Welcome 2013!

Welcome to the sixth issue of the AFPAN newsletter. It’s been six months since our last issue and so much has happened in this time.

We hope that the current year will be successful and much will take place in your institution. In this issue, we highlight the GPEStt-EMG Conference taking place in Ghana in June, inform you of the World Day for Physical Activity, report back on our Steering Committee meeting held in October last year, and include all conferences taking place in 2013, as well as include a calendar of events. We hope you enjoy this issue.

Let’s get moving…

International News

Celebration of the World Day for Physical Activity: A message from Agita Mundo

April 6th is coming up! And Agita Mundo is contaminating the communities around the world. At this point we have already registered events in the following countries: Argentina, Aruba, Bolivia, Brazil, Chile, Colombia, Cuba, Dubai, Spain, Finland, Malaysia, México, Nicaragua, Nigeria, Panama, Paraguay, Peru, Portugal and Venezuela.

Hopefully you may organize an event. It might be a quite simple one, such as a media press conference, a class or small seminar with students, to interrupt the lift service for one hour... anything simple that may include Africa in the World Map of the celebrations. And do not forget to register your event in the site www.portalagita.org.br, where you can download the official poster. Thus far, very few from Africa have registered. So let’s get ourselves on the map!

Also, remember to participate in Agita Mundo Virtual Walking on April 6th at 10am. At this time, you are requested to send through your social networks, messages for promoting physical activity. It is quite a simple action, with a spectacular world impact!

Together we go to Agitate the World
Below are a few of the highlighted outputs of 2012 and 2013.


The Ghana Physical Education and Sports Thinktank Conference

The Ghana Physical Education & Sport Thinktank will be hosting the 4th Annual International Conference in conjunction with the 2nd Ghana Congress on Exercise Medicine (GPEStt-EMG) in Accra, Ghana from 5 to 7 June. The conference theme is “Building a Community of Holistic Wellness” with a special emphasis on the “Foundations of Physical Activity and Public Health”.

The 2013 conference will feature a special invited speech to be delivered by Dr. Jatong A. Baba from the University of Education Winneba, Ghana. This will be the first “President’s Sports for Development Lecture”. It will include a tribute to our Late President, Professor John Evans Atta-Mills. He will be formally inducted into the GPEStt-EMG Physical Activity Hall of Fame. The lecture will also feature models and future directions for sports excellence and sports for national development. Other distinguished persons who have contributed to the growth and advancement of field hockey in the country shall be honored and inducted into the Physical Activity Hall of Fame. Normally, GPEStt-EMG honors and inducts deserving persons who have contributed to the promotion of the health benefits of physical activity and sports on a bi-annual rotation. The 2013 induction ceremony is unprecedented and yet a good way to remember our Late President in the outfit of the sport he cherished most—field hockey. Thus, the special induction in 2013 is indeed a further tribute rekindle the vision to place Ghana Hockey in an enviable position in the world of hockey in the near future. For more information, contact GPEStt-EMG at gpesttt@gmail.com
Interview with Fred Coalter

Visiting South Africa from Leeds Metropolitan University in the United Kingdom, Fred Coalter is a professor of Sport Policy and a social scientist by profession, working on various projects across Africa and India. He boasts an extensive CV, but has a large focus on the monitoring and evaluation of sport for development programmes. His current visit to Cape Town forms part of a mentoring programme through the University of Cape Town-Mellon Visiting and Retired Scholars Mentorship Programme. Here, he is involved in the mentorship of a number of academics as well as to provide input on work being done within the university. Sitting down to a cup of coffee, Professor Coalter and I first chat about the reasons behind his visit, in which he explained there were three.

The first is to provide input to an investigation measuring self-efficacy, with plans to do an in-depth study on instruments measuring this personality trait. The second is exploring the development of sport policy and the debate on transformation within a South African context. However, Fred is looking at the generic as well as the South African specific issues of transformation. Lastly, he is looking at the organisation of trade unions within professional sport and is aiming to assist in developing a perspective of the development of trade unions among the players in South African sport.

