



## **Stress Management Through Physical Activation**



Co-funded by the  
Erasmus+ Programme  
of the European Union

# STRESS MANAGEMENT THROUGH PHYSICAL ACTIVATION

Project Reference: 622615-EPP-1-2020-1-CZ-SPO-SSCP

Programme: Erasmus+ Key Action: Sport

Action Type: Collaborative Partnerships

## SPORTEN KLUB USMIVKA

Deliverable		
Testing contents for “Sport as a tool in mental health” activities		
Leading Partner	Location	Date
SCS	Sofia, Bulgaria	June 2022

## DESCRIPTION

Project proposal has been designed to combine a digital booklet , will function as a forum as well as a source for wellbeing through sport. The aim of opening the forum is to bring together a wide of experts and practitioners from different disciplines in order to share ideas, approaches and practices. The beneficiaries of the booklet will be teachers, trainers, psychologists, counselors, dieticians and coaches. We aim at envisaging sport and mental health in the concept of multidisciplinary approach. The e-learning pillar will be composed of the materials from handbooks to the videos of implementations. In order to eliminate the lack of knowledge and to be informed of the latest improvements in the fields; we will set up a digital contents involving the terminology and related essays as part of the digital booklet.

The contents of the booklet will include materials possible to distance learning, examples of the best practices and exchange ideas and implementation. With this tool, we expect a great benefit for a deeper European network and cooperation. The activities should be doable, to not requiring extreme environments and materials. It must contain qualified, clear and understandable instructions to be applied for practical activities.

The main objective of this template plan is to define and design educational contents will be carried out at digital booklet. The nature of this process will be perpetual since the contents of the booklet will be constituted by ongoing and latest practices in the mental health and sport cooperation field including various opinions and methodologies from a wide range of experts.

# GOOD PRACTICE I

## Practice Title: Streetball Thematic Field: Basketball 3x3

### SUMMARY OF THE ACTIVITY

Basketball 3x3 is version of the normal basketball. 3x3 is played on field with one basket and the ball is smaller. It is usually played on the street courts. Players depend on each other personal technical skills. The best players in this kind of games are the one with high level of dribbling skill and good shoot from distance. The game is more dynamic than the normal basketball. The clock for attack is 14 seconds and offensive should depend on screens, pick and rolls and shoots from distance. The match is 10 minutes or the first one reached 21 points. Short dynamic and entertaining, everything that you want from one spectacular game.

### INSTRUCTIONS FOR TRAINERS

The trainers must depend on quick and agile players with good dribbling skills. This are few of the most important instructions for trainers. One team must equally rely on shoots from distance as well as pick and rolls and individual skills and improvisation. Never forget the eternal sport mantra that the championships are won by the defense. If the players have good defending skills and mediocre offensive ones are still combination that can win a lot of games and trophies.

### EXPECTED MENTAL IMPACTS

The reactions are vital for this type of basketball game. Team game is also important aspect in every team sport, as well as this one. Belief in your qualities is developed throughout the practices and games. Self-confidence and self-esteem grow with time and challenging matches.

### BIO OF COACH

Mr. Vladimir Iskrov started his education as a Basketball trainer in National Sports Academy "Vasil Levski" where he graduated also in Physical education. His third diploma is physiotherapy. Apart from the three bachelor's degrees he has a master's degree in Sports Psychology, later on, he turns it to Ph.D. The topic of his Ph.D. is "How team spirit, unity, collective efficiency, and leadership are reflecting on the sports achievements of the athletes". While he is studying in Bulgaria he successfully completes the most prestigious European basketball course - FIBA Europe Coaching Certificate.

## GOOD PRACTICE II

Practice title: Tennis

Thematic field: Tennis

### SUMMARY OF THE ACTIVITY

Tennis is popular individual or doubles game. The field have different terrain at every tournament, but mostly there are three types of fields flooring – clay, hard court and grass. Every tournament decides what flooring to use. In the middle of the court is a net. The player must use his racket to place the tennis ball in the opponent side of the court and the ball to fly above the net. Most visited tournaments are part of the Grand Slam – Wimbledon, Roland Garros, Australian Open and US Open.

### INSTRUCTIONS FOR TRAINERS

The sport is very demanding. The training usually starts at young age and the young girls and boys then strive to continue their development in big academies of tennis players or respected coaches. The trainers must improve the game of the young trainees emphasizing on their fundamentals – forehand and backhand stroke. Once they are developed the technique of more difficult strokes must be uplifted. The slice stroke and short hits. One of the very fundamentals that is developed throughout the time is the game of the legs. How to approach different kind of balls and how to change the tempo and power of your hits.

### EXPECTED MENTAL IMPACTS

The game of tennis grows very self-confident individuals. Most common type of game is one on one. Practices and matches crave the character and show the talents and the will of a person. As we said its very demanding in matter of physical loading. No matter what the strong mental health is one of the most important for the best athletes in the game. Self esteem is also a very important mental quality that is impacted by playing tennis.

## GOOD PRACTICE II

Practice title: Tennis

Thematic field: Tennis

### BIO OF COACH

Iva Gigova has been a coach at Maleevi since 2007, which makes her one of the doyens at the club. But her long career is actually misleading because she is a charming and sunny girl. She has been playing tennis since she was 5 years old, and she does not hide that she was focused on sports by her ambitious father. The transition to the coaching profession has become quite natural, and to some extent necessary due to the recognition: "there was nothing else I could do." In fact, this is just unnecessary modesty, as Iva is among the most qualified specialists in our country. She is glad that she has not run away from tennis all these years, as she now realizes that her profession is "super cool", dynamic and allows her to communicate directly with people and not with machines, which she obviously does not like. and does not understand.

Until 2 years ago, he trained both children and adults, but since then he has reoriented himself and chosen to work with teenagers. Her motives? "Children are honest, unadulterated, they are not manipulated and you can't lie to them." In addition, studying them is very useful for her other passion - psychology. Iva has defended a dissertation on "Tennis and Psychology" and is a doctor. She would explain tennis to a curious little child as "playing with another child in which different experiences can happen to you." She believes that her mission is to be close to children and make their path to sports easier and more interesting. Her main weapon is trust. She is always on the side of the children and really tries to be more tolerant towards the parents as well.

## GOOD PRACTICE III

Practice title: Trekking  
Thematic field: Trekking

<b>SUMMARY OF THE ACTIVITY</b>	<p>Physical activity in the wild nature. It's a hike through the mountains. Trekking continues more than one day and the participants stay at night under the stars in handmade camp. Trekking is type of walking tourism. It's getting more popular with people of different age wanting to have technological detox and establish connection with the wild nature.</p>
<b>INSTRUCTIONS FOR TRAINERS</b>	<p>One of the most important tips for trainers is to make previous research the wild nature terrain for bugs, animals and weather conditions. There are a lot of issues that can become problems for participants in trekking. Good preparation is the key to effective hike for few days.</p>
<b>EXPECTED MENTAL IMPACTS</b>	<p>One of the most important impacts is balancing mental health by walking in the wild nature. More walking, more stress relief and better energy balance. Improving trust in the people next to you and avoiding conflicts. In the wild nature mainly you need companions to make a nice hike and feel the full experience of the tourism in the mountains.</p>
<b>BIO OF COACH</b>	<p>Dr. Ventsislav Yordanov is a lecturer in trekking and tourism at the University of National and World Economy in Sofia Bulgaria. He has over 15 years of experience in the field of trekking and mountaineering in Bulgaria and abroad. Organizes children's mountain camps. He also participates in training related to mountain rescue and rescue training. In 2017, the most difficult and long mountain route in Bulgaria KOM-Emine successfully passed. The length of the route is 700 km. With his rich experience in trekking, he is suitable for our project.</p>

