

# High School Sport in Belgium (Wallonia)

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11<sup>th</sup> ICCE Global Coach Conference  
ICCE-AIESEP Symposium  
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## Three questions

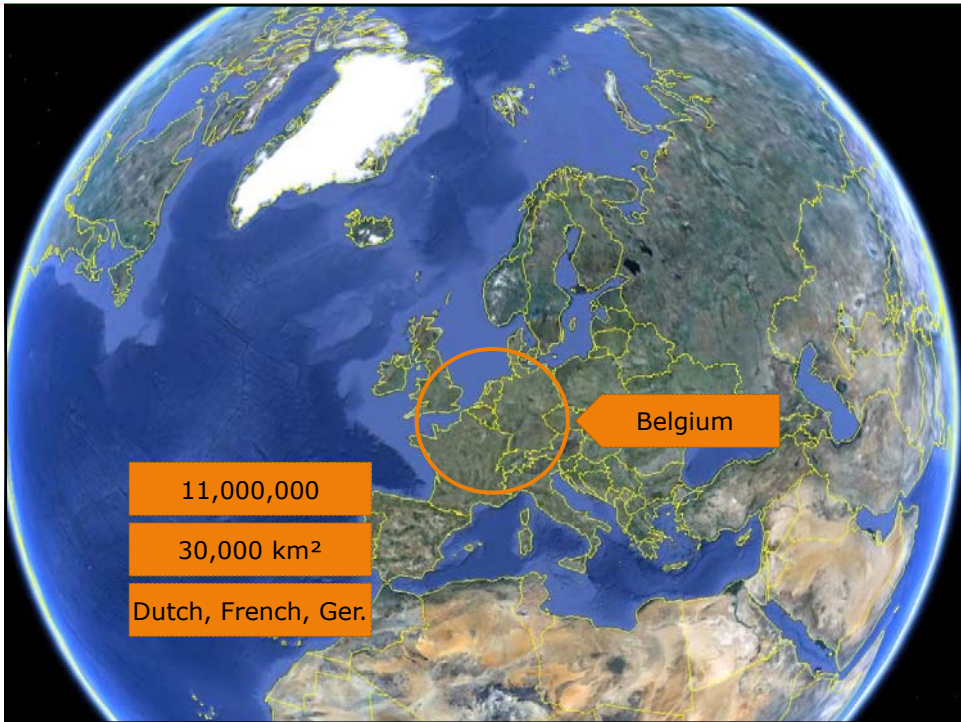
- Place of sport in Wallonian schools ?
- School sport and PE ?
- Specific research topics ?

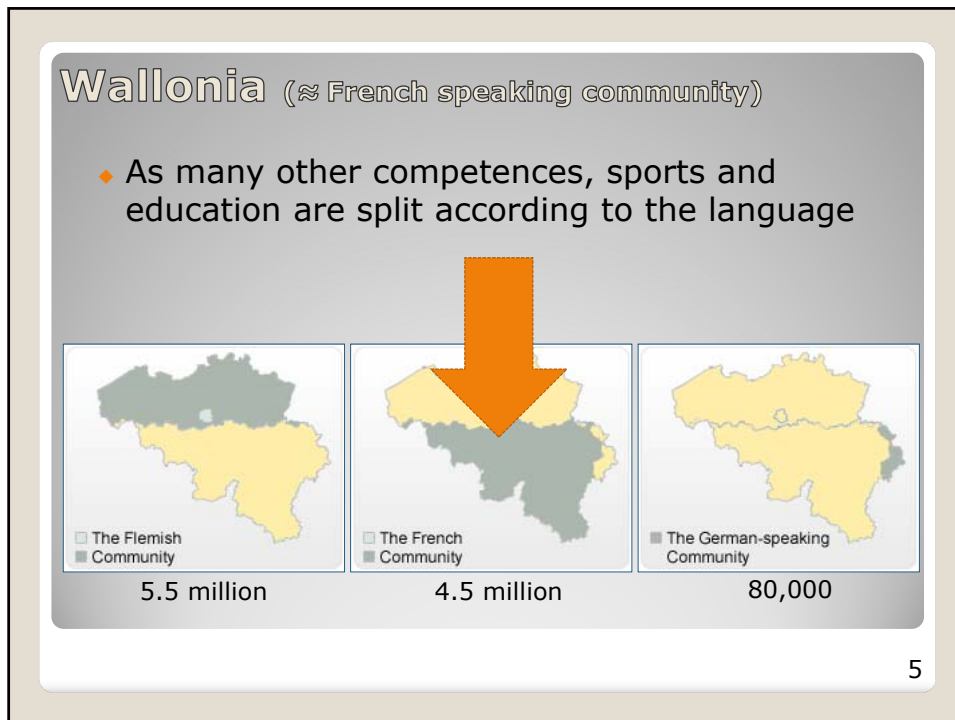


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Competitive sports at school