Having worked extensively across Africa and India, including countries such as Liberia, Senegal, Zimbabwe, Uganda, Malawi, South Africa, Tanzania and Kenya, Fred talks about his experience and valuable lessons learnt from his travels across the continent. Because he has worked in different contexts, including an array of different cultural contexts, he has noted the many similarities found between people, instead of the differences, highlighting a few of the similarities, including self-efficacy, resilience and the concept of learning-by-doing. With his charismatic personality, Fred further talks about the series of workshops which he hosts, and has hosted in numerous countries across the world, including countries in Africa, Europe, South America and in India. These workshops deal with the monitoring and evaluation process, and specifically around programme design. He emphasizes that the process the programme is undergoing is important, rather than focusing on the impact and its measurement alone, and answers a simple question, “Are the programmes designed in such a way to achieve the impacts they desire?” Therefore he believes the structure of the programme is vital and is something that should be dealt with first. He advises those wanting to establish a programme or revise their current programme to understand the programme and the assumptions it makes and notes that if the design of the programme is correct, the impact the programme aims to achieve will “take care of itself”. He further adds that “if you understand the process it’s liberating, its developmental, it gives you a much better strategic view, and you could put all the processes together...”
Fred is also on the board of the Mathare Youth Sports Association (MYSA) Sports and Community Leadership Academy in Nairobi, Kenya. Asked about how the programme runs and its reward system, he tells me the story of MYSA. With humble beginnings, the programme started in 1987 when then United Nations Advisor, Bob Munro, was visiting Kenya. During a visit to Mathare, he saw local kids having a kickabout with a ball made out of polythene bags and twine. He offered to referee a game if they helped pick up litter in the area. Much to his surprise, they immediately agreed.

Inspired by this, Bob set up a self-help organisation linking football with slum clean-up sessions. The idea was simple – teams were awarded extra league points for completing clean-up sessions, giving them the incentive to show up! MYSA began to link football to other community outreach and development activities such as HIV/AIDS awareness sessions, education scholarships and leadership training. The organisation grew quickly and today, boasts a membership of over 25,000 people and is one of the largest sport associations in Africa.

He adds that the system uses sport as a context for values and attitudes and at the core of MYSA is education, development and aspiration, as they run libraries all over the slum for the children to sit in peace and learn. “It’s a very sophisticated system,” he says. “All those elements can be used anywhere else.” His essential message asks, “Are there values and attitudes inherent in sport and physical activity? Or are they potentially there but you have to reinforce them and organise them?” The MYSA system uses the potential of sport, but recognises that unless you work systematically those values and attitudes will not be learnt. He concludes by saying that MYSA’s design is very effective with little funds and resources, emphasising the importance of the design of a programme. “If you get the system right, the message right, the structural reinforcements right, you can achieve quite a bit. But we have to be mature; we have to be self-critical, much more systematic about how we think about these things. We have to be really honest with ourselves, about why we think we can achieve what we say we can achieve.

In conclusion, when I ask Fred about the lessons learnt in Africa, he responds quite simply, “Rather admiration than lessons” and tells me that through his travels, he has met some of the most optimistic people imaginable, and has made strong friendships along his journey over the years.

Fred has also written a book titled “Sport for Development: what game are we playing?” and will be published the end of April of this year. To find out more information about the book or Fred’s work, you can contact the AFPAN secretariat. To find out more about the MYSA programme in Kenya, visit the website www.mysakenya.org.
Meet Lansport, the Hanover Park ladies dance group

In Hanover Park, Cape Town, there is a group of extra-ordinary ladies that get together to have fun. Part of the Live It Up group in the Community Health Intervention Programme (CHIPs), the ladies meet twice a week for two hours to dance as a form of exercise. Starting nearly 16 years ago, the group has grown to over 60 women who teach and support each other to stay active and healthy and once a month are monitored through the programme. The group is so enthusiastic about exercise that they do public appearances and events with a special Ipintombi dance routine.

