

**INTERNATIONAL DAY  
OF UNIVERSITY SPORT**

PROCLAIMED BY UNESCO



**SEPTEMBER**

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# INTERNATIONAL DAY OF UNIVERSITY SPORT

20 September – Proclaimed by UNESCO



**FÉDÉRATION  
INTERNATIONALE  
DU SPORT  
UNIVERSITAIRE**

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## PRESENTATION

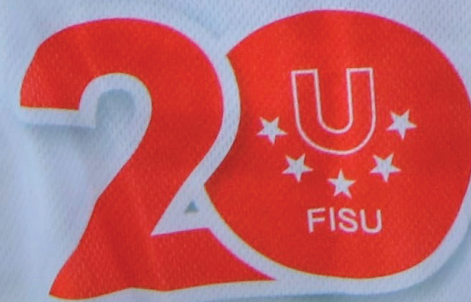
The proclamation of the International Day of University Sport (IDUS) aims to guarantee and preserve sporting activities and programmes in higher education institutions for students and citizens, so as to further ethics, value systems, anti-doping, fair play, physical education, a healthy lifestyle, quality of life, quality physical education, gender equality and social inclusion, and thereby ensure high quality physical education.

## FISU KEY TOPICS:

**FISU policies, programmes and philosophy may be summarized by the key-topics listed here which are the ones that must prevail as well as the messages which need to be conveyed during the activities organised for the International Day of University Sport:**

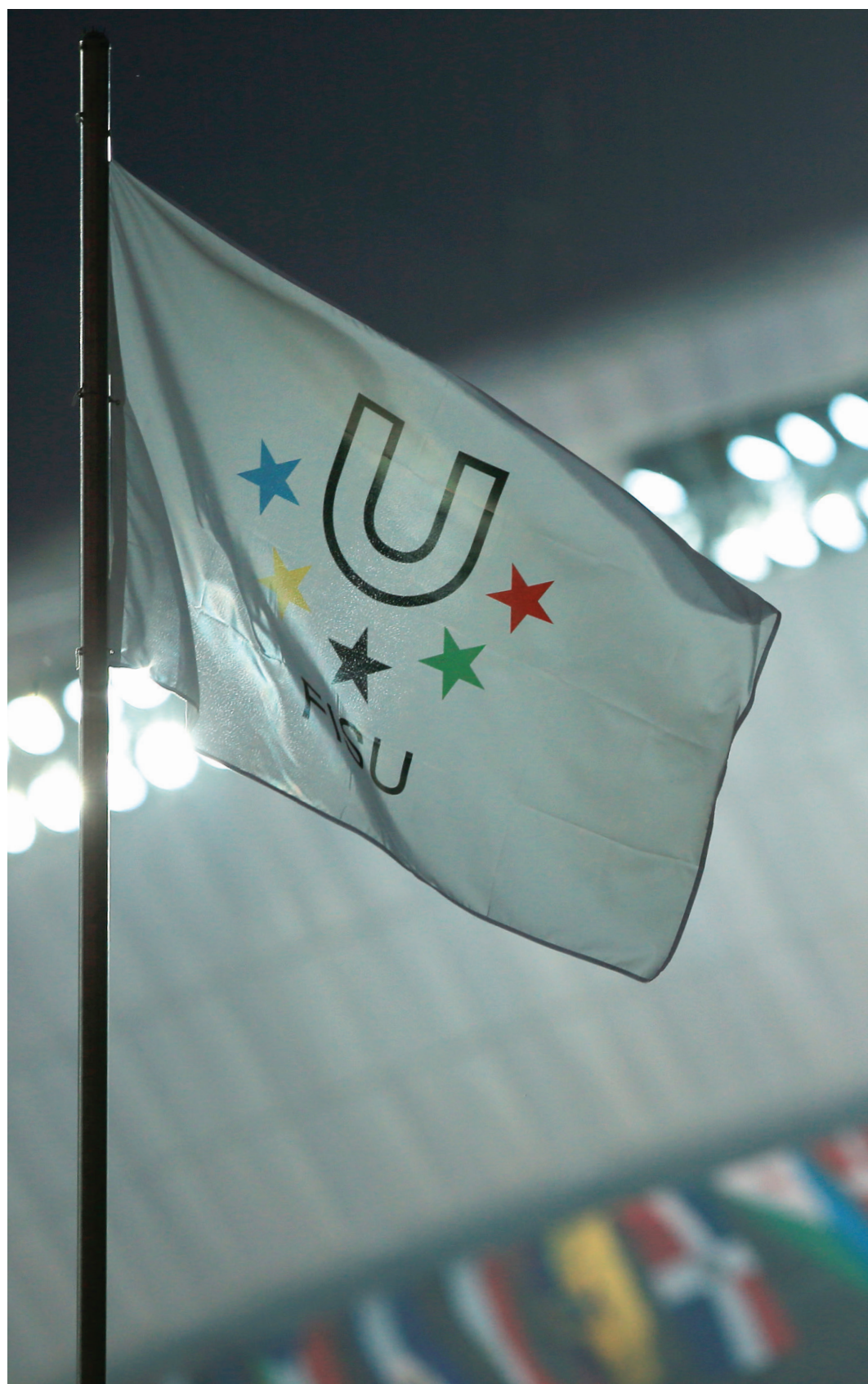
- **Values/Ethics/Anti-doping**
- **Equal opportunities**
- **Leadership**
- **Health/Social Care**
- **Volunteers**
- **Dual Career**
- **Innovation**

