

SPORT.S

Report On National legislation and Policies comparison in the field of SPORT in Italy, Portugal and Spain





Local Authorities commitment for increasing sport practices among children

Co-funded by the
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AYUNTAMIENTO DE CUENCA



Comunidade
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Conca d'Oro

Report on National legislation and Policies comparison in the field of SPORT in Italy, Portugal and Spain.

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Report - June 2019

Sport in National and Local Legislative frameworks in Italy, Portugal and Spain.

Analysis of good practice of local governance in the sport sector

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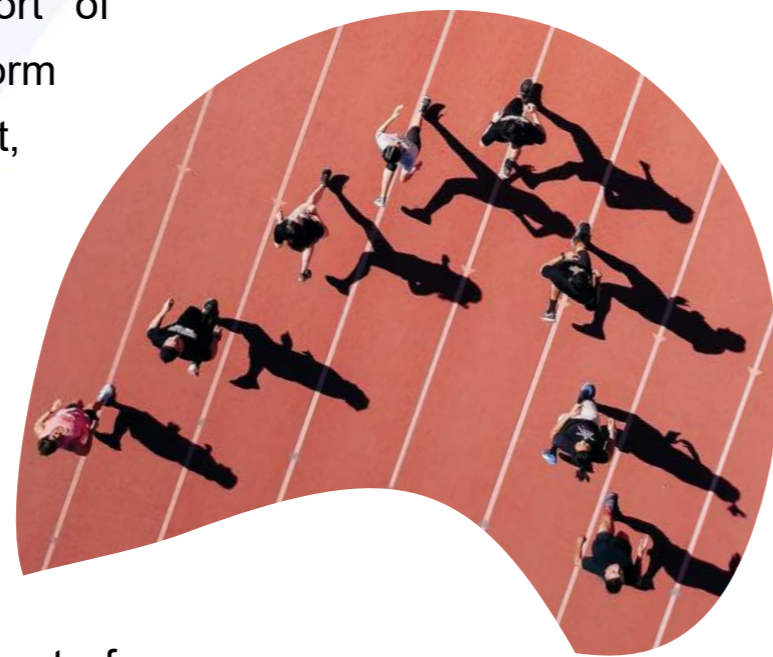
INTRODUCTION



Sport and the practice of sport, in virtue of a physical nature, emotional, competitive, non-verbal, and popular, represent a fundamental instrument for the definition of individual and group identities by both those who practice and those who support the sport, generating belonging and developing important relational networks. European countries have always considered sport in a relevant position with respect to the needs of society, allocating considerable space within the developed policies, precisely for the idea that sport was a useful tool in the processes of construction of national identity. To date, with the word Sport, referring to what defined by the Council of Europe in the

European Charter of Sport of 1992, is intended "...any form of physical activity that, through participation organized or not, has for objective the expression or improvement of the physical and mental condition, the development of social relations and the achievement of results in competitions of all levels"

emphasizing the nature of the sport practice under three aspect, social practice, competitive activity and aimed at



improving psychological and physical improvement of the individual. Sports activity is therefore considered at European level as strategic and regulated at national level by laws through which, in each country, the sports system is managed and at the same time ruled; however, the national normative always keeps maximum respect for the guiding principles indicated in the regulations of international bodies, such as the International Olympic Committee (IOC). For aspects of ordinary regulation, support and financial each country refers to its own refers to its own regulations; it should be noted that in European countries where sports sport expenditure is more financed and incentivized, there is a higher level of diffusion of sports culture , being the sport aggregating element in the social and expression of collective well-being.

Investing in sport over time has contributed for several countries to excellent returns from the economic point of view, attracting resources and affecting in an evident way the GDP of nations. In Italy for example, the solid sports system based on collaboration between public and private through the National Olympic Committee Committee (CONI) and the sports organizations on the territory, permits to have a sports system that allows access to sport at reasonable prices and in all types of disciplines, based on a system of free associationism and self-government of entities. At the European level, an international study conducted by universities and research



institutes has estimated that, in the EU, the costs incurred by individuals for sport is equal to 100 billion euros per year, which is to be the economic value of volunteering in 28 billion, with more than 15 million volunteers engaged weekly. Looking at the future, the spread of the practice of sports is subject to the following threats:

- > Demographic Changes: an increase in the average age of the population
- > Behavioral: time dedicated to other forms of entertainment;
- > Economic crisis, with a potential negative impact on the spending power of individuals and public entities;
- > Opportunities for alternative investments as initiatives to support different purposes (social, environmental, etc.).



The objective of administrations is, therefore, to understand and manage resources in the best possible way, exploiting the positive and aggregating potential of sport to involve more and more children and young people in sport; the benefits of physical activity are not limited exclusively to physical health, but it is recognized at a scientific level that physical activity constitutes an important determinant of cognitive and neural cognitive and neural functioning of children during developmental stages, as well as having various physiological and psychological benefits. The results of several research findings show that high levels of physical activity improve cognitive functioning and academic achievement in children (3-18 years). The influence of team play the rules to be followed and the moral principles that sports transfer to children who practice sport contributes to the improvement of complex of soft skills and transversal life skills identified by the WHO and that can refer to the sport/game scope, but also to simple relationships with others, in family or school for example. Practicing a sport helps develop in young people expectations and feelings of belonging, sharing success, and personal achievement. It not only contributes only to physical growth but also to the development of a balanced and responsible personality. Through sport children and adolescents explore the world around them, and socialize with their peers and learn to share spaces and experiences with others.



Local governments and sports associations have the fundamental task of contributing to developing opportunities for the youngest children to educate them about sports, starting with requests from below. This publication aims to provide an updated, and current overview of the situations at the level of national and of the three countries involved in the Sport.S project, Italy, Portugal and Spain, exploring specifically the regions of Sicily Braga district and the autonomous community autonomous community of Castile-La Mancha. Through the introduction to the main laws and articles, it is possible to extrapolate those that are the main addresses and ideas of sports practice and development of sports practice in different countries, showing also some of those that are considered good practices at the local level, discussed and also shared during the first event organized in Montelepre on June 19th, 2019 and that has seen involved various representatives from the world of sport and local politics. The themes of the event, also taken up in this publication were state:

Policies and programming regarding sports activities within and outside the school setting;

The involvement of sports clubs in policy planning related to sport;

The Role of Public Authorities in promoting the access of young people in their territories to sports activities.



During the event there was a brief debate on how local and national authorities manage the funding dedicated to Sport, starting from a presentation of statistical data regarding Italy's leading partner Unione degli Assessorati. Afterwards, the Municipality of Cuenca, represented by Fredinson Mosquera (Coordinator Sport Base City Council of Cuenca), Natalia Arias Palencia (Rhythmic Gymnastics Sports School Rhythmic Gymnastics Club), Julio Pareja (Youth Technician), has provided some data on the funding dedicated to Sport by national and local authorities local authorities in Spain and Cuenca, also specifying some of the good practices carried out. Finally, the Union of Portuguese Municipalities, represented by Patricia Ferreira (Technician of the Municipality of Guimaraes), Maria Freitas (Sports Technician, Vizela Municipality) and Vizela) and Renata Palhares (coordinator





SPORT.S Cim Do Ave), has addressed the mode of management of national and local funds, how it is understood Sport in Portugal, contextualizing them in different municipalities, showing the main sports practiced and the places where they take place. The meeting ended with the intervention of Rosario Genchi, Project Manager, who presented some award-winning projects as best practices in sport at the European level. practices in sport at the European level and finally the intervention of the Deputy Mayor of the City of Montelepre where the event was hosted, Salvatore Cristiano, who illustrated how the local administration has promoted projects and activities concerning the Sport, in particular, the "Games of District" that will accompany summer 2019 of Montelepre involving the entire municipality in a small Olympics of the country.