See what some of them had to say.

“When we come to dance, we put our sickness in the cupboard, we don’t bring it here. We don’t think about our headaches, our pain. We come here to enjoy ourselves. And we are all very friendly with each other.”

“I’m almost 16 years in this club, and 2 months ago I was very sick. But if it wasn’t for the exercises I would still be sick. I am now feeling much better and fit.”
On April 6, the world will be celebrating World Day for Physical Activity. The theme this year, “No Barriers to Physical Activity”, captivates what people experience on a regular basis, and aims to address this matter head-on. Barriers can include time constraints, lack of exercise or recreation facilities, safety concerns and even lack of support from family and friends.

This year, let us overcome these barriers together as a continent, together with the rest of the world as we say “No Barriers to Physical Activity”. Let’s challenge our own personal constraints and make this day count towards our health.

We urge you to organize a wonderful event through your institution, your work or community to demonstrate our indignation in relation to sedentarism. Any physical activity will do, whether you walk around the block or neighbourhood with family, friends and community members, go for a cycle ride, organise an aerobics class at work or on the beachfront or park, or even switch of the elevator at work for the day. And whatever you do, don’t forget to take of loads photos or video clips and mail them to us. We would love to share it with the rest of Africa and the world.

10 May also marks the Move for Health Day, and international day dedicated to moving for health. Plan a similar event for this day, or join with AFPAN to host a community walk in your neighbourhood. See our next issue for more details on this event.

Network growth

We are growing! From just a small number of members a few years ago, the network has raised its numbers to over 150 member’s continent wide. These include individuals as well as groups like NGO’s and university departments. Consistently, more people are registering with the network, and passing the message on to colleagues and people within their community. The Network will also see a surge of new members in June, where a representative from AFPAN will attend the 4th Ghana Physical Education and Sports Conference. This conference allows an ideal opportunity to promote the network in West Africa as well as internationally.

Please continue to pass the AFPAN on message and to send us your membership forms.
The Steering Committee held a Skype conference call 22 October 2012 to discuss a number of issues, including the growth of the network in Africa, an AFPAN physical activity campaign as well as the presence of AFPAN at a suitable conference in 2013 and 2014. The launching of an AFPAN Youth League was raised, and the nomination of chairperson and the concept Exercise is Medicine in Africa was also discussed.

Growing the network was quite an important issue for the network and committee, and ways in which this can be achieved were discussed. The presence at conferences and the dissemination of registration forms, particularly by committee members were highlighted. It was also suggested that the network be promoted by approaching ministries and other organisations, including NGO’s within the realm of physical activity and health, physical education and sports for development. But as AFPAN is not only community centred, the network and its newsletters is an ideal platform for the dissemination of information such as research, including the call to participate in a systematic review on physical fitness, physical activity and obesity in young people in Sub-Saharan Africa. The call was then sent out in the AFPAN October issue newsletter following this committee meeting and all respondents to this call met via a Skype conference call.

The launching of an AFPAN Youth League was raised, but was concluded the establishment of the network should be prioritised with later focus on the Youth League. The committee then went on to discuss an AFPAN physical activity campaign for 2013, in which an “inter-Africa” challenge between African countries was suggested. In addition, video recordings and article writing of various events and programmes can be uploaded and published on the AFPAN website. The committee was asked to provide feedback on ideas for a campaign at the next committee meeting.

Following this discussion was the nomination of a chairperson. The committee is to nominate a candidate and this will be further discussed in the next committee meeting. The final issue discussed was the topic of Exercise is Medicine (EIM), in particular, the collaboration of AFPAN and EIM. It was noted that this collaboration is an ideal opportunity for those within the medical fraternity to meet with experts in exercise and sports science. An ideal opportunity for this to occur would be at a conference, and two conferences were noted.

