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Increasing awareness about sport via Sport for All in Turkey

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Regardless of the age, race, gender and cultural identity, all skill levels, every one share the idea of benefiting from active participation in sport and recreation activities. All sports for all agencies have common principles in their objectives. They aim to promote active participation in sport for all activities and the idea of volunteering in the administration, maintenance and support projects, programs and events that promote a unique network of sport enthusiasts and sports create for all participants. Sport for All helps to put the Olympic Movement's values into practice in terms of promoting health, education and well-being through sports activities practiced by all categories of the population without distinction. Likewise, Turkish Sport for All Federation has been promoting an active life through sport in Turkey since June, 1980. Under the umbrella of Turkish Sport for All Federation (TSFAF), considerable level of awareness has been recorded as an important development for the past 30 years. Upon several successful events and achievements, the federation changed its status and established very strong relations with international sport for all movements, including TAFISA in which the federation received full membership in the same year. Just after a very short period, the federation was involved in a series of important international projects like hosting some important events such as 22nd World Congress of TAFISA in Antalya (2011); the foundation assembly of Balkan Sport for All Association in 2010 in Istanbul, and 2 international Balkan SFA festivals respectively in Edirne (2010) and in Bodrum (2011). Such events provided the TSFAF members a broader perspective in the idea of disseminating culture of sport in Turkey. In this poster presentation some sample activities and their effectiveness in Turkey will be introduced.

Biography

Erdal Zorba is working as a Professor at Gazi University Physical Education & Sports High School, Ankara/Turkey. He is a board member and Vice President of FISpT and President of Balkan & Turkey Sport for All Federation. He is teaching Exercise Physiology, Training Sciences, Physical Activity and Fitness, Lifelong Sport, Sport for All lectures in Gazi University and attending conferences at other universities in the country. He has three books named "Physical Activity and Fitness", "Lifelong Sport" and "Body Composition and Coping With Obesity".

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