

JUST SPORT

Faith against doping on grassroots level

Objectives:

- * To raise awareness, among youths Recreationists in fitness centres and all beginners in grassroots level recreational sports, of a whole lot of negative consequences caused by using supplements with harmful additives
- * To increase the awareness about dangers of doping intake and its negative health consequences.
- * To provide anti-doping education and prevention programmes aimed at fostering the fundamental values that underpin recreational activities and informing youth of the moral, legal and health consequences of recreational activities

Activities:

- * Needs Identification: Survey and analysis of existing documents in anti-doping
- * Development of the anti-doping training module tailor-made for trainers in fitness centres: General information's on doping, which are prohibited substances and methods, consequences of doping, proper diet; Doping as a social phenomenon; Load in training
- * Implementing capacity building activities in all project partner countries
- * Participating in doping free recreational activities within the context of healthy means for healthy goals in coordination and long-term consultations with duly educated fitness trainers

Follow the project IN ACTION

Results:

- * JUST SPORT Needs Analysis and process Report
- * 5-day JUST SPORT Event in all project partner countries: [3-day] Working sessions for fitness trainers where the newly developed anti-doping training module will be implemented. [2-day] Round tables for recreationists in fitness centres, owners of fitness centres, decision makers (local and national competent authorities), other sports organizations and wide public
- * Guidelines for future activities promoting anti-doping and healthy nutrition as a healthy lifestyle
- * JUST SPORT mobile application for mapping healthy fitness centres and fitness experts

Partners:

- * Coordinator: Rijeka Sport's Association (Croatia)
- * SLOADO (Slovenia)
- * Bulgarian Sports Development Association (Bulgaria)
- * Municipio de Mirandela (Portugal)
- * Vasterbottens Idrottsförbund - Swedish Sports Confederation (Sweden)
- * CESIE (Italy)

Date of project: 01/01/2017 - 30/06/2018

DG of reference: DG EAC, Education and Training, [Erasmus+ Sport: Support to Collaborative Partnerships](#)

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Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.