

The profiles of physical activity and sport practitioners



SPORT LOVERS

Who? Children, youth and adults who actively practice physical activity and sport.
Elderly people who have practiced PA and sports all their lives.

How? Free practice, belonging to an entity/club or as a member of a sports facility.
Sports programs with higher physical condition and intensity.

Practice motivation: **Satisfaction, feeling and challenges**

SOCIAL AND LEISURE SPORTS

Who? Children and young people looking for the healthy and non-competitive side.
Adults and seniors with practice experience: amateur teams.

How? Recovery of the sports practice offer in schools.
Rental of municipal spaces for the practice of amateur teams.



Practice motivation: **Enjoyment and healthy living**



SPORTS FROM HOME

Who? Adults practicing physical activity on a regular basis.
Young public (teenage stage)

How? From social networks, videos or online classes/programs from qualified professionals.
Relaxation activities (yoga, pilates), musical or functional training with sports or home equipment. Practice through technology, applications or physical activity video games.

Practice motivation: **Maintain fitness and sharing**

ATHLETES WITH A HEALTH PRESCRIPTION

Who? Adults or elderly people who start practising sports due to medical prescriptions.

How? Occasional attendance at sports and/or medical centres for low-intensity exercise.

They can become 'social and leisure athletes' if they find the motivation and company to be physically active.



Practice motivation: **To improve health and physical condition**

SPORTSMEN AND SPORTSWOMEN WITH DIFFICULTIES IN ACCESSING SPORTS PRACTICE

Who? People with physical, mental and/or sensory disabilities.
People at risk of social exclusion and/or situations of vulnerability.

How? Specific sports sections for these profiles in entities/clubs.
Programs for the promotion of sports or play activities for young people and children that guarantee equal opportunities.

Practice motivation: **Integration and Socialization**



A new strategy that allows to understand the practice of physical activity from another point of view and to adapt to the social and cultural reality of the moment.