

30 Years of Willibald Gebhardt Institute (1992-2022)

Research on Physical Education and School Sport
in North-Rhine Westphalia and Europe

Roland Naul, Münster & Luxembourg

30 Years of foundation - so what?

- 50 years of foundation of many new Institutes of Sport Sciences in the state of North-Rhine Westphalia (new universities at **Bochum, Bielefeld, Paderborn, Düsseldorf, Duisburg, Dortmund, Essen, Siegen**)
- **Closure** of new and traditional Institutes of Sport Science in the 1980s/1990s (**Duisburg, Düsseldorf, Siegen, Bonn, Aachen**)
- 70 Years of foundation: German Sport University of Cologne
- Almost 100 years of foundation: Institute of Physical Exercises, Westphalian Wilhelms-University of Münster (1925), converted to an Institute of Sport Science in the 1970s

Foundation of the Willibald Gebhardt Institute (WGI) at Essen in 1992: Background & Purpose

- The WGI was the first and only private, non-governmental and non-commercial institute (e.V. according German Law) of sport science in Germany at that time and up today
- *Three main purposes:*
- (1) to include regional and federal sport organizations with their departments of children and youth sports into the frame of applied research for education, health and well being
- (2) to set up values of sports in the context of Olympic Principles for instruction, education and professional training at schools and sport clubs
- (3) to include and extend research on international and cross-cultural physical education and school sports in partnership with the department of Sport Science and Human Movement Studies at the University of Essen

Foundation of the Willibald Gebhardt Institute at Essen in 1992: Partners for Physical Activity of Children and Adolescents outside schools and universities

- The Gebhardt private institute should close the gap for research without any teaching obligations, but according its constitution research should be implemented for and with partners out of the non-university sport sector (*schools, sport clubs, sport organizations, local offices of communities, scientific boards of related associations in the fields of education, sport and health*).
- Founding members included:
- *City of Essen, Savings Bank of Essen, West German Football Association, Westphalian Gymnastic Association, German Tennis Teacher Association, German Olympic Society, Sport Council of the City of Berlin and the State of North-Rhine Westphalia.*

Who is Willibald Gebhardt ?

- The idea of the foundation of the institute came up in the years 1989/1990 when the Berlin Wall came down and German unification with the GDR started
- Dr. Gebhardt (1861-1921) was the founder of the Olympic movement in Germany (Olympic committees: 1896, 1900, 1904) and first IOC member from Germany (1896-1909).
- The name Gebhardt was launched by GDR sport historians after 1965 when the GDR National Olympic Committee was accepted by the IOC and the GDR participated first time as a separate state at Olympic Games in 1968.
- At the same time (Cold War Sport Politics) the famous West German sport leader, Carl Diem, was named fascist and Nazi by GDR sport policy.
- Gebhardt became promoted as the real founder and supporter of the Olympic movement in Germany only in the GDR, but ignored by the West German Olympic Committee and sport politicians up to the year of German unification 1990.

The 1st International Olympic Committee, Athens 1896



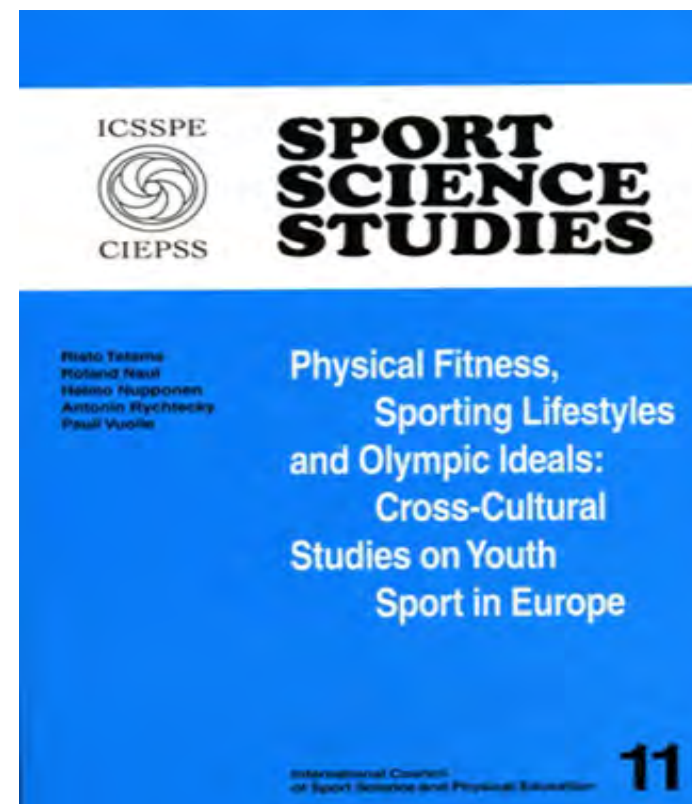
Why was his name taken for the private institute?

- With the German unification of the two sport systems in 1990, the cold war politics came to an end and we thought in Essen the time is now ripe to honour the real founder of the Olympic movement in both parts of Germany without any former ideological frame of nazi or socialist sport policy.
- One essential reason why the Olympic principles and values of education with sports became a central part of our constitution of the institute was to commemorate the work of W. Gebhardt. Olympic education matters became a central part of many research studies in the last 30 years.

Major steps of WGI research in physical education and youth sport:

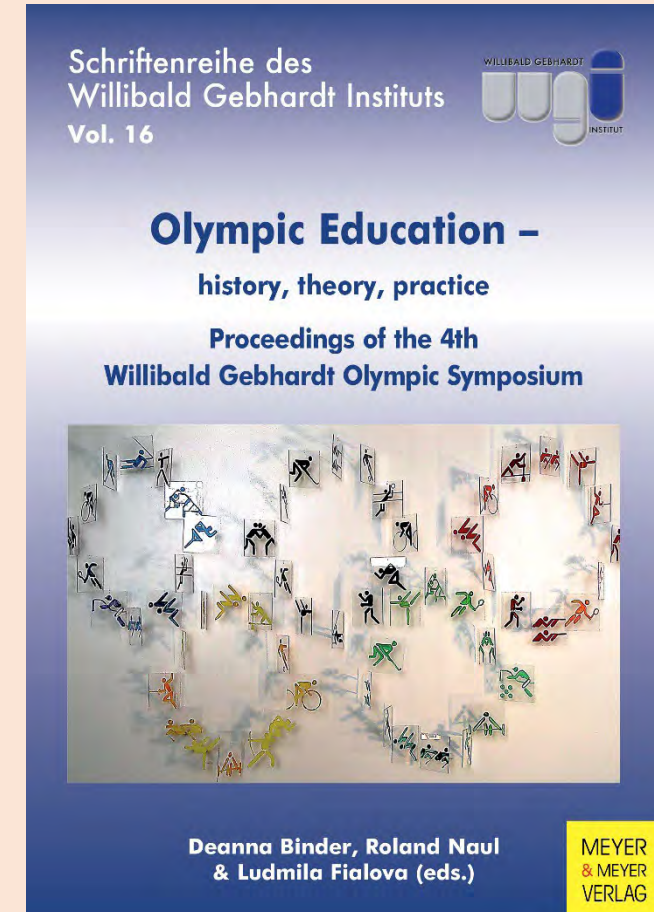
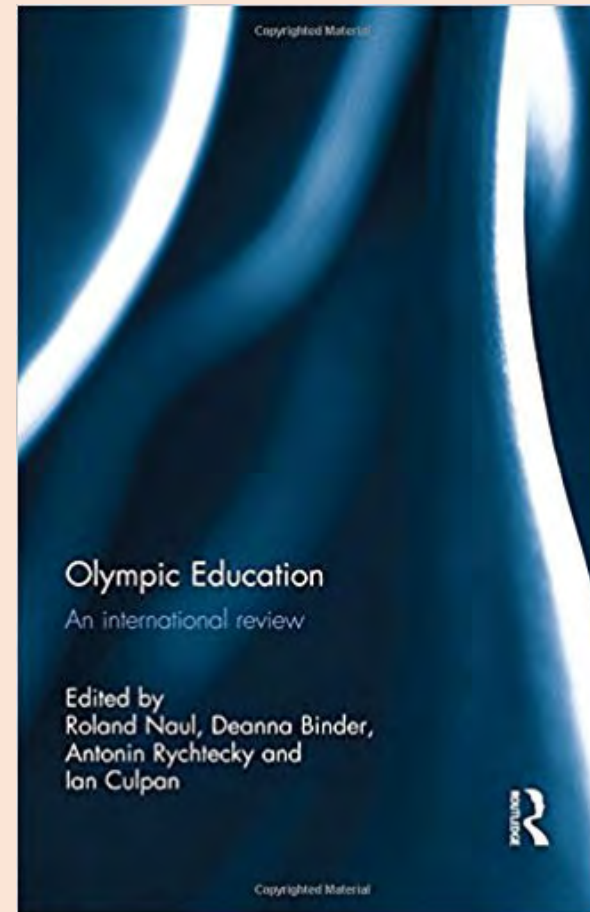
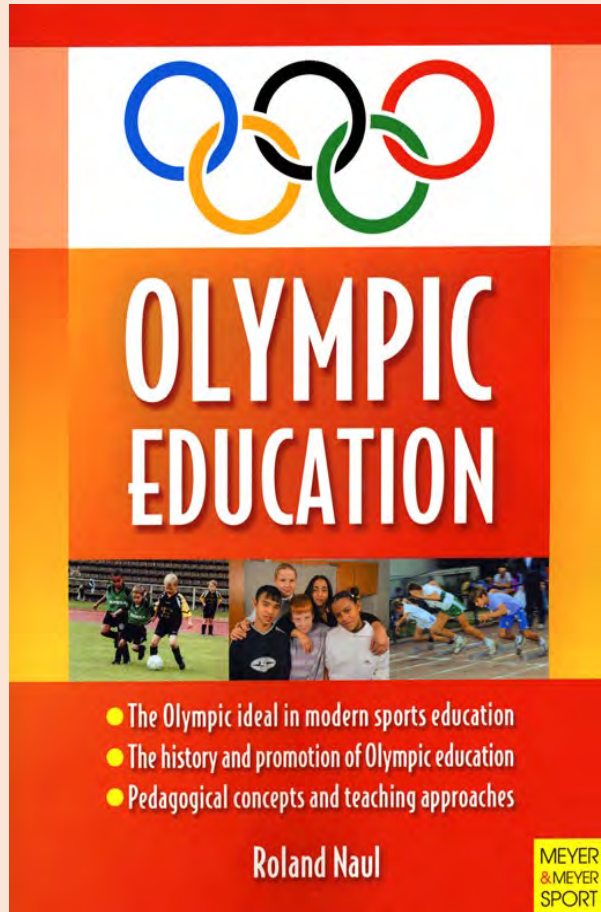
NRW, cross-border with partners in the Netherlands and in other parts of Europe

