

2016

Step up



Mladen, Irina, Alenka, Andrea,
Gabirel, Kubra

8/18/2016

Free sports

In today`s environment the people who have been trying to maintain both healthy life style and keep fit are getting access to variety of sports thanks to the cooperation of governments and municipalities. Their goal is to provide the opportunity to make sport not only professional, but also in an amateur way.

Some examples of free sports by each country are listed below :



A lot of parks in **Macedonia** give the opportunity of outdoor gyms. They can include much of the same equipment found in an indoor gym. They are suitable for people of all ages and fitness levels and require no membership fees.

Each municipality in different cities of **Turkey** provides aerobics, steps, pilates and yoga (for everyone 3 days in a week, between 7 and 8:30 a.m).



In **Romania** there are associations of chess when everyone can become a member without limit age. You can play chess in park or in the associations house.

Croatia: Picigin is a beach sport. Players stand in a circle and bat a ball around until it falls. Simple and informal, there are no leagues or professionals, and it is a grea way to make friends.



Italy has football clubs for free for everyone and this service is amateur play.

What role does ethics play in sports?

Ethics in sport requires four key virtues : fairness, integrity, responsibility and respect.

Fairness

- All athletes and coaches must follow established rules and guidelines of their respective sport.
- Athletes and coaches are not discriminated against or excluded from participating in a sport based on their race, gender, or sexual orientation.



Integrity :

- that any athlete who seeks to gain an advantage over his or her opponent by means of a skill that the game itself was not designed to test demonstrates a lack of personal integrity and violates the integrity of the game

Responsibility:

- Responsibility requires that players and coaches be up to date on the rules and regulations governing their sport.
- Responsibility demands that players and coaches conduct themselves in an honorable way off the field, as well as on it.

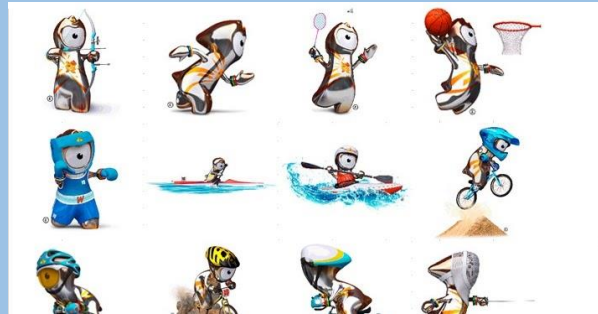
Respect:

- All athletes should show respect for teammates, opponents, coaches, and officials.
- All coaches should show respect for their players, opponents, and officials.



Active for life

While sport has value in everyone's life it is even more important in the life of a person with a disability. This is because of the rehabilitative influence sport can have not only on the physical body but also on rehabilitating people with a disability into society.



For example wheelchair basketball. Wheelchair basketball is accessible to those with a variety of physical disabilities. The game is played using many of the same rules and standards of basketball, with some variations for dribbling and contact from the wheelchair.