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Programme: Erasmus+ Key Action: Sport

Action Type: Collaborative Partnerships

## EDUCATOR, SPOLEK

Deliverable		
Testing contents for “Sport as a tool in mental health” activities		
Leading Partner	Location	Date
Avrasya Gençlik Gelişim Derneği	Istanbul, Turkey	February 2022

## DESCRIPTION

Project proposal has been designed to combine a digital booklet , will function as a forum as well as a source for wellbeing through sport. The aim of opening the forum is to bring together a wide of experts and practitioners from different disciplines in order to share ideas, approaches and practices. The beneficiaries of the booklet will be teachers, trainers, psychologists, counselors, dieticians and coaches. We aim at envisaging sport and mental health in the concept of multidisciplinary approach. The e-learning pillar will be composed of the materials from handbooks to the videos of implementations. In order to eliminate the lack of knowledge and to be informed of the latest improvements in the fields; we will set up a digital contents involving the terminology and related essays as part of the digital booklet.

The contents of the booklet will include materials possible to distance learning, examples of the best practices and exchange ideas and implementation. With this tool, we expect a great benefit for a deeper European network and cooperation. The activities should be doable, to not requiring extreme environments and materials. It must contain qualified, clear and understandable instructions to be applied for practical activities.

The main objective of this template plan is to define and design educational contents will be carried out at digital booklet. The nature of this process will be perpetual since the contents of the booklet will be constituted by ongoing and latest practices in the mental health and sport cooperation field including various opinions and methodologies from a wide range of experts.

# GOOD PRACTICE I

Practice title: YOGA

Thematic field: Relaxation exercises, stretching

## SUMMARY OF THE ACTIVITY

The goal of yoga is to learn to perceive your own body, its posture and the involvement of individual muscles. Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Yoga is an ancient practice that may have originated in India. It involves a technique to promote mental and physical well-being. There are several types of yoga and many disciplines within the practice. Modern yoga focuses on poses designed to stimulate inner peace and physical energy.

## INSTRUCTIONS FOR TRAINERS

Find a calm and quiet place where you will not be disturbed by loud sounds. You can exercise indoors or outdoors. It is advisable for everyone to have a mat or towel for exercise, and comfortable clothes.

Exercise usually lasts 60 to 90 minutes, but even a twenty-minute exercise makes sense. An important part of a yoga exercise is the beginning and the end. It should always be accompanied by a ritual (as for example a common greeting). Prepare a plan with types of positions. Start with the simplest ones.

Examples:

1. Mountain Pose: Begin by coming to stand at the front of your mat in Mountain Pose. Taking several breaths here is a good way to bring the body to a neutral position and begin to tune into your alignment. On the inhales, try rolling the shoulders open so your palms turn up, which helps bring your shoulder blades onto your back.
2. Lotus Pose: This is a cross-legged sitting meditation pose, in which each foot is placed on the opposite thigh.
3. Cobra Pose: The palms are placed under the shoulders, pushing down until the hips lift slightly. The backs of the feet rest on the ground, the legs outstretched; the gaze is directed forwards, giving the preparatory pose. For the full pose, the back is arched until the arms are straight, and the gaze is directed straight upwards or a little backwards. The legs remain on the ground.

## EXPECTED MENTAL IMPACTS

A regular yoga practice can promote endurance, strength, calmness, flexibility, and well-being. It helps with treatment for addiction, reduces stress, anxiety, depression, and chronic pain, improves sleep, enhances overall well-being and quality of life. Yoga can help support a balanced, active lifestyle.

# GOOD PRACTICE I

Practice title: YOGA

Thematic field: Relaxation exercises, stretching

## BIO OF COACH

The coach has 25 years of yoga experience, of which 17 years of experience as a yoga teacher. In 2003, she went through the retraining program Health and Physical Education Trainer, followed by courses such as Yoga Instructor, Hatha Yoga Instructor, Ashtanga Yoga Specialization. She has been running his own yoga studio for 11 years.

She works with the motto: Leave satisfied with a pleasant feeling in your body and soul and return with the same expectations.

# GOOD PRACTICE II

Practice title: DANCING

Thematic field: Rhythmic movement

<b>SUMMARY OF THE ACTIVITY</b>	<p>It is a leisure group focused on the perception of music and rhythm and the feeling of joy from moving to music with a focus on modern music, pop music; street dance or hip hop for older youth, generally a modern dance.</p>
<b>INSTRUCTIONS FOR TRAINERS</b>	<p>Provide a suitable space - indoors or outdoors. If the activity takes place indoors, note the rental costs. Provide a music player and have a playlist ready. Dancers should wear comfortable clothes.</p> <p>In the case of working with children, it is always necessary to obtain a confirmation from parents, to have applications, to have contacts of parents, to know the health status of the children, as it is a physical activity. Set precise training times and always inform everyone about everything.</p> <p>The rules, that the coach sets the first lesson for easier work with the group, are important. It is essential to set a certain mode or system so that the lesson is dynamic and at the same time healthy - warming up at the beginning and cooling down at the end of the lesson. The lessons should be long enough to be enjoyable and not exhausting, with breaks for drinks.</p>
<b>EXPECTED MENTAL IMPACTS</b>	<p>Dancing can get emotions out and on the other hand, it can evoke some emotions. Music affects people in the same way, it helps us to relax, to get rid of different feelings or, on the contrary, it puts us in a good mood. Respect and perception of difference are built during the dance. Dance also brings physical improvement. Thanks to the activity, the dancers reduce stress, get in a good mood, cope with anger. Dancers share their feelings in the group, and the change of environment and socialization in the group have a significant effect. Participants work with themselves and self-acceptance.</p>
<b>BIO OF COACH</b>	<p>The coach has been dancing since she was a child. When she moved to another city, she did not find any dance lessons and therefore founded her own dance group. She dances with children (from 3 to 15 years) as well as with adults. When dancing, she works with the idea of self-acceptance, respect, a feeling of joy in music and the free movement of the body. She currently has 18 years of experience with dance activities.</p>

## GOOD PRACTICE III

Practice title: CROSS COUNTRY WALKING

Thematic field: Hiking in the countryside

<b>SUMMARY OF THE ACTIVITY</b>	<p>Cross country walking means going down nature trails, hiking without any hiking trails. Cross country walking usually involves exploring uncharted grounds, it is about exploration and the spirit of adventure.</p>
<b>INSTRUCTIONS FOR TRAINERS</b>	<p>Always have a plan of the route – check the accessibility, safety, navigation difficulty and duration to complete the trail. Think about the alternatives if you need to shorten the activity. The goal is not to be fast in the destination (the speed of about 2-3 miles per hour should be sufficient). Have the necessary equipment with you - first aid kit, map, refreshments, waterproof clothing in case of rain, phone. The backpack should be as light as possible. It is always necessary to wear good shoes. With a new group, start always with shorter routes.</p>
<b>EXPECTED MENTAL IMPACTS</b>	<p>Even a short walk improves mental well-being due to the increased supply of oxygen to the body. Regular walking promotes the connection between cells in the brain and reduces the death of brain tissue due to age. Walking promotes concentration, motivates staying in nature for further physical activities, strengthens memory skills and relieves depressed moods. Even a 20-minute walk will increase the levels of serotonin and other hormones that regulate sleep cycles, help you fall asleep and maintain sleep during the night. The walk also helps people with Parkinson's disease, which maintains and sometimes even improves mobility. It also reduces the risk of Alzheimer's disease.</p>
<b>BIO OF COACH</b>	<p>For many years, the coach worked as a trainer and consultant in the field of working with people. She has also been involved in outdoor sports such as skiing, orienteering and Nordic walking.</p> <p>She likes cross country walking because it is an activity available to almost everyone, it is efficient and flexible. She completed a teaching course.</p>

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## PETIT PAS

### Deliverable

Testing contents for “Sport as a tool in mental health” activities

### Leading Partner

Avrasya Gençlik  
Gelişim Derneği

### Location

Istanbul, Turkey

### Date

February 2022

## DESCRIPTION

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# GOOD PRACTICE I

Practice title: Football Academy Andria

Thematic field: Football

## SUMMARY OF THE ACTIVITY

In recent years this phenomenon has been increasingly on the rise in Italy. Many football academies that deal with the sporting and educational growth of children have expanded their offer to adults as well. Most adults are faced with periods of stress, complicit in all situations that arise, such as managing time for oneself, between work and family.

