine years. Depending on each country's school system, aggregate data on migrants and ethnic minorities exists for a different number of years of consecutive schooling. They found that this was the best way to teach these young students.

2. INCLUDING IMMIGRANTS IN ELITE AND RECREATIONAL SPORTS: THE EXPERIENCES OF ATHLETES, SPORT PROVIDERS AND IMMIGRANTS

The problem is compounded by the fact that many immigrants choose host communities in which to settle based on the availability of friends and family members who can support them (Evernden, 2008). Sport participation may be one way for immigrants to establish connections with people in the place where they settle, by developing friendships and a sense of inclusion in their new community. The recruitment, settlement and integration processes associated with immigration impact social policies, including those associated with the delivery of sport and leisure activities. Multiculturalism is relatively well understood and accepted as a philosophical and policy framework, but it provides little if any direct guidance for service providers to follow to ensure it is operationalized (Li, 2008; Reitz & Banerjee, 2006).

2.1 MULTICULTURALISM AND SPORTS

Multiculturalism is a policy framework, described as an appreciation and tolerance of differences

and acceptance of diversity and the language, customs and identities of ethnic groups (Graham & Phillips, 2006). As greater numbers of ethnic minorities arrive in Greece, mainly across the Turkish borders, the sport preferences and traditions they bring with them from diverse countries will impact how sports and other recreational activities are delivered. As a result, there is a need to develop and enforce policies that encourage immigrants to partake in sports and coaching (Paraschak & Tirone, 2008). Limiting and attributing newcomers' settlement struggles to such personal characteristics as language barriers and lower levels of education and/or work experience is insufficient. This fails to acknowledge the societal factors that impact immigrants' settlement opportunities (Reitz & Banerjee, 2006). In the near past (Athens Olympic Games 2004), newcomers tended to recover economically approximately one decade after migrating, and by that point in their lives, they had similar incomes to Greek born citizens. However, since the 1990s, immigrants have fared very poorly in this regard and are significantly more likely to live in poverty compared with immigrants of previous generations even though they are more highly educated than those who arrived before the 1990s.

2.2 SPORT PARTICIPATION, IMMIGRANT AND POLICY

Many municipal recreation departments have subsidy policies intended to facilitate the involvement of people in low-income families. Also, provincial and municipal policies often promote the inclusion of girls and women, people with disabilities, etc. However, some members of these groups remain underrepresented in sports because they have little or no discretionary income and they continue to experience difficulties overcoming barriers related to transportation, skill acquisition, body image, mental and physical health and child care (Frisby, Crawford, & Dorer, 1997). As well, discrimination, cultural differences, lack of familiarity with the Western countries sport system and language barriers are known to pose challenges for newcomers who may want to engage in sport (Doherty & Taylor, 2007; Paraschak & Tirone, 2008). We recognize that sport, recreation and leisure opportunities are uniquely positioned to provide minority ethnic immigrants with rich experiences that could potentially contribute to enhancing their sense of belonging in a new community. This study provided us with an opportunity to explore how immigrants experienced the EU sport system and mainly in Greece from several viewpoints. These ranged from the perspectives of the immigrants, to the people who provide support to immigrants, to those who volunteer or work in the sport delivery system. Our theoretical framework draws upon cultural pluralism, a notion that is at the centre of Hellenic multiculturalism policy. Within this policy framework, Greece formally recognizes and supports citizens and immigrants in sustaining their traditional cultural practices when that is something they wish to do. We also recognized that immigrants and people who identify with diverse ethnic groups are motivated to participate in sports for many reasons and in many different contexts. They may see sport as an opportunity to meet neighbors, develop friendships and for fun. Some immigrants pursue sports as a way to connect with their ethnic community, or as a family recreational activity. We consider that, in these situations, their sport participation is often leisure, defined here as experience that enhances well-being and involves a degree of choice and freedom. The developmental nature of this activity has an obligatory component in that participation in family and ethnic community activity is essential for solidifying group ties. We also recognize that some immigrants participate in sports at the elite level as athletes and as coaches, or as administrators in the sport and recreation system. For some of these immigrants, sport participation may be their main paid job, and as such, they are providers of sport and leisure experiences for the participants they serve and for spectators.

3. FINDINGS

Three patterns or major themes relevant to this discussion were evident in the data: levels of involvement; benefits of, and barriers to, inclusion; and responsibility for inclusion. Within each of these themes, we explain the range of ideas and thoughts that pertain to each one.

3.1 LEVELS OF INVOLVEMENT

Our findings indicate that immigrants had a variety of interests in sports when they arrived in Greece, ranging from wanting to participate at the recreational level to expectations around wanting to participate at the elite level. However, sport organizers did not seem to have a clear understanding of the breadth of their interests.

Some immigrants explained that when they arrived in Greece, they thought their experience and expertise gained in their home countries would be recognized and that they would be able to participate at the same level as they had participated before immigration. However, some were disappointed because this was not the case and they were unable to enter the local system with relative ease or at a level that satisfied their interests:

The frustration experienced by some immigrants as they began to investigate ways to become involved in sports in Greece (and then in the rest EU countries) was evident in our findings.

In contrast, some participants in our study felt that the sport system was flexible enough to make special accommodations for new immigrants when the newcomers were recognized as elite coaches and athletes. For example, when those who compete at international and Olympic levels arrive in Greece, sport officials and leagues facilitate their entry into specific sports. However, athletes who are not known as elites have more difficulty accessing our sport system:

Unless you're good; and if you're good then the grapevine is like that; he's from so and so and he's really, really good, the next thing you know he's in a club and he's in a provincial program.

One way in which new immigrants were able to engage in sports was within their ethnic communities. These opportunities were often easier for them to find upon arrival in a new community where chain migration had already occurred and where newcomers had an ethnic group or association to welcome them. Sometimes ethnic sport clubs provided opportunities to recreate with individuals who shared the same values and traditional cultural practices as well as sport cultures

3.2 BENEFITS OF, AND BARRIERS TO, INCLUSION

Our findings support the notion that sport administrators and organizations recognize how sport benefits new immigrants. However, the people in our study who had experienced the sport system as immigrants told us of many problems they encountered when they were seeking ways to participate. In this section, we discuss the benefit of sport participation for immigrants, the barriers faced by immigrants as they attempt to access sport and the different perceptions people have about sport participation based on cultural beliefs. We also focus on the experiences of newcomers who participated in sports and those who are in positions to facilitate that involvement because of their roles as organizers and administrators. Our findings illustrated the multilayered benefits of this involvement and the complexity of issues associated with the inclusion of newcomers in organized sport.