## Wallonia (≈ French speaking community)

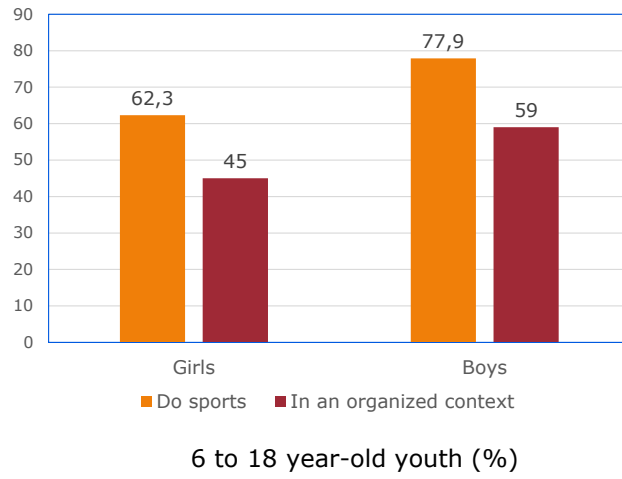
Youth sports contexts

Sport movement

- Sport federations
- Selections
- Sport clubs
- Youth groups
- 'Senior championships'

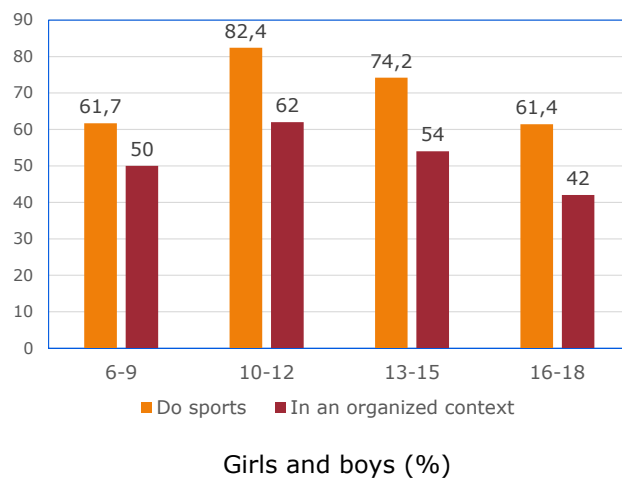
Cloes (2012) 6

### Wallonia (≈ French speaking community)

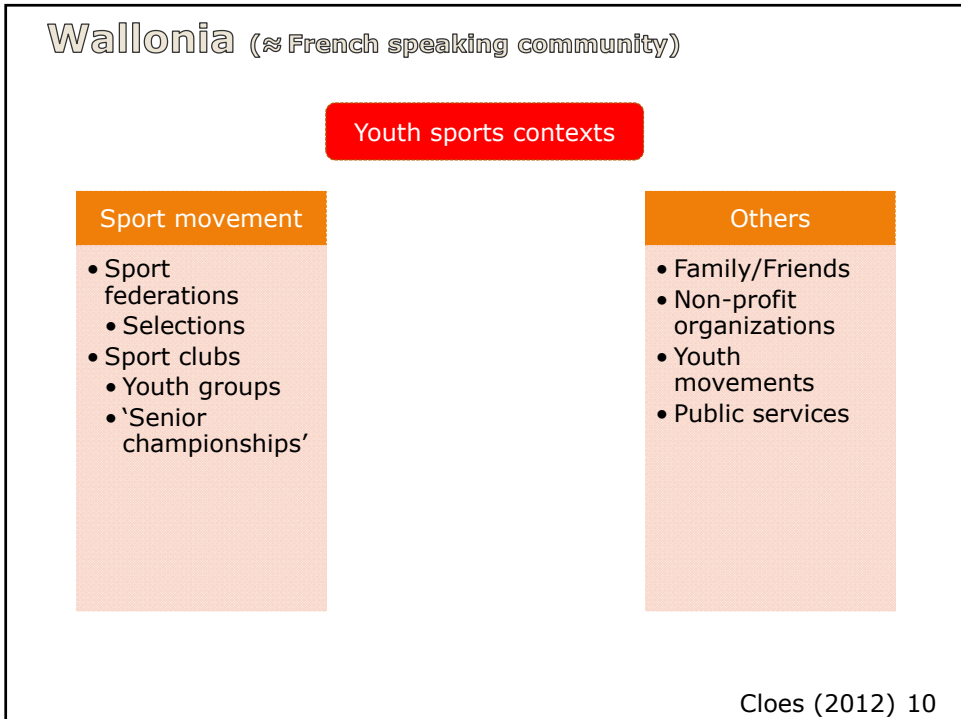
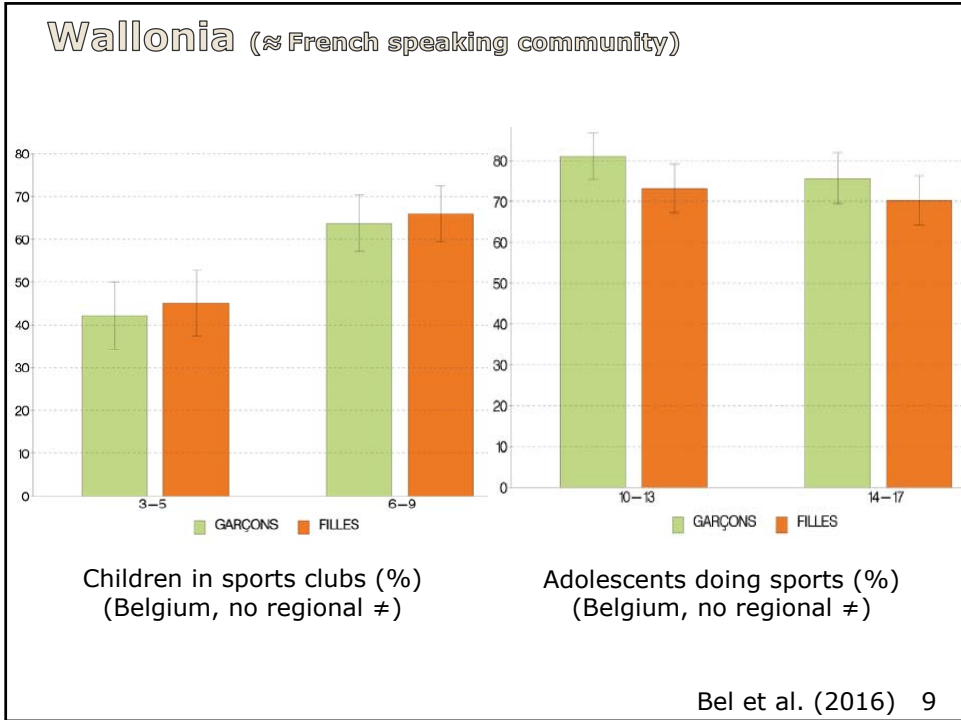