Precisely for this reason many amateur sports clubs have created football "schools" for seniors, where they allow football lovers to be able to practice it, to train and to be able to participate in championships with the same age, leaving out all worries for 2 hours outside the pitch.

The Apulian club, to be precise Andria, with the name Football Academy Andria is one of the most active clubs in this field.

The goal of the company is to give moments of serenity and lightheartedness to its members, appreciating being in a group sharing a passion. The Andria Football Academy, in fact, has more than 50 members and it is the club's priority, not to stop at only organization of training sessions and matches, those who are part of the team can benefit from themed evenings, such as the karaoke evening or the quiz evening, where sharing and being together are at the center of everything.

## INSTRUCTIONS FOR TRAINERS

The advice to give to anyone who has to coordinate a group of adults is to work a lot on the spirit of initiative that must not lack on the ability to give the best of oneself despite the physical difficulties that can be had at a certain age. to go beyond even one's own limits without having to ask too much of oneself and above all a good leader must be one who works a lot on group identity on the size of the group

## EXPECTED MENTAL IMPACTS

As expectations, enthusiasm and desire to do that can be applicable even after the age of 35, and in fact these expectations have been matched by the fact that this group grows in number shows enthusiasm, desire to make great participation and team spirit. In this way, adults rediscover that typical youth dimension of the group as a place for training, growth, support and sharing.

# GOOD PRACTICE I

Practice title: Football Academy Andria  
Thematic field: Football

## BIO OF COACH

VITO DI BARI was born in Trani on 7 April 1983. He is a former professional footballer, with more than 300 appearances in professional football in Italy. He is the founder of the Football Academy Andria company, which registers over 300 students between football and senior schools. At the moment he is also the coach of the first team of Fidelis Andria, which plays in the Italian Serie C professional championship.



## GOOD PRACTICE II

Practice title: BoaOnda

Thematic field: Dance

### SUMMARY OF THE ACTIVITY

BOAONDA A.S.D. was born in Bari in 2014 from a group of dancers, danz'authorə, experts in Artistic and Social Pedagogy of the Movement, and DanzaMovimentoTerapeutə. The working group was initially organized as a cultural association boaOnda.Movimento Danza, where the word 'Movement' has a double political (in a broad and complex sense) and motor value. We keep this wording in the intentions, motivations, and on this page.

The association was born from the common experience in the field of contemporary dance: we met within the QuaLiBò company, studying and working together. We then developed the idea of creating a group that could work in the educational field through dance, given the respective training backgrounds gained over the years. The goal is to enhance and disseminate the culture of dance intended as a fundamental tool for building awareness and knowledge of the bodily and expressive self, of relationship with the Other from oneself, of personal and collective growth, useful for the educational process. and to the formation of the person as a whole.

BOAONDA takes care of projects of Artistic Pedagogy of the Movement, of DanceMovementTherapy and of Community Dance, also in collaboration with various realities active in the area that act in favor of the growth of the person in relation to his environment, and in particular for children, people the disabled, the elderly, women victims of violence, refugees, in favor of environmental education and interculture. BOAONDA carries out laboratory activities in various places in the city and in the province of Bari, in the BAT and throughout the Puglia region and beyond (schools, cooperatives, municipalities, consortia, urban laboratories, social spaces, associations).

## GOOD PRACTICE II

Practice title: BoaOnda

Thematic field: Dance

### SUMMARY OF THE ACTIVITY

#### ARTISTIC EDUCATION OF THE MOVEMENT

BOAONDA organized and created in 2015 and 2016 "KIDanza - dance festival for a young audience" (Officina degli Esordi and Kismet Opera Theater - Bari), a unique event of its kind in our region, organized with the support of the Teatro Pubblico Pugliese, with shows and performances dedicated to children, creative dance workshops and more, dedicated to children and training dedicated to people who work with childhood and adolescence, and the involvement of the various regional realities that deal with movement and education of the smallest people.

BOAONDA, in collaboration with QuaLiBò, has created and implements the Artistic Pedagogy project of the SCUOLA IN MOVIMENTO Movement (linked to the DANCE GOES TO SCHOOL project, Choronde-Rome). The project in schools, at the same time pedagogical-artistic-social, has also led us to create short ad hoc training courses for kindergarten and primary school teachers.

Since 2015, with the project A DANZAR LE STORIE! ... NOT TRUE THAT STORIES CAN BE HEARD ONLY WITH THE EARS ([www.adanzarlestorie.it](http://www.adanzarlestorie.it)) takes care of a path to promote reading through dance in schools, libraries, bookstores, literature festivals for girls \*, which is enjoying considerable consensus. This project is promoted in all the locations where BOAONDA works with children.

In 2017 in partnership with Legambiente Puglia and with Arci - Territorial Committee of Bari, he participated with positive results in the adolescence and children call, promoted by the Social Enterprise Con i Bambini - Foundation with the South. The Corsara School and New Generations projects, for the contrast to the educational poverty of minors, have included BOAONDA through the paths THE NATURAL BODY and SI PUO' ! still in progress.

# GOOD PRACTICE II

Practice title: BoaOnda

Thematic field: Dance

## SUMMARY OF THE ACTIVITY

### DANCE MOVEMENT THERAPY

With DanzaMovimentoTerapia, in addition to the classic DANCE & WELLNESS paths, we work in the social field in collaboration with the Armonia cooperative - ATAD II Pineto di Trani, with Save the children - Punto Luce of Bari, with the CAS of Bisceglie with refugee people; we carry out projects related to gender issues in particular with the CAV SAVE project in Trani with women victims of violence and with the Casa delle Donne del Mediterraneo in Bari with the GENERATIONS path in collaboration with Teatri di Pace.

### CULTURE & INTERCULTURE

BOAONDA collaborates with Ana Estrela (Origens association - Bari), in the organization and implementation of the Arrastao de Yemanjá, an event to promote Brazilian culture in Italy, and to enhance the various "Afro" cultural expressions in the cities of Bari and Milan.

She is a partner of the Trani Intercultural Network (RIT) promoted by the Department of Cultures of the city, and is the protagonist in the latter in the organization and realization of the Festival of the Peoples in Trani, taking care of the artistic aspect of the festival linked to traditional dances.

She is a partner of other social innovation projects giving her contribution through Community Dance projects.

## EXPECTED MENTAL IMPACTS

The goal is to enhance and disseminate the culture of dance intended as a fundamental tool for building awareness and knowledge of the bodily and expressive self, of relationship with the Other from oneself, of personal and collective growth, useful for the educational process. and to the formation of the person as a whole.