The follow up committee meeting was held 27 February where the nomination of a chairperson, the GPEStt-EMG conference and Physical Activity and Sports for Health and Development in Africa conference hosted by the Faculty of Physical Education and Sports, Universidade Pedagógica, Maputo, Mozambique in 2014 were discussed. Since the meeting in October, three committee members were nominated, however, at that stage, not all committee members had voted yet. It was therefore suggested that a Doodle poll be set up for all to nominate. The committee is still currently in the process of this nomination. The two conferences were discussed as it presented an ideal opportunity for AFPAN to be present. Therefore, AFPAN will attend both conferences. See attached the adverts for both conferences.
Upcoming events 2013

Conferences and Symposiums

The 4th International Conference in Sport and Exercise Science
Bangkok, Thailand
26 – 29 March
http://www.icses2013swu.com/

3rd Congress of the European College of Sport and Exercise Physicians
Frankfurt, Germany
25 – 27 April
http://www.ecosep-congress.eu/

60th Annual Meeting and 4th World Congress on Exercise is Medicine
Indianapolis, Indiana, USA
28 May – 1 June
http://www.acsmannualmeeting.org/

4th GPEStt Annual International Conference and 2nd Congress on Exercise Medicine
5 – 7 June
Accra, Ghana
www.alwag.org
Closing date for submission: 1 April

Physical Activity, Exercise and Cardiovascular Health in Children
Coventry University, Coventry, UK
13 June
https://www.eventsforce.net/cu/frontend/reg/thome.csp?pageID=88797&eventID=423&eventID=423
Closing date for abstract submission: 1 May

AIESEP Physical Education and Sport: Challenging the Future
Warsaw, Poland
4 – 7 July
http://www.aiesep2013.com/

8th FIEP European Congress: Physical Education and Sports Perspective of Children and Youth in Europe
Bratislava, Slovakia
29 August – 1 September 2013
www.fiep2013bratislava.com
Closing date for abstract submission: 30 April

Annual Conference of The British Association of Sport and Exercise Sciences 2013 (BASES)
University of Central Lancashire, Preston, UK
3 – 5 September
http://www.uclan.ac.uk/information/services/fm/services/conferences/uclan/bases_2013_conference.php
Closing date for abstract submission: 19 April

ASICS Conference of Science and Medicine in Sport
22 - 25 October
Phuket Arcadia Resort and Spa
http://sma.org.au/conference/
Closing date for abstract submission: 15 April
# Upcoming events 2013

## Calendar of events

### International:
- **April 6**: World Day for Physical Activity
- **April 7**: World Health Day
- **April 28**: World Day for Safety and Health at Work
- **September 30**: World Heart Day
- **November 14**: World Diabetes Day

### South African:
- **May 10**: Vuka Move for Health Day
- **June 16**: National Youth Day
- **July 4-8**: Corporate Wellness Week
- **August 25**: Health promoting Schools Week
- **September 17-21**: Stroke Awareness Week
- **October 9-15**: National Nutrition Week
- **October 15-19**: Obesity Week
- **November 12-17**: National Diabetes Awareness Week
- **November 21**: COPD Day

If you would like to include events taking place within your country please inform the secretary, Clare Bartels. Also inform the secretary of any activities being hosted on an event day and news from any activities held.

### Coming up...

Our next issue is all about the built environment and its relationship with physical activity. We will report on studies within this research area as well as the researchers behind the research. A feature on Future Cape Town will also be included.

Importantly, we will also report on member numbers and the growth of the network.

We will report on the conferences highlighted in “Conferences and Symposia” and include all conferences and symposia being held in the second half of 2013 and early 2014 related to physical activity, sports, physical education and public health. Activities held on the special events days, shown in the “Calendar of events” will also be reported on.

Also don’t forget to send us the words “physical activity” in your home language.

Until then, keep us posted on events and research taking place in your institution and community, and any other information you would like to share. And remember to keep spreading the message of living an active and healthy lifestyle, with the goal to accumulate 30 minutes of moderate-intensity physical activity for most days of the week.

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Next issue: May 2013