Sorbonne Paris 1894/ 1994 – Centennial Olympic Congress

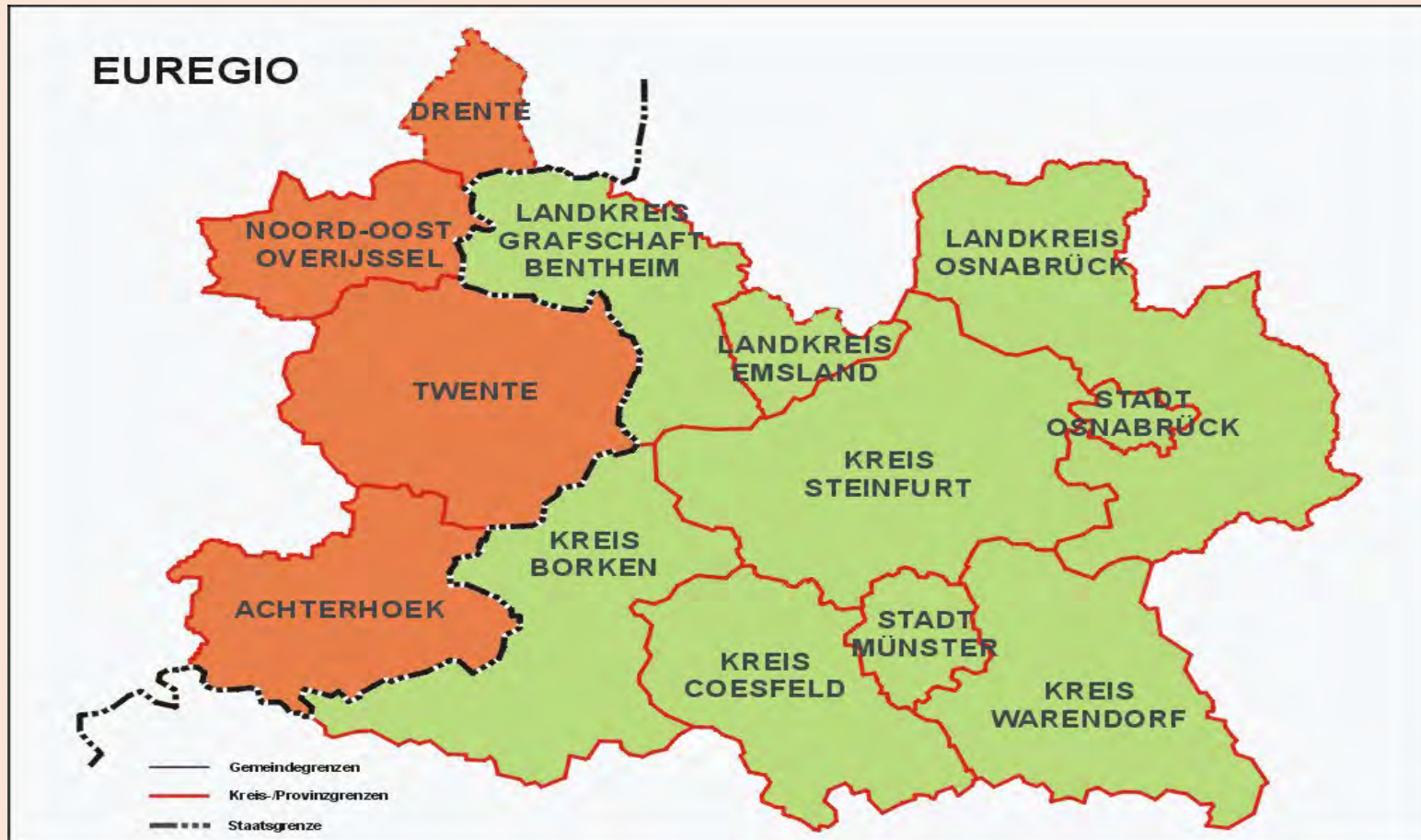


1995: Olympic Year of Culture and Education / IOC-Subvention of an ICSSPE
Research Study on „Olympic Ideals of Youth in Europe“
conducted by ICSP / lead by WGI, 1995-2002

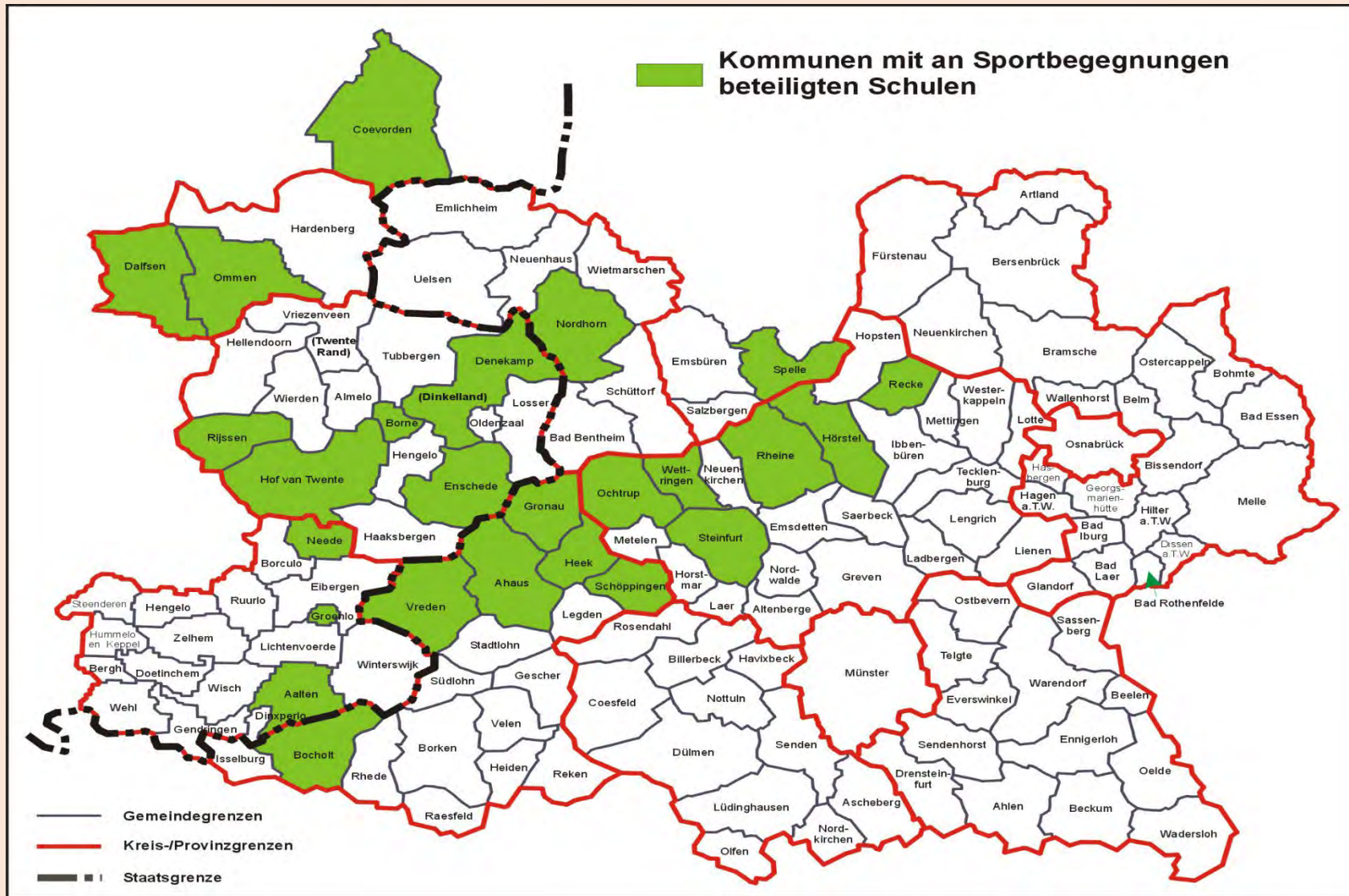
Olympic Education became an item of different national and international research studies for more over than 20 years (approx. 100 publications)