# GOOD PRACTICE III

Practice title: Flamingo Surf Club

Thematic field: Padel Surf

## SUMMARY OF THE ACTIVITY

Travel around the world in search of the perfect wave has taken us everywhere but in the end we always return to our wonderful land that is Puglia, hence the challenge of spreading and promoting what has literally changed our lives.

Surfing is not just a fast growing sport, for us it is much more. It is something that changes your life deeply and leads you to always question everything in exchange for the peace that only a sunset seen from the water is able to give.

Surf, skate and sup courses for us are a way to share the magic and fun with everyone and experience the sea even outside the summer season. The cold will never be a limit and will not keep us away from the sea, the best waves arrive when the water is cooler and with our boards and wetsuits we are ready for any weather condition.

Problems can't swim, and that's why it's hard not to get excited on a board, the colors, the adrenaline and the wonder ... all of this for us is the Flamingo Surf Club. The surf course is the best way to approach surfing. It includes four lessons in which each student will be able to know and practice the fundamentals of this sport, starting from theory up to practice in the water. The course consists of:

### Theory

- meteorology
- knowledge of favorable weather / sea conditions
- knowledge of the spot and the currents
- knowledge of the equipment used
- notions of safety and behavior at sea

### Practice

- positioning on the table
- notions of paddling
- take off: pop-ups and stands

## INSTRUCTIONS FOR TRAINERS

In addition to having many health benefits, sup is a sport suitable for everyone and is not as difficult to practice as surfing or other water sports.

This is why I recommend it to adults and children.

Furthermore, practicing this sport is also excellent for those who want to return or keep fit by combining mental well-being.

## GOOD PRACTICE III

Practice title: Flamingo Surf Club

Thematic field: Padel Surf

### EXPECTED MENTAL IMPACTS

There are many health benefits beyond the mental aspect. Just being out in the fresh air and giving your body a chance to absorb vitamin D will strengthen your immune system.

The fitness aspect should not be underestimated. Balancing on a stand-up paddle on water takes the whole body and doing it outdoors makes it enjoyable.

It is an activity for their businesses.

We know this, but it is difficult to be aware of the ever increasing amount of time we spend in front of our screens (smartphone, computer, tablet, television). We also subconsciously inflict it on our children. It is therefore extremely beneficial to go out and reconnect with our environment.

If you love nature and want to see it in a different way, then learn to row. Stand up paddle allows you to be literally and figuratively immersed in nature.

Stand up paddle is good advice for anxious and emotional people. Doing stand up paddling can also have a small antidepressant effect in many aspects and primarily through photosensitization.

Much of modern society is sedentary and permanently bent over keyboards, backs and desks. This leads to a whole host of back and mobility problems, with the end result of poor postural habits. Cases of swelling of the discs have already been reported as a result of excessive use of the smartphone. The intervertebral disc can suffer from increased pressure on its back wall which can result in deformation, rupture or rupture of a herniated disc, protrusion, or even a crack.

Doing an activity like paddle surfing can help slice the stress on the hamstring, gluteus maximus, spinal erector, trapezius and spine. The actions and movements required to stand on the SUP board serve to strengthen the muscle groups that are responsible for maintaining good posture.

Another important benefit of SUP is that of stress reduction. This is for two main reasons.

- First of all, as we said before, paddling is an important cardiovascular activity. And like all activities of this type, they fight anxiety and stress.
- Secondly, with your sup board you will have the opportunity to visit wonderful places and spend unforgettable moments. This also helps reduce stress.

## GOOD PRACTICE III

Practice title: Flamingo Surf Club

Thematic field: Padel Surf

### EXPECTED MENTAL IMPACTS

Standing on a paddle surfboard in the water and paddling will do wonders for your posture.

Unlike the other water sports part, you don't need to spend a lot of money to start stand up paddle. Thanks to the growing popularity of sup in recent years, they are more accessible than ever.

### BIO OF COACH

Alexander:

In the water since the age of 7 for sailing since then he has also been fond of windsurfing and skateboarding. In 2008 the first wave surfed and since 2010 instructor. In 2015 he began an adventure of building eco-sustainable boards and recently from 2018 finally his own surf school.

David:

Driven by a passion for nature and the sea, he began surfing in 2013 almost by chance and completely self-taught. From that moment on he used every opportunity to improve and refine his technique. In 2017 he embarks on the path of craftsmanship with the construction of boards and finally in 2018 he founded his own surf school moved by the idea of transmitting his passions.

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## USIT

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Leading Partner	Location	Date
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The main objective of this template plan is to define and design educational contents will be carried out at digital booklet. The nature of this process will be perpetual since the contents of the booklet will be constituted by ongoing and latest practices in the mental health and sport cooperation field including various opinions and methodologies from a wide range of experts.

# GOOD PRACTICE I

Practice title:

Thematic field: ORIENTATION

## SUMMARY OF THE ACTIVITY

Orienteering races are a type of race in which the competitors are provided with a highly detailed map on which a series of control points are identified that must be visited, usually in a pre-established order. The runners take the start individually and separately in time intervals and freely choose the approach routes to each checkpoint with the aid of the plan and a compass. In essence, orienteering involves the navigation of the runners through the terrain, with the winner being the one who takes the least time to visit all the checkpoints.

It takes place over a wide variety of terrain, from urban areas or peri-urban parks to natural spaces, with the best competition areas being those offering complex and varied terrain.

## INSTRUCTIONS FOR TRAINERS

Developing activities in which the game strategy is a relevant factor is an opportunity to combine another motivating element, in addition to the physical-technical aspects that prevail in the practice of orienteering. The activities that best develop this issue are the well-known SCORE routes, in which the order of visit to the controls is not determined by the tracer. In this sense, the variants for their application are very diverse, but one of the score proposals that works best with the children is the one I present below.

The ultimate goal of the game is to score the most points at the end of the course. Each orienteer must visit the controls in the order he or she chooses. The main difference with respect to the classic scores is that the order of arrival at each point with respect to the rest of the competitors is the key that will define the result. In other words, if a runner arrives first at a marker, he will have the advantage of reaching the maximum score. From that moment on, the other orienteers will also be able to obtain scores, but these will be lower and lower.

Let's imagine that the maximum number of points to be scored at each turnpoint is 10. The first competitor to arrive at a turnpoint will get full points: 10 points. The next player can score 9 points. And so on, until there are no points left. At the end of the game, either because we have established that all the controls must be visited or because we have set a maximum practice time, the athlete who manages to score the most points will be the winner.

# GOOD PRACTICE I

Practice title:  
Thematic field: ORIENTATION

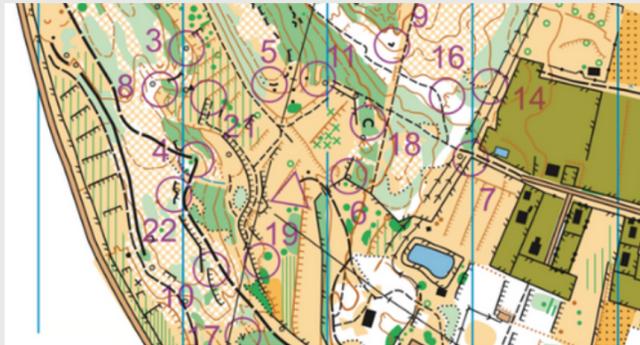


Image 1: Example of a "Highest score" course.  
Organisation:

We choose a map on which we can have a good number of details in a reduced space of land.