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## Message of the FISU President

Dear Friends,

FISU is proud that **UNESCO proclaims the 20 September to be the International Day of University Sport (IDUS)**. For FISU it is a natural step forward to partner in the framework of a project focusing on the role of sport in universities with the United Nations agency in charge of education, culture and science, namely UNESCO. It is indeed one of FISU's roles to give institutions of higher education which are the pillars of our member federations and of our entire movement, the opportunity to strengthen the role of sport in the universities for the benefit of the students and the communities.

FISU's approach concerning its sporting and educational events has always focused on the non-tangible values of sport and the integration and cooperation amongst all partners involved, underlining the need of taking advantage of the knowledge and competences developed in education institutions. FISU always favours the fighting spirit rather than pure performance; participation rather than records; meeting and exchange rather than confrontation. We believe that the International Day of University Sport (IDUS) is the ideal platform to promote FISU values and activities but moreover it must become the platform that all our members and partners must use to reaffirm the importance sport must have and keep in the universities and in the daily life of the students.

The document we prepared will help you to prepare the IDUS in the best possible conditions. The first part of the document refers to the main aims and goals of FISU but moreover to the challenges sport is facing worldwide in educational systems. It also focuses on the main topics that must be developed on that day. The second part of the document presents the activities that might be organised. We give the opportunity to the organisers accordingly to their priorities, traditions and needs to host sport, educational and cultural events on campuses. The FISU Festival must take place in the heart of the city on the 20 September too.

FISU is adding an important and very meaningful instrument to its extended programme of activities, thus giving all its core partners involved in university sport the opportunity to make their voice heard and to contribute to raise awareness about the importance of sport at university and in educational systems but also to draw the attention of the citizens of its impact on the entire society.

Let me finally on behalf of my colleagues of the Executive Committee thank you for the permanent efforts you are putting on a daily basis in the field to develop the university sport movement. We wish you the best for the IDUS. ★

**Oleg Matytsin**  
FISU President





## I. INTRODUCTION AND AIMS

### FORWARD

FISU wants with the International Day of University Sport (IDUS) to involve university sport people and member organisations (NUSF) in activities not only to promote its sport activities but also to create a debate on university sport and to promote FISU's university sport mission. IDUS must be structured in formats aimed at strengthening the sport programmes of universities and must stress the educational side of sport and its benefits for health, inclusion etc.