Special thanks to the Municipality of Montelepre and the Mayor Maria Rita Crisci for receiving and hosting the event in the beautiful Montelepre's Tower.



2.Sports and Sport Practice in Italy



1.1. Research about the local and national legislation in Italy

The sports model known traditionally, due to economic development and other social factors, has seen a change that in recent decades has led to the emergence of new demands and new needs by the Italian population and European population in general; in fact, the sport has also been at the center the process of cultural organizational transformation, leading to see the practice not only as a mere physical activity, but as a real means of promotion of psycho-physical well-being, sometimes used sometimes for inclusive or even in the organizational-work environment.

The beginning of the process of transformation in the world of sports activities can coincide with the mid-seventies, when the monopoly of the paradigm of sport belonged to and was organized and regulated by organizations and national sports federations that set themselves technical objectives. Today, sport presents a deeper meaning deep meaning including different and transversal objectives, such for example, inclusion that goes beyond the old idea that it can only be practiced only by an elite group composed of individuals with certain psycho-physical aptitudes. And so it is that sport is revalued as a true right of citizenship with a considerable social importance. At the European level, the concept introduced the concept of "Sport for all" within the Council of Europe in 1975, giving rise to a broader concept of sport that includes both

professionalism as well as motor and recreational motor activity, children's introduction to the sport of children and rehabilitative activities. This evolution has brought closer to every member of society who was willing to practice sports.

In Italy, the legislative system in reference to sport provides for a division between institutions and legal sources of different levels: European, state and regional. According to art. 117 of the Italian Constitution, the task of establishing the fundamental principles of sporting activities is exercised by the legislative power of the State and, moreover, it also concerns the discipline of competitive sport, exercised through CONI and the Sports Federations (D.Lgs. 242/99 and DL 138/2002).





Of competence of the Regions is, instead, the discipline of the sports system. The National Olympic Committee (CONI) until the seventies of the last century exercised a wide power in the sporting practice in Italy, being the main founder of the activities in this field on the national territory and dealing with the selection and preparation of athletes especially for competitive purposes.

With the modification of art. 117 already mentioned above, the Regions have been attributed greater normative regulatory powers and has been ensured the possibility of intervening in a more structured way and to be able to plan and program all the interventions necessary to guarantee the maximum diffusion of the universal to sports practice. With the d.P.R. 616/1977 there was the demarcation of the roles of the Regions, other minor local authorities, and a boundary was created with CONI. The Regions were assigned the competence related to "promotion of sports and recreational activities and the realization of related facilities and equipment" attributed to the regions by art. 56 of Presidential Decree 616/1977. Specifically, this decree has laid the foundations for the construction extension, improvement, and acquisition of sports facilities, attributing the role operational role to the territorial bodies and only, in a second moment to non-profit and/or amateur associations. Besides, the regions have obtained a prominent role in sports events and the support for sports



associations. Devolving this role to the Regions has not deprived CONI of its technical and qualified power about state functions in the field of sport and maintains the role of the sports system in a strict sense. On the other hand, art. 56 of the D.P.R. n. 616/1977, while giving the Regions certain competencies, excludes "(...) the powers of CONI for the organization of competitive activities at all levels and related promotional activities". However, the regions had assumed a role in regulating non-competitive and recreational activities, in general, have to do with the sports system, while CONI was the owner of competitive activities based on international rules programmed and governed at a national level. Therefore, the principle of subsidiarity that assigns to the State only essential tasks that cannot be adequately carried out by regions and local authorities. A further turning point in the field of sport was accomplished with the modification of the Italian Constitution in 2001 that saw the introduction of the third paragraph of art. 117, about the legislative competence concurrent State-Regions in the sports system. The reform of Title V, Part II, of the Italian Constitution was approved by the Italian Parliament in 2001 and came into force with the constitutional law of 18 October 2001 n. 3 that has brought considerable innovations to the old constitutional system that saw a strong centrality of the State concerning the Regions and other local authorities.



derives from both types of norms and is part of the state system, regardless of the normative source.

The Italian regions in the field of the sport have the task of promoting physical activity on the territory and the regional legislation mainly concerns this. One of the first texts normative is the regional law n. 8/ 2003 of Friuli-Venezia Giulia "Consolidated text on sport and leisure and free time"; with this law, the Region has launched some priorities related to sports facilities, the development of sports associations, and to various initiatives aimed at the promotion of the sport. Furthermore, it has an advisory body has been advisory body to support the regional work in this field, the Regional Commission for sport. In other regional administrations have been stipulated further norms, one of these is the l.r. n. 6/2002 of the Liguria Region which regulates the functions of promotion and programming, criteria for the realization of sports facilities and events, and, finally, the agreements between the region and the national sports system. The subsequent regional law n. 3/2004, issued by the Region Valle d'Aosta Region will serve to emphasize the social character of sport and to provide for the subsidy of competitive activities also at a national level, thus going beyond the simple promotion in the regional level. Also with this regional law, it was considered useful to establish a consultative commission, the Regional Council for sport, with the task of defining

The reform regulated the legislative power of the State aimed at identifying the fundamental principles of the subject. However, it seems to have led to an enigmatic and not entirely clear, and has led to a new reform project approved by Parliament on 16 November 2005 making the distinction between "national sports system" of competence of the State and "regional sports system" the responsibility of the Regions. But before continuing, it seems fundamental to clarify the concept of a "sports system" according to the Italian legislator. The term indicates the organization, which includes rules and institutions necessary for the development of competitive sports activities; this organization is commonly associated with CONI and Sports Federations. The organization is considered autonomous to the power of the state and subordinate to the world power, which is represented by the International Olympic Committee and the International Federations. The autonomy granted to the sports system allows the allocation of legislative power to the State in the measure in which the distinction between the two levels of the system - state and sports. Sport is regulated, in regulatory normative terms, by norms with different sources: internal or external to the sports organization. The first called "heteronomous" have legislative power of the state or regional, or in general of the administration; while the second so-called "autonomous" ones originate from groups or subjects that operate in the national sports organization. The national sports regulatory system





proposals on the subject of sport. The Region also poses the challenge of being able to sponsor athletes and sportsmen to have a positive image. Other regional legislative texts, including Regional Law 26/2002 of the Lombardy Region Lombardy, l.r. n. 26/2004 of the Basilicata Region and l.r. n. 33/2006 of the Apulia Region are based on the function of promotion, a function that the region and that must be exercised to obtain a social development of the sport, necessary to educate and train the individual and for the improvement the quality of life of the population. The promotional function of sport can also be observed in specific sectors and aimed at the weak of the population that need greater support access to sports and recreational motor activities, for example, individuals with disabilities.

