

Definitions



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Advocacy events: Other types of events that aim to spread the potential Sport for All through spaces for discussion, planning and sensitization. It involves key actors and decision makers and can also bring alternatives for fundraising

Alzheimer's: An irreversible, progressive brain disorder that slowly destroys memory and thinking skills and eventually, the ability to carry out the simplest tasks.

Anxiety: Is what we feel when we are worried, tense, or afraid of things that are about to happen or which we think could happen in the future. Is also a natural human response when we feel we are under threat and can be experienced through our thoughts and feelings.

Arthritis: Lack of exercise can lead to arthritis (joint wear). Due to lack of movement, the nutrition of the cartilage and products of metabolism are not removed from the joint. Cartilage degeneration and arthritis are facilitated. Exercising at a moderate level is effective prevention of osteoarthritis.

Award Scheme: Mechanism to encourage, praise effort and promote participation with small rewards such as medals or diplomas.

Awards: Event that publicly distinguishes good practices.

Back pain: In sedentary activities, we often remain a long time in the same position. This leads to contractions, which can cause more serious diseases like herniated discs, for example. Back pain often has psychological causes and can be triggered by stress and tension.

Burnout: Syndrome resulting from chronic workplace stress not successfully managed.

Capacity-building initiatives: Events that aim to spread the potential Sport for All. The realization of physical activity (on site) is not the most important outcome but rather to develop drivers that enhance and increase the access to Sport and Physical Activity

Cardiovascular diseases: Lack of exercise means our heart is not strained adequately, and our heart muscle loses efficiency. If there is now a strain, for example, climbing stairs or doing Sport, an untrained heart is often overwhelmed. The risk of heart attacks increases.

Caregiver: Someone who takes care of a person who is young, old, or sick.

Certification courses: Complete training that combines theoretical and practical contents. After completion, participants can access a certificate endorsed by a qualified instance.

Children: According to UNICEF's children's convention (1), a child means every human below the age of eighteen years unless, under the law applicable to the child, the majority is attained earlier.

Coaching courses: Involves the certification of acquirement of knowledge generally endorsed by a competent institution. It combines practical and theoretical resources.

Communication and Campaigns: Set of different activities or events that are planned and organised in an active way towards a particular goal, typically a political or social one (175).

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Competitive non-professional events: All Competitive (grassroot) tournaments with regular activity (individual or multi-sport) for a certain period of time which can be of Small scale (A weekend to 1 month) or Long scale (Longer than 1 month)

Conferences: Generally understood as a meeting of several people to discuss a particular topic. Conferences can have different formats according to the topic, approach, and size of the event (144)

Conventions: is larger than a conference; it is a gathering of delegates representing several groups.

Development: Seeks the intentional use of Sport, physical activity and play to attain specific development and peace objectives, including, Agenda 2030 Sustainable Development Goals (SDGs). Whereas 'Sport development' is largely a project of sporting organisations, SDP is increasingly pursued by NGOs in partnership with government departments of education and health which means include not only Sport but physical activity and active play.

Digestive disorders: For our bodies to work effectively, they need movement. Sitting also means that our organs are pressed together. Our stomach and intestines are compressed and cannot develop freely. This can cause digestive problems, which the fewest of us would suspect the cause is lack of exercise and sitting.

Diplomacy: Is the art of obtaining agreement between governments, international organisations, and non-governmental actors (New Diplomacy) who need to cooperate to produce results in which each has an interest.

Disability: Is any physical or mental condition that limits a person's movements, senses, or activities. The term disability is conventionally used to refer to attributes that are severe enough to interfere with or prevent normal day-to-day activities.

Diversity: It is about appreciating differences between individuals and groups of people and helps everyone to work together better. Some people think diversity is only about race or nationality. It's better to see that diversity is also about personal circumstances, mental as well as physical health, gender, and age. All play a part in how people are treated and may treat others.

Economic purpose: Sport is a worldwide industry; it can be used as a platform for communication in order to mobilize human resources for a determined purpose.

Educational Institution: Any formal organisation that offers professional education. It is a community where different groups are interrelated: students, teachers, parents, etc. Whereas not every education institution possesses a full Sport campus, they may likely have at least an indoor facility that could be devoted or adapted for Sport purposes.

Elderly: This term goes beyond chronological age, as it also refers to the biological, psychological, and social age. People can be considered old not only because they have reached the retirement age but also due to the reduction of physical strength.