Grensoverschrijtende sport contacten en gezondheidszorg voor jeugd in de EUREGIO, INTERREG IIIa, (2000-2003)



Schools in German & Dutch municipalities of the EUREGIO with cross-border exchange of physical activities



EYES 2004: Commissioned Review Study for EU Sport Unit



**„Study on young people's lifestyles and
sedentariness and the role of sport in the context
of education and as a means of restoring the
balance”**

- Final report -

by

Prof. Dr. Wolf-Dietrich Brettschneider, University of Paderborn (GER)

and

Prof. Dr. Roland Naul, University of Duisburg-Essen (GER)

in cooperation with the partners

Prof. Dr. Neil Armstrong, University of Exeter (GBR)

Prof. Dr. José Alves Diniz, Technical University of Lisbon (POR)

Prof. Dr. Karsten Froberg, University of Southern Denmark (DEN)

Prof. Dr. Lauri Laakso and Prof. Dr. Risto Telama, University of Jyväskylä (FIN)

Prof. Dr. Skaiste Laskienė, Lithuanian Academy of Physical Education (LHT)

Prof. Dr. Göran Patriksson, University of Gothenburg (SWE)

Prof. Dr. Antonín Rychtecký, Charles University of Prague (CZE)

Prof. Dr. Willem van Mechelen, Free University of Amsterdam (NED)

Prof. Dr. Bart Vanreusel, Catholic University Leuven (BEL)

SPORT SCIENCES / INTERNATIONAL

Volume 4

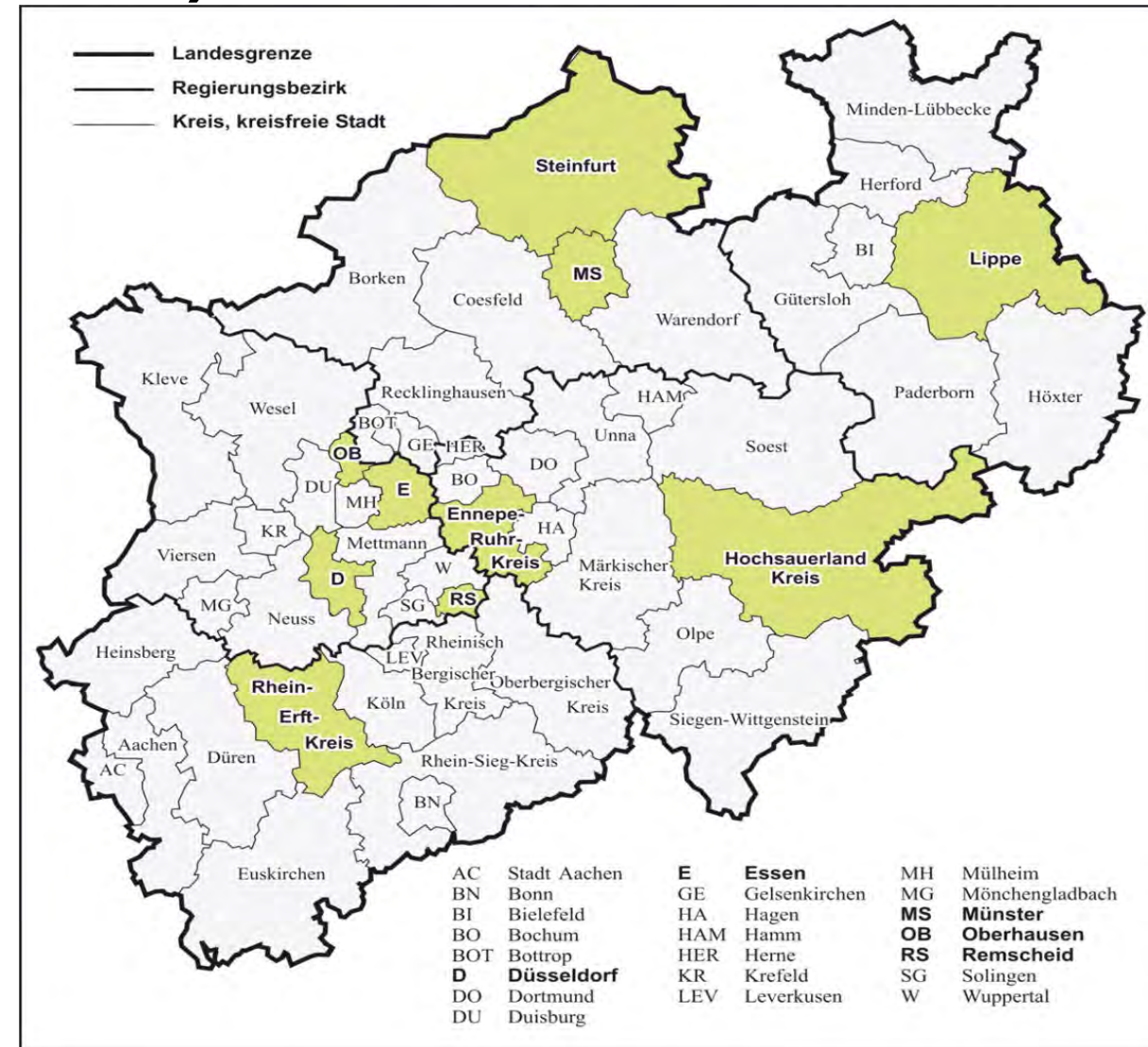
**Wolf-Dietrich Brettschneider
Roland Naul
(eds.)**

Obesity in Europe
Young people's physical activity
and sedentary lifestyles



PETER LANG
Europäischer Verlag der Wissenschaften

Physical activities at all-day schools in NRW: Pilot Study city of Essen (2007-2008); Main study SpOGATA NRW cities & districts (2009-2012)



Summary of Physical Activity Offers (BeSS) in the After School Programme at All-day-Schools (Ganztag)

1. Module A 1 = reports of school principals/ coordinators
1,537 BeSS-Offers at 376 Primary Schools (67,4%)
2. Module A 2 = sport clubs and Modul 3 = instructors/ volunteers
together = 1,922 BeSS Offers at 426 primary schools (74,5%)
3. Main Result: Each 3rd. offer in the after school programme at all-day schools is an physical activity offer !



