

Call for Abstracts

Second Announcement

12th World Sport for All Congress 2008

Sport for All - for Life



November 3-6, 2008
Genting Highlands,
Malaysia

Under the patronage of



INTERNATIONAL
OLYMPIC
COMMITTEE

In collaboration with



SPORT FOR ALL
SPORT POUR TOUS
ioc  cio



World Health
Organization



AGFIS
Association Générale des Fédérations Internationales de Sports
General Association of International Sports Federations



Organised by





Message from the President
of the International Olympic Committee

Jacques Rogge

In today's constantly evolving society, sport more than ever looks to be the social movement capable of offering all generations, and especially young people, the chance to live a life that is not only healthier and more balanced, but also better, with more meaning.

It is mainly this theme "Sport for All – for Life" that the 12th World Sport for All Congress will be discussing in November 2008 in Genting Highlands, Malaysia.

Thanks to the support of our long-standing partners, the World Health Organization (WHO) and the General Association of International Sports Federations (GAISF), and in close cooperation with governmental and non-governmental institutions and members of the Olympic family, such a Congress is an ideal platform for recalling the benefits of sport and exercise for a healthy lifestyle; highlighting the essential values of excellence, friendship and respect that sport can transmit; and taking concrete measures to implement Sport for All programmes and initiatives in developed and developing countries alike.

I also wish to thank the Malaysian Olympic Committee and the national authorities for their important contribution to the organisation of this Congress.

It is up to all of us to make the global activity that sport has become a key element in the well-being of individuals and society.



Sport for All - for Life

The main theme of the 12th World Sport for All Congress is: Sport for All – for life.

It is widely recognised that Sport for All can benefit society in many ways, by improving health at all stages of life, promoting ethical values, facilitating integration, reducing financial costs due to the effects of physical inactivity and above all by providing enjoyment.

This Congress will focus on the needs of the young and ageing populations, the contributions of Sport for All to social justice, the impact of the new information technology and the initiatives of the National Olympic Committees, International sports Federations and sports organisations in general.

The main theme will cover five half-day sessions. Each session will be composed of a plenary session with presentations by invited speakers, followed by parallel sessions with free communications – oral or poster – focusing on one of the following sub-themes, either from a scientific, practical or policy-related viewpoint.

Proposed sub-themes and topics

1. Physical activity for young people

- a. New ways to activate young people to participate in Sport for All
- b. How can schools' physical education programmes meet the needs of young people and promote their health?
- c. Sports facilities: young people as a target group
- d. Sport for All for young people with a disability

2. Role of Sport for All in the world of information technology

- a. Does the IT-lifestyle lead to sedentary and modern diseases?
- b. Health and social costs of IT dominance/modern lifestyle – lack of physicality – in the modern world
- c. How can Sport for All programmes be advanced using information technology?
- d. What to activate – brain or muscle? Projections for the 22nd century

3. Sport for All's responses to the challenges of ageing populations

- a. Ageing or inactivity: which is the villain for functional deterioration?
- b. How can Sport for All counteract the harmful effects of ageing and promote healthy ageing?
- c. Sport for All programmes for elderly persons with a disability
- d. Why physical activity for health: to add years to life or life to years?

4. Sport for All and social justice

- a. Economic and social benefits of Sport for All
- b. Sport for All as a vehicle to foster integration (of minorities, women, people with a disability, migrants, refugees and excluded social groups)
- c. Sport for All: provision of opportunities and support
- d. Promoting the Olympic values (excellence, friendship and respect) through Sport for All

5. Focus on the Olympic and Sports Movement's Sport for All initiatives

- a. Sport for All programmes of the National Olympic Committees (NOCs)
- b. Sport for All programmes of the International Federations (IFs)
- c. Multi-sectoral initiatives involving NOCs, IFs or sports organisations
- d. Impact of major sports events on the development of Sport for All



Call for abstracts

Sports administrators, researchers, politicians, delegates of International Federations, National Olympic Committees, institutions and groups involved in sport for all from all over the world are kindly called to submit abstracts for oral or poster presentations that address one of the five congress sub-themes.