As well, the participants readily recognized the benefits of such endeavors and how inclusion builds community understanding and draws upon strengths and talents of people who have different skills and different backgrounds.

However, we recognized that participants within our study did not have a unified approach or common understanding of how newcomers' needs may be met, nor did they have a clear idea of where the responsibility lies for ensuring inclusion.

Although Greece has embraced the ideals of multiculturalism, this study demonstrated that the tenets of this philosophical framework have not been operationalized in ways that extend into the front ranks of this part of the sport delivery system leaving providers with no clear understanding of how it can ensure inclusion. As well, newcomers and minority groups understand that multiculturalism ensures their inclusion, but it provides them with no direction for how they may claim a place in the sport system.

4. CASE STUDY

The purpose of the present investigation was to derive a profile of immigrant youth sport coaches. We recognize that engagement in sport and, more specifically, coaching are ways in which immigrants can potentially connect with their community. Given the well-documented effects of ethnicity and immigration on leisure and recreational participation, the absence of information on how to successfully engage immigrant coaches, and the relative underrepresentation of immigrants in youth-sport coaching ranks, this area is in need of investigation. In order to better understand the immigrant youth-sport coaching experience, this investigation utilized a quantitative retrospective interview measure to examine the coaching activities and sport/recreational experiences of immigrant youth-sport coaches. Despite several common characteristics, it appears that immigrant youth-sport coaches are represented by two distinct profiles: those with coaching experience prior to immigration and those without. These distinct profiles were evidenced by group differences on a number of demographic and sport experience-related characteristics.

Coaches in our sample who did not begin coaching until after immigration were very similar to the general profile of naturalized Western youth-sport coaches. Like naturalized Western coaches, these immigrant coaches reported some past experience of playing the sport they now coach, though not necessarily at the elite level. As well, a slightly greater proportion of these immigrant coaches reported having a post-secondary degree (in any discipline) than naturalized Western coaches. Given the high prevalence of coaching their own children, shared with naturalized Western coaches who report their own children's participation as a main reason for their involvement in coaching, immigrant coaches in this group might be considered leisure-oriented coaches. Of immigrants without coaching experience prior to immigration, perhaps it is only those who eventually become comfortable within mainstream society who becomes involved in coaching youth sport. Such a conclusion is supported by the fact that coaches in our sample most often reported working in a white-collar occupation and were commonly involved in at least one other volunteer activity beyond coaching.

Those in our sample who had coached prior to immigration represented a very different profile. In general, these coaches were highly qualified. Most had been elite-level athletes and commonly reported a sport-related, post-secondary degree. In a sense, they were overqualified for their current positions coaching youth sport in comparison to the qualifications of naturalized Western coaches at the same level, as they often served in a volunteer capacity at the recreational level.

5. RESULTS

The findings of the current study shed preliminary light on the nature of coaching involvement for immigrants, which has received little previous empirical attention. More generally, it addresses a gap in our knowledge of the larger field of youth-sport coaching as well as the leisure and recreational practices of immigrants. Two distinct profiles of immigrant coaches emerged: leisure-oriented coaches and career-oriented coaches. The recognition of these two profiles has potential implications for both research and applied practice.

Based on the findings of the present study, future research would do well to expand investigation of immigrant coaching practices and experiences beyond the realm of youth sportGiven the different profiles for leisure-oriented and career-oriented coaches, separate recruitment strategies targeted specifically at each group may be warranted. Based on the profile for leisure-oriented coaches, the greatest room for increasing the numbers involved in coaching lies in targeting less acculturated immigrants, and helping them to feel comfortable and valued within youth sport systems in their adopted country. For career-oriented coaches, their inability to obtain coaching positions at the level for which they are qualified is perhaps the most pressing concern. Thus, some form of recognition of foreign coaching credentials or a readily accessible process to determine certification equivalency might address the downgrading issue and subsequent frustration experienced by many of these coaches.

This quantitative study aimed to provide a profile of immigrant coaches by outlining a number of characteristics and sport experiences typical of this group.

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The Correlation between Strength and Anthropometric Charecteristics in Arm Wrestling Athletes with Performance

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ABSTRACT

In this study the goal is to define the correlation of the competition performance and to define some of the anthropometrical properties of male arm wrestlers. In this study, athletes were chosen randomly and 53 male athletes who were voluntary and that attended the Turkish University Sports Federations Arm Wrestling Turkish Championship has participated. In the research scope, the dominant hand grip force and anthropometrical properties being height, weight, bicep circumference, humerus length, front arm circumference, front arm length, hand span length of the dominant hand and hand length parameters has been included. The SPSS 17 (SPSS Inc., Chicago, IL, USA) packet program was used in the analysis. When the correlation values were examined of the hand griping forces it was observed that all of the anthropometrical properties were in the positive direction and significant ($p < 0.001$) interactive, it has been observed that the competition performance including the hand gripping force that no parameter was not significant ($p>0.05$) affected.

Keywords: *Performance, Dominant hand grip, Strength, Anthropometric Charecteristics*

INTRODUCTION

One of the most oldest and widespread sport is arm wrestling “Indian wrestling”, “iron arm”, “wrist wrestling”(7), briefly, it is defined as, without a specific period of time two competitors on a table called arm wrestling table and without making any fouls under referee observation requires to contact the competitors outer surface of their hand on the pad of the arm wrestling table or tries to compete to bring to the level of the pad. Arm wrestling competition can be made according to weight procedure and with preference of athletes can use the right or left arm (1). Athletes without age restriction compete under 3 groups; youngsters, adults and disabled. Men and women can participate in the competitions (6). Nowadays, this sport is emerging worldwide, with increasing number of athletes, since it can also be practiced by subjects with physical deficiency, such as the paraplegic and hemiplegics ones (8). Arm wrestling contests have become a common public event and even Professional sport (7). Although this sport is known to be first organised a competition in 1952 in the USA, the first official competition to be made in our country was able to be made 1998. Arm wrestling is made in over 100 countries throughout the world and the amount of members of the World Arm Wrestling Federation (WAF) is rapidly increasing (1).

Nowadays success is accepted by everybody as the most important social value. To do the best in every subject, to show the best performance, to improve oneself one step higher, has without doubt become a goal that is irrevocable (5). As the increase in the amount of people who plays this sport, to put forward the effectiveness of the components performance and planning the exercises according to these properties has become more and more important. But up until now there has not been any study found for physical compatibility that affects arm wrestling performance, technical & tactical and anthropometrical properties. As much as the arm wrestling sport looks as if it is a forceful sport at first, it is considered that the hand and arm anthropometrical properties are also significantly

effective in reflecting the present force to the competitor. Therefore, in this study the goal is to define the correlation of the competition performance and to define some of the anthropometrical properties of male arm wrestlers.