Bodson et Zintz (2006) 7

### Wallonia (≈ French speaking community)



Bodson et Zintz (2006) 8



Wallonia (≈ French speaking community)

## Youth movements

- +/- 21% of 6-18 year-old

Bodson et Zintz (2006)



- +/- 10% of the youth

Adin (2007)

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Wallonia (≈ French speaking community)

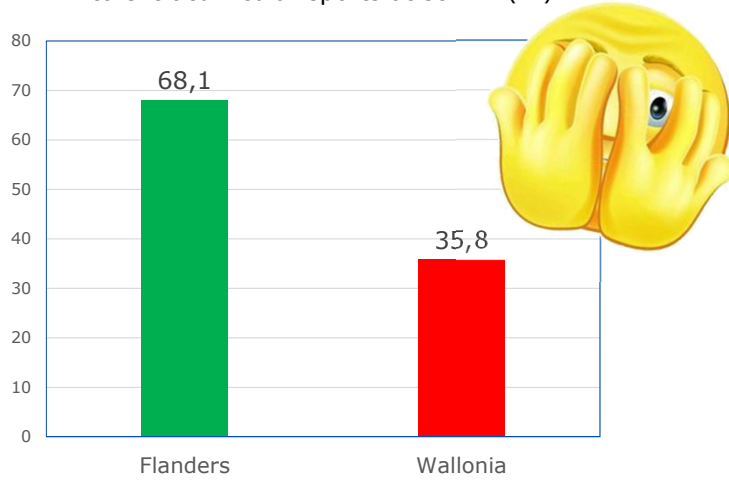
### Youth sports contexts

Sport movement	School	Others
<ul style="list-style-type: none"> <li>• Sport federations</li> <li>• Selections</li> <li>• Sport clubs</li> <li>• Youth groups</li> <li>• 'Senior championships'</li> </ul>	<ul style="list-style-type: none"> <li>• Physical education</li> <li>• Extra-curricular activities</li> <li>• Organized by the school</li> <li>• Organized by a school sport federation</li> <li>• Organized by the sport administration</li> </ul>	<ul style="list-style-type: none"> <li>• Family/Friends</li> <li>• Non-profit organizations</li> <li>• Youth movements</li> <li>• Public services</li> </ul>