The time allowed for the **oral presentations** is 15 minutes, which includes a 5-minute discussion.

Posters should be clearly legible from a distance of 2 metres and structured according to the general abstract guidelines. The maximum size for each poster is 90 cm (width) x 120 cm (height). Authors will be required to present their poster during the Congress, according to a schedule to be established.

Authors may submit no more than two abstracts, of which the Congress Programme Committee can select only one. The abstracts and the abstract submission forms, completed in accordance with the guidelines, must be received by the Congress Secretariat by **15th June 2008**. Abstracts received after this deadline will not be considered.

The Programme Committee will give notice on selected presentations as from **1st July 2008**. The Programme Committee will determine the method of presentation (oral or poster), which will be based on the author's preference.

Guidelines for abstract submission

Please read these guidelines carefully before writing the abstract.

Abstracts and abstract submission forms should be submitted in electronic format. Authors who do not have access to the internet should send their abstract by fax.

Abstract guidelines are the same for both oral and poster presentations.

General information

1. The abstracts must summarise original work that has not been previously published.
2. It is helpful to download the model abstract from the Congress web site and replace the corresponding items.
3. The abstract should be submitted as a Microsoft Word (97, 2000 or XP) document or as a pdf-file. It can be sent with the online Abstract Submission Form or as an attached document via e-mail to the following address: wsfac08@olympic.org.my.
4. Abstracts sent by fax should be typed on the official abstract form provided in this brochure. Please make sure you fill out the entire space available.
5. Abstracts should be typed according to the following detailed information.
6. The deadline for receipt of the abstracts by the congress secretariat is **15th June 2008**.
7. Accepted abstracts will be published in the Abstracts Book which will be distributed to the Congress participants on arrival in Genting Highlands. Only abstracts by authors duly registered by **30th September 2008** will be published.



Detailed information for abstract preparation

- 1. Page format**
A4 portrait (210 x 297 mm), 1 page
- 2. Margins**
left, top, bottom : 2.5 cm, right : 2 cm
- 3. Length**
3,500 characters including spaces - without title, authors and institutions.
If the abstract includes a table, graph or photo, the text character count must be limited to accommodate the graphic elements.
- 4. Language**
English or French.
Activate the automatic hyphenation programme.
- 5. Structure**
Subdivide the paper into the following paragraphs: Introduction, Methods, Results, Discussion
Introduction: background, purpose and scope of the study/project
Methods: explanation of data collection and processing
Results: summary of the results, in the form of text, graphics or tables
Discussion: major findings and conclusions.
In the case of a review-type manuscript, the structure may vary accordingly.
- 6. Title**
Arial 12 pt, lower case, bold, justified, single-spacing, 2 lines maximum, 6 pt after title
The title should be concise, but long enough to clearly identify the nature of the presentation.
- 7. Author(s)**
Arial 10 pt, bold, alignment left, single-spacing, last name in capitals, 3 pt after author(s).
Order: LAST NAME First name Middle initial(s) of author 1, LAST NAME First name Middle initial(s) of author 2, LAST NAME First name Middle initial(s) of author 3, ...
Middle initials are optional.
Underline the last name of the author giving the presentation.
The list of authors should not include any reference to their academic or professional titles.
- 8. Institution(s)**
Arial 10 pt, alignment left, single-spacing, 6 pt after the last institution
Order: Institution, City, Country
Use one single line for each institution.
- 9. Subtitles**
Arial 10 pt, capital letters, bold, alignment left, single-spacing
- 10. Text**
Arial 10 pt, justified, single-spacing, 6 pt after paragraph



11. Tables

Tables have to be included in the abstract file.
Table titles must be printed above the table.
For examples, see model abstract.