We place a number of checkpoints, more or less close to each other, that fit the activity time (30'-45').

At each Waypoint, we will place a control code with paper strips that can be torn off. Each of them will have a number whose maximum score will be the number of participants in the activity (if we don't know it exactly beforehand, we can estimate by high. This way no child is left without points when they reach the beacon).

We insist on the rule that no orienteer can take more than one point tag per checkpoint. To avoid cheating, each tag will be printed with the control number (see picture 2).

We offer each participant the possibility to keep the points (slips of paper) in a pouch or small bag, which prevents them from being lost during the activity.

We start the activity en masse, but we let them visualise the map beforehand so that they can choose a strategy. We emphasise the importance of arriving at the checkpoints as soon as possible.



Figure 2: Control code and cut-out score strips  
At the end of the game, we count the points obtained.

A very interesting variant to compensate the result and introduce a new strategic variable is to carry out this proposal in pairs or teams. In this case, before the start of the game, we allow time for them to share out the controls that each of them will visit. In this way, they can compensate for any physical and technical differences that may exist between teammates.

## INSTRUCTIONS FOR TRAINERS

# GOOD PRACTICE I

Practice title:

Thematic field: ORIENTATION

## EXPECTED MENTAL IMPACTS

During the practice of orienteering, we can transform the stress that appears before a competition into an impulse not to relax and to give our all when it is time to compete.

The frustration of not surpassing a mark can be used to continue working every day, setting small objectives that allow us to reach that final goal.

- Increases the ability to concentrate.
- Increased self-esteem.
- Improved behaviour.
- Decreases anxiety.
- Increased memory.
- Reduces and relieves stress.
- Releases happy hormones.

## BIO OF COACH

### Luis Fermin Sanchez

- (2016) Sports Technician level 1 in the mountains (Cheste-Elche)
- (07-2013) Higher Course of "Dietetics and Applied Nutrition". ActiFormation.
- (04-2013) "Performance Analysis Workshop" of the ISPAS, at the Univ. Alicante.
- (2012) Level 2 Coach Course in Mountain orienting Racing by the FEMECV.

# GOOD PRACTICE II

Practice title:

Thematic field: PILATES

## SUMMARY OF THE ACTIVITY

Pilates is a method of exercise and physical movement. Its aim is to strengthen and balance body and mind. Through the systematic practice of Pilates exercises, Pilates has proven to be invaluable. It is not only beneficial for people who want to have and/or maintain a good physical and mental condition. It is also an important complement to sports practice and physical rehabilitation.

The Pilates Method is a set of controlled movements for the body and mind. These movements and exercises are also performed on mats and Pilates machines specially designed for correct execution.

Joseph Pilates was the creator of this innovative system of body and mind exercises. Through the practice of Pilates, you can transform the way you feel in your body, as well as the way you act.

## INSTRUCTIONS FOR TRAINERS

### 1 Analyse the learners

Knowing the characteristics of your students is fundamental for planning a session. A group of national ballet dancers is not the same as a group of retired ladies or a triathlon team. Based on the type of student and their needs, you will design the objectives: compensatory work, improving balance, strengthening abdominal muscles...

In many cases the groups are not homogeneous, so you will have to have prepared adaptations to the exercises taking into account the most common circumstances that usually occur: someone who cannot raise their head without tension in the neck in supine, restricted mobility in the last degrees of shoulder extension, difficulties in maintaining alignment when lying down. Have towels, cushions or any other material nearby that can help you make a quick adjustment in position if you cannot anticipate who will be attending your class. And of course explain the reason for their adjustment without losing the rhythm of the class.

# GOOD PRACTICE II

Practice title:

Thematic field: PILATES

## INSTRUCTIONS FOR TRAINERS

### 2 Time organisation and intensity adjustments

This is something that was explained to me on my first day at college and is perfectly applicable to a Pilates class or any other physical activity. Thinking about a 60 minute session and based on the appropriate levels of exercise intensity we should consider three parts:

Warm-up (10-15 minutes)

This is the initial part and the first contact. They should be gentle exercises where you start to become aware of what is happening in your body, how you feel, start to perceive the movement, your breathing... It is an awakening of the body through low-intensity repetitions that allow you to mobilise practically the whole body (between 4 and 6 exercises). Here are three videos with three examples, just click on them:

Standing warm-up

Seated warm-up

Warm-up lying down

Main part. (30-40 min.)

Now that the muscles are ready and the attention is focused on your body and the teacher's indications, the intensity is gradually increased by proposing more specific exercises focused on specific body regions: some in which abdominal work, scapular stability, spinal mobility... for example, predominate. This is the most demanding part of the class and you can easily do between 12 and 16 exercises.

Return to calm (10-15 min.)

Allow the body to return to its natural rhythm. The heart rate drops, activation is reduced to allow the body to transition from medium to high physical activity to a normal post-exercise rhythm. Looking for those movements that allow the muscles to stretch and relieve the load of the session. It also facilitates micro-movements in the pelvis, scapulae or neck that allow the absence of tension and ease of movement to be perceived after the session (4-6 exercises).

# GOOD PRACTICE II

Practice title:

Thematic field: PILATES

## INSTRUCTIONS FOR TRAINERS

### 3 Arrangement of the class and introduction of the exercises

The aim is to establish an outline that makes it easier for the student to move his body in an orderly manner in all planes and for the instructor to have an outline in which to fit the exercises easily. The appropriate order in the changes of position allows the session to run smoothly as there are hardly any interruptions.

This would be an example:

Warm-up  
Standing (10 min)  
Main part  
Seated (5)  
Supine lying (10)  
Side Lying. Both sides (10)  
Prone (5)  
Quadruped (5)  
Kneeling (5)  
Back to calm

Standing (10)

There are many ways to structure your class. This is just one suggestion. The key is to have an outline in mind because it will be easier to introduce the exercises with an intention that goes beyond entertaining your students for an hour. The arrangement of the students (point 3) is quite flexible. You can start in any position you like. I vary it a lot although I do try to finish as I started. What is a maxim is to take into account the needs and adaptations of the students (point 1) and always keep in mind the intensity levels of the session (point 2).

## EXPECTED MENTAL IMPACTS

Pilates will also help you to stay focused for longer and have an easier time relieving tension.

Increased strength  
Improving flexibility and balance  
Helping to prevent injuries  
However, today it has become a common practice across different socio-economic groups. And in fact, there are many more benefits of Pilates that you should know about.  
Promotes metabolic development  
Breathing and blood circulation control  
Improved bone density  
Tones the musculature

## GOOD PRACTICE II

Practice title:

Thematic field: PILATES

### BIO OF COACH

Surname and name: MACIÁ ESCLAPEZ, JOSÉ MANUEL

PROFESSIONAL EXPERIENCE:

- Owner of Kitzza Salud. La Hoya, Elche
- Sports Retrofitter: Recover of habitual sports injuries in soccer. Readaptation to technical gestures for soccer practice. I work with amateur team and youth categories (A, B and C).
- Pilates teacher since 2010
- Ability to perform observation and diagnostics. Knowledge in aromatherapy and acupuncture. Management of equipment for sports rehabilitation

# GOOD PRACTICE III

Practice title:

Thematic field: WALKING

## SUMMARY OF THE ACTIVITY

Nature has a unique relaxing power for the mind. Therefore, activities such as walking in green spaces can help to overcome stress.

