

The vision and mission of CEREPS, a European council of research in physical education and physical activity

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A European council of research in physical education and physical activity to enhance active living for children and adolescents at school and within sport organizations

The European Council of Research in Physical Education and School Sport was founded as a non-governmental organization according Luxembourgish law (a.s.b.l.) with support of WGI in Luxembourg in 2015. The Council organized at the University of Luxembourg its first meeting in 2016 with researchers from more than 15 EU-countries representing different universities and affiliated EU-umbrella organizations, followed by the CEREPS Summit of 2017 in Brussels organized by WWU and WGI at the Office of the State of North-Rhine Westphalia at the EC.

Why CEREPS?

Research about implementation efforts and measurement outcomes of physical education, school and sports and any other physical activity whether it is in curricular time at school or extra-curricular time outside school e.g. in sport clubs need to be more focused on different levels today. Children and adolescents, their parents, teachers and coaches need to be informed what is needed for the individual support of our children and young people to stay or to become more physically active for various health reasons but also for a well-rounded education with psycho-social qualities and cognitive benefits. Evidenced-based research outcome about quality in physical education teaching and boys' and girls' daily involvement in various forms of organized and unorganized physical activities help children and adolescents to achieve better life-skills, to get social inclusion and respect from their peers which often go alongside with more personal self-esteem and self-efficacy and also better learning outcomes at school. However, many national and international associations in the field of physical education, school and youth sport based in Europe do not have a special council or committee dedicated to research, monitoring and evaluation of teaching and learning in physical education and school sports. In particular, national and international youth sport organizations in Europe working on grass-root or elite level face difficulties to link their offers and interventions with monitoring and evaluation measurements of their many activities and projects if there are no scientific consultants or any academic partners for support and assessment of the outcome. But academic institutions and scientific associations also need to verify their scientific concepts and theoretical assumptions through practical applications about their promised

impacts in related settings. In recent years, some stakeholders who set up projects in physical education, school and youth sports are looking even more to these “collaborative partnerships” vice versa to link practice and theory and to bridge the gap between implementation, diffusion and evaluation through linked partnerships on national, cross-national and EU-level.

CEREPS as a research related European council picks up these new “partnership developments” across countries in Europe, bringing together different partners, institutions and umbrella-organizations out of the fields of practice and theory in physical education, school and youth sport. We agree on the slogan: There is no good education without physical education; however, there is no good physical education without evidence-based documentation about the process and outcome of their aims and objectives. Today, the promotion of physical education and school sports in terms of quality and quantity need evidence-based research results to raise funding and achieve more awareness and better support through national and European-based policy-makers. CEREPS, as the European Council for Research in Physical Education and Youth Sport, will link with all national and EU-umbrella organizations in the field of physical education, physical activities and grassroots sports for children and adolescents to assist with common research efforts to get more visibility and support inside our common sectors of education, health and sports across Europe for the benefits of our future active young Europeans. New local, regional and national concepts and strategies of physical education, school and youth sport need better exchange, stronger common ties and comparable research items between EU-countries.

What is CEREPS?

CEREPS is a non-governmental, non-profit organization according Luxembourg law (a.s.b.l.). CEREPS offers individual and institutional memberships as a body of coordination of research items and cross-national projects in all physical education and physical activity settings of children and adolescents. CEREPS wants to become a major address for research development and applications. It already serves for their members and partner organizations across Europe in a capacity of a stock exchange on research items of physical education, school and youth sport including health benefits of regular physical activities on inter-institutional and inter-country level.

The range of our body of knowledge with related research items cover four main settings of physical activity at school where also network partnerships exist between local community authorities in the sectors of education, health, social work and sport. Our cross-sectoral partnerships in research include also sport organizations from local, regional, national up to EU-level.

Figure 1 shows the four main settings we focus on:

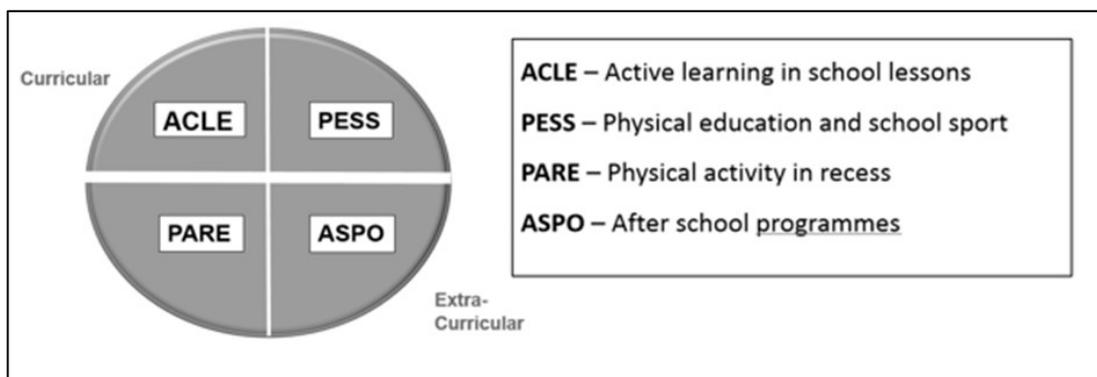


Figure 1. The four physical activity settings in schools.

There are two curricular settings: *active learning with physical activities* in different school subjects, like languages, mathematics, natural sciences, and others (*ACLE*). Another important setting is the subject of *physical education including school sport*, in some countries as a traditional or as a new part of the physical education lesson (*PESS*).

There are also two extra-curricular settings: *physical activity between lessons* and as a part of regular breaks in school-life, both in so called *recess-time at school* (*PARE*) where school sports in some countries are also included. Another setting with gains more and more attention across Europe via new school laws and new school reforms is the *after-school program* with a variety of sports and physical activities, often organized by the school with support of local partners, mainly from the sport and health sector (*ASPO*).

CEREPS works as a European-based council to enhance research on and networking for these two curricular and extra-curricular settings for active living of children and adolescents. CEREPS mission is to promote via research-based documents the development of age and gender related good competencies in fundamental motor skills with psychosocial qualities and cognitive benefits as a holistic approach of a well-rounded individual with basic life skills.