The IDUS is the FISU platform to exchange ideas, developments, challenges and opportunities within and through university sport on a worldwide level with its partner UNESCO.

### DESCRIPTION

The International Day of University Sport falls within the framework of a multidisciplinary educational project covering physical education and sport and focusing on the role to be played by universities in society in the acquisition by young people of citizenship values. These 'values' are not goals or forms of behaviour, but a search for meaning; they offer frameworks to be built so as to organize social attitudes and raise the level of investment of each in public life.

Sport is inseparable from education, both physical and intellectual, as it enables the acquisition and exchange of skills in terms of leadership, that may be approached passively in lecture halls but that must be consolidated through experience acquired on sport grounds and in voluntary associations. Students with a grounding in this form of leadership will tomorrow be capable of developing and amplifying the project 'Education through Sport and Citizenship'. That is why universities must ensure that the decision-makers of the future who are trained in this may gauge fully the importance of associating physical education and sport with social and economic policies that are not exclusively linked to education. This will lead to the perpetuation and enrichment of the skills which

define self-confident and socially responsible citizens (UNESCO: Quality Physical Education (QPE). Guidelines for Policy-Makers).

The number of students is rising very rapidly across the world; their social and national origins are becoming more diverse and they are also increasingly mobile, moving easily from one discipline to another, from university to university and from country to country. Universities are taking on wide-ranging autonomy and becoming increasingly international in nature. The population of young adults is tending to isolate itself in a virtual world that encourages individualism; in that context, the concepts of meetings, exchanges and sharing conveyed by sport and voluntary activities are more essential than ever.

It is crucial that sport not be taken out of universities and left to the initiative of the private sector on the pretext of liberalism and economics. Quite the contrary, sport must be fully integrated in higher education and research structures, taking its rightful place in multidisciplinary strategies.

By devoting one day a year to universities and sport for citizens, the International University Sports Federation (FISU), made up of 170 national university sport federations representing several thousand higher education establishments, aims to draw attention to the key role universities can and must play in order to rise to the challenges of the day, in terms of the acquisition and transmission of knowledge as well as, and above all, social and economic policy at the local, national and international levels. FISU, thanks to its network of university associations and clubs and the partnerships that it has developed with the principal international educational, cultural and sport institutions since 1949, will mobilize the academic world for this day every 20 September. The population of young adult students is rarely mentioned in international texts of reference on sport, which primarily address sport in schools. This is why we consider it important to give concrete form to an international event focusing on universities and the role they may play in society through the various dimensions of sport. This is what sets this project apart from the International Day of Sport for Development and Peace', which is celebrated on 6 April. It is because we wish to highlight the role universities may play in society through sport, whose many virtues are crucial to 'living together'.

The activities that take place in the implementation of the project will form part of a common framework based on robust guidelines, recognized worldwide, so has to have an easily recognizable global identity, while reflecting the issues and the university and sporting traditions specific to each of the target countries or regions. It would involve organizing at least one activity by university, in partnership with local authorities, so as to better meet local needs. The interest generated by this type of event has already been observed on the occasion of the International University Sport Festival, organized in Lausanne by FISU, in cooperation with the City of Lausanne, University of Lausanne and the École Polytechnique Fédérale de Lausanne, in September 2014.

### DATE

The 'International Day of University Sport' will be celebrated annually on 20 September.

- In most countries, this is the time when the academic year starts;
- It is the date of the first Student World Championships in 1924 (17-21 September in Warsaw, Poland).