## INSTRUCTIONS FOR TRAINERS

### Correct walking posture

Proper posture is the first thing to do. Carry your head high, looking straight ahead, throw your shoulders back and hold them, lift your chest and bring your hips forward. Feet should be shoulder-width apart. You will be improving your postural education without even realising it. Review all these points and you will end up automating them.

### Use short, quick steps

It is important to take short, quick steps. The faster the speed, the more cardiovascular training you will be doing. Accelerate the movement when walking uphill and make sure that the stride is of regular length.

### Relax your shoulders

As for your shoulders, keep them relaxed and think about relieving tension in your wrists and arms. Your elbows should be bent at about 80 degrees and your hands should not be raised higher than your chest when you move them.

### Heel first

The support should first be on the heel, with the foot tilted very much upwards. Gradually rotate the foot, absorbing the energy of the support and then push off with the toes. Do not forget to press on the buttocks in this final part.

### Importance of breathing while walking

Breathe in rhythm with the stride. You can inhale at the same time as you take four steps and exhale at the same frequency. When picking up the pace or walking uphill, make the inhalation coincide with two or three steps and the exhalation with the same frequency.

### Walk for at least 30 minutes

For noticeable benefits try not to go under half an hour per session and, if possible, do it every day. You can also go up to one hour and do it every other day.

# GOOD PRACTICE III

Practice title:

Thematic field: WALKING

## EXPECTED MENTAL IMPACTS

Walking improves mood and reduces stress thanks to the release of neurotransmitter substances such as serotonin and endorphins (natural opiates that make us feel really good), as well as reducing cortisol (stress hormone) levels, an effect common to any aerobic exercise.

Walking increases the flexibility of the legs and activates their blood flow, thus preventing varicose veins. It also strengthens the bones, so it can help prevent fractures. And it is a very beneficial practice on a psychological level, as it releases tension, reduces stress and generates a great sense of well-being.

## BIO OF COACH

Cristian Camrona Garcia:

I.E.S. "Montserrat Roig", Elche, Alicante - Medium technical grade physical activities and sport animation, 2012-2015.

Expert in sports and nutrition in health services - Jun 2016

Advice on long distance sports, technological measurement material, training of professionals in new technologies. Training management.

# STRESS MANAGEMENT THROUGH PHYSICAL ACTIVATION

Project Reference: 622615-EPP-1-2020-1-CZ-SPO-SSCP

Programme: Erasmus+ Key Action: Sport

Action Type: Collaborative Partnerships

## AVRASYA GENCLIK GELISIM DERNEGI

Deliverable		
Testing contents for “Sport as a tool in mental health” activities		
Leading Partner	Location	Date
Avrasya Gençlik Gelişim Derneği	Istanbul, Turkey	February 2022

### DESCRIPTION

Project proposal has been designed to combine a digital booklet , will function as a forum as well as a source for wellbeing through sport. The aim of opening the forum is to bring together a wide of experts and practitioners from different disciplines in order to share ideas, approaches and practices. The beneficiaries of the booklet will be teachers, trainers, psychologists, counselors, dieticians and coaches. We aim at envisaging sport and mental health in the concept of multidisciplinary approach. The e-learning pillar will be composed of the materials from handbooks to the videos of implementations. In order to eliminate the lack of knowledge and to be informed of the latest improvements in the fields; we will set up a digital contents involving the terminology and related essays as part of the digital booklet.

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# GOOD PRACTICE I

Practice title: Colorful Bike Path

Thematic field: Cycling

## SUMMARY OF THE ACTIVITY

Bicycle is a non-motorized, pedal-operated transportation vehicle with two wheels, which is used to move forward with human power. Bicycles are also used for sports. There are some different types, such as racing bike, mountain bike, motor bike, BMX, city bike, horizontal bike, double bike.

Cycling has many benefits for your physical and mental health.

Cycling exercise contributes to the tightening of the body as it works many muscles in the body at the same time.

Cycling exercise in sunny weather can play an active role in reducing your stress level and making you feel good.

Cycling exercise, when done briskly and regularly, can help you lose weight by supporting calorie burn.

Cycling can be effective in speeding up your metabolism and strengthening your immune system.

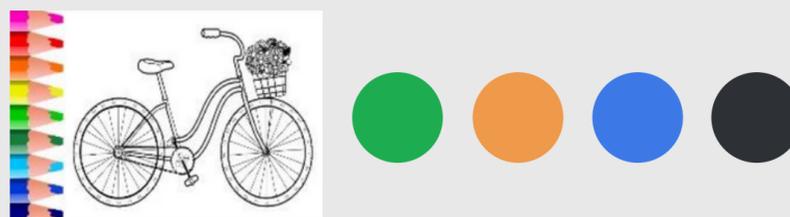
Cycling, which is a very useful exercise for those who have insomnia problems, can help you sleep comfortably at night by providing you with energy expenditure during the day.

Cycling can make you feel dynamic and energetic and stay fresh throughout the day.

## TOOLS AND EQUIPMENT

Colorful and parked bike path

Individuals start cycling on the prepared road in order. When it comes to the painted points at certain intervals, it leaves the flag that is the same color as the color on the ground. And he says the name of the color. Again, the players get on their bikes and line up the colorful puzzle tablets on the table opposite them. The player who completes this round gets on the bike again and continues to ride. In the 3rd round, he throws the 3 waiting ring pieces to the opposite pontoons. Completing this round, he gets on the bike again for Round 4, the hopscotch game, and continues until Round 4.4. When it comes to heads, it plays hopscotch on one leg. After completing this round, he comes to the 5th round area to take the 6 square empty boxes, which is the 5th round, from the ground and stack them on top of each other. The 1st player who comes to the starting point by placing 6 square empty boxes on top of each other and riding a bicycle wins this competition.



# GOOD PRACTICE I

Practice title: Colorful Bike Path

Thematic field: Cycling

## BENEFITS OF THE GAME

- Balance skills develop.
- They begin to use pedals and two-wheeled bicycles.
- They gain turning, braking and pedaling skills.
- Various tracks are created and technical studies are carried out on these tracks.
- Learn the basic parts of the bicycle and have information about their operation.
- They learn the importance of the bicycle today, its place in daily life and the bicycle as a sport.
- The colorful bike path game not only improves the muscle coordination system, but also helps to provide hand-eye coordination.
- It enables participants to develop his/her abilities such as reflex attention.
- It helps muscle development.
- Also, thanks to the game, the child recognizes the colors, says their names and matches the colors with each other.
- Increased cardiovascular fitness.
- Increased muscle strength and flexibility.
- Improved joint mobility.
- Reduced stress level.
- Improved posture and coordination.
- Reinforced bones.
- Decreased body fat levels.
- Prevention or management of disease.
- It helps to activate the muscles in the body.
- Reduces stress as much as possible.
- It secretes the hormone of happiness.
- The risk of injury is low thanks to its easy use.
- It provides resistance to the body.
- There is no difficulty because the person can adjust the power and speed according to himself.
- They have the freedom to do more than one sport at the same time.

# GOOD PRACTICE I

Practice title: Colorful Bike Path

Thematic field: Cycling

## BENEFITS OF THE GAME

Today, depression and obesity are two major health problems. While depression is an important cause of feelings such as fatigue and weakness, obesity is the main cause of mortality. Obesity can lead to psychological problems such as a decrease in self-esteem, loss of control over the body, injury, and feelings of guilt. It can also create psychological barriers to weight loss and maintenance of the lost weight. Emotions such as depression, anger, anxiety and loneliness can cause emotional eating behaviors. It is thought that depression, fatigue and stress increase the eating behavior of the individual, while fears, pains and tensions decrease the eating behavior. It can be seen that individuals gain weight due to the death of a close person, stress, traumatic events or the negative effects of depression. Depression and psychological problems are less important in obese patients than medical complications such as diabetes and hypertension and can be ignored. The relationship of obesity with psychological factors and psychiatric diseases has been revealed by many studies.