METHOD

STUDY DESIGN AND PARTICIPANTS:

In this study, athletes were chosen randomly and 53 male athletes who were voluntary and that attended the Turkish University Sports Federations Arm Wrestling Turkish Championship has participated. In the research the volunteers were informed of the study and the voluntary forms have been signed according to the Helsinki declaration. The subjects age, height and weight averages in sequence is 22,1±2,5 years, 1,74±0,08 mt and 79,4±17,2 kilogram.

DATA COLLECTION:

In the research scope, the dominant hand grip force and anthropometrical properties being height, weight, bicep circumference, humerus length, front arm circumference, front arm length, hand span length of the dominant hand and hand length parameters has been included. The measurements that are within the scope of the research has been made one day before the competition and after weight control by the same researcher. Within the scope of the study, in order to determine the subjects individual properties a form has been completed for the athletes containing name –surname, age, scales weight and dominant arm information, the other measurements have been made according to this information. In order to measure the students height measurements the (Holtain Ltd., UK) stadiotmeter which has an accuracy of ± 1mm, to measure their body weight the weighing machine (Omron BF - 510, Japan) which has an accuracy of ± 0.1kg has been used. The subjects height length has been measured at anatomic standing structure, barefoot, heels joint together, head at frontal plane position and has been recorded in cm, body weight of light garments, barefoot and at anatomic standing structure has been measured in kg unity (3). Hand griping force measurements between 0–100 kg was measured with (Takei Grip - d, Japan) hand dynamometer and the dynamometer was adjusted according to the subject hand measurement. Measurements were taken whilst subject was standing, with hands in hanging down position and without contact of the dynamometer to the body whilst the arm was at 45 degrees to the body was taken at maximum clench force. Separately the dominant hand was measured three times and the best value was recorded in kg unity (4). The circumference measurements (biceps circumference, humerus length, front arm length, hand span of the dominant hand, hand length) was taken with an anthropometrical tape metre (Gullick Meter) with a sensitivity of ± 1mm and has been recorded in cm unity (3).

STATISTICAL ANALYSES:

The SPSS 17 (SPSS Inc., Chicago, IL, USA) packet program was used in the analysis. In order to define the anthropometrical properties, hand grasp force averages and standard deviation values a definitive statistic has been used whilst with these values and the relationship between the competition performance has been looked at with the Pearson analysis and the relevance has been observed with 0.05 level.

RESULTS

84% of the athletes use the right arm as the dominant arm. When we take a look at the anthropometrical properties it is observed that the arithmetic average ± standard deviation (min-max) values for the biceps muscle circumference is 34,4±4,2 (25-44) cm., front arm circumference is 28,5±2,7 (22-34) cm, the humerus length is 37,2±2,7 (32-42) cm., the hand span length is 23,4±1,5 (20-27) cm. And the hand length is 20,1±1,4 cm. When the correlation values were examined of the hand griping forces it was observed that all of the anthropometrical properties were in the positive direction and significant ($p < 0.001$) interactive, it has been observed that the competition performance including the hand gripping force that no parameter was not significant ($p>0.05$) affected.

DISCUSSION

The aim of this research was to analyse the relationship between some of the anthropometrical features and the dominant grip strength value and their effect on the match performance of male grip strength athletes. According to the research findings including grip force no anthropometrical feature were found to affect the competition performance. One of the basic motor skills which defines sports efficiency is strength. In general it is defined as "The capability to withstand strength or to be able to withstand against strength for a period of time" (2). In arm wrestling the main muscles which are used are the finger, hand and arm, therefore a grip strength evaluation was concluded in order to show these muscles contraction strength. However, no relationship between these strength features and performance were found. The reason for this would be that during an arm wrestling competition apart from the finger and arm muscles a lot of other muscles groups are put into use and as a result of their interaction the amount of strength passed onto the opponent differs. Therefore when testing wrestler force a lot of different muscle groups (especially hand, finger, arm, upper part of the body) measurements should be included and a specifically developed force measurer at competition position and it is required with different techniques to measure the special force (explosive force and continual force) is required. The strength test device exclusively for this branch needs to be conducted using the test device while in wrestling position and with different techniques. These measurements will be more effective for force and types of force and the relationship between the arm wrestling competition performance. However much arm wrestling appears to be a strength sport, apart from strength, it is possible for many components such as speed, flexibility, technique, tactic, motivation etc. properties to influence the arm wrestling competition performance. The intelligibility of arm wrestling performance and the affecting properties will be much more effective with the recognition of the above mentioned points for researches to be made henceforward.

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The Perception of Sport For All In The World And In Turkey

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ABSTRACT

Sport for all is one of the rising concepts in the field of sport and physical education. Besides, developments in sport for all across the world have been examined in a number of recent publications. There are a number of international organizations whose sole focus in on sport for all, and they shape and direct sport for all organizations. However, a decisive definition of sport for all internationally accepted is still missing. The concept is perceived differently in various countries. On the other hand, sports for all concepts have been rising recently in Turkey. In addition, both definition and scope of the concept are missing in Turkey as well. The aim of this qualitative study is to review sport for all concept in the world by giving specific examples, show how sport for all is perceived in the world and in Turkey, reveal the perception differences between in Turkey and in the world.

Keywords: *Perception, Sport for All, World, Turkey*

INTRODUCTION

Everyone has the right to engage in sport, which is important factor in socio-cultural development. Because of its links with the present-day sports scene, the impact of recreational sport is growing all the time. Numerous initiatives organized under the heading “Sport for All” have demonstrated the universality of a phenomenon that leads man to create new conditions for the practice of physical recreation and leisure activities, to renew contact with nature and with entertainment, to rediscover freedom in sport.

The Sport for All movement is regarded as one of the most significant socio-cultural phenomena after the second half of the twentieth century. The advents of the mass industrial civilization, mechanization and automation in the manufacturing process have brought economic prosperity to modern society, and this prosperity contributes to a sedentary life style. At the same time, industrialization has produced various kinds of ill effects on society such as, health problems from less physical activity, severe stress from physical and mental labor, alienation from society, and youth delinquency. Such phenomena caused a great concern to all over the world countries pursuing welfare state policies. Therefore, it became imperative to find appropriate methods for solving such problems. Among so many methods, the promotion of Sport for All has been advocated by many as a means of removing these harmful effects on the physical and mental health of the people (IOC, Catalogue, 2000).

In the lights of this information, the main aim of the present study is to provide a body of knowledge able to give aid in the process of more adequate ways and means to develop Sport for All (SfA) in Turkey.