The Piemonte Region has addressed in this sense with the l.r. n. 32/2002 to promote the activity of Sports Associations established by at least 70 years, offering them economic contributions. The Lazio Region instead (l.r. n. 25/2006) has established norms to bring the elderly closer to sport spreading the game of bocce in social centers managed by municipalities. Having activities of this type is a useful tool of aggregation and improving the quality of life, especially for the elderly segment of the population, offering also the opportunity to participate in a regional tournament organized together with the Italian Bowls Federation (Fib). In the Italian regions have

been regulated also other aspects concerning sport, such as the protection of health and safety in sports environments. More specifically, the Regional Law n. 35/2003 of the Tuscany Region deals with the protection health protection of sport, for competitive and non-competitive sports aspect introduced goes to fill some gaps present in the state system in the sport. Even in the field of winter sports, some regional laws outline the main provisions for the protection and safety of athletes in sports facilities: the regional law n. 27/2004 of the Valle d'Aosta Region, the regional l.r. no. 27/2006 of the Friuli Venezia Giulia and regional law no. 5/2007 of the Liguria Region. These laws are intended to implement the measures considered in national law no. 363 of 2003 which contemplates norms regarding safety in winter sports. The above-mentioned laws contain similar contents and of technical nature outlining the management criteria of winter sports facilities and rules of conduct for the exercise of non-competitive sports activities in safety. Compatibly with the theme of safety in facilities, there are two other laws, regional law no. 8/2006 of the Tuscany Region and l.r. n. 4/2007 of the Umbria Region, which define which must be the sanitary criteria of swimming pools. Other regional laws regulate the entrusting of sports facilities, in Abruzzo with the law n. 9/2003, has been set up the entrusting of sports facilities in favor of associations and companies operating in the territory in the sports field and that receive the management of the structure in concession or lease for ten



years maximum, which can be renewed for another ten years. While the choice of manager is governed by Regional Law n. 15/2004 of the Liguria Region, which indicates the peculiarities of the subjects that can participate in the tender for the management of sports facilities. If you move to other regions there may be some differences, in fact, in Tuscany, it is preferred that is the territorial bodies that own the facilities to establish how to entrust their management, sometimes making reference to the economic importance of the facilities and through public notice to publicize the start of the selection process (regional law n. 6/2005). According to other regulations, the procedure of entrusting the sports facility should depend on the economic importance of the facility, i.e. whether the facilities could produce profits or insufficient minimum income for the financial management of the asset. Regarding these latter clarifications, the law considers admissible the entrusting to subjects composed by local



authorities for the performance of only recreational activities, if indeed is not found a sufficient.

Turning our attention to the professional figures in sport, it seems fundamental to dwell on the training that they must receive and some regional laws specifically regulate the criteria aimed at the recognition of figures such as coaches and teachers of recreational activities, for example, 15 16 mountain sports in Northern Italy. Therefore, to take on the authorization to coach certain disciplines belong to a Regional Professional Register. In Veneto and Piemonte have been issued some laws in this sense. Since 2001 and following the reform of Title V of the Italian Constitution, the regions have not made major changes to the variations in the exercise of their competencies, and that all subsequent laws concentrate their attention more on the promotional function of recreational-motor activities. After a wide excursus normative excursus, it is worth mentioning the Legislative Decree 117/2017, which concerns the Code of the Third Sector, and is a step forward for sport as a right for all; in fact, thanks to this legislation more attention to associations and opportunities for interventions at the regional level. According to the Charter of Principles of Sport for All (Document of the Third Sector) sport presents different roles:

- the formative role accompanies the individual for the entire span of life and complements his training from when he/she is a child until they get old;





- the role of health prevention, which helps to prevent psychophysical pathologies and a healthy lifestyle;
- role of inclusion and social cohesion, useful to counteract the fragmentation of society and to promote the social inclusion of every individual, without economic and social distinctions;
- the role of education to democracy, serving as a place where to put into practice civic education through the observance of rules and the assumption of responsibility;
- role of social economy concerns the demand for professionalism in sport, the demand and supply of employment opportunities, and therefore public investment in this sector.

The Italian context has a strong relevance of European legislation on sport and the acts presented by the European Union have direct application in the Italian legal system. Citing some fundamental regulations, we have the Treaty of Lisbon which in art. 165 states that the function of sport is assumed by the European Union and guarantees the promotion of European profiles of sport, considering the peculiarities of volunteering and educational and social characteristics attributed to the practice of a sport. Before the Lisbon Treaty was discussed and recognized the social, educational, and cultural functions of the sport during the European Council of 200 and through the White Paper on Sport presented by the

Commission in July 2007. On that occasion, the social and economic aspects of the sport (public health, social inclusion volunteering, education). Having a European standard does not exclude that there is a wide regulatory autonomy for the Italian State, given that the sporting system is among the sectorial legal systems and given the articles 2 and 18 of the Constitution. Besides, Law Decree August 19, 2003, no. 220 that was converted into Law n. 280 of 17/10/2003 establishes the autonomy of the national sports system and that "relations between the sports system and the order of the Republic are regulated according to the principle of autonomy, except for the cases of relevance for the legal system of the Republic of subjective legal situations connected with the sports system".

The fundamental role of sport has also been underlined by the WHO with its Strategy 17 18 on Physical Activity for the WHO -World Health Organization 2016-2025, which focused on the influence of physical activity on health. It was found that there is a significant percentage (81%) of young people between the ages of 11 and 17 who do not participate in sports and who therefore are at risk of experiencing the negative effects of inactivity; adults in industrialized countries, from the age of 18 years (26% men, 35% women), although to a lesser extent than the younger population do not participate in sports. The practice of sports is one of the basic functions to promote health and to marginalize the risks of contracting diseases



1.2. Best practices promoted by Municipalities in Sicily

related to the cardiovascular system, diabetes, and other pathologies chronic diseases also related to energy balance and weight control. This is why the lack of participation of many young people in sports activities. Moreover, sport is an excellent practice also to reduce pathologies at a psychic level, neurological (e.g. anxiety, depression, Alzheimer's disease, etc.). The Convention of the United Nations on the Rights of the Child includes physical activity among the rights, since especially during childhood and adolescence is essential for the development of motor skills and the musculoskeletal system. During adulthood, continuing to practice sports practice supports the muscular system, the degree of the general health of the individual, and the advancement of the age, it favors social participation is also useful to remove the possibility of physical degeneration.

In Sicily, the sports sector has received a more recent normalization with the law of 29 December 2014, no. 29, regarding the norms in the matter of promotion and protection of the physical-motor and sports. The law presents in art. 1 the purpose that consists of "enhance the practice of physical activity" and "to guarantee the correct performance of physical and motor activities" with the no less important objective of protecting the health of individuals. For a good sports practice, it is essential to enhance the skills of the operators of the sector and recognize professional knowledge and professional skills,



especially of those who have an academic degree in Motor Sciences or issued by ISEF (Institute of Physical Education). In addition to promoting the development of the sporting practice, the Sicilian region has at heart the protection of sportsmen and sportswomen to improve their psychophysical well-being and their quality of life. It highlights that frequent physical movement and consciousness is a good way to maintain a certain level of health in the population and must be usable and accessible to all individuals without making disparities for questions of age - except for subjective pathological situations or other types of needs. If sport can be practiced by all individuals who have the possibility of access due to adequate physical health (absence of chronic pathologies), not everyone can access the role of activity assistants; in fact, it is necessary to have a title of degree or diploma from the ISEF and they may be accompanied by instructors qualified and trained through courses at sports federations recognized by CONI. The subjects qualified for the profession of a sports coach or assistant can coordinate gyms and manage sports activities within them inside and in tourist villages, private facilities and other facilities where it is planned to carry out sport the presence of 19 20 qualified and entitled subjects as specified above. The intervention of such specialized figures, in the Sicily Region, is also provided within Health and sociomedical structures and private structures for the improvement of motor skills in subjects of different age groups and with different