Cloes (2012) 12

## Belgium

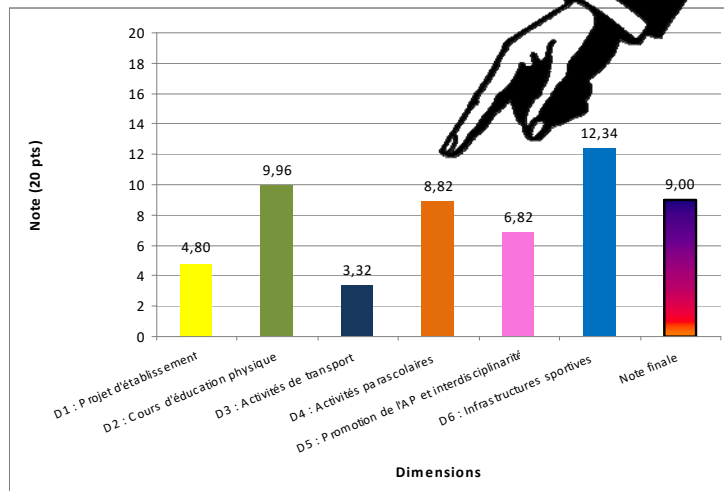
Youth declaring to have opportunities to attend to extracurricular sports at school (%)



Bel et al. (2016) 13

## Physical activity in Wallonian secondary schools

- Findings



Snyers et al (2014)

## The sport at school in Wallonia

### Primary school

- 6 grades: 6 to 12 year-old
- PE: 2 x 50'/week
- Extracurricular sports activities
  - PE teacher's initiatives (swimming lessons ...)
  - Partnership with non-profit organizations (sports events)



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## The sport at school in Wallonia

### Primary school

- 6 grades: 6 to 12 year-old
- PE: 2 x 50'/week
- Extracurricular sports activities
  - PE teacher's initiatives (swimming lessons ...)
  - Partnership with non-profit organizations (sports events)
  - Partnership with the sport administration

Collaboration with local sports clubs

Fitness tests

Sports days/week in specific sports centers

Sports events (joggings)



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## The sport at school in Wallonia

Secondary school

- 6 grades: 12 to 18 year-old
- PE: 2-3 x 50'/week (! specific sports programs)
- Extracurricular sports activities
  - PE teacher's initiatives (intramural tournaments ...)
  - Partnership with non-profit organizations (sports events)
  - Partnership with the sport administration

Sports days/week in specific sports centers



Sports events (Rheto trophy)

Sports hopeful/talent status

Fitness tests



FÉDÉRATION  
WALLONIE-BRUXELLES  
SPORT-ADEPS.BE

2016 - 2017



ADEPS  
FÉDÉRATION  
WALLONIE-BRUXELLES



Prénom + Nom \_\_\_\_\_

Discipline \_\_\_\_\_

Institution scolaire ou académique \_\_\_\_\_

N° de carnet \_\_\_\_\_



Projet sportif + Projet académique = Projet de vie

## Carnet d'entraînement et de liaison

Training and liaison diary

**NEVEBRE 16 Vendredi**  
 repos!  
 17h-30 cours de renforcement de physique  
 21h  
 Match contre Charlevoix 2<sup>ème</sup> au classement  
 résultat : 1-1

**NEVEBRE 17 Samedi**  
 endurance  
 10 Km en forêt  
 11h - 12h30  
 Musculation  
 travail de renforcement  
 -> aide de D...  
 - Etiraments

**NEVEBRE 18 Dimanche**  
 10h - 12h  
 programme de musculation au CMCP de Liège  
 15h45  
 Match avec la sélection franco-phonie contre le Luxembourg  
 résultat : 3-1

**COMPETITION**  
 Match Charlevoix/Bonnie : bon match  
 Match Lux : très bon match 1 goal inscrit sur un contre

**REMARQUES / SIGNATURES**  
 Parents : à quelle heure Colin doit-il être présent mercredi 23?  
 Entraîneur : Semaine de récupération avant la grande échéance  
 Cédric est nouveau et inquiet pour son gars  
 NE PAS SE COUCHER TROP TARD LA VILLE DU MATCH OU ENTRAINEMENT

**NEVEBRE 12 Lundi**  
 6h - 7h45  
 10x400m à 80%  
 Récupération 15'  
 800 en 2'30  
 Etirements

**NEVEBRE 13 Mardi**  
 18h45  
 remplir le bon  
 salomon niveau d'intensité de l'entraînement : faible - moyen - intense