## BIO OF COACH

My name is Ümit KIZILAY. I am a citizen of the Republic of Turkey, born in 1991 and residing in Adiyaman. I am a graduate of the School of Nursing, Child Development, Medical Laboratory Techniques. I am also studying Molecular Biology and Genetic Engineering. I have been working as a public health worker for 11 years. On the other hand, I have been working as the Provincial Referee of the Wrestling Federation and the Modern Pentathlon Federation affiliated to the Ministry of Youth and Sports for 3 years. I have attended 227 trainings throughout my working life and received certification in every field. I worked as a member of Adiyaman Governorship Provincial/District Epidemic Control Center affiliated to the Ministry of Internal Affairs and in UMKE -AFAD-KIZILAY associations and my membership continues. I take part in European Union meetings as a member of Non-Governmental Organization. I have developed many projects in the field of health. Sports Provincial referee has been interested in wrestling since childhood and has been playing. After starting wrestling at the age of 20 at the request of his family, this sport has become the greatest happiness of his life over the years. These goals are planning your life and using time efficiently; He says that thanks to this sport, he understands how important time is in reaching the goal. It builds its life motto on this awareness. He currently has 10 years of experience in Wrestling. He works as a referee in the field of working with people and has completed his training course.

# GOOD PRACTICE II

Practice title: RECREATIONAL HIKING

Thematic field: Hiking

## SUMMARY OF THE ACTIVITY

Hiking is an outdoor activity that involves walking within a natural environment such as a mountain, forest, or lake. Hiking, walking in nature as a recreational activity. Hiking is popular worldwide as it is a great form of exercise without putting too much pressure on the body. Since the Covid-19 Pandemic, more people have started to hiking as it allows them to get outside, get fresh air and get exercise. In theory, you can hike just about anywhere but the term is most commonly associated with the coast, in hilly regions and – especially – the mountains.

## INSTRUCTIONS FOR TRAINERS

Planning for the unexpected helps to keep an emergency from turning into a tragedy. Hikers with little experience in the local outdoors should try to stick to trails that are well-marked, easy to find, and relatively short in length. Researching local weather patterns and the climate expected in the area (especially if it significantly climbs or drops in elevation) will help people choose a good time to go. Close to the anticipated hiking start date, you can look at weather forecasts and prepare for all temperatures and other concerns during the hike.

If this is your first time hiking, you should choose a relatively easy hike. Look for short day hikes that are a manageable distance for your abilities. If you rarely ever go out into nature, you might want to stick with a flat 2 or 3-km track. For others who exercise regularly, an easy 8 km round trip hike may be good.

### Things To Do Before Hiking

1) Having the correct hiking shoes or boots: It is important to wear hiking shoes and boots that have a substantial tread to help prevent slipping when hiking.

2) Wearing the proper clothing: You should dress for the weather of the season, not just the day. You should wear clothes that are comfortable and easy to adjust as needed and prepare for the possibility that it may get colder or hotter. Cotton absorbs perspiration rather than wicking the dampness away from your body. Instead, cotton collects moisture. As the temperature cools in the afternoon, this dampness can bring on chills resulting in possible hypothermia. When that happens, your only solution is to remove the clothing. Instead, it is better to purchase clothing that dries quickly in the air and wicks away the perspiration from the body. Thus, purchasing clothing made of 100 % nylon and polyester is best.

# GOOD PRACTICE II

Practice title: RECREATIONAL HIKING

Thematic field: Hiking

## INSTRUCTIONS FOR TRAINERS

4) Having the correct equipment for the weather conditions: Starting out with the correct hiking equipment based on weather conditions is of the utmost importance. The temperature makes a big difference, too. For cold-weather hikes, layers with insulation that can reflect body heat will allow people to stay warmer longer. Jackets that are waterproof, windproof, and breathable block rain or snow without trapping sweat inside the clothing. In hot weather, hikers should look for clothing with resistance to ultraviolet rays. Hats and protective clothing can be as important in heat as it is in cold. Also you need sunscreen and sunglasses in hot weather.

5) Carrying minimum First Aid items: It is useful to carry Aspirin or Aleve to provide relief for muscle or joint pain.

6) Carrying Food/Nutrition: You should have foods that are lightweight and minimally bulky

Also a balance of complex carbohydrates and protein.

7) Finding Your Way: When you first start out you should choose trails that are well marked and easy to navigate. Learn navigation basics and build up your navigation skills as you go.

## EXPECTED MENTAL IMPACTS

Hiking offers many health benefits, too, including help with weight management and stress reduction. Hiking reduces stress, calms anxiety, and can lead to a lower risk of depression and increase feelings of happiness and contentment.

Physical activity also decreases the risk of heart disease, hypertension, and diabetes. It can help you get into better shape, reduces stress, and even improve brainpower. Hiking is cardiovascular in nature, so it can provide great benefits to heart health while also improving blood pressure and blood sugar levels. It helps increase the strength in the leg muscles, builds stability in the core muscles and enhances balance skills.

## BIO OF COACH

Erdem ÇAKIR, Recreational Specialist, İzmit Municipality Sport Department

He graduated from Kocaeli University, School of Physical Education and Sports, Department of Recreation. He specializes in Rafting Guidance, Trekking, and Camping. He has been trekking more than 10 years.

## GOOD PRACTICE III

Practice title: ZIP ZIP

Thematic field: VOLLEYBALL

### SUMMARY OF THE ACTIVITY

In order to improve their preparations for volleyball practices, the players are divided into two equal groups and stand in a row. The first players of the groups have a volleyball ball in their hands. With the command, the first players run with the headline hit, throwing the ball into the air with at least three hits and delivering it without dropping it to the finish line ahead. The player who dropped the ball starts from the beginning again. The player who reaches the finish line throws the ball to his friend and goes to the back of the line. The game continues in this way. The player who brings the ball without dropping it to the limit earns a point for his team. At the end of the game, the team with the most points is declared the winner.

As the game serves a specific purpose, it generally warms the body and prepares it for a versatile lesson, relaxes and softens the muscle and nervous system, strengthens the muscles and organs, develops reflex speed and quickness skills so that the muscle and nervous system can work in coordination, crouching, jumping, hitting, which constitutes the Volleyball technique.

It allows such movements to be made in sections. At the same time, it increases the psychological motivation, resistance and endurance in general.

Name of the game: bouncy cuff.

Place of play: hall or garden.

Game equipment and equipment: volleyball ball.

Duration of the game: 2-3 repetitions.

Purpose and educational value of the game: To be able to develop preliminary preparations for volleyball practices.

# GOOD PRACTICE III

Practice title: ZIP ZIP

Thematic field: VOLLEYBALL

## INSTRUCTIONS FOR TRAINERS

Warming up before playing volleyball is very important so the muscles can be optimally prepared for all the physical activities involved in the game. Five or more minutes of light exercise will prepare the body for the physical actions found in volleyball.

Stretching exercises are also recommended. However, stretching should be done after other exercises to prevent damage to the muscles. Take another five minutes to cool down after playing volleyball.

Light exercise or walking helps the body return to a resting state. Stretching is also recommended afterwards. In order for volleyball to compete at the highest level, certain exercises need to be done.