**EXPECTED RESULTS**

- Willingness of universities to make available sports facilities, enabling citizens to engage in physical exercise and sporting activities according to their interest and aptitudes;
- Ensure social inclusion of persons with disabilities (physical and intellectual) by guaranteeing them equal access to sport programmes and competitions as well as to sports facilities, and encourage activities and competitions in the context of the Special Olympics and the Paralympics, in full coordination with local authorities;
- Place universities at the centre of learning and information sharing so as to foster cultural exchange in society;
- Ensure the quality and permanence of sports facilities in universities so as to make them available for citizens;
- Develop cross-cutting multidisciplinary scientific research and educational programmes on the themes of ethics, value systems, anti-doping, fair play, physical education, a healthy lifestyle, quality of life, quality physical education, gender equality and social inclusion;
- Officialize multidisciplinary courses through specific diplomas or a system of credits in higher education so as to ensure the standardization and spread of structures for training physical education and sport teachers;
- Willingness of universities to provide quality sport support services in the framework of the university's social and administrative services;
- Request decision-makers to use universities as 'databases' for study and research in the fields of ethics, value systems, anti-doping, fair play, physical education, a healthy lifestyle, quality of life, quality physical education, gender equality and social inclusion;
- Encourage the introduction and continuing development of networking of universities, nationally and internationally, so as to further the sharing of good practices and knowledge transfer in sport, so as to guarantee quality physical education and the in-service training of physical education teachers;
- Raise the awareness of citizens as to the benefits of active volunteering in sporting activities, and encourage the international university and sport community to create a database of volunteers specializing in sporting activities.

**RELATED ACTIVITIES**

International Day of University Sport must be considered to be specific, given that it emphasizes universities as places to consolidate and develop quality physical and sport education in the service of citizens. Among others, the day aims to confirm the place of sport in universities and the role of universities in public life. Activities and initiatives connected with the day could complement International Day of Sport for Development and Peace (6 April) and International Students' Day (17 November).

**COOPERATION WITH UNESCO**

The IDUS must promote the revised International Charter of Physical Education and Sport adopted in 2015 by UNESCO.

Considering the vision shared by UNESCO and the International University Sports Federation (FISU), aimed at ensuring the promotion of physical education in university curricula to a high level of quality.

Considering that the International University Sports Federation is a member of the Permanent Consultative Council of UNESCO's Intergovernmental Committee for Physical Education and Sport (CIGEPS).

Recalling the objectives of the 2013 Declaration of Berlin (Fifth International Conference of Ministers and Senior Officials Responsible for Physical Education and Sport (MINEPS V)), the International Convention against Doping in Sport, and the UNESCO programmes on quality physical education, women and sport, education for all, and democracy and global citizenship.

Considering that in many countries, physical and sport education is no longer a compulsory discipline in higher education programmes.

In its capacity as the United Nations agency responsible for education, culture and science and, accordingly, lead agency for physical education and sport (PES), UNESCO is a natural partner of the International University Sports Federation as regards the promotion of International Day of University Sport with members of the United Nations and universities.

UNESCO could play a special role in the educational aspect linked to the recognition of sport and physical education teachers in higher education systems, and in this connection with the possible inclusion of courses in higher education curricula in many countries.

FISU undertakes to promote UNESCO policies and activities, particularly in the fields of physical education and education.



**FISU INSISTS ON**

Reconfirming the need for physical and sport education programmes, sports facilities and scientific studies in universities, with the purpose of fostering social inclusion, racial integration and anti-doping, combating non-communicable diseases and the ongoing development of scientific research in the field of physical education and sport.

Encouraging universities to introduce, in compulsory and extra-curricular programmes, activities concerning physical education, sport for all, and high-level competitive sport; in terms of teaching, universities should ensure initial and in-service training for teachers and educators specializing in the field of physical and sport education, capable of defining their own perspectives and of playing an active role in all educational projects in close cooperation and synergy with the teaching teams of other disciplines and with partners in the sport movement and the voluntary movement, who are familiar with the situation on the ground. By way of example, the Education for All Global Monitoring Report 2013/4 published by UNESCO, states education reduces poverty and boosts jobs and growth, and that education improves people's chances of a healthier life and contributes to gender parity and equality.

Confirming the educational role of sport in a twenty-first century society that would be more ethical and based on sustainable socio-economic development, including public health concepts. A realistic policy in this respect must be envisaged on the basis of physical and sport education for all, open to all young people, extended to adult men and women, with and without disabilities, in the context of 'continuous education', about which much is said but which remains mostly virtual, and, finally, proposed to the growing populations of older people who must learn to cope with a new phase in life.