**NEVEBRE 14 Mercredi**  
 18h / 20h  
 Etirements  
 Départ pl 10 à 50m  
 Avec une

**NEVEBRE 15 Jeudi**  
 20h - 21h30  
 Travail défensif  
 passe en L  
 Dribbling

**NEVEBRE 16 Vendredi**  
 18h45  
 100' avec le tout  
 minisigue ?  
 Oussaid-Schlatter ?  
 à surveiller

**NEVEBRE 17 Samedi**  
 18h / 20h  
 Travail défensif  
 Tir au but

**NEVEBRE 18 Dimanche**  
 17h30  
 100' avec le milieu  
 tout est ok

Génie au genou droit  
 Bon 1<sup>er</sup> contact avec le nouvel entraîneur

Ménager les

**Collaboration between the sports administration, a sports federation, a school, the parents, and the athlete**

**JUN 2017**

**REMARQUES DU RÉFÉRENT SPORTIF ACADÉMIQUE**

**REMARQUES DU RÉFÉRENT SPORTIF (CLUB, FÉDÉRATION)**

**COMMUNICATION AUX PARENTS**

**COMMUNICATION DES PARENTS**

**DEMANDE D'ABSENCE POUR COMPÉTITION OU STAGE**  
 Nature : \_\_\_\_\_  
 du : \_\_\_\_\_ à : \_\_\_\_\_  
 Autorisation scolaire ou académique : \_\_\_\_\_  
 Nature : \_\_\_\_\_  
 du : \_\_\_\_\_ à : \_\_\_\_\_  
 Autorisation scolaire ou académique : \_\_\_\_\_  
 Nature : \_\_\_\_\_

**Boarding sport centers or not**  
**Beginning at 14 year-old (! gymnastics, tennis)**  
**Priority to the school performance**

## The sport at school in Wallonia

### Higher education

- >18 year-old
- Bachelor (3 grades – colleges/universities)
- Master (2-3 grades – colleges/universities)
- Extracurricular sports activities
  - Staff/students' initiatives (intramural tournaments, events)
  - Inter-institutions tournaments (punctual activities)
  - Partnership with the sport administration

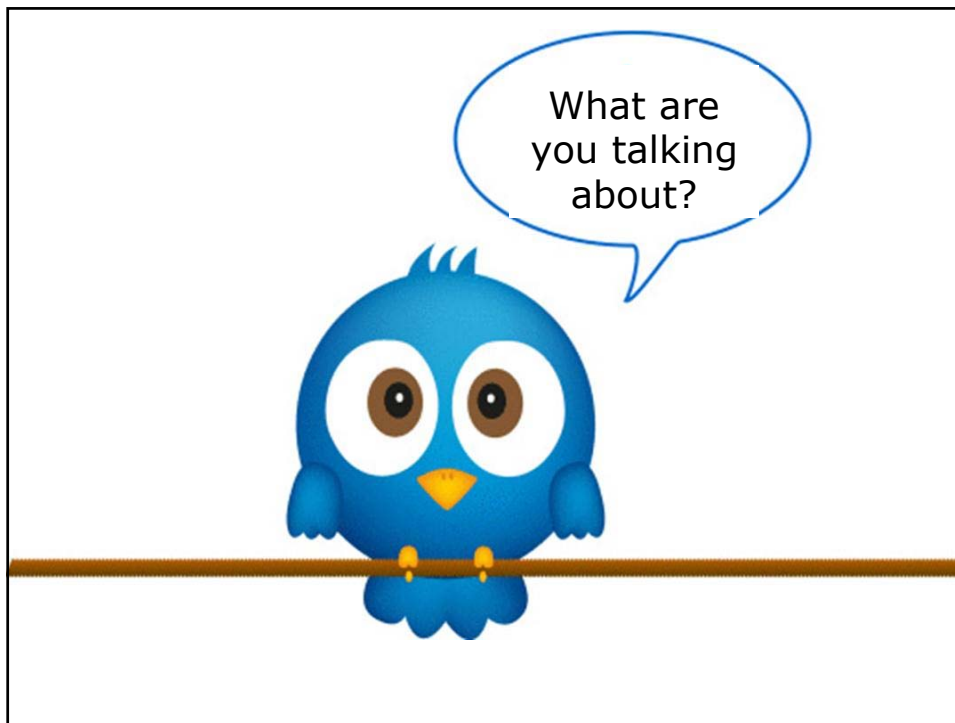
Sports  
hopeful/talent status



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PE and school sports relationship



### 'La guerre des méthodes'

- Historical background
  - At the end of the 19<sup>th</sup> century
  - Sports against physical education
  - de Coubertin against Hébert
- The legacy
  - Education Vs Sports ministries and administrations
  - Relative lack of cooperation
  - Huge differences between the contexts of 'teaching'