Emergencies: Are defined as situations or impending situations caused by forces of nature, accidents or an intentional act that constitutes a danger of major proportions to life and property. Post emergency is an emergency in which an emergency has ended. Such situations can remain tense for years or decades and can easily relapse into large-scale violence.

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Equality: Equal rights, responsibilities, and opportunities for all people no matter their gender identity.

Equity: Provision of fairness and justice in the distribution of benefits and responsibilities for all people of all gender identities (39) This may include a treatment that can be different, but which is considered equivalent in terms of rights, benefits, obligations, and opportunities.

Esports: New modalities of involvement in physical activity and Sport through technology.

Event: Is a planned “out of the ordinary or unique” experience that has a specific purpose, happens once (limited duration), and seeks to raise the interest of a group. From a Sport and physical activity perspective, Sport events are a determinant component to achieve Sport for All goals.

Forums: Gathering of people to discuss a topic of interest. Unlike conferences the aim of this forums is to increase public awareness.

Frailty: This is a clinical condition characterised by a decline in the ability to carry out activities of daily living and comprises changes associated with ageing, chronic disease, and lifestyle.

Framework: Can be defined as a supporting structure around which something can be built (158). Seen from a Sport for All event perspective, structures are seen from a events and specific activities perspective rather than the organisations or institutions that support them.

Fundraisers: An event whose primary purpose is to raise money and awareness for a cause, charity, or non-profit organisation.

Gamification: Refers to the intentional use of game mechanics (adding games or game-like) to change or influence the behaviour of an individual. Games could achieve specific purposes that contribute to Sport for All and encourage participation (137).

Gender Identity: This means a person’s emotional and psychological sense of their gender, which may not align with the sex they were assigned at birth. The most common examples of gender identity are male and female, but several terms for people don’t fit into those categories, such as the following:(38).

Gender: Refers to the socially constructed roles, behaviours, activities, and attributes that a given society considers appropriate for boys and men or girls and women. These influence how people act, interact, and feel about themselves. While aspects of biological sex are similar across different cultures, aspects of gender may differ (37).

Headache: The causes of headaches are many and varied. They can be caused by contractions or even by lack of an oxygen supply, for example, when we don’t move for a longer time.

Health: A state of complete physical, mental, and social well-being, and not just the absence of diseases or illnesses. Is also a resource for everyday life, not the object of living, and is a positive concept emphasizing social and personal resources as well as physical capabilities.

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Homelessness: Describes the condition of people without a regular dwelling.

People who are homeless are most often unable to acquire and maintain regular, safe, secure, and adequate housing, or lack "fixed, regular, and adequate night-time residence". The legal definition of "homeless" varies from country to country, or among different entities or institutions in the same country or territory.

Human mobility: Refers to a process of massive mobilization of people from one location to one or different host countries. This can be due to different reasons: economic, political persecution, health, alimentary, among others.

Hypertension: A common cause of hypertension is a disorder of the cardiovascular system. Hypertension is one of the major risk factors of heart attack and stroke. Regular physical activity reduces blood pressure already at low intensity.

Indigenous: Is connected to the ethnic or racial background a person has. Indigenous also means "native to the area". Considering that our diversity is so broad, no single definition of indigenous people can fully capture this diversity. Indigenous people themselves do not believe a definition is necessary, and fear this may cause exclusion of some groups.

Indoor facility: Is any delimited covered area where Sport can be practiced. Although an indoor facility may look like a "well-gifted space" with enough equipment to practice Sport, when thinking up in Sport for All, things should be simpler and accessible to everyone.

International Sport Organisations: The governing bodies of Sport, disciplines, and networks at the international level. They contribute to the social well-being of communities and can ease pressures on the public budget. Through their versatility and cost-effectiveness, ISOs networks, including continental, national, regional federations and clubs can help meet the population's needs for physical activity. A major future opportunity for the organised Sport sector should be to offer high-quality health-related exercise programmes nationwide.

Launch events: Occasion to highlight the introduction or presentation of something new such as new sponsor, a public infrastructure.

LGBTQ+: This is an umbrella term that encompasses the spectrum of sexual orientation and gender identity, referring to anyone who is non-heterosexual or non-cisgender.

