

SPORT CD TRAINING MODULE REPORT - ITALY

The Sport CD course in Italy has seen several changes compared to the model outlined in the project. In particular:

- The practical experimentation, ie the organization of Sport Cd Day, was brought forward to after the first training meeting; in fact Sport Cd Day was organized on September 22nd, to include it within the "orientation week" of the Popular University of Sport, and thus enter into synergy with this initiative. For this reason it was necessary to insert the practical session after the first meeting.

- Obviously it was necessary to reverse the sequence of contents, so the students have - first of all - directly experienced the approach of the Sport Cd project, through the CD Day sport, and then they compared themselves with the theoretical reference model.

- Lastly, one-day modules were taken to 6 hours instead of 8.

Even with these changes, the training module proved to be very effective, demonstrating the flexibility and adaptability of the model created.

The course was attended by 18 youth workers, sports coaches, organizers.

MODULE 1 - Introduction to the concepts of Sport and Community Development

2 HOURS BY DISTANCE

Answers to questionnaire open questions. A sort of "entry test" to get an idea of the group's knowledge about; it will be repeated at the end of the training course to verify and evaluate individual learning.

- How can sport and bodily activities promote and make visible the resources of a community?
- How can sport and bodily activities become an element of involvement and activation of community members?
- How can sport develop a community's ability to learn?

6 HOURS IN CLASSROOM – 15 September 2018

CONTENTS	METHODOLOGIES
Presentation of the course and the participants	Presentation game
Sport as a Community Development tool: introduction to the concepts <ul style="list-style-type: none"> • COMMUNITY, definition and meaning • COMMUNITY DEVELOPMENT, definition and meaning • Rule of the SPORT for the Community Development • Know your Community! 	Exercise in small groups: World Café Keywords: <ul style="list-style-type: none"> • COMMUNITY • DEVELOPMENT • SPORT
Experiences of Community	Autobiographical exercise
Our vision and the vision of the Project: definitions, motivations, mission: what we do and why. The Sport, the Community, the Development. Sport as a tool for Community Development	Power Point presentation
The good practices in Sport for Community Development	Group work: divided into small working groups, examining some good practices,

	<p>based on key questions:</p> <ul style="list-style-type: none"> • what is the context in which the project operates? • what were the goals? • which sporting methods are used? • which complementary activities? • what are the strengths? • what are the weaknesses? <p>Presentation of the group works on poster or power point</p>
<p>Good practices in Sport for Community Development: results of the Sport4CD Project research The cross analysis of the good practices collected</p>	<p>Power Point presentation</p>
<p>Conclusion: what I bring with me</p>	<p>Exercise</p>

MODULE 2 - Practical experimentation organizing the Sport4CD Day

2 HOURS BY DISTANCE

The next actions: organization of practical experimentation in the Sport4CD Day

- What to do for organizing the Sport4CD Day?
- What to do on Sport4CD Day?
- Create work groups according to the different actions:
 - Sport cd day organization
 - contacts with local organizations

10 PRACTICAL HOURS - 22 September 2018

Realization of the Sport4CD Day.

The day saw numerous activities and a very large participation. The course participants supported the activities.

MODULE 3 - Sports and complementary activities

2 HOURS BY DISTANCE

HOMEWORK. Sharing feedbacks on the Sport Cd Day.

6 HOURS IN CLASSROOM – 6 October 2018

CONTENTS	METHODOLOGIES
Ice breaker	Introductory game
Presentation of the homeworks on "Elements that characterize good practices"	Presentation of the group or individual homeworks on poster or power point

Learning by body: the Sport as a learning experience	Autobiographical methodology and body/sporty experience
The Sports activities for Community Development The complementary activities: instructions for use <ul style="list-style-type: none"> • Complementary activities: what they are, how to project them • Mix sports and complementary activities to create a program of activities 	Group work: listing possible practices Power Point presentation, video
DREAM-IDEA-ACTION: the path to implement a Sport4CD event or activity program <ul style="list-style-type: none"> • Needs and resources analysis. Listening and knowledge of the territory/community. Working from "the bottom". • Setting goals and strategies • Schedule activities: mix sports and complementary actions to create an event/program • How to activate the territory and the community • Create the working group and train it on specific skills • Plan the communication and find the economies • Monitoring. Evaluation after the realization of the event/activity program; evaluation of its sustainability 	Group/individual work of planning an event/activity program Role playing Simulation of a Sport4CD event/activity program planning on the assigned territory/community
Presentation and analysis of the group/individual works on planning an event/activity program	Posters or power point
Conclusion: what I bring with me	Exercise

MODULE 3 - Create a Sport4CD event/activity

2 HOURS ON ONLINE PLATFORM

HOMEWORK: in small groups (or individually) , preparation of Sport Cd Day Programmes, according to the contexts the participants belong.

4 HOURS IN CLASSROOM – 31 October 2018

CONTENTS	METHODOLOGIES
Ice breaker	Game: Growing complexity
Feedback on the homeworks	Group work
Facilitation of groups: elements <ul style="list-style-type: none"> • The group as a system • The rules: implicit, explicit and "unspoken" • Collect the proposals • Manage conflict: the facilitation • Arrive at a synthesis 	Group brainstorming and creation of a poster in small groups. Presentation with PPT.
The role of the facilitator	Practical Exercise

The networking on territories and communities: how to solicit the existing resources and how to put them in synergy for an effective result	Group brainstorming and creation of a poster in small groups.
Conclusion: what I bring with me	Exercise

Disclaimer

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LICENCE

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