12. Graphs

Greyscale only
Graphs have to be included in the abstract file.
Figure legends must be printed below the figure.
For examples, see model abstract.

13. References

Subtitle: Arial 9 pt, capital letters, bold, italic, alignment left, single-spacing

Text: Arial 9 pt, italic, justified, single-spacing

Keep references to a minimum, do not cite the title of the article, use journal abbreviations.

All the references should be referred to in the text as in the model abstract or according to the following examples:

- ... according to Faina et al (2001)
- ... as Faina and Giovanni (2002) have proposed
- ... as has already been reported (Faina, 1989)

14. Grant funding

Any acknowledgment of funding must be printed at the bottom of the abstract.

Deadlines and important dates

15th June 2008

Abstract submission deadline

As from 1st July 2008

Notification of abstract acceptance

30th September 2008

Registration deadline



Model abstract

Physiological and psychological effects of a physical activity programme in a group of elderly people

FAINA Marcello^{1,2}, MIRRI Giovanni¹, GALVANI Christel², MONDONI Maurizio²

¹Institute of Sport Medicine and Sport Science, Italian National Olympic Committee, Rome, Italy

²Motor Science, Catholic University, Milan, Italy

INTRODUCTION

Functional capacity declines with age but decrease varies widely according to lifestyle characteristics, influencing both self-efficiency and self-efficacy. Regular physical activity produces measurable physiological improvements and also positively affects cognitive function, depression and perceptions of control in elderly people (Mazzeo et al 1998). The aim of the present study is to verify the effect of a short training programme based on motor skills rehabilitation in a group of elderly community-dwelling people.

METHODS

Thirty-two elderly people (age 66.19±6.92 years, BMI 31.30±4.08 kg/m²) volunteered to participate in the study and underwent the following tests before and after a 10-week training programme: 6 min. walking test to evaluate cardiovascular efficiency (V'O₂max); 30 sec. chair stand and 30 sec. arm curl muscular endurance tests to study strength endurance; chair sit and reach and back scratch tests to measure flexibility property; eight feet up and go test to examine muscular power; body satisfaction scale -BSS- (Slade et al 1990) and self-rating depression scale -SRDS- questionnaires to assess psychological aspects. The training programme was based on cardiovascular, stretching, proprioceptive and free weight multijoint exercises and was carried out in an environment with no particular logistic structure.

RESULTS

Cardiovascular, muscular and flexibility qualities significantly increased. Results of some of the physiological parameters are shown in Table 1.

Tab. 1: Physiological parameters before and after 20 training sessions (*=p<0.001)

6 min. walking test (m)		Chair stand/Arm curl (reps)		Chair Sit&Reach/Back Scratch (cm)		6 feet up and go (s)	
pre	post	pre	post	pre	post	pre	post
512.3±41.3	551.3±41.9*	16.0±3.1	19.1±2.7*	-2.3±9.1	2.8±8.1*	6.2±0.7	5.5±0.5*
		18.5±3.8	21.8±1.9*	-8.9±9.4	-6.5±8.4*		

BSS and SRDS values significantly decreased. Results are shown in Figure 1.

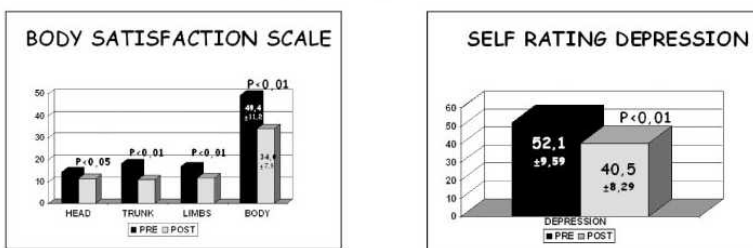


Fig. 1: Psychological parameters after 20 training sessions.