## Evolution of PE

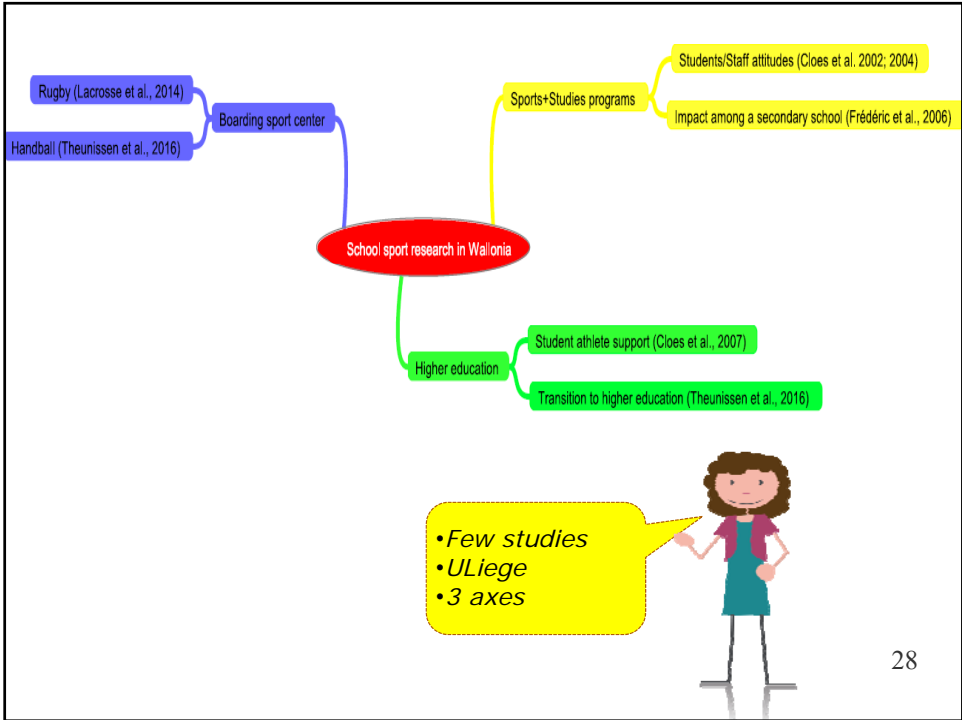
±1970      ±2000

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## The PE teachers' involvement

- PE teachers
  - Sports background
  - PE students 'love' sports
  - PE teachers change their educational objectives/behaviors according to the context
- The evolution
  - Between the 70' to the end of the 90' = involvement in 'unpaid' extracurricular sports activities for the students
  - Since that time = decrease of the participation to such activities
  - Less high skilled PE students in the programs => ???
  - Some groundwork of 'Sports' to enter into the School => !!!

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### Four key messages

- School sport is not a priority in Wallonia
- PE teachers are not currently involved and they have excuses
- Collaboration Vs defiance about sports development in schools
- Lack of scientific data and practice grounded studies

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<http://hdl.handle.net/2268/213240>



Références





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- Theunissen, C., Meys, G., & Cloes, M. (2016). Encadrement du staff autour du double projet des sportifs dans un centre de formation en handball. *Revue de l'Éducation physique*, 56, 1/2, 20. Disponible sur Internet: <http://orbi.ulq.ac.be/handle/2268/199016>

**Pictures and illustrations :**

- Slide #2 – Question: <http://www.faprod.com/article/les-bonnes-questions-a-poser-a-votre-future-agence-web/189>
- Slide #3 – Sport scolaire: <https://www.valerie-fourneyron.fr/actualites/lunss-se-rejouit-des-mesures-de-simplification-du-certificat-medical-relatives-au-sport-scolaire.html>
- Slide #5 – Maps of the federal state: [https://www.belgium.be/en/about\\_belgium/government/federale\\_staat/map](https://www.belgium.be/en/about_belgium/government/federale_staat/map)
- Slides #19/20 – Character: <http://www.lelombard.com/actualites-news-bd/ecoles-bd-france,4296.html>
- Slide #11 – Youth movement: <http://www.guides.be/>
- Slide #13 – Smiley: <https://www.pinterest.com/sanner1959/smiley/>
- Slide #14 – Finger : <https://masteri-villas.info/news/kid-pointing-finger-clip-art.html>
- Slide #16 – ADEPS: <http://www.sport-adepts.be/>
- Slide #22 – Donald: <http://www.chroniquedisney.fr/cartoon-07-donald/1942-parachutiste.htm>
- Slide #23 – Policy: <http://www.missbhavenbooks.com/policies/>
- Slide #27 – Loupe : <https://medicalisle.fr/devenez-franchise/bonhomme-loupe/>
- Slide #29 – Take home message : <http://rebelem.com/topical-anesthetic-use-corneal-abrasions/>

Additional resources


**Analyse de la transition entre l'enseignement secondaire et l'enseignement supérieur chez les sportifs de haut niveau**


Département des Sciences de la Motricité  
 Université de Liège

- Aims of the study
  - What proportion of TLAs enter higher education?
  - What is the success rate of TLAs?
  - What are their perceptions of the support offered?
  - What are the gaps?
  - What difficulties did they encounter during this school transition?
  - What changes would they suggest to improve the system?