Done regularly, it will provide more agility, stamina and strength when playing volleyball. Volleyball players need agility to react quickly during fast-paced games; endurance to maintain high levels of energy throughout games; and strength for dunks, serve and all other movements used in volleyball games. Endurance is especially important because it's volleyball, long or short rallies, followed by a very short break, then another rally, etc.

Some of the more important muscle groups that increase strength for better serve, kick, block and jump include abs, leg muscles, and arm muscles. For example, volleyball players will do bench press, pull-ups, pull-downs and medicine ball throws to increase upper body strength. To reduce the risk of shoulder injuries, players will perform upper back exercises such as rows and rotator cuff muscle strengthening exercises.

### 1. Be active, not passive in practice

For best results, practices should be run in an up-tempo manner. In other words, there should be very little time during a practice where players are not actively engaged in some sort of drill or activity. Failure to utilize players throughout practice leads to standing and wasting time, which is not productive.

# GOOD PRACTICE III

Practice title: ZIP ZIP

Thematic field: VOLLEYBALL

## INSTRUCTIONS FOR TRAINERS

### 2. Communicate effectively

As a coach, you can either build or break a player's confidence and self-esteem. That's why it's important to coach in an instructive manner, one that is able to point out a player's weaknesses, but also help her to improve. Communication is crucial to coaching a volleyball team, both on the practice court as well as in team meetings.

### 3. Combine drills with scrimmages

Drills are essential to practicing certain techniques and instilling them into your players' muscle memory. However, it goes without saying that drills can also be tedious and mundane, which can impact a player's attitude. On that note, it's important to create a good mix between drills and scrimmages. While the former helps build technique, the latter is usually considered much more fun and can also help players execute the techniques learned in a game-like setting.

### 4. Encourage proper conditioning

While conditioning is something that you should encourage players to also practice at home, certain conditioning drills should also be incorporated into each practice. While volleyball might appear to be more of a stand still sport, players still need to be in good shape and have good stamina. Hence, the conditioning aspect is crucial.

### 5. Don't forget to stretch

Stretching the muscles well before every practice is important and should be included as a regular warm-up activity before the volleyballs come out. Stretching improves flexibility, increases blood flow to the muscle and better allows the joints to work through their full range of motion. Stretching is also proven to reduce injury.

### 6. Be organized

As a coach, you should know in advance what you want to cover in a practice and what drills you want to put your team through. Be organized and have a plan in place. A lack of organization will likely lead to an inefficient practice, which will not effectively utilize your time or your players. Just like your players should come to practice ready to improve, you should come to practice ready to help them improve.

### 7. Make exercise fun

As a coach, make sure that training is fun and not a chore. You will likely get more out of your players and they will be much more excited to learn and improve.

# GOOD PRACTICE III

Practice title: ZIP ZIP

Thematic field: VOLLEYBALL

## EXPECTED MENTAL IMPACTS

### **1) Develop Interpersonal Skills and Build Teamwork**

Volleyball is a team sport, it gives you the ability to meet new people, make new friends, build relationships and develop social connections you might not otherwise have. Volleyball requires teammates to work collaboratively, which requires good communication and teamwork quickly.

### **2) Social Interaction and Improved Sense of Happiness and Fee**

Playing volleyball on a team leads to regular social interaction with others. Several studies have supported the theory that regular social interaction, such as playing team sports, significantly increases feelings of happiness and satisfaction and fosters a sense of belonging and worth. It helps individuals feel like part of a group working together to achieve a common goal. Thus, it gives them a sense of importance and purpose and the opportunity to feel that they are part of something bigger than themselves.

### **3) Reduce Stress and Anxiety**

When you are physically active and participate in a fun sport like volleyball, you give your mind a much-needed distraction from the stresses of everyday life. This can help you avoid being blocked or dragged by negative thought patterns. It can also help manage mood swings and even relieve depression. Exercise reduces the levels of stress hormones in your body while also stimulating the production of endorphins. Endorphins are chemicals produced in your brain that make you feel happy and exuberant, and essentially act as natural mood boosters that can keep stress and depression at bay. The release of Endorphins after a fun and challenging game of volleyball can even make you feel more relaxed and optimistic, significantly reducing your stress and anxiety levels.

### **4) Heals Your Soul**

In addition to reducing your stress and anxiety levels, playing volleyball can improve your overall mood and give you a burst of happiness and relaxation. It triggers brain chemicals that make you feel happier and more relaxed. Thus, it significantly improves your overall mood and mood.

# GOOD PRACTICE III

Practice title: ZIP ZIP

Thematic field: VOLLEYBALL

## EXPECTED MENTAL IMPACTS

### **6) Improves Leadership Traits**

Strong team mentality eventually leads to strong leadership qualities over time.

### **7) Improves Your Communication Skills**

Communication is an integral component of playing as a cohesive unit with a shared team mission to achieve a common team goal. So it's safe to say that good communication on the pitch is the key to great teamwork, great performance and ultimately a great game played.

### **8) Volleyball Improves Cognitive Stimulation, Functioning, and Concentration**

During a volleyball match, players must always be alert and pay attention to the movements of the ball. This has a profound effect on increasing concentration levels. Which in turn carries over to their daily lives. The quick reaction time and quick reflexes required during a volleyball match increase the player's ability to make quicker decisions at the right time. Regular exercise and participation in team sports also help keep your basic mental skills sharp as you age. This includes thinking critically, learning and using common sense.

### **9) Teaches You Accountability**

It's safe to say that another of the incredible benefits of volleyball is that it teaches you accountability and how to take responsibility for your actions. This will no doubt affect other aspects of your daily life as well.

### **10) Improve Your Motivation and Ensure Success**

When your team wins, you share and celebrate that win. You feel a sense of accomplishment, pride, self-acceptance and achievement. Both internally and as a team member. This can further improve your self-confidence, self-esteem, and overall sense of well-being. Playing volleyball can greatly increase your motivation, passion and drive to succeed. It makes you constantly better not just for yourself but for your entire team. Similarly, when your team loses, an inner drive, determination and motivation kick in to upgrade your team, be a support system, and work harder for the next game. You learn patience, perseverance and perseverance through the losses you have experienced.

# GOOD PRACTICE III

Practice title: ZIP ZIP

Thematic field: VOLLEYBALL

## EXPECTED MENTAL IMPACTS

### 11) Volleyball Aids in Treatment and Rehabilitation

Many rehabilitation facilities around the world have volleyball courts to assist patients in the healing and rehabilitation processes of their injuries. In addition to the sense of community it creates, volleyball has the ability to keep patients physically, emotionally and mentally strong throughout the rehabilitation process. Volleyball and the various strength, speed, flexibility, endurance and agility exercises associated with it are excellent for end-stage rehabilitation protocols of certain injuries for patients who want to return to sports. As a result, the benefits of playing volleyball are far more incredible and far-reaching than many might imagine. Enhanced self esteem, self-confidence, teamwork, interpersonal skills and a greater sense of happiness and belonging from reduced stress, anxiety as well as improved social interaction, emotional connection, sense of accomplishment and much more. The benefits of playing volleyball are truly unmatched.

## BIO OF COACH

### Deniz Eroglu

The coach has been playing volleyball since childhood. After starting the volleyball course at the age of 12 at the request of her family, this sport has become her biggest happiness in her life over the years. By learning to set goals both individually and as a team, to work with the group to achieve these goals, to plan one's life and to use time efficiently; She says that thanks to this sport, she understands how important time is in reaching the goal. She builds his life motto on this awareness. She currently has 10 years of experience in volleyball. She works as a trainer and consultant in the field of working with people and has completed the training course.