



SPACHE

SPORTS AND PHYSICAL ACTIVITY
IN CULTURAL HERITAGE ENVIRONMENTS

Co-funded by the
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Historical Perspective of Cultural Heritage and Sport and Physical Activity

OUTLINE

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2. History of Sport, physical activity, and Cultural Heritage
3. Understanding the positive aspects of cultural heritage and Sport
4. Progress in Sport and Cultural heritage

About SPACHE



SPACHE is an acronym for Sports and Physical Activity in Cultural heritage environments.

UNESCO explains cultural heritage to encompass “cherished historic monuments and museums to living heritage practices and contemporary art forms, culture enriches our lives in countless ways and helps build inclusive, innovative and resilient communities”.



<https://www.tempolivre.pt/en/spache/>



What is the Goal of the SPACHE project?



How does SPACHE seek to achieve its Goals?



What is the overall benefit of the SPACHE Capacity building framework

In the framework of the SPACHE project sport/physical activity refers to non-competitive activities



About SPACHE



SPACHE AIMS

Enhance
Sport/Physical
Activity
through
cultural
heritage

Strengthen
Cultural
Participation

Give the sense
of local and
European
identity and
social capital

Enhance active
sustainable
mobility and
promote social
inclusion



History of Sport, Physical Activity and Cultural Heritage

Key Terms

Cultural Heritage

“resources inherited from the past, which people identify ... as a reflection and expression of their constantly evolving values, beliefs, knowledge and traditions.

Physical Activity

“any bodily movement produced by skeletal muscles that requires energy expenditure,” (World Health Organisation- WHO).

Sport

“all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental wellbeing..”

History of Sport, Physical Activity and Cultural Heritage

Bale (2000) notes that “sports teams and athletes hold a special place in the community in which they play, while sport sites, such as stadia and sporting venues, are imbued with special cultural meanings by supporters”.



<https://www.google.com/url?sa=i&url=https%3A%2F%2Ffeuagenda.eu%2Fnews%2F708093&psig=AOvVaw3cjT2zjxmjj3XmVRBpBeWH&ust=1676114915918000&source=images&cd=vfe&ved=0CBEQjhqxFwTCljHhuPsv0CFQAAAAAAdAAAAABAE>

The history of sports and physical activity is closely tied to cultural heritage, as different cultures have developed unique games, activities, and rituals over time. Throughout history, sports and physical activity have been used to socialise, build community, and foster teamwork and competition.

It is essential to safeguard and promote cultural heritage in its different forms, be it tangible or intangible cultural heritage. This can be done through sports, making it a tool for enhancing intercultural dialogue, encouraging ethical sports practices and strengthening youth empowerment.

Sports, physical activity, and cultural heritage have a long and rich common history

From ancient Greece to modern times, sports and physical activities have been an expression of cultural identity and an important aspect of modern societies.



SOURCE: <https://expatguideturkey.com/ancient-origins-of-the-olympic-games/>

From Ancient Greece, birthplace of the Olympic Games, to the knights and their tournaments in the Middle Ages, to the emergence of the 19th century modern sports concept, linked to a rise in leisure time and the need for organized physical activities, today physical activity is recognized as a means of promoting health and well-being.

Sport, physical activity, and cultural heritage have been intertwined throughout the history of mankind. From ancient civilizations to modern times, sports and physical activities have been an important part of our culture, with cultural heritage often being expressed through physical pursuits.

Value of intergenerational learning and engagement

Learning is something that can happen at all ages and in all situations. By engaging with people from other generations we can experience different viewpoints, learn from others, and expand our outlook. The European Network for Intergenerational Learning (ENIL) attempted to identify and analyse the impact of intergenerational learning, and found that “the benefits included the creation of personal bonds; helping to eliminate stereotypes across generations; enhancing reciprocal learning and the motivation to learn; and reducing social anxiety.”

Using cultural heritage and sports activities can prove to be a powerful tool in reducing the generational gap, and promoting community identity.



Understanding the positive aspects of cultural heritage

Social benefits of cultural heritage:

The power of culture to favour happiness, satisfaction with leisure activities and health and well-being is particularly relevant for enhancing sports/physical activity practice.

- Cultural heritage contributes to happiness, overall life satisfaction or satisfaction with domains such as leisure satisfaction or job satisfaction,
- Cultural heritage stimulates personal growth, cultural development and creativeness.
- cultural heritage stimulates the ability to connect oneself to the past, and to the collective past of others
- Cultural heritage contributes to the improvement of health conditions, increased well-being and reduced stress
- Cultural heritage fosters feelings of civic pride, belonging and cooperation
- Cultural heritage contributes to making neighbourhoods, towns and regions more popular places to live in, work in and visit, increasing their attractiveness for both residents and tourists
- Cultural heritage contributes to the economic development of an area

Understanding the positive aspects of cultural heritage and Sport

Raise awareness, produce knowledge and build capacities on how to integrate cultural heritage and sport/physical activity initiatives to make sport/physical activity more attractive

Will contribute to SDG objective 3, “Ensure healthy lives and promote well-being for all at all ages”,

SDG11 “Make cities and human settlements inclusive, safe, resilient and sustainable”,

SDG15 “Protect, restore, and promote sustainable use of terrestrial ecosystems”

Exploit cultural heritage as leverage for enhancing physical activity/sports practice and increased participation in sports and physical activity.



Research:

Derom & Ramshaw (2016), underline that sport heritage events have been related especially to spectator consumption sporting events (e.g. Wimbledon, etc.), while little attention has been paid to the “notion of participants actively constructing their own sport heritage, or being motivated to participate because of an event’s sport heritage associations.”

Pernal et al. (2018), reveals the value of heritage –based sport strategies is not only for visitors but also for residents.

Ramshaw & Gammon (2016), show that not only does major/special heritage sport events produce interest, but also regular everyday sports. They go further to say that regular everyday sports are increasingly seen as a possibility to experience the heritage potential of a country or community.



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