Encouraging international bodies responsible for education and culture and innovation to enable all young people to have access to university training of the best level. International networking of universities on the basis of teaching and research programmes including physical education, competitive sport, management training and exchanges at the level of associations and clubs pave the way to the establishment of new spaces for sharing excellence.

Emphasizing the importance for universities of designing and developing multidisciplinary teaching and research programmes, involving at differing levels physical and sport education and fully integrated in timetables and student life.

Stressing the utility of strengthening existing synergy between universities and citizens, in particular through university sport programmes and sports facilities, with a view to strengthening the cohesion between students and citizens. This is to enable enhanced 'permeability' between universities and society, especially as concerns sporting, cultural and voluntary practices, which would take the form of a better use of spaces, time and human and material resources. The establishment of partnerships, the pooled availability of facilities, meetings between student and non-student athletes and the joint organization of events are all opportunities to bring down the artificial barriers that still too often separate the world of public life and the academic world.

Promoting an approach of education through sport, the core of primary prevention including, although not exclusively, health and operating in the long term. It has been observed that young people raised with a sporting spirit adopt, for the long term, and transmit a healthy lifestyle, and reject

addictive and violent behaviour. The field of health and well-being is particularly significant. Our societies are facing a genuine state of emergency as physical inaction is spreading and threatens not only the individual's healthy mind and body but also the health of the social body and public spirit. Sedentary people, urban dwellers, must rediscover, through sport, people in movement.

Emphasising on the contribution of universities as a vector for citizenship values through physical education, as an essential and influential component of the education and development of human beings.

**THE FISU-WADA ANTI-DOPING PROGRAMME FOR UNIVERSITIES**

In 2013, the International University Sports Federation (FISU), the World Anti-Doping Agency (WADA) and the Gwangju Universiade Organising Committee (GUOC) partnered to develop a new resource to support universities all over the world in introducing the topic of the fight against doping in sport. This partnership project, which strives to create a clean sport environment to protect athletes and young people, was part of the GUOC's Legacy Programme for the 2015 Summer Universiade.

**Programme and result**

The Anti-Doping Textbook and teaching material are designed to provide a comprehensive overview of doping in sport and issues related to it. The target audience is those university students who will one day be involved in sport in many different capacities and disciplines; these could range from working with elite athletes to being involved at a grass roots level, or in diverse professions from sports law to sports medicine.

The textbook is available in English, French, Korean, Russian and Spanish. It is accessible free of charge, along with supporting material for instructors such as slides, through an online platform: the Anti-Doping Learning Hub (<http://antidopinglearninghub.org/>).

**Join the programme!**

Any university interested in educating their students about clean sport as part of an official curriculum is welcome to join the programme. To get information and join, please visit the Anti-Doping Learning Hub (<http://antidopinglearninghub.org/>) and contact us at [info@antidopinglearninghub.org](mailto:info@antidopinglearninghub.org).

## II. OPERATIONAL PLAN FOR ACTIVITIES

### GENERAL INTRODUCTION

#### Operators

**Global:** International University Sports Federation (FISU) and UNESCO. FISU undertakes to promote UNESCO policies in physical education and education. FISU wishes that UNESCO will inform the National Commissions for UNESCO of the event and its objectives.

**National and local:** the 170 national university sport federation members (NUSF) of FISU and their university networks. They will act in partnership with relevant educational and sport organizations with which they have established partnerships: university sport clubs, sport associations, national UNESCO committees, national sport federations, national Olympic committees, national Paralympic and Special Olympics associations, sport for all, and so on.

#### Promotion

The IDUS must offer opportunities to promote:

- The NUSF and FISU activities;
- The university sports departments curriculum, competitions and facilities;
- Partners of the university sport activities.