ability status; it is also important to maintain a good level of socialization and prevention. Sports instructors can obtain certification for a specific discipline issued by the Regional School of Sport of the CONI, by the bodies of sports promotion recognized by CONI or by the National Sports federations of CONI, limited disciplines falling within the scope of such federations. The instructors must have a certificate of participation for the course 'Basic life support defibrillation' (BLSD), which has to be valid and renewed every two years. The Region promotes the training of sports operators who must receive continuous updates to qualify the offer of sport on the territory and guarantee the health of practitioners. In this process of training intervene some Sicilian universities, including those of Palermo, Catania, Enna and Messina, Coni, sports federations, and other sports promotion bodies. In its promotional function, the Sicilian Region deals also to propose



forms of collaboration useful to coordinate and manage sports activities on the territory, to spread the practice and scientific knowledge in this field, and to carry out this objective are fundamental are the Sicilian Universities and their technical and scientific support. Concerning sports facilities they can be established and founded after communication to the competent municipality territory, specifying the name of the structure, the ownership, location, the period of opening, and all the activities that will be carried out. Other information to be provided to the local authority is the declaration of requirements of hygiene, public safety and building requirements, the declaration of conformity of the installation in compliance with rules established by CONI; further necessary are the insurance policy in favor of the users of the sports facility, the declaration of the constant presence of a qualified instructor and the indication of a sports doctor as a health manager.

For the Sport.S project, Unione degli Assessorati in March has launched a manifestation of interest addressed to the Sicilian Municipalities members of the entity to which they have participated several administrations participated, then selected through some evaluation grids and a motivational letter. The municipalities selected and that will take part in the international events are Bompietro, Montelepre, Racalmuto, Santa Caterina di Villamosa, Villafranca Sicula. Montelepre in





particular, which hosted the 1st International Meeting at the Tower Ventimiglia on June 19, 2019, has distinguished itself for the interesting and wide sporting initiative carried out just in the summer period 2019, the "District Games". Because of active participation in the cultural and recreational life the administration of the small town of Montelepre has realized recreational-sports paths aimed at intergenerational dialogue and fun of the community of Montelepre, one of the many municipalities that suffer in the last decade of a strong depopulation. The "District Games" provide for the division of the country into four districts, about the historical subdivision of the country; each ward, through a district referent, manages information and lists for the competitions, divided by typology:

- Classic Sports (bocce, volleyball, soccer darts, running);
- Traditional Sicilian Sports (as the "Palo Della Cuccagna", the "Ginkana Spassusa "Ginkana Spassusa", the "Corsa with the Sacks", the "Tiro alla Fune", the "Bell of Balloons "Bell of Balloons", the "Launch of the Egg", "A Cursa ri Carruzzuna a Spinta")
- Board and card games;
- Culinary Challenges and Shows

Through the sum of the scores obtained in the different disciplines, will be elected the "District of the year", with the possibility in 2020 to repeat the initiative. During the press

conference on April 26, 2020, the Municipal Administration has presented the initiative officially, then again shared during the event of the Sport.S project with the municipalities partners. Have been realized precise modalities of participation and game, enclosed in a Regulations, drawn up by the Association's partners of the event. I District Games are an important synergistic work between administration, associations of the territory, and citizenship; in particular, the different groups that are directly involved in the initiative "Vespa Passion Montelepre", the Associations Runners" and "Europe" Sports Associations, the "ARCA" Cultural Association the "Proloco" and the "Consulta Municipal Youth Council", the "Auser" Association the "Amadeus" Association, the movement of the "Armiggiusi" and the movement of "Matte da Riciclare", the "Bersaglieri" Association.

GIOCHI
DI MONTELEPRE
RIORNE



2.Sports and Sport Practice in Portugal

2.1. Local and national legislation in the field of sports

Portugal had a significant evolution in terms of sports system, mainly after 1974, with the fall of the dictatorial regime and where sport began to be considered an area of social life, and to be an integral part of the political programmatic intentions of the successive Constitutional Governments, since 1976.

One of the most common problems results from the understanding of the entire legislative base, in which the State assumes its intervention in order to guarantee the minimum conditions necessary for the functioning of sports practice, however, the problem arises in the definition of the limits of that intervention and in defining what the minimum conditions are.

After 25Th April 1974, fall of dictatorial system, a memorable date in the history of Portuguese democracy, the distribution of the State's functions and competences at the sporting level was organized at three distinct levels: Central, regional and local administration. Decentralization has been a constant on the national scene for the past 45 years, but since two years ago, we finally have legislation that reinforces it in the most diverse matters. At the sporting level, there was a shift from centralism and control of all processes by a single entity - General Directorate - linked to the Ministry of Education, to a dispersion across different levels, focusing on the work of regional governments and local authorities , where City Councils and Parish Councils have acquired a growing



mobilization, capable of causing change in populations.

But the basis of everything is undoubtedly the Constitution of the Portuguese Republic (April 10th 1976) which says:

- It is a fundamental task of the State to promote the well-being and quality of life of the Portuguese. (art. 9, point d) of the Constitution of the Portuguese Republic)
- Among the economic rights and duties, workers have the right to rest and leisure. (art. 59, point d) of the Constitution of the Portuguese Republic)
- The right to health protection, as a social right, is, in particular, realized through the promotion of physical and sporting culture. (art. 64, paragraph 2, point b) of the Constitution of the Portuguese Republic)
- Young people enjoy special protection for the realization of their economic, social and cultural rights, namely in physical education and sport. (article 70, paragraph 1, point d) of the Constitution of the Portuguese Republic)
- Everyone has the right to physical culture and sport. (art. 79, nº 1 of the Constitution of the Portuguese Republic)
- It is the responsibility of the State, in collaboration with schools and sports associations and communities, to promote, stimulate, guide and support the practice and dissemination of physical culture and sport, as well as to prevent violence in sport. (art. 79, nº 2 of the Constitution of the Portuguese Republic)

From the entire legislative set, we can consider some striking points for the construction of the legal building of sport in Portugal, since in all public administrative activity and in the municipalities in particular, municipal intervention is based on the applicable legal assumptions. In other words, all actions directed to sport have their foundations in the Constitution of the Portuguese Republic, in the laws that establish their attributions and competences, in the basic law of physical and sports activity, Law nº 5/2007 of 16 January and for municipalities, Law nº. 75/2013 of 12 September, branching from these, to a broad and complex legislative and regulatory network, justified by the transversal dynamics that is associated with sport in its broadest concept.

Regarding Law nº. 5/2007, it refers to article 161.º, paragraph c) of the Constitution of the Portuguese Republic and clarifies in the field of public policies, which is the responsibility of the State, as well as what are the responsibilities and implications of Sports Agents, Sports Federations, Sports clubs participating in professional competitions, but also other situations and / or activities, such as sporting events, public sport utility, financial support and taxation, among others

For municipalities, undoubtedly one of the most important is also Law Nº. 75/2013, of 12 September, which establishes the legal regime for local authorities, approves the statute for intermunicipal entities (intermunicipal communities), establishes the legal regime for transfer of competences from



the State to local authorities and to intermunicipal entities and approves the legal regime of municipal associations.

The municipality is responsible for promoting and safeguarding the interests of the respective populations, in conjunction with the parishes.

The municipalities have responsibilities, namely, in the following areas: a) Rural and urban equipment; b) Energy; c) Transport and communications; d) Education; e) Heritage, culture and science; f) Leisure and sport; g) Health; h) Social action; i) Housing; j) Civil protection; k) Environment and basic sanitation; l) Consumer protection; m) Promotion of development; n) Spatial planning and urbanism; o) Municipal police; p) External cooperation.