Ministerium für Familie, Kinder,
Jugend, Kultur und Sport
des Landes Nordrhein-Westfalen

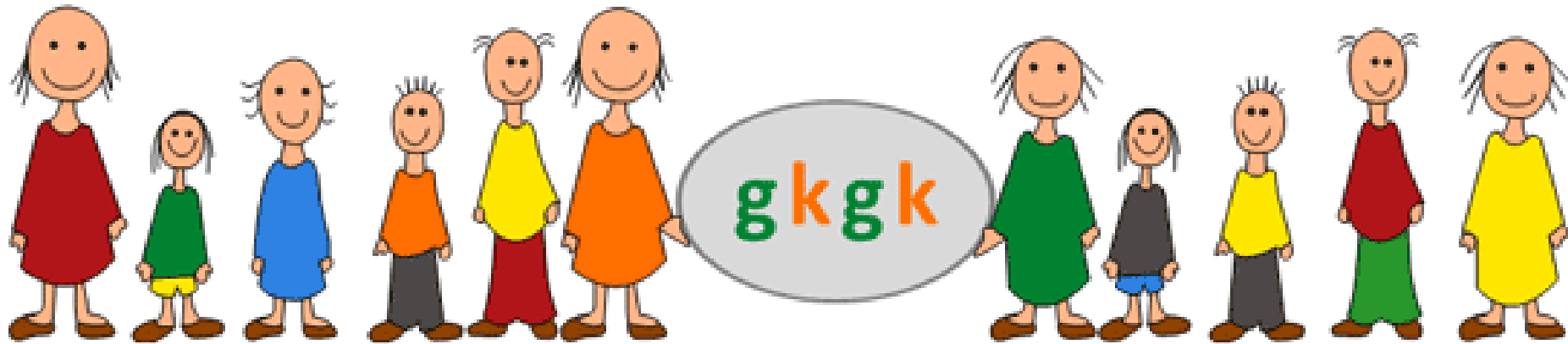


Ministerium für
Schule und Weiterbildung
des Landes Nordrhein-Westfalen



gkgk / HCSC, DE/NL (2009-2014), INTERREG IVa, Duitsland/Nederland

- „Gesunde Kinder in gesunden Kommunen“



„Gezonde kinderen in een gezonde kindomgeving“

**4 cohorts over
3/4 school years:**

**C 1: 2008-12
(NRW)**

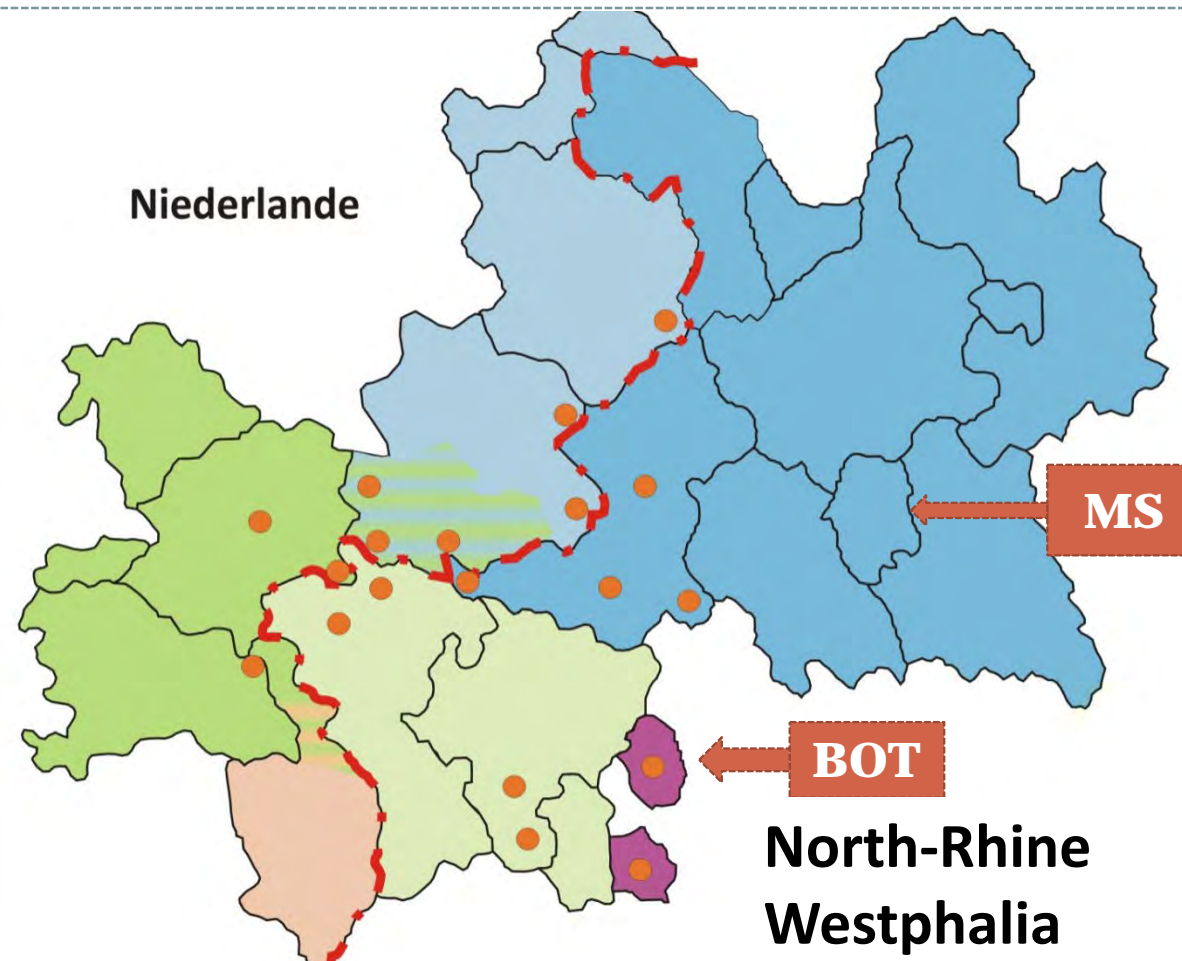
**C 2: 2009-13
(NRW/NL)**

**C 3: 2010-13
(NRW/NL)**

**C 4: 2013-2016
(NRW/NL)**

NRW n=ca. 1.700

**Netherlands
n= ca. 2.000 pupils**



**Project area:
8 NL- municp.
36 basisscholen**

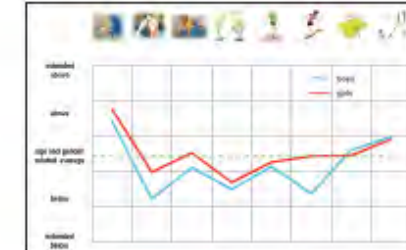
**10 NRW- municipalities
25 primary schools**

EDUCATION, PHYSICAL ACTIVITY & FEEDBACK

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Active Commuting	Walking Bus				
08:05 hrs					PE: seperated sub-groups to balance special needs
08:55 hrs	PE: basic motor skills development				
09:40 hrs	BREAK: healthy breakfast, active school				
10:05 hrs				Science: nutrition, my body, my PA	
10:55 hrs			PE: basic skills and techniques in games		
11:40 hrs	BREAK: healthy breakfast, active school				
11:55 hrs					
12:40 hrs					
13:20 hrs					
Active Commuting	Walking Bus				
Afternoon		PA: Sports Club		PA: Sports Club	



"Walking Bus"

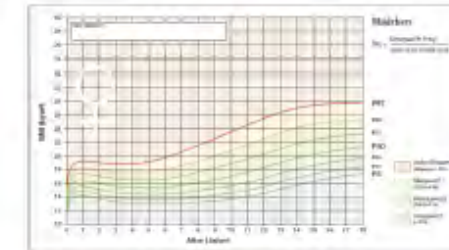


Feedback on Physical Fitness

- 60 minutes daily physical activity
- weekly lesson on nutrition, health and physical activity
- BMI & physical fitness measurement



Healthy Nutrition



Feedback BMI



URKUNDE

Alina Brockhaus hat im 3. und 4. Schuljahr an der Andreas Schule Velen am NRW-Motorik-Test erfolgreich teilgenommen und dabei folgende Ergebnisse erzielt.

