



Health Enhancing Physical Activity (HEPA) modules piloted

the SPEACH Project: Sport Physical Education and Coaching in Health

March 2017, Groningen, The Netherlands.

From 6-10 February 2017, over 65 students from eight European countries joined the international SPEACH week hosted at Hanze University of Applied Sciences Groningen. After two years of analyzing the wishes and needs of students and professionals in the field of physical education and sport coaching regarding HEPA, development of five HEPA modules, development and providing teacher-training-sessions, the international SPEACH week was there.

Three newly developed HEPA modules were offered by a team of international and trained teachers. The three modules which were tested in a real educational and field setting were:

- a) Development of a family-based HEPA project in the school & sport club context
- b) Promoting health enhancing physical activity among children and youth
- c) Designing educational sport environments for children with special needs

Professor Johan de Jong (Hanze University of Applied Sciences, Groningen): "Main goals of this SPEACH week were: to pilot the three selected HEPA modules, collect evaluation material from the students as well as the teachers. And beside working hard, have a great and unforgettable week together, in which students and teachers learn a lot about HEPA but also how to study and teach in an international context collaboratively. Furthermore, some important steps towards dissemination and sustainability were developed during this week. Next months, we will process all evaluation material and use this as input for the last phase of our project."

Professor Kristine de Martelaer (Free University of Brussels (VUB), who was development leader on the module “Development of a family-based HEPA project in the school & sport club context” was asked about her reflections on the SPEACH week in general and her module specifically:

“The diverse group of students, together with a team of international teachers to develop and try out the module in a real teaching context was very interesting to do. Thanks to the additional competences on HEPA content and didactics among the teachers and the different background and culture of the students but most of all the willingness to learn, was a motivating experience. The take away home message for me was “Team teaching can be very inspiring and stimulating to grow in your learning process, as student but also as staff!”

The next SPEACH consortium meeting will be held on 17-18 May in Lithuania. Central points on the agenda will then be: further refinement of the HEPA modules based on the evaluation results, elaborating on sustainability of the SPEACH content and preparation of the ENSE meeting in Aarhus (Denmark) September 2017. To stay updated or to find out more about the project visit the [SPEACH website](#) or follow [@SPEACHproject](#) on Twitter. Interested parties can contact the project organisation through the website.





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