The public organization of sport and how it is structured in Portugal (according European model)





The operating structure of the national sports movement follows the basis of the European Sport Model, that is, it has the shape of a pyramid, where at its base we find clubs / sports associations, at the intermediate level are the associations of clubs that regulate the activity, and at the top are the federations. The Olympic Committee of Portugal, the Paralympic Committee of Portugal and the Sports Confederation of Portugal are organizations that represent the interests of national sports federations, and that organise and direct the Olympic and Paralympic preparations, as well as the respective national delegations.

The design, implementation and coordination of public policies in the field of sport are the responsibility of the Presidency of the Council of Ministers which articulates through integrated services in the area of direct State administration, bodies integrated in indirect administration, advisory bodies and other business structures that also have state capital.

According to the Organic Law of the Constitutional Government the area of sport is under the tutelage of the Minister of Education, who is assisted in the exercise of his functions by the Secretary of State for Youth and Sports.

Two important entities in Portugal in order to promote the sport:

1. O Instituto Português de Desporto e Juventude (IPDJ) | Portuguese Institute of Sport and Youth (IPDJ)

The most significant is undoubtedly the whose mission and duties are: “the implementation of an integrated and decentralized policy for the areas of sport and youth, in close collaboration with public and private entities , namely with sports organizations, youth associations, students and local authorities; intervene in the definition, execution and evaluation of public sport policy, promoting the generalization of sport, as well as support for regular and high-performance sports, through the provision of technical, human and financial means; the preservation of ethics in sport is also one of the essential scopes, likewise, which seeks to boost support for associations, volunteering and the promotion of citizenship, the occupation of free time, non-formal education, information and geographical mobility of young people in Portugal and abroad; It is also proposed to revitalize youth tourism, particularly with regard to the youth hostel network and the Youth Card, in order to increase mobility, with gains in efficiency and economy.

The IPDJ, is a public institute integrated in the indirect administration of the State (Decree-law nº126-A / 2011 of 29 December), endowed with financial and administrative autonomy and with its own assets.

2. Direção Geral de Inovação e Desenvolvimento Curricular | General Directorate of Curricular Innovation and Development (DGIDC)



DGIDC is part of the central service of the State's direct

administration, also integrated in the Ministry of Education, endowed with administrative autonomy, which is responsible for coordinating, monitoring and proposing educational and didactic guidelines for school enrichment activities (AEC ,activities of curricular enrichment) in the 1st grades and School Sports in the remaining years of Basic Education (5th grade - 9th grade) and Secondary

in 1988, the first working group was created to elaborate a project of Decree-Law for School Sports that, in 1989, became more autonomous: with Dispatch nº87 / ME / 89, it was created, in a pedagogical experience regime , the School Sports Coordinating Office, which depended on the General Director of Basic and Secondary Education and the General Director for Sports. The cycle of the School Sports Coordinating Office culminated with the publication of Decree-Law No. 95/91 of 26 February, which regulated Physical Education and School Sports.

In 1993, the teaching schedules for the technical framework of School Sports took place. It was in the same year that, for the first time, with a specific program, School Sports covers primary schools.

August 5th of 1996, changes were made to the Organic Laws of the Sports Institute and the Ministry of Education, the latter returning to being exclusively responsible for all attributions in the field of School Sports, which thus ceased to belong to the General Directorate of Sports. The creation of the School



Sports Coordinating Office was created with the objective of planning, promoting and coordinating School Sports in Basic and Secondary Education. The body, which has gained administrative and financial autonomy, was assimilated to the sub-directorate-general, and included in its legislative support issues that, until then, were not enshrined in the law.



2.2 The associative sports movement and the creation of Federations

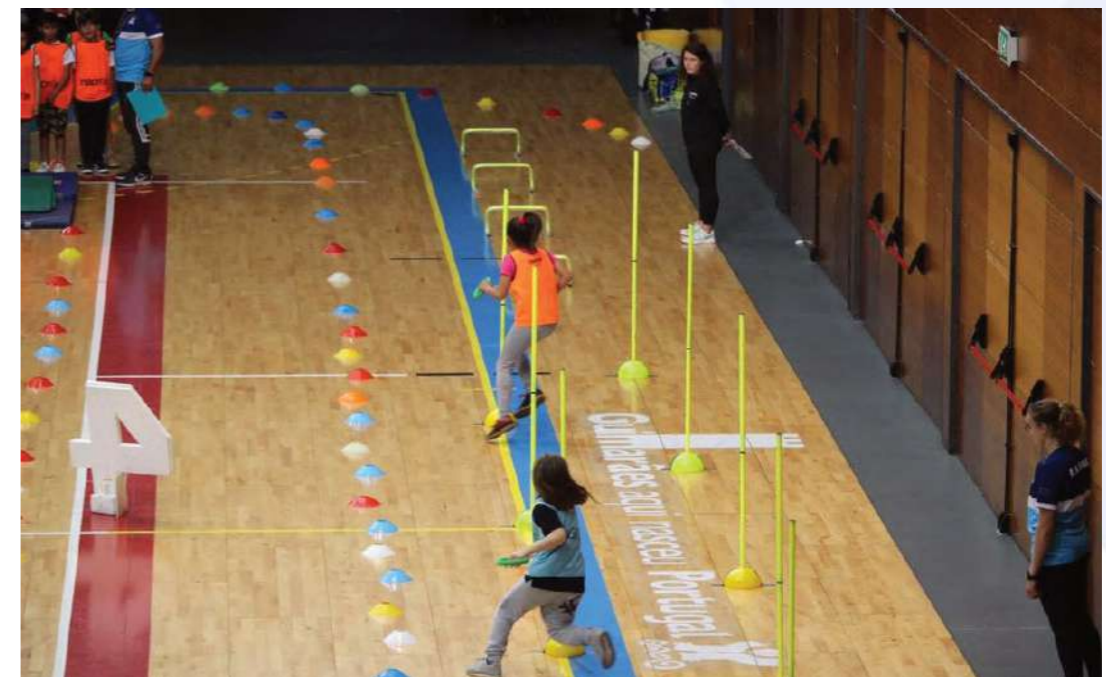


The associative sports movement and the creation of Federations

The associative sports movement in Portugal, has an organization in which the representation of the clubs is ensured by factors of proximity to the territory and by sport, grouped later, in regional associations, national federations and international federations. This pyramid structure articulates by levels and with groups of leaders, who intervene only at their own level, which causes a “struggle” for control of the various institutions and sectors of operation. The distribution of competences in the management of sports is guaranteed by a process of representative democracy, in which the grassroots bodies have a seat and participation in the higher-level bodies, through representation and electoral capacity.

The movement for the creation of federations varied, however, in the last hundred years, making it possible to distinguish three effective periods. 29 federations were created. The second, of three decades (50, 60 and 70), in which 9 federations appear, are the least productive in the formation of new sports federations, and after the 1974 revolution there was a positive repercussion given by the large number of new sports federations created in the 80s and 90s, the third moment saw the transformation of sports associations and the creation of new federations was faster, coinciding with the departure of the first Basic Law of the Sports System (Law nº 1/90 13th January) and the Sports Federations Legal regime,

revealing a strong development, with the creation of 30 new federations, in contrast to the first five decades of the century. With the creation of these norms, the regional associations no longer have almost total control of the federative general assemblies, which gave them an unquestionable power over the main aspects of the modalities and the recognition of the role of the associations of players, referees, coaches arises, changing the scenario of the combination of forces for the profitability of efforts and to facilitate the relationship between the clubs, which are the central base of the sports system and their respective federations. These new agents that are fundamental to sport: coaches, physiotherapists, referees and players, created new synergies in sport that forced them to share interests and views of what has happened so far.