Übung \ Datum	Oktober 2007	März 2008	Juni 2009
Rumpfbeugen (cm)	1,5	0	3,5
Sit ups (Anzahl)	15	17	23
Liegestütz (Anzahl)	8	18	19
Standweitsprung (cm)	127	146	142
Seitliches hin und her (Anzahl Sprünge)	25	33	41
Rückwärts balancieren (Anzahl Schritte)	28	26	42
6-min Lauf (Meter)	999	1026	945
20m Sprint (Sekunden)	3,96	3,89	4,00
BMI	14,8	14,02	15,48

Velen, den _____

Certification of gkgk Schools:

5 times a week five PE lessons over 4 primary school years (grade 1-4; groep 3-6)



Major research steps of WGI with the
European Commission (Sport Unit, EACEA)
and the European Parliament



Education and Culture DG



EU Physical Activity Guidelines Recommended Policy Actions in Support of Health-Enhancing Physical Activity

**Approved by the EU Working Group "Sport & Health"
at its meeting on 25 September 2008**

**Confirmed by EU Member State Sport Ministers
at their meeting in Biarritz on 27-28 November 2008**



AIESEP World Congress 2018

Association Internationale des Écoles Supérieures d'Éducation Physique
International Association for Physical Education in Higher Education



institut für
sportwissenschaft

Willibald Gebhardt



Institute

25-28 July 2018 | Edinburgh

Relevant, sustainable and effective indicators and tools to monitor PE development in Europe: issues and concerns

Roland Naul

University of Muenster

Institute of Sport and Exercise Sciences

Dept. EU-Studies in Physical Education and Youth Sports



In die Zukunft der Jugend investieren - durch Sport



Preparatory Action in the Field of Sport (2010-2011) EAC/21/2009/033

HEALTHY CHILDREN IN SOUND COMMUNITIES: AN EU-BASED HEPA INTERVENTION PROJECT

www.hcsc.eu





In die Zukunft der Jugend investieren - durch Sport



PROJECT AREA



Prague, Vrchlabi



Darmstadt, Osnabrück



Rome



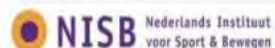
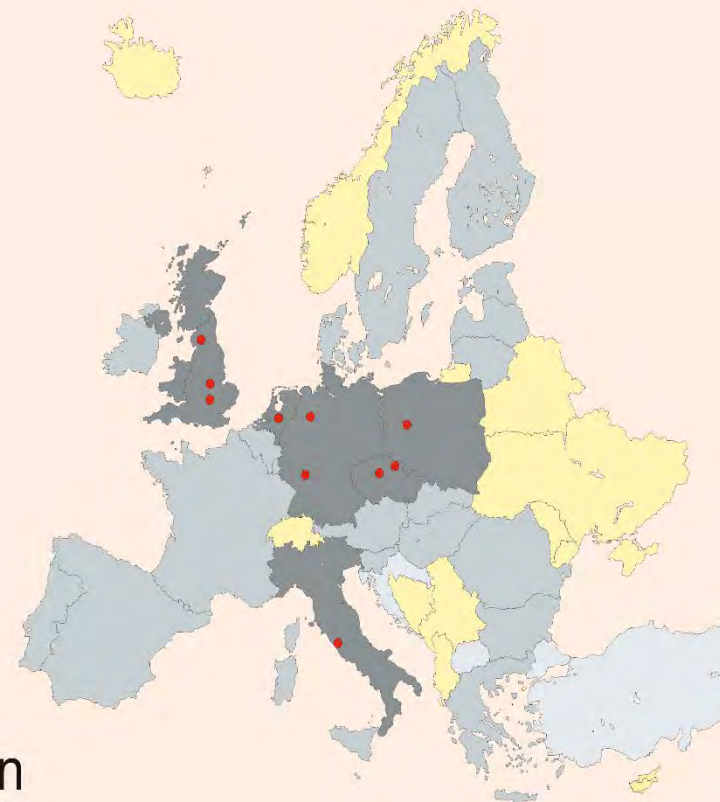
Arnhem



Poznan



Nottingham, North Manchester, Luton

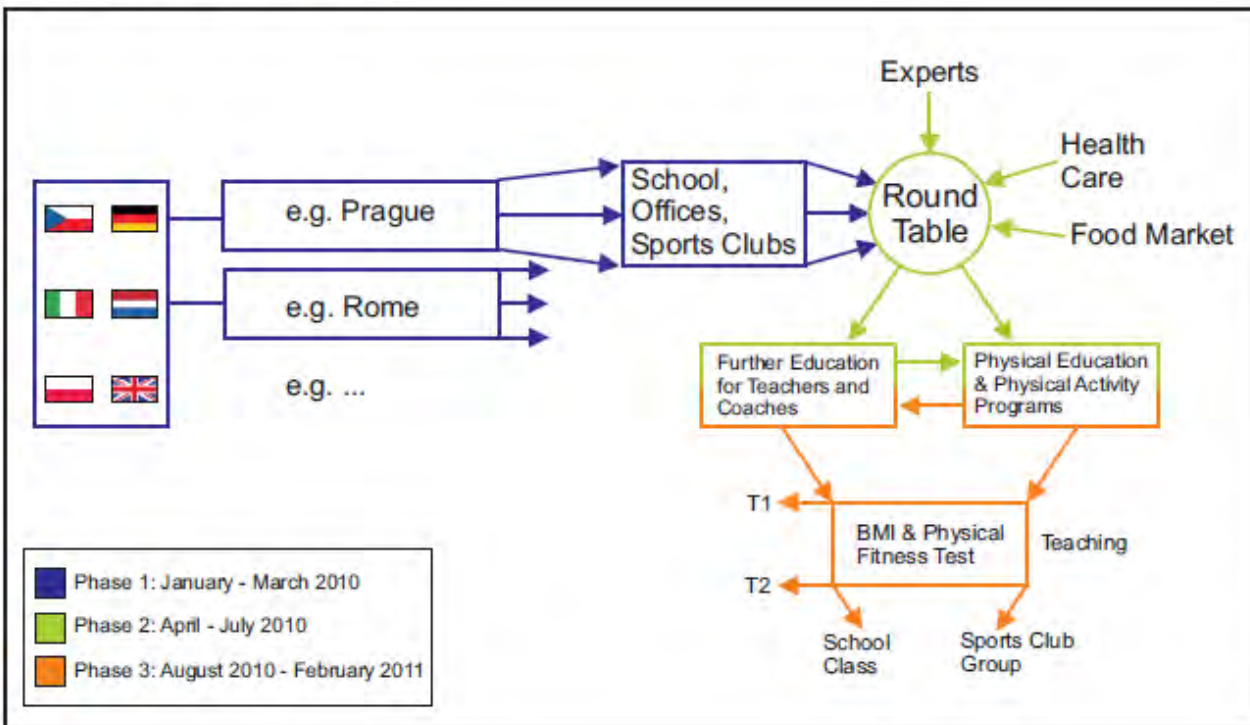
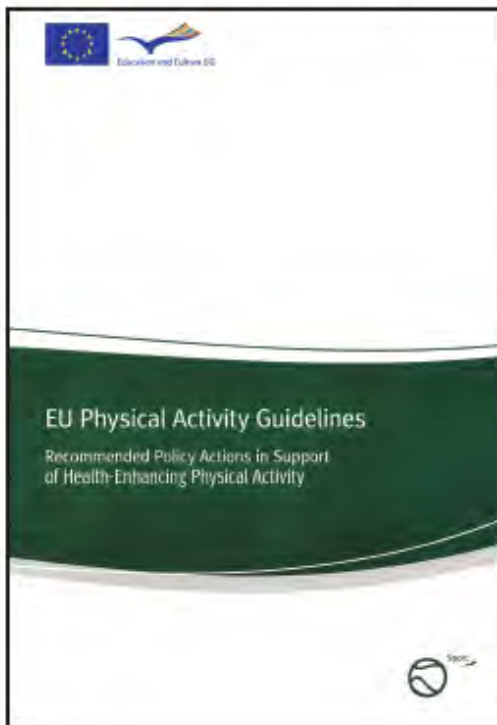