Theunissen, C., Meys, G., & Cloes, M. (2016). Encadrement du staff autour du double projet des sportifs dans un centre de formation en handball. *Revue de l'Éducation physique*, 56, 1/2, 20. Disponible sur Internet: <http://orbi.ulg.ac.be/handle/2268/199016>

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- Methods
  - Collaboration between ULiège and the General Administration of Sports (GAS)(in charge of the TLAs)
  - List of TLAs graduated from 2d school (2010 to 2012)
  - Phone contact in January-March 2014 (verification of details and proposing an online questionnaire - Lime Survey)
  - 79 closed/open questions about 6 dimensions of the transition from secondary school to higher education (academic, sports, social, relational, medical, organizational)
  - 103 usable answers out of 352 TLAs who were freshmen in 2012-2013 (34%)
  - From 55 secondary schools
  - 15 higher education institutions
  - Mean age = 20 years (born in 1994)
  - 68% of males

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## Findings

- Academic aspects
  - 61% achieved their first year
  - 9% dropped out
  - 84% considered that combining school and sport was 'easier' at the secondary school level
- Sports aspects
  - 11% dropped out
  - 27% lost their TLA's statute
  - 43% mentioned that did not received information about the available supports
- Health aspects
  - Two main difficulties (fatigue and nutrition)
  - Best health perception in secondary school level

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## Findings

- Social/Relational aspects
  - Degradation when beginning higher education
  - Few relationships with other TLAs/GSA
  - Positive family environment familial
  - Too few relationships between academic and sport structures
  - Effective supports when proposed
- Various
  - 26% of the TLAs considered that participation to competitions is easier in higher education
  - 24% of them underlined that time management is more difficult in higher education

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## Suggestions

- Implementation of a training in time management for TLAs
- Continuous multidisciplinary monitoring (administrative, guidance, support ...), through the setting up of a single support structure for all levels, including at least one person linking the various actors concerned, whatever the level of education and the institution
- Centralization of information using a website dedicated to the TLAs to which sports and academic structures would have an access



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### ANALYSIS OF THE SUPPORT PROVIDED TO STUDENT-ATHLETES IN WALLONIA. THE CASE OF HIGHER EDUCATION

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<sup>1</sup> University of Liège,  
Belgium  
<sup>2</sup> University of Genève,  
Switzerland

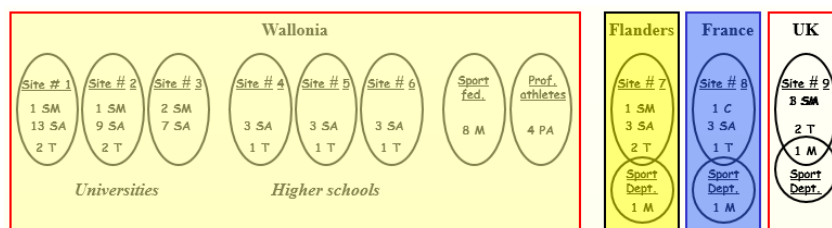
- Aims of the study
  - To highlight the working conditions of the Walloon student-athletes in higher education

Cloes, M., Lenzen, B., & Polis, A. (2007). Analysis of the support provided to student-athletes in Wallonia. The case of higher education. In, J.A. Diniz, F. Carreiro da Costa & M. Onofre (Eds.), Active lifestyles: The impact of education and sport. Proceedings of the AIESEP 2005 World Congress (pp. 85-92). Lisbonne: Faculdade de Motricidade Humana. Available on Internet: <http://hdl.handle.net/2268/40305>

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## Methods

- Using a qualitative approach, we conducted a survey across a number of sites interviewing University Sport Managers (SM), Student-Athletes (SA), Tutors (T), Coordinators (C), Members of Sport Federation (M) and Professional Athletes (PA)
- Each subject was interviewed face to face (excluding French subjects who were interviewed by phone), between 2003/11 and 2004/12



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## Findings

	Wallonia		Flemish university	French university	English university
	Universities	Higher schools			
<b>1) Specific structure to help student-athletes</b>					
Coordinator	No	No	Yes	Yes	Yes
Tutor	Yes / No	No	Yes	Yes	Yes
Coaches on the campus	No	No	Yes	Yes	Yes
<b>2) Studies adjustments</b>					
Staggering of the academic years	Yes	Yes	Yes	Yes	Yes
Postponement of exams	Yes / No	Yes / No	Yes	Yes	Yes
Excused absences	Yes	Yes / No	Yes	Yes	Yes
Remedial course	No	No	Yes	Yes	Yes
E-learning	No	No	No	Yes	No
<b>3) Sports adjustments</b>					
Priority for sports facilities' use	Yes / No	No	Yes	Yes	Yes
Training on the campus	No	No	Yes	Yes	Yes
Supervision by sports specialists	Yes / No	No	Yes	Yes	Yes
Interest for university competitions	Yes / No	Yes / No	No	Yes	Yes
<b>4) Medical or paramedical advantages</b>					
Sport medicine specialists	No	No	Yes	Yes	Yes
Sport physiotherapist	No	No	Yes	Yes	Yes
Psychologists and sport dieticians	No	No	Yes	Yes	Yes
Sport sciences specialists (biomechanics)	No	No	Yes	No	Yes
<b>5) Logistic advantages</b>					
Housing on the campus/sport facilities	No	No	Yes	Yes	Yes
Parking on the campus	No	No	No	No	Yes