DISCUSSION

This study demonstrates the efficacy of a 10-week training programme, based on motor skills rehabilitation and organised with the involvement of peripheral authorities and local social cooperatives, on the improvement of both physiological and psychological qualities. It also underlines the important role of physical activity in modifying body image and self-efficacy (Hallinan 1993). This intervention seems to represent a prophylactic remedy that merits further research in order to become a public health approach.

REFERENCES

- Mazzeo RS et al (1998). *Med Sci Sports Exerc*; 30(6): 992-1008
 Slade PD et al (1990). *Psychology and Health*, Vol 4: 213-220
 Hallinan CJ (1993). *Perceptual and Motor Skills*, 77(2), 451-456

Country reports

Bodies responsible for sport for all in each country at national level (government agencies, sports confederations, National Olympic Committees, etc.) are invited to present the situation of sport for all in the form of a country report which will be displayed during the Congress in a dedicated section of the poster area.

All guidelines for abstract submission apply for country reports, i.e. an abstract must be submitted by 15th June 2008 which, if accepted, will be published in the Abstracts Book. Authors will also be asked to present their poster during the Congress according to a schedule to be established.



Abstract submission form

Deadline for receipt of abstracts: 15th June 2008



Please return this form to:

12th World Sport for All Congress

c/o Olympic Council of Malaysia, Mezzanine Floor, Wisma OCM, Hang Jebat Road, 50150 Kuala Lumpur, Malaysia

Tel: +60 3 2715 2810 Fax: +60 3 2715 2801 Email: wsfac08@olympic.org.my

Abstracts should preferably be submitted via the website: www.sportforall2008.olympic.org.my

Name (Underline your family name) : _____

Title (Mr/Mrs/Ms/Dr/Prof/other) : _____

Organisation : _____

Postal Address : _____

Telephone Number : _____

Fax Number : _____

Email address : _____

Title of the Presentation : _____

This abstract deals with the following topic: (Please check one box only)

1. Physical activity for young people

- New ways to activate young people to participate in Sport for All
- How can schools' physical education programmes meet the needs of young people and promote their health?
- Sports facilities: young people as a target group
- Sport for All for young people with a disability

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- Does the IT-lifestyle lead to sedentarity and modern diseases?
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- Sport for All programmes of the National Olympic Committees (NOCs)
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- Impact of major sports events on the development of Sport for All

Preferred Type of Presentation: Oral Poster

Scope of Presentation: (please check one box only)

Policy – related Scientific Practice – oriented

Copyright & registration


By signing this form, I assign my copyright to the 12th World Sport for All Congress and agree to participate in the congress if my presentation is accepted in the programme:

(Signature)

Each author/co-author has reviewed this abstract and agrees with the material submitted for the 12th World Sport for All Congress

(Date)

(Please fill in according to the guidelines on pages 3 to 6)
Abstracts should preferably be submitted via the website: www.sportforall2008.olympic.org.my



By signing this form, I assign my copyright to
the 12th World Sport for All Congress:

Signature: _____



General information

Official Hotel – First World Hotel

The Official Hotel will be the **First World Hotel with 6,118 rooms**, making it the largest hotel in Malaysia, if not in the world. As a premier hotel in Genting Highlands, the First World Hotel offers an unmatched variety of luxurious rooms to suit every budget. Accommodations range from the Standard Room and Superior Room to the Deluxe Room and the elite World Club suites.

All **Superior Deluxe rooms** are furnished with a 29" TV, an in-room safe locker, a single and double seater sofa, a mini fridge, a hand held hair dryer and self tea /coffee making facilities. A small amenities kit consisting of soap bar, shampoo, bath gel, shower cap and cotton buds is also provided to these rooms. The 26th floor is designated as a non-smoking level for guests who are non-smokers.

All **Deluxe rooms** are furnished with a 21" TV, an in-room safe locker, 2 single beds, a mini fridge, a small amenities kit, a hand held hair dryer and self tea / coffee making facilities.