In die Zukunft der Jugend investieren - durch Sport



DIFFUSION & IMPLEMENTATION



NISB Nederlands Instituut voor Sport & Beweging



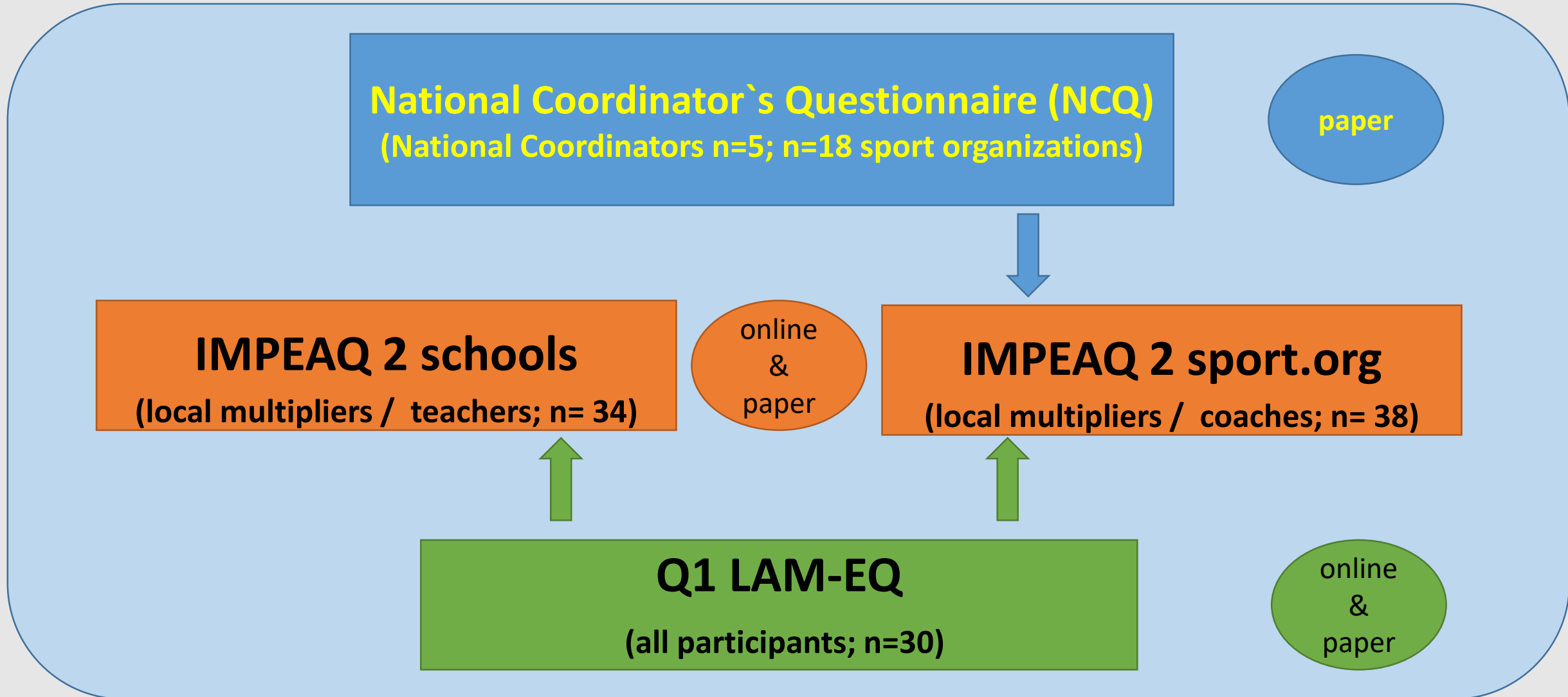
ACTIVE SCHOOL COMMUNITIES

The ASC Pilot Evaluation Study on the ASC Toolkits – participants of implementation

Roland Naul & David Niehues, WGRI, Germany



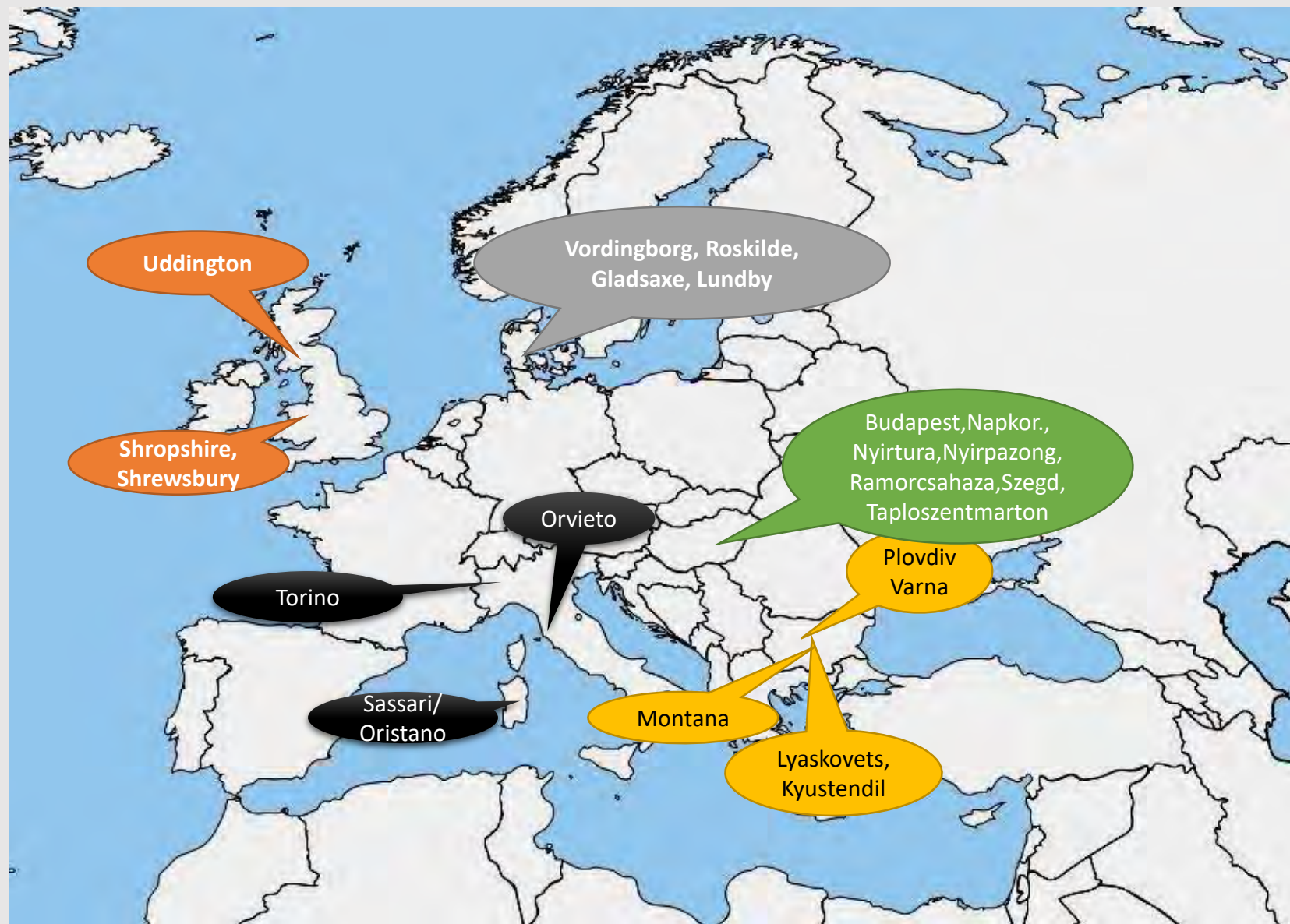
Design and Structure of the ASC Toolkit Pilot Evaluation Study



Missing data:

NCQ from EN & SI

**No data from local
destinations in
Slovenia**



Countries, regions, local communities of ASC Toolkit Pilot Evaluation Study



ACSM'S 57TH ANNUAL MEETING AND
WORLD CONGRESS ON EXERCISE IS MEDICINE™
JUNE 1-5, 2010 • BALTIMORE, MARYLAND

**Invited Symposium:
Multi-Actor Strategies for the
Promotion of Health-Enhanced
Physical Activities for Children and
Youth in Local Communities of the
European Union**



Host of the Global Forum 2012 for Physical Education Pedagogy, venue: Sport Castle, Velen; 48 countries and more than 100 representatives