CONCEPTUAL/PHILOSOPHICAL FRAME OF SFA:

There are various aspects to Sport for All, for instance, community sports, community recreation, fitness, trim, social sports, and mass sports. However, the concepts which these terms imply can all be identified with Sport for All. In fact, it is impossible to give one certain definition of Sport for All. The meaning of Sport for All varies depending on where and when it is used. In different societies it is understood differently (Eichberg, 2004).

European Charter for Sport (see McDonald, 1995, p.73) charges all the government "to enable everyone to participate in sports ..." This "charge" is based on a belief in the potential of sport to contribute to the quality of life "of each individual. For sport refers to" everyone "it must be defined everywhere. As Coghlan (1990, p.117) notes:

Sport for All was defined (by the Council of Europe in 1976) as something quite different from the original concept of sport, embracing not only sport proper but also, and perhaps above all various forms of physical activity from spontaneous unorganized games to the minimum of physical exercise regularly performed.

The "sport" in Sport for All is a loose term for activities as diverse as casual recreation, entertainment, games, activities, health promotion, and formally organized sport. According to Cousineau (1998, p.32), "the main objectives of the Sport for All ideologies are, first, to democratize participation in sport and, secondly, to improve the health of citizens."

Sports for All, organizations are disseminating the health and social benefits to be gained by all members of society through regular physical activity. As known people who do regular activity are generally healthier, more active, and conscious; the widespread of sports will increase public health and consequently will increase the number of healthy people in general society (Zorba & Komur, 2002).

It can be stated what “sport for all” does not comprise. Professional sport, top sport, elite sport, high level performance sport are definitely not included in it (Palm, 1991).after that it has to be emphasized that “sport for all” does not amount to the informal sector of sport. It must not be narrowed down to non-institutionalized, non-organized sporting activities and/or home based exercise practiced individually or in informal groups. The latter can be considered as an important area of “sport for all”. However, in our understanding, institutionalized and organized competitive sports practiced in a truly amateur way constitute the other significant field of it.

Finally, the relationship between the concepts of mass sport, leisure sport, sport recreation and “sport for all” should be ascertained. There are slight differences between these terms, the evaluation of which depends partly on the historical context they are used in, and partly on the perspectives from which they are analyzed (the number of participants, the purpose or the time frame of sport, etc.).

Based on national experiences and international literature, “sport for all” is regarded as “an umbrella term for recreation, sport development, mass participation programs and cultural recreation activities aiming to provide leisure opportunities and health promotion to their adherents” (DaCosta 2002. p. 15.).

Moreover, Sports for All was defined by Sport Progress Committee of Council of Europe as “an expression meaning; providing opportunities to people who desire to do sports in their leisure times to go and participate sports activities with no limitations dues to social status, origins and disabilities”. From this definition it is understood that all people should benefit from this right. For this reason, “sports for all” has a principle to become widespread even in neglected part of societies such as criminals and prisoners, and abandoned children etc. because sport right is one of the social rights that defined as education, health and security rights.

In one of the study an interesting survey of the values of attributed to Sport for All was analyzed within 57 countries. As a result of that study, the highest ranking value was health, which was mentioned 52 times. This was followed be personal fun and recreation (32), contribution to the community (25), personal well-being (24), contribution to personal development (14), primary human right and contribution to the work efficiency (12), developing physical culture (10), and improving elite sport (10) as a basis of talent finding and elite performance. Thus, Sport for All is seen as a multifunctional expression of human and social life (Palm, 1989).

Therefore, the benefits of Sport for All through its role in society can be generally summarized: reducing health care costs, increasing work efficiency, and improving well-being.

PERCEPTION OF SFA IN THE WORLD

Sports has so many definitions those have common points within them. Moreover sport content is defined as an institutionalized competitive activity that involves vigorous physical exertion or the use of relatively complex physical skills by individuals whose participation is motivated by a combination of intrinsic and extrinsic factors. (Dong, 1990)

However, the philosophy of Sport for All focuses not on competition, but rather on participation through sports, which provides collective services as well as individualistic benefits. Moreover, Sport for All movement’s original intention is recharging both the body and mind of people with energy and vigor as a valuable means of sound enjoyment and of enhancing the self-fulfillment of individuals (Dong, 1990).

Before analyzing the perception of Sport for All in the worldwide perspective, looking historical processes will be useful to understand affectively. The cornerstones in the development of the global Sport for All movement are

shown in the following table. Principally, it can be seen that in the last four - five decades, the Sport for All movement has grown more from practical approaches than from theoretical interpretations (De Knop, et al., 2002).

The results received show that the female students start callanetics training with comparatively higher pulse than the normal one for the age. The average values are between 87-95 beats/min in the beginning of the survey and 84-94 beats/min – at the end of the survey (after 2 min recovery). This moderate tachycardia could be explained with some secondary/side factors, such as the everyday pressure in the educational activity, reaching the sports center, the emotion from the forthcoming sport training, etc. What impresses is the fact that the dynamics of the initial pulse for the period of the survey does not characterize with substantial fluctuations (Fig. 1).

Table.1. Chronological aspect of Sport for All movement (Baumann, 2010)

PHASE	ACTION
Pioneer (1966 - 1985)	• Individuals as visionaries (Palm, Astrand, Conrad, Hauge-Moe, Wolanska, Dixon, Tröger, Chang, Oja, etc.) • European origin • Volunteer movement • Informal biannual Trim and Fitness Conferences (Since 1969) • Sport for All mentioned by Council of Europe (1966)
Consolidation (1986 - 1999)	• 1st SfA Congress, Frankfurt (1986) initiated by IOC and DSB • Since then biannual Congress • Establishment IOC SfA Comission (1983) • Foundation of TAFISA (1991) • International Conferences on SfA i.e. biannual TAFISA congress • Professionalization • Launch of international SfA programs, e.g. Olympic Day Run (1987),World Walking Day (1991), Challenge Day (1993) • Expansion from Europe to the whole world • Establishment of national SfA bodies
Globalization (2000- present)	• Involvement of additional stakeholders e.g. WHO, UNESCO, UN • Targeted alliances established i.e. Healthy Cities (WHO) • Establishment of educational schemes • Resolutions and policy papers • Social Marketing approach

To effectively understand the main idea of Sport for All we need to mention about specific characteristics of Sport for All. TAFISA (The Association for International Sport for All) has recognized seven key phrases that reflect not only the movement's success, but also document the present standing of the global Sport for All movement. These phrases comes from practical area with leanings of "on the ground" experiences. Meanwhile they introduce the specific challenges ahead.