Official hotel room rates (room, breakfast and taxes included) quoted in Malaysian Ringgit.

First World Hotel (3 Star)	Single Occupancy in Malaysian Ringgit	Double/Twin Sharing – Cost per person in Malaysian Ringgit
Superior Deluxe Room	RM 298.00	RM 188.00
Deluxe Room	RM 228.00	RM 168.00
Standard Room	RM 188.00	RM 148.00

These prices are set per person on daily basis and cover the following:

- Accommodation and breakfast
- Transfer airport-hotel-airport
- Inclusive of 5% Government tax, 10% Service tax and 5% GST.

Check in / out policy – Check in time at 1500hrs and check out time at 1200hrs.

List of other hotels with rates, all within 5 min. walking distance to the Convention Centre (room, breakfast and taxes included)

Genting Hotel – As one of the two 5-star accommodations, the Genting Hotel offers a world of privileged services to hotel guests, who have a wide range selection of rooms from the Deluxe Room and Junior Suite right up to the exclusive Ambassador Suite.

Resort Hotel – As a 4-star establishment, the Resort Hotel offers Standard, Superior and Deluxe Rooms. The unrivalled views from the rooms are something to write home about.

Theme Park Hotel – As a 3-star hotel that offers large rooms for both vacationers and long-term stay residents.



Hotels	Single Occupancy in Malaysian Ringgit	Double/Twin Sharing – Cost per person in Malaysian Ringgit
Genting Hotel (5 Star) – Deluxe room	RM 338.00	RM 228.00
Resort Hotel (4 Star) – Standard room	RM 268.00	RM 188.00
Theme Park Hotel (3 Star) – Superior room	RM 258.00	RM 188.00

These prices are set per person on daily basis and cover the following:

- Accommodation and breakfast
- Transfer airport-hotel-airport
- Inclusive of 5% Government tax, 10% Service tax and 5% GST.

Check in/out policy – Check in time at 1500hrs and check out time at 1200hrs.

Registration Fee

Deadline	Delegate	Student	Accompanying Person
30 th May 2008	RM 860.00	RM 490.00	RM 375.00
30 th August 2008	RM 940.00	RM 560.00	RM 450.00
30 th September 2008	RM 1,050.00	RM 675.00	RM 525.00

The registration fee will cover the following:

Delegates and students	Accompanying Person
Accreditation	Accreditation
Briefcase with documents	1 x welcome cocktail
Congress proceedings	1 x City and shopping tour
Participation in all official activities	1 x closing lunch
1 x welcome cocktail	
5 x coffee breaks	
2 x lunches during sessions	
1 x closing lunch	

Note:

US\$ 1.00 = RM 3.30 (Official Conversion Rate on 15th July 2007)



Programme outline

Time	Monday November 3	Tuesday November 4	Wednesday November 5	Thursday November 6
0900 – 1030	Arrival & Registration	Plenary Session 1	Plenary Session 3	Plenary Session 5
1030 – 1100		Coffee Break	Coffee Break	Coffee Break
1100 – 1215		Parallel Sessions	Parallel Sessions	Parallel Sessions
1230 – 1400		Lunch Break	Lunch Break	1230-1315 Conclusion Session & Closing Ceremony
1400 – 1530		Plenary Session 2	Plenary Session 4	1315-1500 Closing Lunch
1530 – 1600		Coffee Break	Coffee Break	
1600 – 1715		Parallel Sessions	Parallel Sessions	
1715		Sports Programme	Sports Programme	
1930		Opening Ceremony & Welcome Cocktail		



