

## GOOD PRACTICE

# Scientific Research Program on Sports



**City**  
Guimarães

**Country**  
Portugal

**Mission**  
Expand research, information, knowledge and innovation in sports assumed by the city as European City of Sports 2013 ; Introduce new approaches and rational systems in sports; Launch the seeds of a potential future network of knowledge and innovation in sports

**Target Group**  
Athletes, coaches and trainers, sports leaders, supporters, children and youth, citizens, universities (scientists, researchers, students)

**Highlight**  
The City of Guimaraes uses a scientific, evidence-based approach to support and influence the decision making processes and develop the city sports and physical activity offer.



### Objectives

As part of Guimarães' commitment to develop scientific studies that broaden knowledge on sport in its different dimensions and domains, the main objective of the program is to expand the information and knowledge about sports in the city. The team that worked throughout 2013 on the program axis "Research and Knowledge" followed three purposes:

1. Strengthen the relationship between institutions in Guimarães (schools, clubs and associations) and research institutions in the region;
2. Promote science as an instrument of knowledge, innovation and exchange between institutions;
3. Obtain data to structure more effective initiatives and policies in sports promotion.

### The program

Ten scientific studies have been initiated in 2013 under the general programming of Guimarães European City of Sport 2013:

- Children Sports Participation;
- Students Perception of Olympism;
- Sport and Leisure Facilities Impact on Guimarães urban development;
- Prospective Study of the Influence of Medication and Sports Practice in Health Condition Athlete;

**Timeframe**January 2013 –  
December 2014**Budget**

€ 7 860

- Childhood Obesity in Guimarães / Pulmonary Function, Airway Inflammation and Asthma Control in Children and Influence of Physical Activity
- Economic Impact on Guimarães
- European City of Sport 2013 events program
- Economic Impact of Sport in Guimarães
- Supply and Demand Sports Study
- Manager Sports Profile



This ongoing research involves 537 research teams, 213 institutions (universities, schools, clubs), 43 volunteers and 10 professionals, degree theses, master's, doctoral and research projects taking place in six universities and one Olympic Academy. The research, covering different fields of knowledge (including sports medicine, geography and urban development, sports management, marketing and economics), has been implying the use of surveys and questionnaires disseminated to approximately 17 000 participants, revealing a scale intervention never before conducted in Guimarães.

**Cooperation and Partnerships**

Partnerships with Portuguese research institutions such as University of Porto, University of Minho, IPAM-Portuguese Institute of Marketing Management, ISAVE - Health Institute of Alto Ave and ISMAI - Institute Maia were established to achieve the project purposes. Common interest and shared resources and processes, as well as the involvement of all stakeholders in Guimaraes made the whole program possible.

**Key Outcomes and Results**

The results of the program and studies (publication forecast in June – December 2014) will not only consolidate sport development and improve political decision-making on strategies and policies towards sport in Guimarães, but also provide deep and validated scientific knowledge about sport phenomena, trends and problems that require intervention and reflection such as childhood obesity, economic impact of sport or the dynamics of supply and demand for sports services in the county.





The project has got a good and positive feedback from participants so far. Its release and dissemination to the population, especially among sports clubs and associations, has created a very positive wave of involvement and development in terms of attitude towards the importance of scientific knowledge to improve sport in general.

### More information:

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