2.3 Good practices and public fundings in CIM do AVE Municipalities in the field of sports

Public financing of sport by the central administration is a complex set of policies and strategies that shape a model of sports development. If the Constitution of the Portuguese Republic determines that it is the duty of the State to collaborate with a series of entities for the dissemination of physical culture and sport, then it has become necessary to create financing and support mechanisms for these same entities. There are several levels of funding: at national, supra-municipal and local levels, all with the respective framework legislation; At the national level, most of it is done through the IPDJ (Portuguese Institute of Sport and Youth), with emphasis on sports federations with public sport utility, which is a decisive support for the sustained development of national sports activity. At supra-municipal and local level, through sports development program contracts.

Public funding focuses on high competition, international events, the preparation of the Olympics, the training of coaches and managers and the development of sports practice, and is intended for municipalities, School Sports, Sport at work and Sport in military institutions. The bodies with the largest share of funding are those that also have a greater number of practitioners, such as football, handball, motor sports, among others and obviously the Olympic Committee of Portugal.

The sources of financing are the General State Budget, the



Budget of the Autonomous Regions, the Budgets of Municipal Councils and Parish Councils, Federations, clubs and SADs (These are sports societies that result from the transformation of a sports club that participates, or intends to participate, in professional sports competitions, in the legal personalization of the teams that participate, or intends to participate, in professional sports competitions, or in the creation of roots, which do not result from the transformation of a sports club or the legal personalization of teams), the Companies Patronage (it is the practice of attributing donations in cash or in kind, granted without granting financial or commercial consideration by the beneficiary entities, whose activity predominantly consists of carrying out initiatives in the social, cultural, environmental area, scientific or technological, desportiva and educational, this donation benefits from an increase that is deducted from taxes payable to the State), managers, families and athletes.

the program contracts, are divided into 6 measures: "Health and Safety in Sports Facilities"; "The First Lawn"; "Modernization of sports federations"; "Mini sports fields"; "Historical Clubs"; "High-performance centers".

However, the financial situation of most federations, associations, collectivities and clubs that host and develop sport, be it amateur or professional in Portugal, is weak and the clearest example of financial fragility is that as far as is known, it is not the global annual amount of Portuguese sport financing





is neither quantified nor systematized, not even in estimation, which shows the fragility and vulnerability of the sport financing system in Portugal, and this also happens in other countries. Sport and local authorities. As we have seen throughout this summary presentation, there are different levels of intervention for the promotion of physical activity in Portuguese territory, however one of the most important promoters of physical activity and well-being are, at this moment, the municipalities, which at a level of political and legislative intervention. When analyzing the Basic Law of Physical Activity and Sport (2007), we can consider, based on its constitutional statute, that municipalities are autonomous forms of organization of local populations, thus the local power constitutes, thus, a power that comes from the bottom up and not from the top down, like that of the State (Central Administration).

It is also important to highlight the fact that it is the local authorities that are empowered to pursue the interests of their populations. Due to the proximity they have with their citizens, municipalities assume a fundamental role as an entity promoting physical activity to residents, supporting and guiding organizations and entities dedicated to this type of action. In the Basic Law for Physical Activity and Sport (2007), which defines, among others, the bases of the policies for the development of physical activity and sport, there is a set of articles in which the municipalities have intervention responsibilities and some purposes to develop in certain areas,

namely in the promotion of physical activity.

Thus, municipalities can and must present some priorities derived not only from their attributions, but also from the responsibilities and expectations they generate in citizens, such as: “The support of school activities and the most disadvantaged groups; the policy of sports facilities, recreational spaces and green spaces, as well as the respective equipment and management; the financing of sports development projects; the articulation of actions with other sectors of the sports and social systems, with a view to establishing synergies in the processes launched; the creation of starting conditions for sports development processes.”

When listing these responsibilities, we can undoubtedly state that the objectives of a responsible municipal sports policy must be structured at several levels: at the level of accessibility





of citizens to sports practices, promoting the promotion of “Sport for All”, ensuring that a greater number of people practicing physical activity; in terms of the construction of sports facilities; in the organization of events / competitions and in terms of human resources training.

However, it is also increasingly essential that in the definition of sports policy, the various agents (public authorities, schools, associative movement) have an adjusted and coordinated intervention, in order to unite around the objectives defined by all and for all, enabling an effective management of the available means and with a view to continuity, sustainability and development

Sports practice has been very sedimented in the Portuguese population and educational investment since the first years of



schooling that has contributed strongly to this good implementation. On the other hand, there has been a huge municipal investment in parallel in providing its territories with infrastructure that responds to the requests of its inhabitants. The promotion of sport through associations and informal groups is very important because it contributes to the reinforcement of the investment made by public sectors. In Ave's territory, this dissemination of good sports practices and a good network of sports equipment, as well as a proliferation of associative groups dedicated to sport, are a reality that make Ave inclusive and comprehensive in the sports field.



3. Sports and Sport Practice in Spain



3.1. Local and National Legislation in the field of sport

Sport constitutes an area of current reality that, given its growing importance, measured in both quantitative and qualitative aspects, cannot remain outside the intervention of public powers despite its unquestionable private side. Since the Spanish Constitution of 1978, the regulation of the sports' phenomenon reached a definitive consecration. Until then, it had not been subject to global regulation.

We can define sport as “a physical exercise that involves competition, has rules and is institutionalized”.

This document is about the sports law and its current recognition in Spanish legislation. The need arises to establish the essential content of this law that allows identifying the minimum obligations that the State has. Also, we analyse best practices used in our municipality.

Here, some abstracts from the national and local legislation about sport practices regulation that can show how in Spain and in Cuenca in specific administrators work in the field of sport.

1) NATIONAL AND LOCAL LEGISLATION

A) The Spanish Constitution (December, 1978)

Article 43

1. The right to health protection is recognised.

2. It is incumbent upon the public authorities to organise and safeguard public health by means of preventive measures and the necessary benefits and services. The law shall establish the rights and duties of all concerned in this respect.

3. The public authorities shall promote health education, physical education and sports. Likewise, they shall encourage the proper use of leisure time.

B) National Sport Law (October, 1990. Last version May 2018)

PREAMBLE

Sport, in its many and varied manifestations, has become in our time one of the social activities with greater roots and capacity for mobilization and convocation.

Sport is a fundamental element of the educational system and its practice is important in the maintenance of health and, therefore, is a corrective factor of social imbalances that contributes to the development of equality among citizens, creates habits conducive to social insertion and, also, its team practice fosters solidarity. All this plays sports a determining factor in the quality of life and the active and participative use of leisure time in contemporary society.

The sports phenomenon, free and voluntary activity, presents these clearly differentiated aspects:

The sports practice of the citizen as a spontaneous, disinterested and playful activity or for educational and health



purposes.

The sports activity organized through associative structures. The sporting spectacle, mass phenomenon, increasingly professionalized and commercialized.

In a first level, the Law proposes a new model of sports associationism that pursues, on the one hand, to favor grassroots sports associations, and on the other, to establish a model of legal and economic responsibility for Clubs that carry out activities of a professional nature. The first is to be achieved through the creation of elementary sports clubs, with a simplified constitution. The second, through the conversion of professional clubs into Public Limited Sports Companies, or the creation of such Companies for professional teams of the corresponding sports modality, a new legal form that, inspired by the general regime of Public Limited Companies, incorporates certain specificities to adapt to the world of sports. The Law also provides specific attention to Spanish sports federations and professional leagues as associative forms of the second degree. For the first time, the legal-private nature of the Federations is recognized in the legislation, while public functions of an administrative nature are attributed to them.