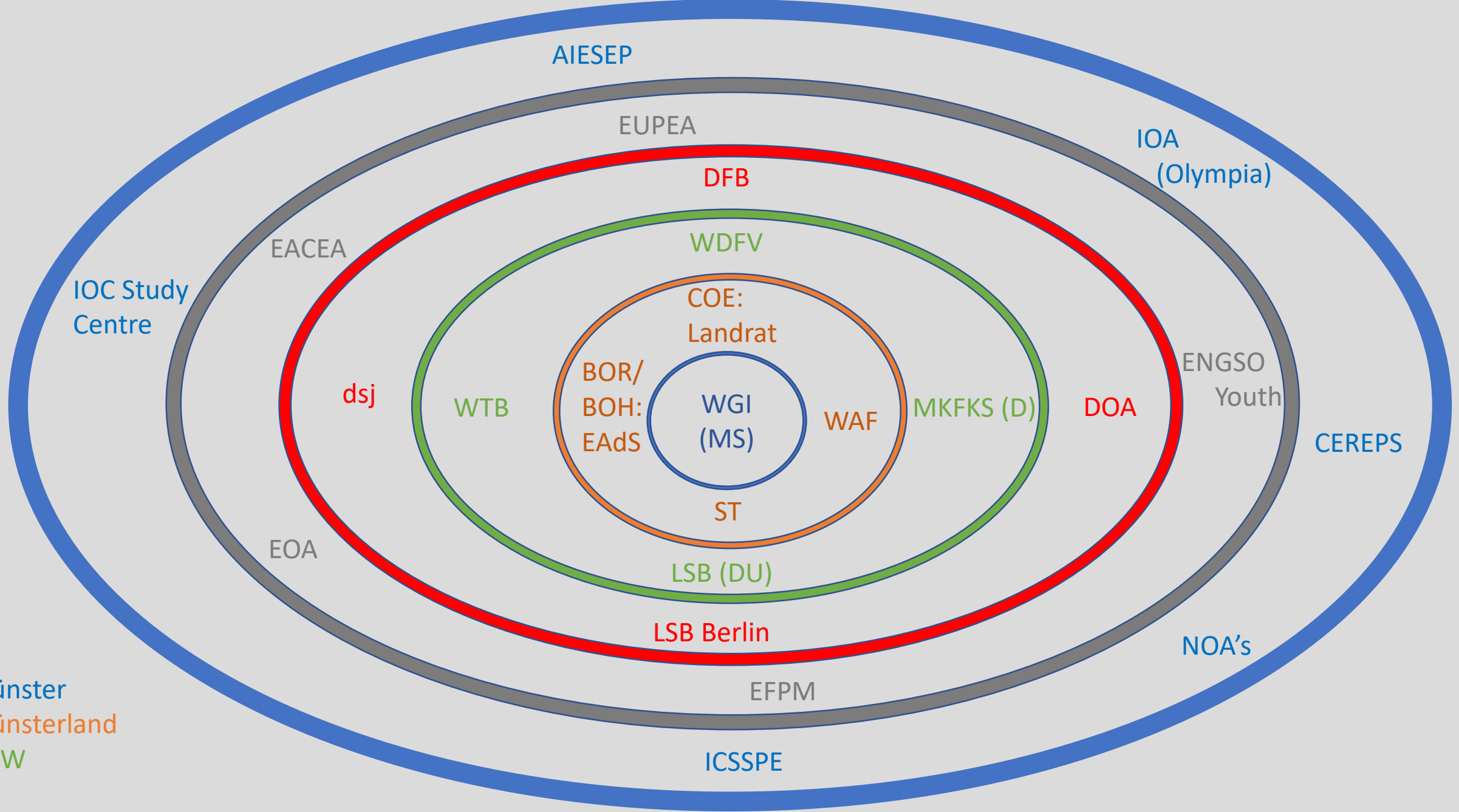


Transfer of the WGI to Münster (2017)

Since 2018 Affiliated Research Institute of the University of Münster, Dept. of Exercise & Sport Science

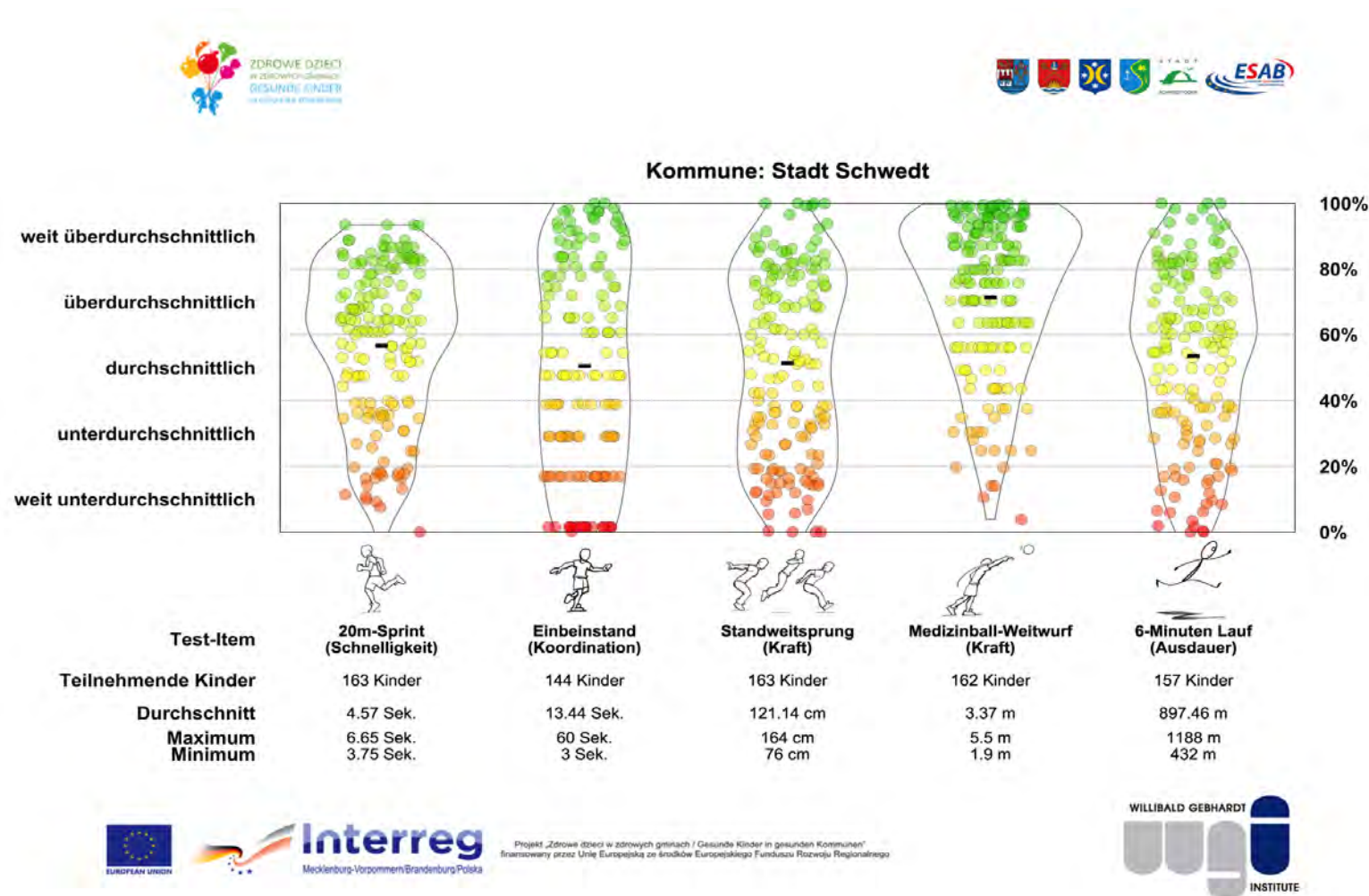


wgi



Münster
Münsterland
NRW
DE
EU
Global

ZDZG/gkgk: Brandenburg/West Poland (2017-2021) 5 municipalities with 20 primary schools; INTERREG Va



EUPEO, European Physical Education Observatory (2018-2021), Erasmus+ Project

EuPEO
European
Physical Education
Observatory

**FINAL
REPORT**

2020 Pilot Study

**Promoting a Quality Physical Education
throughout Europe**

Funding

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

European Partner

 **EUPEA**
EUROPEAN PHYSICAL EDUCATION ASSOCIATION

Project Coordinator

  **F MH** FACULDADE DE MOTRICIDADE HUMANA

National Project Partners

   Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

 **SVSS**  **ASEP**  **ASEF**

 **SNEP**  **F.P.E.**

 Faculty of Physical
Culture
Palacký University
Olomouc

 **UCC**
University College Cork, Ireland
Coláiste na hOileáine Corcaigh

 **SPEF**

 University of Ljubljana
Faculty of Sport

 **mulier instituut**
 **KVLO**
Kies, leen, bewegen

Dimensions of QPE – Measurement Instruments

Instruments Dimensions (categories + indicators)	ECQ	ESQ	EPO	EuLAS-P	EuLAS-T	NELAS
National strategy for development of PE & SS	X					
Curriculum flexibility (PE, SS, active school life as categories)	X	X	X			X
Sport facilities, equipment & resources		X				
Work force and work load of PE teachers	X	X				
PE teacher education/training	X					
Community partnerships		X				
Physical self-concept of pupils				X		
Physical/health development and competence level of pupils					X	