Countries That Require Visa

- | | | |
|----------------------------|--------------------------------|--------------|
| ■ Afghanistan | ■ Congo | ■ Israel |
| ■ Angola | ■ Côte d'Ivoire | ■ Liberia |
| ■ Bangladesh | ■ Democratic Republic of Congo | ■ Mali |
| ■ Bhutan | ■ Djibouti | ■ Montenegro |
| ■ Burkina Faso | ■ Equatorial Guinea | ■ Mozambique |
| ■ Burundi | ■ Eritrea | ■ Myanmar |
| ■ Cameroon | ■ Ethiopia | ■ Nepal |
| ■ Central African Republic | ■ Ghana | ■ Niger |
| ■ China | ■ Guinea-Bissau | ■ Nigeria |
| ■ Chinese Taipei | ■ Hong Kong | ■ Pakistan |
| ■ Colombia | ■ India | ■ Rwanda |
| ■ Comoros | | ■ Serbia |
| | | ■ Sri Lanka |

Nationals of countries other than those stated above are allowed to enter Malaysia without a visa for a visit not exceeding **ONE MONTH**.

Yellow Fever Vaccination Requirements

- | | | |
|--------------------------------|---------------------|-----------------------|
| ■ Angola | ■ Ecuador | ■ Nigeria |
| ■ Benin | ■ Equatorial Guinea | ■ Panama |
| ■ Bolivia | ■ Ethiopia | ■ Peru |
| ■ Brazil | ■ French Guiana | ■ Rwanda |
| ■ Burkina Faso | ■ Gabon | ■ Sao Tome & Principe |
| ■ Burundi | ■ Gambia | ■ Senegal |
| ■ Cameroon | ■ Ghana | ■ Sierra Leone |
| ■ Central African Republic | ■ Guinea | ■ Sudan |
| ■ Chad | ■ Guinea-Bissau | ■ Suriname |
| ■ Colombia | ■ Guyana | ■ Somalia |
| ■ Congo | ■ Kenya | ■ Tanzania |
| ■ Côte d'Ivoire | ■ Liberia | ■ Togo |
| ■ Democratic Republic of Congo | ■ Mali | ■ Uganda |
| | ■ Niger | ■ Venezuela |
| | | ■ Zambia |



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Walther TRÖGER

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Lieutenant General Ahmed AL-SAMARRAI

H.R.H. Prince Tamim Bin Hamad AL-THANI

Syed Shahid ALI

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Juan Antonio SAMARANCH JR

Walter SCHNEELOCH

Margaret SIKKENS-AHLQUIST

Raja Randhir SINGH

Irena SZEWINSKA

Mingde TU

Jan ZELEZNY





Congress Coordinating Committee

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IOC Member, Chairman of the IOC Sport for All Commission

WHO representative **Timothy ARMSTRONG**
Acting Team Leader
Global Strategy on Diet, Physical Activity and Health
Surveillance and Population-based Prevention Unit
Department of Chronic Diseases and Health Promotion
World Health Organization

GAISF representative **Christine DOMINGUEZ**
Director general
General Association of International Sports Federations

Member **Syed Shahid ALI, Pakistan**
IOC Member, Member of the IOC Sport for All Commission

Member **Christophe DUBI**
IOC Sports Director

Co-opted members

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of the 12th World Sport for All Congress

H.R.H. Prince Tunku IMRAN
IOC Member, President of the Olympic
Council of Malaysia

Representatives of the Organizing
Committee of the 12th World Sport for
All Congress

Roy RAJASINGHAM
Vice President
Olympic Council of Malaysia

SIEH Kok Chi
Secretary General
Olympic Council of Malaysia

Chairman of the Congress Programme
Committee

Paavo V. KOMI
Member of the IOC Sport for All
Commission



Congress Programme Committee

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President, Malaysian Association for Physical Education,
Sport Science and Fitness
- Ex officio members **Walther TRÖGER, Germany**
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- Christophe DUBI**
IOC Sports Director
- Catherine MOILLEN GIOBELLINA**
IOC Sports Department



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Email: wsfac08@olympic.org.my

Website: www.sportforall2008.olympic.org.my

Note: For any contact with the Congress Secretariat,
the use of fax or email is highly recommended.