The first key phrase is "Growth". The movement of Sport for All is growing persistently. This growing process should not explain with only the number of participants but also in the increasing number and variety of national SfA organizations. About growing process we need to emphasize the improving number of special SfA organizations. Those organizations are directly doing their job accordingly the current trends in organizational structures of SfA. This changing process can be explain more effectively by the member structure of TAFISA, more than 40% of the 200 member organizations from 140 countries are independent national Sport for All organizations. They are linked with the traditional sport system of a country, but operate separately.

Second key phrase comes from demands of so many countries and it is named as effective programs. Because of lower level experiences and low competency level to develop their own national programs Asian, Latin American and African regions members' countries want to learn any type of knowledge to implement effective programs in their country.

TAFISA has made responding to this demand one of its key priorities in providing services for members. This demand explains to a large degree the success of TAFISA programs, including

- World Challenge Day, which is a friendly competition in Sport for All between cities of comparable size. It is always held on the last Wednesday of May, with 50 million participants from 3.000 cities in more than 50 countries;

- World Walking Day, which takes place on the first weekend in October, with 70 countries participating every year;
- World Sport for All Games, which every four years bring together more than 100 countries presenting their traditional games and sports, with the last Games held in Busan, Korea, 2008 under IOC and UNESCO patronage;
- Triple AC (Active City – Active Community – Active Citizen) program which focuses on the promotion of Sport for All in the community setting and is being developed in partnership with the IOC (Baumann, 2010).

Recognition is the third phrase and it is approving that Sport for All movement passed too many barriers and developed constantly even in political, economic and social field. Chronological point of view will explain this big improvement but may be no one was thinking this big step from SfA structure from 1960s to today. In those days this movement started without any reputation and publicity. Moreover It was seen as a subdimension of elite sport but it has developed unbelievably since then and in these days respected in the worldwide of sport areas.

Absolutely this development was realized by governments as a crucial development of community. Different countries got SfA perception differently. In these days experts and responsible people of SfA organizations are agreeing to find one stable structural body and mission of SfA to have global recognition. This ultimate goal should be the shaping of one strong, global, independent Sport for All body in close cooperation with the IOC, representing the interests of the global Sport for All Movement in order to strengthen position and thus further increase recognition in all related areas.

Fourth key phrase is extension of perspective which means that sport for all is not only individual oriented issue, but also it has so important social benefits. This phrase is so new phrase in sport for all movement and its importance and right practice has not understood from sportive agencies (sport clubs, organizations, departments etc.).

Because of the having too many positive effects on different issue like health, peace, solidarity and etc. sport for all movement has extra aims to achieve. Absolutely SfA cannot solve all problematic issues but it can help to have more optimistic world than this one.

As other developmental issues if Sport for All wants to have big importance in social life it has to have healthy networking and exchange of experiences. This phrase of structure can be defined like a myelin sheath of neuron cell. Its mission is transfer to all impulse to neuron. In order to facilitate a systematic and demand oriented transfer of knowledge between all parts of responsible people, sport for all movement needs to have professional tools, including making use of modern information technology.

The sixth and one of the most important factors is education of SfA. TAFISA is the hallmark of the education part of SfA movement. It deals with the transfer of knowledge and information beyond the national level to the local and regional level of Sport for All leaders. So far in the last 30 years, TAFISA has served the national directors of Sport for All. They invited and received them at conferences. TAFISA has reached a hundred or two hundred persons this way each time. But there are many thousands of leaders responsible for Sport for All programs on the sub-national level. In city municipalities, sport ministries, sport federations, clubs, resorts, companies etc.

Last phrase is Targeted Approach which means the identification of large and significant groups of the population, such as families, women or immigrants that are reached by using specific and targeted marketing instruments and tools. The underlying strategy is referred to as the Life Stages Concept, e.g. children, young adults; mid-age and older people etc. in order to assure lifelong physical activity for all (Baumann, 2010).

In this section, an overview of the determinants of Sport for All (in case of Asia & Europe) utilized in the current study is provided. The major determinants include: (a) History and culture; (b) Institutions, (c) Marketing, (d) Sponsorship and financing, (e) Target groups, (f) Strategy and (g) Social changes.

To struggle with changing world all parts of Sport for All need to show more and more effort to improve success of it. While struggling with the challenges all factors should be needed to organize according to structure of Sport for All.

In the lights of above information, some premier countries SfA structure can be analyzed to see case of SfA in reality.

After 1945, there have been SFA initiatives in seven countries of Asia, three of which have adopted influences from the Trim movement since the early 1970s. In terms of Korea, it is possible to say that once the SFA movement shows up as a phase in the construction of the culture of movement, it can be inferred that its successive re-inventions came through the fusion of various concepts and the adoption of new denominations.

In Singapore, the meaning of leisure & health is translated by the expression fun & fit, which makes up the communication basis of the national movement “Sports for Life”, launched in 1996. The use of the expression “life” as a synthesis of the combination leisure & health was also adopted in Australia by the campaign “Life, Be in It” of the 1970s.

In Israel, the influence of Traditional Sports and Games (TSG) in the development of SFA is inserted in a wider perspective on which a culture of movement is constructed. The same was observed in Korea. This specific culture is based on values, which come from change and which reach sports in general and physical education. In Singapore, the TSG are understood as cultural expressions that give identity to the different ethnic groups of the country. In Australia, the TSG have been rediscovered by SFA. As a result, they have generated an additional role of cultural movement to enrich SFA.

The international relations for the development of SFA are a means cultivated by six countries in Asia. The event Challenge Day (competition between cities of similar population numbers, taken place on one only day, totaling participant) is one of the symbols of this cooperation. This way, one of the favorite strategies of SFA in Asia is the promotion of large-scale events, adopted by six countries.

Australia, Korea and Singapore are countries in which different versions of SFA had fast development because of the realization of big international competition (Olympic Games, Asian Games and World Championships).

According to institutional management of SfA in Asia the transfer of SFA management to another governmental institution or to another private institution in a successive mode has been happening in Korea, Israel, Australia, Japan and China.

In Australia, it is possible to observe a trend towards unorganized, informal sport activities, which seems to emphasize locally practices and community services.

In Asia case marketing issue was followed by the indirect promotion of SFA by commercial providers is identified in Korea and Australia. The use of Internet for communication and marketing related to SFA development is found in present days in Israel and Australia.

Target groups, In Taiwan, the target group ‘women’ coincides with that of ‘family’ because both are considered interdependent. In Israel, the target groups are arranged on a priority basis according to social necessities: first come the elderly, second the workers and in third, women. There are target groups in Australia that represent social development needs of that country such as “ethnic communities” and “aboriginals”. By the same token, the unemployed made up a target group developed in Korea. Social priorities in Japan have indicated as targets: children, the elderly and handicapped people. In China, the elderly are the most important target group for SFA.