### PARTNERS INVOLVED

#### Leading partners

##### FISU

FISU stands for Fédération Internationale du Sport Universitaire, the International University Sport Federation which was founded in 1949 and is since then the international governing body of all worldwide student sport events. Founded within universities to promote sporting values it encourages top performances in international competitions in harmony with and complementary to the values of higher education.

FISU organises competitions in more than 50 sports on a two-year cycle based on the following:

- **Odd numbered year** – Summer and Winter Universiades;
- **Even numbered year** – World University Championships.

In addition, FISU organises several educational events such as the FISU Forum on University Sport, the FISU World Conference on Development through sport during the Summer Universiade and the FISU World Conference on Innovation – Education – Sport during the Winter Universiade. FISU is a unique organisation for student-athletes. Athletes who participate in FISU events share the same aspirations and life-style. Ambitious targets both in education and sport, they are today’s stars and tomorrow’s leaders aiming for excellence in mind in body.



#### National University Sports Federations (NUSF)

FISU is expecting from its 170 member National University Sports Federations at least the following:

- Dissemination of information to the members at the national level;
- Ensure that all local branches of the NUSF organise activities;
- Select the activities proposed by the partners;
- Select and support the Universities or Institutions of Higher Education in organising the events;
- Liaise with the UNESCO Committee of the country to have them involved in the main activities;
- Partner National Olympic Committees and National Sports Federations;
- Establish close links with Rector and student associations;
- Seek for the support of the relevant political authorities from the national level (Ministry of Sport and Education) to local level (Mayor, city councillor for sport);
- Ensure that the FISU philosophy and symbols are well respected;
- Ensure that the use of the FISU brand is done accordingly to the rights;
- Liaise with the national and local media to ensure to promotion of the IDUS;
- Report to FISU of all activities and actions organised in the country.

#### Universities

The organisation of these events is open to all Universities and Higher Education Institutions that are member of the National University Sport Federation which is a FISU member association, it



is essential that the Organising Committee is in contact with the highest local and regional sport (National Olympic Committee, national sports federations...) and political authorities (Municipality Institution in charge of Sports and of Youth, the National Sports Federation, local Universities and also the local representatives of the Ministry of the Interior as well as of Health).

The NUSF of FISU will cooperate directly with the Universities that wish to organise IDUS events.

The Organising Committee must make the necessary commitments with the appropriate authorities to guarantee the security of all the participants in all activities associated with the organisation of the IDUS.

The activities celebrating the IDUS must ideally take place on the campus and around sport venues belonging to the university or mainly used by the students.

Key Partners:

- National UNESCO Committees;
- National Olympic Committees;
- National Sports Federations;
- University and Higher Education Institutions Rectors and Chancellors Conferences of Associations;
- Ministry of Sport;
- Ministry of Higher Education;
- Ministry of Health and Social Care;
- Scientific and academic societies related to the study of sport;
- International organisations recognized by the IOC such as Sport for All;
- Etc.

ACTIVITIES

Events:

Celebrations organised in partnership with local authorities, universities, university sport organizations and sport federations and clubs for citizens of all ages to take part in leisure sport activities, discussion workshops and competitions.

FISU favours events that are accessible to a wide audience on the university campus:

- Sport events;
- Educational events;
- Cultural events;
- The Festival.

Concept and Goals:

The activities must be organised in such a way to mirror the existing programmes in the field of sport existing in the university and demonstrate the potential and the opportunities of the university. They must be adapted to the different audiences sports can generate.

The major goals are to share ideas and knowledge on key issues relating to the development of sport and university sport worldwide, and to improve knowledge about the importance of sport in educational institutions and about FISU’s mission and its current programmes, policies and priorities. Such worldwide exchange on university sport is a supporting programme of FISU to assist its NUSF members to structure and to develop their own university sport models. The IDUS related activities are each of them platforms for university sport discussions.

