

CATALAN PLAN FOR SPORT IN SCHOOLS

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INTRODUCTION

Catalan Sports Observatory (CSO) is the university and governmental association in charge of studying and divulging the main data on the evolution of sport and physical activity in Catalonia and all over Spain.

Through this poster the CSO analyze the participation and impact of the Catalan Plan for Sports in Schools. It is an initiative of the Government of Catalonia to promote sport and practice of physical activities in a schedule out of school hours in the same school.



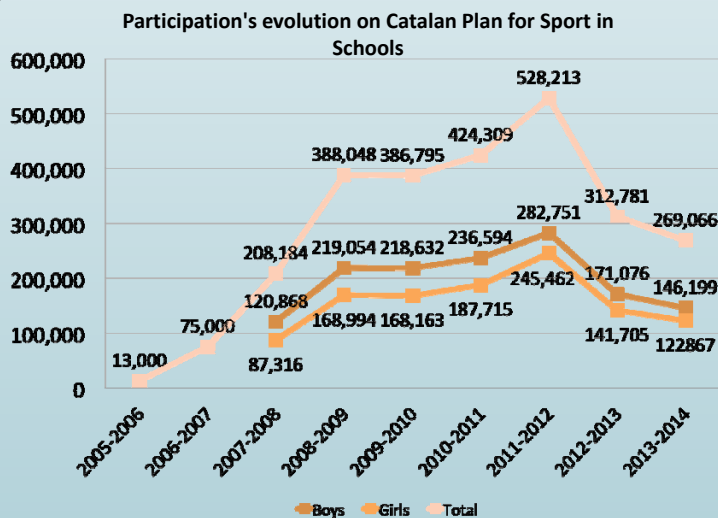
METHODS

The Catalan Sports Observatory (CSO) offers multidisciplinary information which can be used closely monitor the evolution of the sports phenomenon in Catalonia. In this poster we have conducted a secondary analysis of data from the data provided by the Catalan Sports Council.

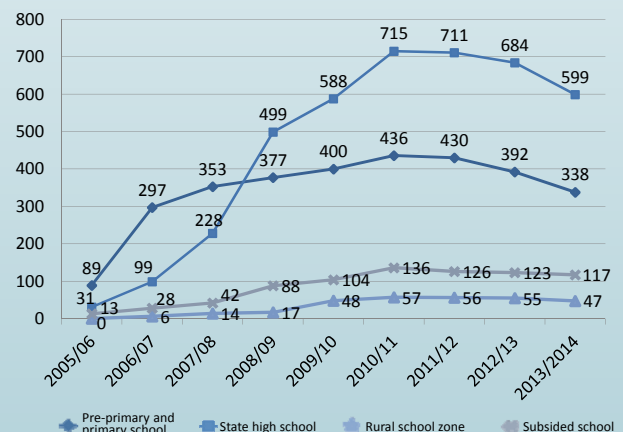
RESULTS

The Catalan Plan for Sport began in the academic year 2005-2006 in about a hundred schools with the participation of 13.000 children and 133 schools. From then up to now the number of participants has increased significantly with 528.213 children and 1324 schools in the school year 2011-2012.

The participation during the school year 2011-2012 is 40 times superior and it covers 53% of the school population in Catalonia. The school year 2013-2014 the participation decreased until 269,066 due to a reduction in subsidies to develop sports activities by the government.



School's participation evolution on Catalan Pla for Sport in Schools



In the Catalan Plan for Sport in schools the number of boys and girls participating is balanced (in 2013-2014, the percentage of boys was 54% and 46% girls). In the plan participate different educational levels from pre-school education until Post-Secondary education. The education level with a higher participation is in primary education.

Participation in the school year 2013-2014 by educational level

Educational level	Boys	Girls	Total
Pre-School education	19.000	18.313	37.313
Primary education	81.722	71.923	153.645
Secondary education	41.089	29.329	70.418
Post-Secondary education	4.388	3.302	7.690
Total	146.199	122.867	269.066

CONCLUSIONS

The creation of the Catalan Plan for Sport has contributed to an increase in organized physical and sport activities. This increase we believe can contribute to the increase in health in children and teenage population reducing sedentary attitudes and helping to prevent child overweight and obesity (42,5% in Catalonia).

We can also interpret that a major economic investment in sports, increases the involvement of schools and therefore produces more impact on the habits and health of the school population.

REFERENCES

Observatori Català de l'Esport (2014). *L'esport a Catalunya. Un informe de tendències (2006-2013)*. Núria Puig, Laia Muñoz, Andreu Camps, Joaquim Gómez, Pedrona Serra i Alba Pardo – 2014. Available: <http://www.observatoridelesport.cat/uploads/pdf/informe2014.pdf>