Strategy; In China during the 1990s, the strategy of SFA was inserted in the development of sport in general and in the whole country. The same happened in Korea, within the same period, with the incorporation of SFA in the five-year plans of the development of sport in general.

Social Changes; In Korea, SFA has been working as a means of social intervention, with its focus directed to the awareness of an active lifestyle. With this orientation, SFA has been part of the modernization of the country.

A proof that SFA has had oscillatory effects in society is found in Korea, where there was an increase in the practices between 1994 and 1997. However, there had been a decrease in 1991. Both increase and decrease had explanations elaborated outside the sports world. SFA in the year 2000 was operating in China with two priorities: (i) the improvement of life in the urban centers and (ii) the social development of the countryside.

In Israel, military service has been working as an incentive to SFA. In Australia, there has been little increase in the numbers of the active population in relation to SFA initiatives that have been developed. In 1985, the participants were 54% of the total population and in 1998 they were 59%. The number of people affiliated to top sport has also decreased 20% between 1980 and 2000.

In Singapore participation in SFA went down at the beginning of the 1990s, which created a gap in the continuous growth of the number of participants. In Australia, the stability level of participation in sport practices has indicated that the there seems to be a decrease in the number of young people taking part in physical activities as opposed to the increase in participation in relation to the other groups. The concept that most of the adults engage in physical activity because they had developed the habit as kids, is emphasized in Israel. It is recommended, then, to see how important it is for school programs to adhere to SFA to look into the future. In Australia, uncomplicated and fun activities have been considered as the key to lifelong participation in SFA.

National conclusions; In Japan, at the beginning of the 21st century, there was a "Sport for All society" in progress according to SFA local leaders.

In Singapore, there is a clear-cut and successful way of having a "sporting nation" through national plans that happen every five years. One of the objectives of these plans is to make facilities available for sports practices within a maximum distance of 3km from any place of residence.

Within the European context, nine countries had experienced different versions of SFA before 1945, including, five in the east, having mass sport as the basis. However, these five nations have adopted the European Charter in different stages to make the necessary adjustments and to legitimate the practices. This type of adoption of the Charter and of the principles of the Trim Movement has come up in these countries. That meant consolidation of previous experiences.

The current models of SFA historical evolution are not completely confirmed by interpretation from European countries as found in preceding chapters. Thus, the often suggested phase of democratization of sport of the 1960s had similar approaches in eleven countries (three from the eastern region) out of a total of 17. Seven countries went through the phase of emphasis on the role played by the government and on the active lifestyle of the 1970s. But only two countries have recognized the commercialization phase of the 1980s and have confirmed the emphasis on individualization of the 1990s.

In England, since the 1970s the idea of a historical continuum has prevailed, connecting SFA with top sport and attributing to both mutual influences and advantages. In Finland, the long-time tradition of sport for cultural affirmation as well as for recreation had a shift towards health promotion during the 1980s by influence of the UKK Institute.

In Europe, there have been popular movements that have given basis to SFA such as (i) the summer camp movement in Greece, Italy and Poland, (ii) the movement of the workers in Finland, Austria, Italy, Portugal, Bulgaria and Poland, and (iii) the women's movement in Finland. Tourism has also supported SFA in different historic periods in Austria, Spain, Poland, Bulgaria and Italy. The movement 'back to nature' is one of the causes of SFA growth in Germany, Austria, Finland, Italy, Romania and Bulgaria.

The movement that motivates recreation, which had come up in the United States at the beginning of the 20th century, had later repercussions in both Germany and Greece at different times. Football has been acting as constraints to SFA in Hungary. There has been some expansion of volunteerism during the 1990s in SFA in Poland and Bulgaria, clearly showing the adoption of means of mobilization of participants inspired in Western Europe.

Among the six European countries influenced by the Olympic Movement, Finland came first adopting the following motto even before World War II: "Olympic winners = healthy citizens". There is a sense of re-invention of SFA in different historic periods. One example of that is Finland, which had an event similar to today's Challenge Day back in 1941. This made it compete against Sweden in a walking competition with approximately 1.5 million participants in Finland against 0.9 millions in Sweden. In Greece and Romania, although there have been long-term sports traditions that go back to an ancient past, it is worth noticing that there is a mentality against physical activities in different segments of the population.

The three most common institutional bases linked to SFA that is the state, the society and the market, seem to be in equilibrium in 14 countries but only in terms of the government and society, except in Finland, Belgium-Flanders, Austria, France and Germany, where the market link also plays an important role.

In Europe; Marketing is becoming today a tool for SFA initiatives in Romania, but this beginning is mostly related to a new law to patronize sport activities, not specialized institutions in sport. In early stages of SFA in Austria, the idea of sport as a commodity that has to be sold facing competition with many leisure opportunities and offers has successfully influenced SFA marketing principles and strategy.

In Denmark the definition of target groups has been produced according to the specialization of the institution that promotes SFA. Targeting has also been made adequate with availability of settings for the practices.

In Hungary, there are doubts on the democratic interpretation of SFA since the right of citizens to not participate in activities is often not respect.

In Poland, it has been observed that there has never been any clear strategy for the development of SFA. In Greece strategies have the meaning of to reach target groups according to their priority in SFA local choices. The same has happened in Latin America in the case of Argentina.

In Finland, there is a conception of SFA in which marketing is the core of the strategy of combination involving target groups, settings and activities. In Belgium-Flanders there is a version of this definition of SFA strategy that places marketing in a pivotal position.

In Austria, the proportion of female participants in SFA physical activities in relation to the male participants

went from 7:1 in 1969 to 1:3 in the 1990s. In Finland, the programs of intervention in SFA of the 1990s have been interpreted as having already reached the limit of effectiveness. In Portugal the number of senior participants has been growing up while the number of young people participating in physical activities has been going down, in conditions similar to those of Australia. In Italy, still in the year 2000, there was some manipulation of SFA by the Catholic Church and political parties, confirming that the variable "risk of social control" still exists in the interpretation of SFA and in its resulting social changes.

In Belgium-Flandres a controversial interpretation of SFA has been proposed: on the one hand SFA has had good results but on the other hand it has showed low participation in the practice of physical exercises by the population. In Germany, the experience of SFA has revealed that there are results that have not been anticipated by program leaders.

In Finland, models of intervention for groups of inactive people who happen to be highly resistant to changes have not been followed. Still in this country there have been concerns in relation to pressures that might be generated on these inactive individuals, especially when they come to their own limits.