Meetings: gatherings of people to present or exchange information, plan joint activities, decide, or carry out actions already agreed upon. (144)

Mental well-being: Is a state of well-being in which every individual realizes one's own potential and abilities, can cope with the normal stresses of life and can contribute to one's community. It encompasses emotional resilience, allowing us to enjoy life and overcome disappointments and sadness. Belief in our own, and others' dignity and worth, underlies mental health.

Migrant: While there is no formal legal definition of an international migrant, most experts agree that an international migrant changes their country of usual residence, irrespective of the reason for migration or legal status. Generally, a distinction is made between short-term or temporary migration, covering movements with a duration between three and 12 months, and long-term or

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permanent migration, referring to a change of country of residence for a duration of one year or more. (56).

Multiplier events: Practical experiences where participants demonstrate and replicate the knowledge.

Muscle atrophy: All organs of our body need to strain and move to remain efficient. If we are moving only slightly, this performance degrades dramatically and the risk of developing a chronic disease increases significantly.

Non-binary: Located in the concept of gender. It stands up opposing two distinct identities, male and Female (gender binary). Describes an array of different identities which fall outside of the gender binary and can be related to or separate from male and female gender identities. Whilst non-binary is often described as part of the trans umbrella, not all nonbinary people identify as trans (36).

Non-competitive sport events: A type of event that have other interests than “defining a winner” it rather seeks promoting participation, recreation, and celebration. It creates powerful social ties and focuses on the community involvement at both organisational and participants level.

Official visits: High-level encounters that seek to strengthen the bounds between two parties. They are also used to highlight or oversee specific details of a project.

Orphan: A child whose parents are dead or have abandoned them. Other references refer to orphans when they are unaccompanied in any form.

Orphanage: A residential institution devoted to the care of many children. Although many people presume that most children residents are orphans, this is often not the case, with four out of five children in orphanages having at least one living parent and most have some extended family.

Osteoporosis: Also known as "bone atrophy" is a disorder that leads to a decrease in bone density and loss of bone substance. The whole skeleton is more prone to breakage. Physical activity and adequate sunlight, for example, a walk at lunchtime, and a calcium-rich diet are the best protection against it.

Other venues: Alternative non-restrictive locations that do not require a membership/entry fee. This includes private areas such as home-based activities including common areas in courtyards, buildings, or condominiums; workplace or public sites such as public parks and cycling roads.

Overweight: Our sedentary lifestyle causes a wrong relation between energy taken in and energy needed. We eat more than our body needs. To avoid being overweight, we have to eat healthier and move our bodies.

Peace: Among and within nations is a fundamental human aspiration and a primary goal of the global development community.

Physical activity: Is acknowledged as an inalienable human right that could be defined as “any bodily movement associated with a muscular contraction that increases energy expenditure above resting levels” (10). It is part of our heritage as the social nature is a unique feature of human beings, physical activity is it so.

Press conferences: Formal and planned act that informs a particular happening or relevant news, it gathers all forms of media.

Prison/prisoners: Institution that protects society from offenders and preserves social peacefulness. It's a disciplinary comprehensive apparatus" that controls all individual aspects and disciplines delinquent in their habits and customs. It also educates the body and mind and should make individuals able to behave without compromising the social contract.

Private sector: Comprises profit-making private companies and professional teams that produce and sell Sport products and services. (129)

Programme: Is a very large job that consists of a number of projects (169) referring to similar reoccurring events. It is normally required by large institutions and will include Project Management capabilities.

Project Management: Is the application of knowledge, skills, tools, and techniques for project activities to meet project requirements accomplished through the processes of initiating, planning, executing/implementing, monitoring/controlling, closing.

Project: This is a temporary endeavour undertaken to produce a unique impact or result.

Public spaces: Is any delimited covered area where Sport can be practiced but its jurisdiction and administration depend on government entities such as central government, Councils/municipalities, among others.

Recovery: Capacity to recover energies. Depends on sleep, which gives you more than just rest for your brain as it recharges your "battery" (nervous system).

Refugees and asylum seekers: These are persons who are outside their country of origin for reasons of feared persecution, conflict, generalized violence, or other circumstances that have disturbed public order and require international protection. The refugee definition can be found in the 1951 Convention and regional refugee instruments, as well as UNHCR's Statute. (56).

Round table conference: This is a get-together of peers. Here they exchange thoughts and opinions on a certain topic. These are usually political or commercial. A limited number of participants sit at the table, so everyone faces each other.