Abstract from the Articles:

Article 1

1. The purpose of this Law is the regulation of sport, in accordance with the competences that correspond to the State Administration.



2. The practice of sport is free and voluntary. As a fundamental factor in the formation and integral development of the personality, it constitutes a cultural manifestation that will be protected and fostered by the public powers of the State.

3. The State will recognize and stimulate the organizational and promotional actions developed by the Sports Associations.

4. The exercise of the respective functions of the state public sector and the private sector in sport will be in accordance with the principles of responsible collaboration among all stakeholders.

Article 2

The State Administration shall exercise the powers conferred by this Law and shall coordinate with the Autonomous Communities and, where appropriate, with the Local Corporations those that may affect, directly and manifestly, the



general interests of the sport in the national sphere.

Article 3

1. General education programming will include physical education and sports practice.
2. Physical education will be taught, as a compulsory subject, at all levels and educational levels prior to university teaching.
3. All educational centers, public or private, must have sports facilities to attend physical education and sport, under the conditions determined by regulation.
To this end, the accessibility and adaptation needs of the facilities for people with reduced mobility should be taken into account.
4. The sports facilities of the educational centers shall be designed in such a way as to favor their versatile sports use and may be made available to the local community and sports associations, with respect to the normal development of teaching activities.
5. The State Administration will coordinate, in the manner determined by regulations, the sports activities of the Universities that are state-wide and their promotion, in order to ensure their international projection, taking into account the competences of the Autonomous Communities and the own Universities.
However, owing to the particular construction of the state, not only the regulations enacted by the Spanish parliament (such as Act 10/1990) need to be taken into account in this respect:



while Spain is a single sovereign state, it is composed of 17 regions or autonomous communities that are vested with a fair amount of autonomy and with competencies to rule on very diverse issues, among them, sports. Therefore, some particularities may be found in specific territories as a result of the powers granted to regions to rule on sports matters.

C) Law 5/2015, of March 26, of the Physical Activity and Sport of Castile-La Mancha.

General disposition

Article 1. Object and scope of application.

The purpose of this law is to establish the legal regime of physical activity and sport within the Autonomous Community of Castile-La Mancha, within the framework of powers attributed to it by its Statute of Autonomy, in order to promote their knowledge and practice among the population, within optimal conditions of safety, sustainability and guarantee of access and coordination and coexistence among all the agents involved.

Article 3. General principles.

The general principles that will govern the promotion, organization, organization and regulation of physical activity and sport in the Autonomous Community of Castile-La Mancha are:

1. Physical activity and sports have a public interest as a source for improving health, increasing the quality of life and



social welfare, and require a transversal action by all the agents involved in these areas.

2. The knowledge, access and practice of physical activity and sport is a universal right of citizenship.

3. The practice of physical activity and sport will be voluntary for citizens.

4. The practice of physical activity and sport will be carried out on an equal footing without discrimination for any reason.

5. The different Public Administrations must guarantee access to physical activity and sports to those sectors of society with the greatest difficulties, especially those with disabilities, women and the population at risk of social exclusion.

6. Associationism will act as a basic instrument in the promotion and promotion of physical activity and sport through sports federations, sports clubs and other associative-based entities in which it manifests itself.

7. Sport will be part of the culture of Castile-La Mancha and is a representative element of it.

8. The practice of physical activity and sport should be respectful of the environment and ensure its protection.

9. The physical, psychological and moral integrity of all practitioners of physical activity and sport will occupy a preferential place in the organization and development of activities in this area, with special attention to that of minors and athletes of high competition.

10. The training of practitioners and professionals of physical

activity and sport is a guarantee for the development of the same in optimal conditions of quality and safety.

11. Research, development and innovation in physical activity and sport implies its improvement and have a beneficial effect on the results of its practitioners and on the health and social welfare of all citizens.

12. The management of physical activity and sport by Public Administrations must respect the principles of effectiveness, efficiency, budgetary stability, financial sustainability and transparency and in their relations will seek coordination and collaboration, avoiding duplication of actions, and encourage the participation of the private sector.

13. Physical activity and sports represent a potential as a tool of educational value that contributes to the integral formation of the person.

14. High-level and high-performance athletes represent an example for citizenship and, as such, their merits must be recognized.

15. Physical activity and sports have economic potential within the secondary sector, for the production of goods related to their practice and the construction of infrastructures, and the tertiary sector, with special emphasis on leisure and tourism and, as such, they are a source of wealth and employment.

Article 15. Physical activity and sport at school age.

1. The Ministries responsible for education and sport will approve an annual call for all the activities of promotion and





organization of physical activity and sport of school age that will consist of sports competitions, physical-recreational activities and other actions aimed at promoting the acquisition of healthy habits by the school population, which will be carried out both during school hours and non-school hours, in accordance with the educational regulations that result from application.

2. The offer of activities must contemplate, at least, actions aimed at achieving the following objectives:

a) Search for excellence in sports that are included in the offer of each school year through the improvement of the technique, tactics and physical qualities of schoolchildren, promoting access to a sports practice oriented towards performance and the overcoming of sporting objectives.

b) To provide the school population with access to physical activity outside the sports performance schemes, as well as to the acquisition of active and healthy life habits, promoting access to physical and sports activities of an eminently recreational and recreational nature.

3. The offer of activities will be executed by the Community Board, without prejudice to the collaboration provided by the Provincial Councils, City Councils, sports federations of Castile-La Mancha and delegations in Castile-La Mancha of Spanish sports federations, as well as, other private entities.

4. All the people who participate in the set of activities of promotion and organization of the physical activity and the

sport in scholastic age will have cover their medical assistance by the damages or injuries that suffer during the activities of the same, as well as, their civil responsibility . The minimum conditions of coverage will be established by regulation.

Article 16. Incentives for teaching staff participating in physical activity and sport at school age.

1. To the teaching staff of the non-university educational centers of Castile-La Mancha who participate in the set of activities of promotion and organization of physical activity and sport at school age may be applied the following incentive measures:

a) Accreditation for training purposes with a limited number of hours.

b) Inclusion of a limited number of teaching hours.

c) Reduction of a limited number of complementary periods.

d) Authorization to accompany schoolchildren in their center to activities that they require an extraordinary displacement without being considered a license for their own affairs.

e) Any other measures that are approved by the competent bodies.

D) THE LOCAL GOVERNMENT REGULATORY LAW 7/1985

Article 25

Competencies

1. The Municipality, for the management of its interests and



within the scope of its powers, can promote activities and provide public services that contribute to meet the needs and aspirations of the neighborhood community in the terms provided in this article.

2. The Municipality shall exercise in all cases as its own competences, in the terms of the legislation of the State and of the Autonomous Communities, in the following matters:

l) Promotion of sports and sports facilities and occupation of leisure time.

E) STATUTES OF THE MUNICIPAL INSTITUTE OF SPORTS OF CUENCA.

CHAPTER I.-CONSTITUTION

Article 1.- The Municipal Institute of Sports of Cuenca (IMDECU) is constituted as an Autonomous organization of an administrative nature for the direct management of local public services, within the sports and leisure time

CHAPTER II.-OBJECT AND COMPETENCES.

Article 3.- The purpose for which this Institute is constituted is the teaching, development, promotion of Physical Education and sports training of the citizens of the municipality of Cuenca, as well as the promotion of the practice of recreational sport and of health.