In the USA, the most important umbrella organizations (in the nonprofit area) are the AAU (Amateur Athletic Union), an association of 58 sport federations and NCAA (national Collegiate Athletic association). High schools, colleges and universities are still most important providers of amateur sport. The NCAA represents more than 1.200 colleges and universities, and the National Association of Intercollegiate Athletics (NAIA) has around 300 member institutions, mostly smaller colleges, in intercollegiate athletic programmes.

In addition there are numerous organizations which provide sports and physical activities for non-elite athletes, especially children (Hums & Mac Lean, 2004). Administrators of local districts, community clubs, fraternal organizations and church groups offer athletic training programmes and being a sponsor for competitive organizations. Parents and adults organize teams or clubs for competition in local leagues.

SFA IN TURKEY

Social legislation and social services are integral features of modern life. Public welfare programs started rather recent decades in Turkey, but, with the growing need to cope with the effects of quality of life in industrialization and improve the distribution of wealth, it is inevitable that the governments take into account these problems and enhance social services.

The role of Sport for All in society is to extend the benefits of sport activities to the community emphasizing the public health and social, educational and cultural development. Sport for All should be recognized as a public good which needs government intervention for its implementation.

The first introduction of the idea of "sports for all" in Turkey was realized by Atatürk said that "persons who have a duty regulate the sports activities do not constitute sports policy only for winning and showing off while raising children. The main goal is to get physical education for citizens of all ages". This opinion shows that "sports for all" understanding was expressed by Atatürk in a precise manner.

Turkey is one of the rare countries in the world which has an article related to sports in her Constitution. Article 59 of the Constitution says, "The State takes measures to develop the physical and mental health of Turkish citizens of all ages and encourages the spread of sports among the masses. The State protects successful athletes." In recent years, with investments made in the field of sports, scientific research and the increase in importance placed by the State on sports policy, sports in Turkey became a well-liked and interesting both for performance and for the utilization of leisure time. With this objective, sports engaged in by the masses are encouraged, that is one of the basic components of raising a physically and mentally healthy society, the concentration is being directed at all the areas of Olympic sports rather than on a single branch, the predominance of the state is being decreased while the contribution of the private sector is increased and measures are being taken for the rational utilization of the facilities.

Article 3530 of the Constitution item 21 says "institutions, factories, trading houses and associations which have employee more than 500 have to build sports facilities such as gymnastic halls, swimming pools, sports area and have trainers and teachers for their employee and by decision of executive committee".

Turkish Sport for All Federation (TSFAF) is one of the members of TAFISA. Before the TSFAF recreational sportive organizations were organized by different sportive federations and some voluntary organizations. However, the need of having institutional agency in Turkey to organize comprehensive sportive organizations was declared in Sport Council in 8 to 11 May 1990. After that this important problem was solved by the formal establishing of Turkish Sport for All federation in our country. TSFAF has one agent for each province in Turkey (total 81 TSFAF agents). TSFAF has 13 commissions to carry out its organizations and programs.

The vision of the TSFAF is; 3 to 93 until all ages and all walks of human life, improve quality, health, peace and happiness to the fore will remove the sports culture to promote the entire sport of expansion for, festivals, games and recreational contests to childhood from, proper nutrition, your body to use the correct values as life philosophy is to aim to develop the ability to adopt. Also, stay away from bad habits such as alcohol, cigarettes; always adopt an active lifestyle, family and society in trying to teach the values to be in harmony. To develop a Sport Culture for individuals, families, educators and administrators to raise awareness, international peace and sports culture to contribute any scientific or recreational activities to make the publication to issue and various organizations to organize, for All Sports Federation's vision, as can be explained.

After the establishing of TSFAF, it has started to develop practical and educational and cultural knowledge and principles for Turkey.

COMPARISON OF THE PERCEPTIONS OF SFA:

As we mentioned above Sport for All has some key phrases and determinants to move further in every area that will help to have an important role in social life.

In this section of present study determinants of Sport for All and the case of Turkey will be discussed.

First determinant is history and culture; in case of Turkey; has twenty two years after establishment of Turkish Sport for All Federation. Recently, TSFAF has been started to have rapidly adaption to worldwide challenges of Sport for All. TSFAF has established an academical and practical network and exchanging experiences especially with universities and municipalities. TSFAF organizes seminars, congress and etc. to develop Sport for All perception and knowledge in Turkey.

TSFAF is a half governmental organization. It means that TSFAF has the three most important types of institutions that have managed SFA; the State, non-governmental organizations and institutions from national sport system. Moreover, Sports in Turkey is being encouraged and supported by the state and sports clubs are given financial aid. The main targets of the sports policy of the state are to increase the number of athletes, to attain superior successes at international sports competitions, to prepare suitable sports environment for encouraging and providing for every individual at every age to engage in sports activities. Large sports facilities and investments in Turkey are realized by the state to a great extent.

All over the world the marketing of SFA is playing a coherent role in the continents where marketing principles have been partially used and where communication tools have been used to mobilize participants. The implementation of marketing strategies is a new issue for Turkey, the use of Internet for communication and marketing related to SFA development is growing so fast.

As we mentioned above TSFAF is a half governmental organization. TSFAF is financing by multiple sources led by governmental institutions and its private fund which organize for all types of activities of TSFAF. Sponsorship has insufficient support for Turkey like in developed countries.

Targeting is an important determinant of SfA for Turkey. All over the world countries have been using targeting procedures in addition to free access to participation as found in mass promotions and TSFAF tries to follow same way. Targeting means that focusing on some special groups (Elder people; Children & Youth; Workers; Handicapped etc.) to make their participation in their activities.

The strategy that has been historically defined for SFA is increase in participation, which has been combined with the focus on social inclusion. Turkey is a new country that is rapidly showing contemporary strategic options such as long-term projects (to make more active), awareness & awards, training of wellness trainers programs, talent identification tests and fitness tests.

In social changes part Turkey has similar features like other countries, include; Turkey has better percentage of SfA activities participation, the positive perception percentage of SfA, increasing attention with healthy life, and also increasing diversity in SfA practices than before and this percentage is improving every year.

VI. Discussion and Conclusion: Sport for All is one way of intervention in society, encouraging the population as a whole or parts of the practice of physical activities to promote the inclusion of participants in the events of leisure, health and sports. Therefore, from the initial of 1980's, the SfA has been characterized by all denominations and competing objectives, reflecting the emphasis on the development of local sports and the globalization of sport within the culture of active life in Turkey.

