



## CSI – Centro Sportivo Italiano

Centro Sportivo Italiano is a non-profit association, based on voluntary work, promoting sport as a moment of education, growth, social engagement and aggregation, prompted by the Christian vision of man and history at the service of the people and the territory.

Among the most ancient sports promoting associations in our country, CSI meets the demand of a sport that is not only numerical, but also qualified on the professional, human and social level. Youngsters always make up our main reference point, even if the promoted sports activities are devoted to any age bracket. Educating through sports is the mission of CSI. This is consolidated in the procedure and conscience of the association on all levels. Sport intended by Csi can also be a prevention instrument of some particular social pathologies such as loneliness, fears, dreads, doubts, deviances of the youngest.

Csi is a sports promoting institution spread all over the national territory acknowledged by the Italian Olympic Committee (CONI). It is recognized by the Italian Episcopal Conference as a Christian inspired association. It is recognized by the Interior Department as a national institution with charitable aims. It is registered in the national register of Social Promotion Associations, recognized by the Ministry of Work and Social Policies.

### ***Do you want to take part in M.A.P.S.?***

Please write us at [maps@csi-net.it](mailto:maps@csi-net.it)

or call the 06684577



# M.A.P.S.

## Multisport Against Physical Sedentary



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

*A country can truly call itself sporting when the majority of its people feel a personal need for sport.*

*Pierre de Coubertin*

## What is M.A.P.S.?

**MAPS** "Multisport Against Physical Sedentary" partnership (IT, DE, GR, HR, NL, PL, PT, TR), according with the HEPA guidelines, aims to create a European multisport methodology against obesity, sedentary lifestyle and dropout among youngsters aged between 9 and 12.

This project involves and brings together a group of organizations actively engaged in sports or in research data on issues collateral to the sports' world. Starting from a model already tested in Italy, at the national level, and the collection of other partners' good practices, a new shared model will be designed and tested in the participating countries. It will include training modules for local trainers and coaches and multisport activities for boys and girls, guided by the previously trained sports experts.

MAPS tries to find ways for promoting physical activity in all its aspects by encouraging children to practice multisport and also through passive factors like urban travel habits and urban structure: for this reason the project will include a study about the impact of the urban asset on the children's motor habits.

It has been shown that the practice of multisport is functional to influence, harmoniously and completely, the motricity development of the young . In fact, during the adolescent growth stages it is highly recommended to workout mixing various motor gestures instead of repeating constantly the same ones because only in this way it is possible to complete the motor scheme that the young has to develop and consolidate for a future healthy life.

The partnership will adopt and test the MAPS method in 7 countries with the collaboration of 35 trainers and 84 local coaches specifically trained for becoming

## The objectives

According with the HEPA guidelines, the project aims to create a European multisport methodology against obesity, sedentary lifestyle and dropout among youngsters aged between 9 and 12. Starting from a model already tested in Italy, at the national level, and the collection of other partners' good practices, a new shared model will be designed and tested in the involved countries.

The methodology will include training modules for local trainers and coaches and multisport activities aimed at boys and girls, guided by the previously trained sports experts.

The reason that explains the choice of that specific target (youngsters between 9 and 12 years old) is related to the importance of the sport in that lifetime period.

Multisport is the use of multiple disciplines in order to influence, harmoniously and completely, the motricity, motivation and knowledge of the young. It is functional for the growth through sport by developing a balanced motor aspect.

## The Partnership

- CSI Centro Sportivo Italiano (Rome)
- Center for Technology and Society of Technische Universität (Berlin)
- EGVE - Northern Greece Physical Education Teachers Association (Thessaloniki)
- Rijeka Disability Sports Association (Rijeka)
- HvS- Hearts for Sports (Utrecht)
- Academy of Business Administration and Health Sciences (Łódź)
- The Innovation and Development Institute Principe Real (Miranda do Douro)
- Doganşehir Genclik Hizmetleri Ve Spor İlçe Mudurlugu (Doganşehir)



*"Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair. It is more powerful than government in breaking down racial barriers."*

*Nelson Mandela*