Safeguarding: Refers to the actions we take to ensure all people and especially children are safe from harm when involved in Sport activities. Abuse refers to the acts of commission or omission that leads to a child experiencing harm. Harm refers to the negative impact or consequences upon the child of those actions. (3).

Seminar: Is organised to discuss a particular topic. These are usually educational, and attendees are expected to gain knowledge or new skills.

Sex: Is assigned at birth, refers to one's biological status as either male or female, and is associated primarily with physical attributes such as chromosomes, hormone prevalence, and external and internal anatomy. Some individuals are born intersex - that is, with both male and female reproductive organs - but face limited legal recognition. (37).

Slum: The term has traditionally referred to housing areas that were once relatively affluent, but which deteriorated as the original dwellers moved on to newer and better parts of the city but have come to include the vast informal settlements found in cities in the developing world. Some slums like Dharavi, Mumbai, host businesses

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and industries which attract population from rural areas in a process of “deruralization”.

Social Inclusion: Is the process of an individual's self-realisation within a society, acceptance, and recognition of one's potential by social institutions, integration (through study, employment, volunteer work or other forms of participation) in the web of social relations (114).

Sponsorship: This is a major source of income for Sport events. Involvement in sponsorship should be planned in advance.

Sport Club: From a Sport for All perspective, a Club is a place or social context where people engage in daily activities in which environmental, organization and personal factors interact to affect health and well-being” (178). Sport clubs are the “backbone of the Sport movement”. It can contribute at both individual and community level. By general rule, Sport Clubs are non-profit entities except for professional Sport. It also provides important social, mental, and physical health benefits.

Sport for All: This is a fundamental right that can be understood as the universal provision of access to, inspiration to join and involvement opportunities in casual or organised physical activities. Sport for All is open, inclusive and for everyone regardless of ability, age, ethnicity, gender identity and expression, sexual orientation, culture, language, political, religious, or other beliefs, geographical location, national or social origin or property. “All” supposes that as many people as possible should be involved, with a special focus on the physically inactive, disadvantaged groups and minorities. It is a vision that can be implemented as a process of social change and planned on a large scale - bringing joy, health, social interaction, creativity, the capacity of adaptation, integration and sustainable development to communities and citizens around the globe.

Sport for All existing frameworks: Existing “events” of “formats” that are already established and contribute to the massification of Sport for All over the world and occupy a place in the international Sport and Physical Activity Agenda

Sport for Development and Peace: Is a wide and gradually growing field than encompasses different resources that respond to social issues through the universal power of Sport. It is a dynamic and effective driver for social transformations due to its intrinsic values and the global appeal it generates.

Sport veterans: Is someone who played any form of Sport in a competitive way and is now an adult or elderly. They are often known as retired players, having different particularities depending on the time passed since their retirement. The age to be considered is from 40-45 years old to over 85 years old. The term Veterans also refers to former combatants or the military that acted in wars.

Sport: Can be described as “all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships, or obtaining results in competition at all levels (11). These include play; recreation; organised, casual, or competitive Sport; and indigenous Sport or games.” (11.1).

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Stress: Degree to which you feel overwhelmed because of pressures that are unmanageable. It is an umbrella that encompasses Stressors, Appraisals, Coping and Emotions. Dividends stress hormones put the body on alert and temporarily increase its performance limits.

Susceptibility to infection: Lack of exercise weakens our immune system, as physical activity helps to produce immune cells. Moderate exercising strengthens the immune system. An exaggeration weakens it.

Symposium: Casual gathering of people and it includes refreshments and entertainment.

Training camps: Intensive types of courses that normally take place in a closed area to maximize the focusing capacity of each participant. It also offers other spaces that allow the cohesion of a group.

Type 2 diabetes: Type 2 diabetes known as "sugar disease" is a civilization disease that affects not only the elderly, but increasingly younger. The main cause is considered overweight, and thus lack of exercise. Adequate nutrition and exercise prevent metabolic disorders such as type 2 diabetes.

Well-being: Is the state of being comfortable, healthy, or happy. Well-being includes things such as how satisfied people are with their life as a whole, their sense of purpose, and how in control they feel.

Workshop: It is more of a hands-on experience for the participants. There are often demonstrations and activities to engage the participants.

Youths: Those persons between the ages of 15 and 24 years, without prejudice to other definitions by Member States (23). It is also important to distinguish between teenagers and young adults, since the sociological, psychological and health problems they face may differ.