According to institutional point of view in Turkey, SFA has been inserted and adapted to multi-layered sport

systems (State, non-governmental) but remains uncoordinated and lacking in continuity of programs, events and other means of intervention.

Marketing of SfA in Turkey is still growing area and trying to make adaptation to global structure of other developed countries. In this case, communication tools for people to participate in events are commonly used in the SfA initiatives in relation to marketing. Moreover, communication in the SfA is supported with the principles of marketing and knowledge.

As even in developed countries, financing of the SfA initiatives is the biggest problem in Turkey too. So far, SFA funding in Turkey has been made by governmental institutions, especially of local level, also TSFAF's private grant and donations from collaborators.

In its initial years TSFAF had focused all types and all age groups within community to make them more active for their health and social life. However, in last decade as all other countries TSFAF has started to focus on target groups like handicapped people, workers, elderly people and children. TSFAF has some ongoing projects for target groups to increase participation to SfA initiatives.

Adaptation of long-term projects, certification programs (Wellness, Yoga), large scale events and educational programs (Sport for All Leaders) are the most used strategic events in Turkey. All of these events are based on the improvement of mobile people's percentage.

Like the visible trend of all countries Turkish community have showed improvement at the participation to SfA initiatives. This participation affected positive attitudes towards SfA but we should declare that the concern of healthy lifestyle is the dominant problem in many countries. Here is the point to educate this kind of community because both healthy lifestyle and the main idea of SfA initiatives have so many common points. Moreover, there are some other social barriers to attend SfA organizations include; economic crisis, lack of knowledge and, lack of willingness for Turkey.

SUGGESTIONS:

The first step should be the development of a contemporary, scientific, measurable and applicable state policy with the help of all community institutions about sports education, servicing and application. In these policies, firstly; the relations and priorities of all relevant parameters such as the development of sport culture, sport education, success, organizations, sport economy, public health etc. should be clear.

It should be taken into consideration that making the culture of sport widespread is as important as a competitive success. The growth of the sport culture will lead to very good result such as, general public health, moral development of young generations, filling spare times with useful activities and making sport industry more powerful (Fifth Five Years Progress Plan, 1985). At this point, TSFAF should be supported and different projects should be put into practice via this federation. So, Turkey sport for all federations should a pioneer federation in our country because it aims the missions above and this federation takes the reason of foundation directly from 59th item of fundamental law.

Today, some of the performance sports leave their real goals and try to serve in the area of exercise for health. This situation caused serious problems in the spread and success of these sports. Even, it is more difficult today, to find qualified athletes in these branches.

The areas such as plates, yoga or aerobic do not have competitions. For example; plates is kind of floor exercise done with various equipments for physical treatment. So workshops and certificates can be organized for coaching. When we look at the program of sport for all and wellness coaching, different education and application programs for olds, pregnant, sedentary, disabled people etc. are available. We can put these into an order like, Office exercises, exercises for pregnant, old and disabled people, and exercises for illnesses because of immobility, exercises for the equipment in parks and gardens and floor exercises done with various materials (Zorba, 1999).

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The Promotion of Physical Culture and Building-up of the People's Health —Sport for All in China (1995-2011) and its Future Development

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ABSTRACT

From June 1995, when the National Fitness Program Outline was enacted, to August 2009, the National Fitness Rules and to February 2011, the National Fitness Program (2011-2015) promulgated, sport for all in China has entered a flourishing era, featuring the improvement of operational system of sport for all in China. With the joint efforts of the Chinese government and the society, the Chinese government has enhanced public service functions as well as the society's spontaneous organization of activities, aiming at the realization of fast-paced and scientific development in Chinese sport for all.

Keywords:

INTRODUCTION

The major achievements during the past fifteen years in sport for all can be classified into the following four aspects:

Firstly, venue constructions and facilities for sport for all have been significantly improved. China has made full use of its public welfare fund from sport lottery to instruct venue construction for fitness and health. Over one million venues and facilities have been constructed, including over 160,000 national fitness paths, more than 230,000 sport fitness projects for farmers, about 3500 national fitness centers, over 400 "Timely Help Project" as well as more than 6000 sport parks, sport squares and outdoor camps. The local government also provides full support and helps raise funds from various sources and by various means.

Secondly, organizations of sport for all have been strengthened and the organizational network has been preliminarily enhanced. By far, the Working Committees of Sport for All consisting of responsible persons from governmental organizations and communities have been set up to instruct and supervise the implementation of National Program for Fitness and Health, with 650,000 social sport instructors.

Thirdly, activities of sport for all have been carried out vigorously and mass sport awareness has increased remarkably. The activities for fitness are organized in the communities in varied forms and with different activities. To participate in the fitness building activities has become an important life style for the residents in communities.

Fourthly, sport for all has enjoyed full development, with the application of scientific research achievements in the field of sport for all increased, the enforcement of laws and regulations further strengthened, mechanism of evaluation, commendation and incentive gradually detailed and communications with abroad more and more active. However, some problems and contradictions have not yet been solved fundamentally.

As the Beijing Olympic Games and the National Fitness Program (2011-2015) give an impetus to the

development of sport for all, aims for the next five years are:

1) to grasp the opportunity of building a moderately prosperous society in all aspects and pursue comprehensive and sustainable development in the field of sport for all;

2) The average fitness activities will be no less than 3 times per person per week with no less than 30 minutes each time, with the proportion of average physical training reaching 32% of the entire population. Students should participate in fitness activities for at least one hour per day at school. The proportion of the disabled and senior citizens' fitness exercises will also be increased.

3) Sport fitness facilities will have been greatly enhanced. There will be more than 1.2 million venues all over China with over 1.5 sqm average per capita venue area.

4) Sport fitness activities will have been enriched. A variety of fitness activities will have been carried out, such as athletics, swimming, table tennis, badminton, football, basketball, volleyball, tennis, mountain-climbing, rope-skipping, shuttlecock ball and gate ball.

5) National fitness network will have been perfected. Sports Federations, sport associations, profession associations, as well as sports associations for senior citizens, the disabled, ethnic minority groups, farmers and students will have been established in various places.

6) Social sport instructors and volunteers will have been further increased. Social sport instructors who have acquired Certificates will amount to more than one million. The comprehensive qualities and service provided by them will have been greatly enhanced.

7) Service on fitness instructions in a scientific manner will have been perfected. Fitness in a scientific manner has been greatly popularized and physical measurement and sport capability evaluation will also have been actively carried out.

8) National fitness service will have been strengthened. An ordered sport fitness leisure market will be established, and a number of enterprises and brands providing sport fitness service will be founded with their own advantages and techniques.

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Keywords: China, Development, Sport for All