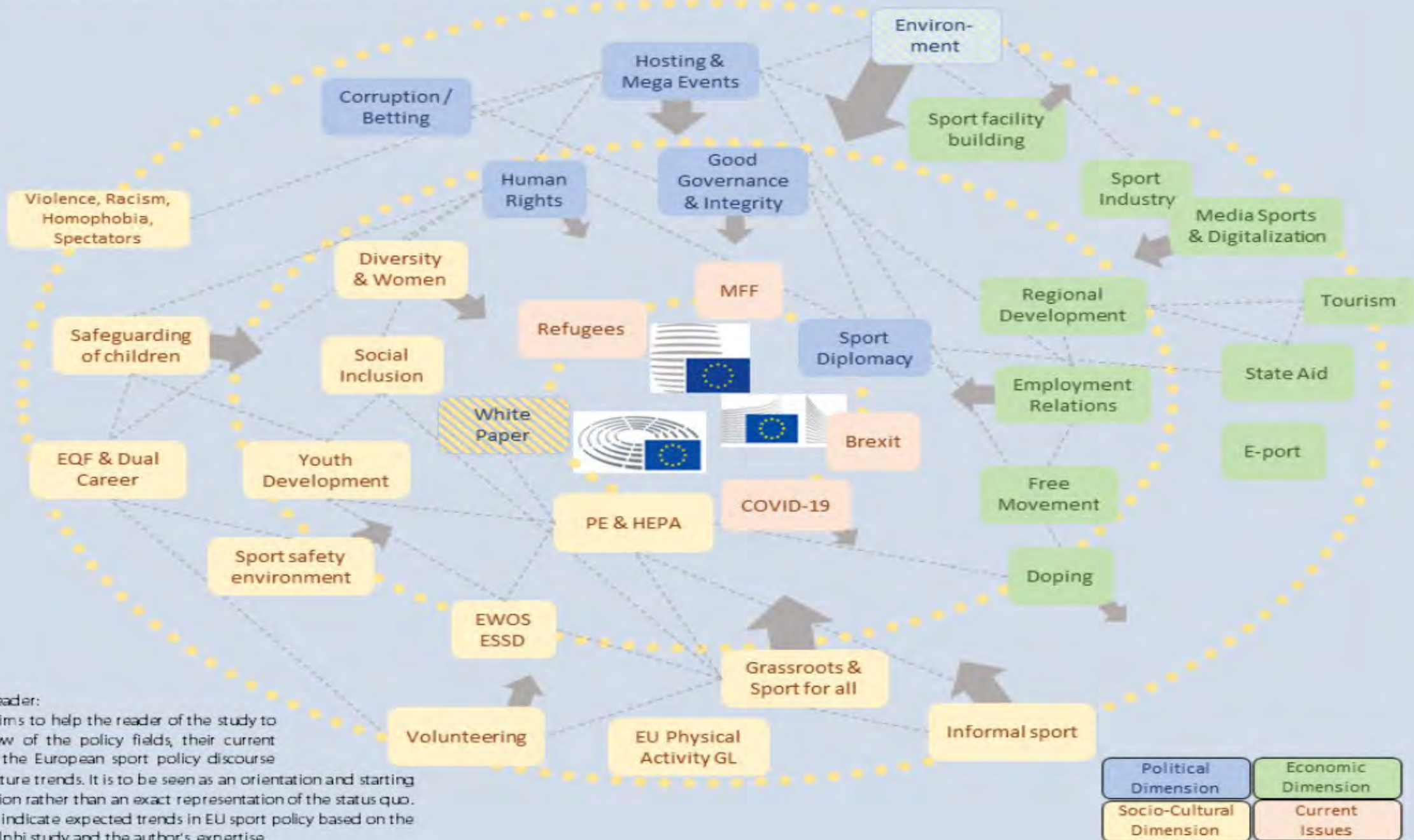
Motor Competence data on national and school level

	Germany	School 1	School 2	School 4	School 5
Games	N=175				
0=	1,1%	---	1,7	2,3	---
1=	10,3%	11,6	8,4	13,9	8,3
2=	50,9 %	42,4	60,3	54,3	45,8
3=	37,7%	46,2	29,7	32,1	45,8
Gymnastics	N=179				
0=	1,1%	1,9	1,5	---	---
1=	19,0 %	13,5	20,6	7,4	42,3
2=	45,3%	44,3	48,7	48,3	34,6
3=	34,6%	40,4	29,1	44,5	23,1
Athletics	N=177				
0=	1,1%	1,9	---	2,3	---
1=	11,9%	9,6	11,4	12,4	16,7
2=	46,9%	40,4	49,4	50	50,0
3=	40,1%	48,1	39,2	35,4	33,3

EU sports policy: assessment and possible ways forward

Lead	 <p>Deutsche Sporthochschule Köln German Sport University Cologne</p> <p>German Sport University Cologne Institute of European Sport Development and Leisure Studies</p> <p>Prof. Dr. Jürgen Mittag (Lead)</p> <p>Team Cologne: Caroline Tisson Vincent Bock</p>	 <p>University of Münster Willibald-Gebhardt Institut e.V.</p> <p>Prof. Dr. Roland Naul (Co-Lead)</p> <p>Team Münster: Dr. Sebastian Brückner Christina Uhlenbrock</p>
Project Partners	<p>European Non-Governmental Sports Organization Youth (ENGSO Youth)</p> <p>Ugnė Chemliauskaitė Bence Garamvölgyi</p> 	<p>European Physical Education Association (EUPEA)</p> <p>Dr. Claude Scheuer Dr. Richard Bailey</p> 
Further Collaboration	<p>European Network of Sport Education (ENSE)</p> <p>Louis Moustakas</p>  <p>Advisory Board</p> <p>Prof. An Vermeersch (Ghent University) Prof. Richard Parrish (Edge Hill University)</p>	<p>Prof. Jeroen Scheerder (Univ. Leuven) Dr. Andrea Cattaneo (Edge Hill University) Dr. Karen Petry (German Sport University Cologne) Dr. Borja García (Loughborough University) Dr. Jacob Kornbeck (European Commission) Dr. István Kulisty (Hungarian School Sport Federation) Dr. Till Müller-Schoell (German Sport Univ. Cologne)</p>

Overview of sport policy fields at European level: dimensions, current assessment and future expectations*



*Notice for the reader:

This schematic aims to help the reader of the study to have an overview of the policy fields, their current centeredness in the European sport policy discourse and expected future trends. It is to be seen as an orientation and starting point for discussion rather than an exact representation of the status quo. The grey arrows indicate expected trends in EU sport policy based on the results of the Delphi study and the author's expertise.

Study Groups and Sample Sizes (2020)

Study Groups	Sample Sizes
European Umbrella Sport Organisations (e.g. EHF, UEFA)	n = 111
National Sport Associations in EU countries (Fb, Hb, Bb, Vb, Sw a.o. – e.g. DHB, FA, KNVB)	n = 382
European NG Sport Organisations (e.g. ENGSO, EUPEA)	n = 129
EU Representatives of Sport Policy & Academics (e.g. EC, EP, scholars of EU Studies)	n = 117
Total sample size	n = 739 (R1: 25,3%; R2: 23,6%)

Assessment of top 10 essential sport sectors by all four study groups (Round 1)

PAST (before 2015)	PRESENT (2015-2020)	FUTURE (2021 onwards)
1. Sport for All	1. Health & well being	1. Health & well being
2. Health & well being	2. Sport for All	2. Sport for All
3. Physical activity & PE	3. COVID-19	3. Youth development
4. Grass root sports	4. Social inclusion	4. Physical activity & PE
5. Doping	5. Human rights	5. Social inclusion
6. Sport Mega Events	6. Safeguarding of children	6. COVID-19
7. White Paper / EU PA Guidelines	7. Youth development	7. Grass root sports
8. Sport Law	8. Grass root sports	8. Human rights
9. Youth development	9. Volunteering	9- Corruption/sport betting
10. Corruption/ sport betting	10. Diversity/ underrepresented groups	10. Safeguarding of children

What holds the future for WGI ?

- RESEARCH
- To attract new partners for WGI memberships
- To reach out for new partners in common regional and international projects
- To strengthen our cooperation as a member/partner with international umbrella organizations: CEREPS, EUPEA, ENGSO Youth, ICSSPE, IOC International Olympic Study Centre
- KNOWLEDGE TRANSFER
- To improve knowledge transfer to stakeholders in the education and sport sector (municipalities, sport organizations, ministries of sport and education, state sport councils)
- Diffusion and implementation of national outcome of research into other countries and on EU-level (e.g. outcome of COVID-19 studies for cross-cultural recovery of physical education and school sport)