Article 4.- For the fulfillment of the above objectives the Municipal Sports Institute has, to promote all kinds of activities and provide public services that contribute to meet the needs



and aspirations of the citizens of Cuenca, of the following competencies.

a) Develop sports activities and occupation of free time.

b) Promote and encourage Sports Schools.

c) Promote all kinds of sports facilities, as well as their conservation and maintenance.

d) Manage the administration, maintenance and repair of municipal property transferred to the Institute.

e) To facilitate the preferential use of municipal sports facilities for training and leisure or recreational sports.

f) Manage the use of other public or private sports facilities that have been assigned to the City Council or the Municipal Sports Institute, and provided that it is for the fulfillment of the purposes assigned to them.

g) How many others are necessary for the fulfillment of its objectives and are not in contradiction with any legal or regulatory provision.



3.2 Good practices in the Municipality of Cuenca

“Today’s children may be the first generation to have a shorter life expectancy than their parents.”

Changes in society, urbanization and technological advances has generated less amount of movement. World health Organization classifies physical inactivity as the 4th most important risk factor for mortality worldwide. This fact is also transferred to childhood.

Physical activity in childhood has been positively associated with health benefits in the short and long term [2,3]. There are strong evidence that regular physical activity prevents obesity and weight gain and improve fitness in children and youth [2,3,4].

Our municipality aims to solve this problem through the initiatives that we explain below.

The annual economic budget from The Municipal Institute of Sports of Cuenca is about 2’5 millions of euros (classes, sport trainers, workers, facilities ...). 400.000€ is destined in municipal sport activities (Team sports, Individual sports, Sports with implements, Related to the natural environment, Indoor sports, Fitness - health - improvement physical fitness, Rhythmic activities, Dance, Water activities...). The objectives from this activities are educational, training, utility, recreational, occupancy leisure time, socioafective, acquisition of hygienic habits, health, competitive, etc.

Cuenca has about 60.000 inhabitants. The school population (preschool, primary and secondary) in public and private



school is about 10.000 inhabitants. The offered vacancy in municipal sport activities is 5469, a important amount ($\pm 10\%$ all population and 55% school population). The prices/month is around 10€ per activity (2 times per week). We consider the offer and the prices is a good way to foment the physical activity and sport practice in our municipality.

Also, we show other good practices that we perform in Cuenca:

- Offer to people with disabilities (physical, psychic and sensory).
- Discounts for large families and numerous specials, people with disabilities, etc.
- Discount for families at risk of social exclusion
- Use of public facilities. Used by municipality sport activities and by sport organization (sport clubs, sport association,...) • Municipal schools (From 6 p.m until 10 p.m))
- Municipal facilities.

➤ 90% of the activities are organized by local Clubs (in Cuenca there are about 184 sport organization)

The municipal institutions must contribute so that the child population complies with the official weekly recommendations of physical activity. This will produce short-term and long-term health benefits and important economic savings in community health. we must not forget that if we want our children to live longer, make them move more. Although the beneficial role of sporting activity has



4. European Context and Conclusions



As already been emphasised, it is well known that worldwide there is a sharp decline in the amount of sport practised and an increase in health risks due to a sedentary lifestyle. In Europe, it has been found that children and adolescents (around six out of ten) rarely play sport, and a large percentage of adults lead sedentary lifestyles, partly due to the type of work they do.

Being physically inactive leads every year to Europeans suffering serious health problems, cardiovascular and other diseases, linked to a lack of physical exercise, to problems of overweight and obesity and even to death.

More worrying is the decline in physical activity among the younger population; in fact, only 34% (13-15 years old) practice an adequate level of sport, which explains the increase in weight among children and young people in Europe, especially those from lower socio-economic strata.

These data are collected in almost the whole of Europe and give a negative signal especially when referring to young people aged between eleven and fifteen and to the female population, with the result that more than 86% of young people lead a sedentary lifestyle and do not approach the world of sport.

The problem of physical inactivity, therefore, is found to a greater extent in the extremely young population, the economically disadvantaged, certain ethnic minorities and vulnerable people with disabilities, all of whom are often

disadvantaged by the difficulty of coming into contact with health promotion and sports interventions.

The effects of poor sporting activity have an impact on the health system of Europe and individual national and local authorities, directly in terms of the increase in health problems that need to be addressed, and indirectly in terms of the increase in sick leave and early death.

Supporting increased physical activity would lead to a higher quality of life, greater social participation and increased average life expectancy in Europe. In addition to the benefits for the individual, doing more sport would also be good for the environment and for future generations, relying on more environmentally friendly solutions, such as avoiding cars, walking or cycling to work. A healthier lifestyle in this sense also offers opportunities to revitalise certain economic sectors, including health, transport and sport.



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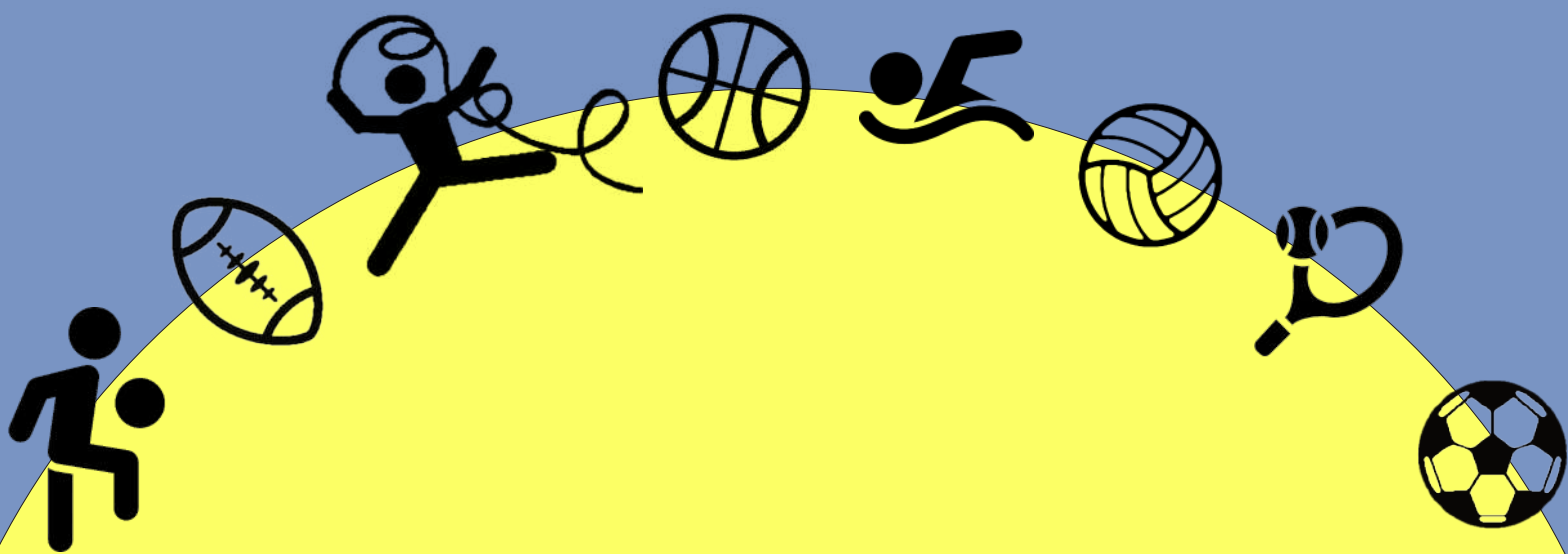
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