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## Findings

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Sport medicine specialists					
Sport physiotherapist					
Psychologists and sport dieticians					
Sport sciences specialists (biomechanics)					
<b>5) Logistic advantages</b>					
Housing on the campus/sport facilities	No	No	No	No	No
Parking on the campus	No	No	No	No	No

**In Wallonia:**

- The athletes can only find tutors in most of universities
- The coaches were not allowed being on the campus
- No coordinator was identified

**Other universities**

- There are people who are appointed to specifically help SA to meet the standards determined by the academic and sport authorities

*"I'd like more recognition; some teachers are not aware about the life that we have." (ES 1/7, line 60)*

*"They don't need support but a flexibility in their studies which allows them to combine top level sport and their studies." (C 7/1, line 125)*

*"We review the situation at the beginning of the school year, after the January and June's exams and, eventually, after exams organised in September." (C 7/1, line 94)*

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Remedial course					
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<b>5) Logistic advantages</b>					
Housing on the campus/sport facilities	No	No	Yes	Yes	Yes
Parking on the campus	No	No	No	No	Yes

**In Wallonia:**

- A decree allows to S-A to stagger their academic programme as well in universities as in colleges
- Not all institutions help the athletes to postpone exams and to excuse some absences
- The situation is more difficult in the colleges even if the study requirements are lower than in the universities

*"I was selected to participate to a tournament in Ireland but, due to an exam that a teacher didn't accept to transfer, I didn't go." (ES 1/5, line 14).*

*"E-learning is available but I didn't try it yet." (ES 8/1, line 54)*

## Findings

**In Wallonia:**

- A decree allows to S-A to stagger their academic programme as well in universities as in colleges
- Not all institutions help the athletes to postpone exams and to excuse some absences
- S-A can never participate to training session on the campus even if they are allowed to use sometimes sport facilities for individual preparation (fitness training, for example)
- The interest toward university championships is low

**Other universities**

- An effort is carried out in to provide the best training conditions to the elite athletes.

<b>1) Specific structure to help student-athletes</b>	No	No	No	Yes	No
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Tutor					
Coaches on the campus					
<b>2) Studies adjustments</b>					
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Sport medicine specialists	No	No	Yes	Yes	Yes
Sport physiotherapist	No	No	Yes	Yes	Yes
Psychologists and sport dieticians	No	No	Yes	Yes	Yes
Sport sciences specialists (biomechanics)	No	No	Yes	No	Yes
<b>5) Logistic advantages</b>					
Housing on the campus/sport facilities	No	No	Yes	Yes	Yes
Parking on the campus	No	No	No	No	Yes

**In Wallonia:**

- Any medical nor paramedical support are provided to the S-A

**Other universities**

- Medical support everywhere
- A specific support of sport sciences specialists in two universities

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## Findings

	Wallonia		Flemish university	French university	English university
	Universities	Higher schools			
<b>1) Specific structure to help student-athletes</b>					
Coordinator	No	No	Yes	Yes	Yes
Tutor	Yes / No	No	Yes	Yes	Yes
Coaches on the campus	No	No	Yes	Yes	Yes
<b>2) Studies adjustments</b>					
Staggering of the academic years	Yes	Yes	Yes	Yes	Yes
Postponement of exams	Yes / No	Yes / No	Yes	Yes	Yes
Excused absences	Yes	Yes / No	Yes	Yes	Yes
Remedial course	No	No	Yes	Yes	Yes
E-learning	No	No	No	Yes	No
<p><b>In Wallonia:</b></p> <ul style="list-style-type: none"> <li>Nothing</li> </ul> <p><b>Other universities</b></p> <ul style="list-style-type: none"> <li>In the English university, they have a priority to get a parking place on the campus allowing them to increase their mobility</li> </ul>					
Psychologists and sport dieticians	No	No	Yes	Yes	Yes
Sport sciences specialists (biomechanics)	No	No	Yes	No	Yes
<b>5) Logistic advantages</b>					
Housing on the campus / sport facilities	No	No	Yes	Yes	Yes
Parking on the campus	No	No	No	No	Yes

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## Follow up



- Report sent to the General Sport Administration = Project 'Ariane'
- After 7 years (and 3 sports ministers) = creation of the 'Service Projet de vie' aiming to follow the TLAs
- At the ULiege = creation of the official statute in 2010

**Etudiants sportifs ULg par discipline**  

Découvrez les étudiants au statut "Etudiant sportif ULg" pour l'année académique 2016-2017!

Athlétisme	Autres	Basketball	Course d'orientation
Cyclisme	Equitation	Football	Handball
Hockey	Rugby / Football américain	Ski	Sports automobiles
Sports de combat / Arts martiaux	Sports de raquettes	Sports nautiques	Volley-ball

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