Additionally, there are further goals like:

- To learn about new university sport development activities and projects;
- To enhance student engagement;
- To exchange experiences about university sport;
- To create networks;
- To initiate inter-cultural learning;
- To show and to emphasise FISU’s (leading) role;
- To network within the NUSF and externally;
- To link like-minded external organisations to university sport and to FISU;
- To focus on citizenship values and behavior developed through sport;
- To educate through and within university sport;
- To display and experience the educational value of university sport;
- To encourage young leaders in university sport;
- To offer NUSFs administrative tools to develop their university sport;
- To learn about new university sport development activities and projects;
- To learn (university) sport management and organisational skills;
- To encourage volunteering in sport.

TYPE OF ACTIVITIES

Sport Activities:

The sport activities must ensure the inclusion of types of participants, in terms of age, physical or mental abilities. The activities could be presented as an exhibition, initiation, training or contests. They should attract more persons to enroll to the sports clubs and activities of the university.



## Examples:

- Open door of the university sport activities;
- Bilateral sport meetings (Germany-Poland, etc);
- Special activities: integrating special targets citizens by practicing sport together (disabled, refugees, etc.);
- Events gathering clubs, schools, universities;
- Staff of Universities: physical exercises on the working place.

## Educational Activities:

It should be an opportunity to promote and develop the FISU existing programmes and policies.

## Format:

- Lectures;
- Conferences;
- Seminars;
- Round tables;
- Workshops.

## Examples:

- Round tables: with top student athletes about dual career;
- Presentation of the FISU-WADA Project;
- Implementation of the Gender Indicators;
- Promotion of the revised Chart of the UNESCO Physical Education and Sport.



## Cultural Activities:

Sport is also culture, therefore cultural activities are seen as a platform for promoting sports by displaying the true spirit of the university sport movement by celebrating sports through movies, university sport clubs songs, shows and other type of exhibitions.

Activities that can be carried out in this context:

- Sport Museum visits;
- Exhibitions of artifacts related to the history of the university sport at local and national level;
- Sport movie presentations and debates;
- University sport show.



## International University Sport Festival

The International University Sport Festival is an opportunity to invite the citizens to do some physical exercise and bring university sport outside the university campus into the city. Indeed, the Festival is organised in the city in order to attract a larger audience than the university students. It is a specific event with dedicated rules and regulations. At this point in time FISU is expecting to have one Festival per country.

## What are the objectives of FISU in Motion?

- Create a Healthy Sport Day(s) open to all and free of charge;
- Develop the sport for all and the leisure sport;
- Increase the meetings between students and citizens;
- Introduce new sports, new concepts and technologies linked to the sport;



## Which format?

The Festival is a multi-activities event in one location.

The official name is composed by the “Name of the city” + “in Motion” and all NUSFs shall use the same format and colors.

The Festival can be organised during a day, a few days or a week.

Organising Committees may schedule tournaments, contests, initiations and/or exhibitions.

## Which activities does FISU request?

To organise a Festival following the FISU requirements, three types of activities shall be included in the programme:

- Sport activities: new sports, non- competitive sports (dances, zumba, parkour, SUP), attractive sports in different categories: Fitness, Wellness, martial arts, team sports, dance...
- Cultural activities: concerts, graff atelier, live painting, theater, improvisation groupes....
- Technological activities: start-up exhibitions, body check, tests on new prototypes, proposal of sport programme by personal trainers who used new technologies...

## Project

To get the approval of FISU to organise a Festival in your city, FISU needs to receive the NUSF's project with the following main points:

1. Value, Vision, Mission
2. Objectives and goals
3. OC Structure
4. Support letters of the city and the universities
5. Programme of the event (sport, cultural, technological and educational activities)
6. Communication Plan
7. Marketing Plan
8. Budget

After the final approval, FISU will prepare a patronage MoU.

For more details, please download the International University Sport Festival Handbook on the FISU website ([www.fisu.net/medias/fichiers/Festival\\_Handbook\\_En.pdf](http://www.fisu.net/medias/fichiers/Festival_Handbook_En.pdf))



**“TODAY’S  
STARS   
TOMORROW’S  
LEADERS”**