



BENEFITS OF
OUTDOOR SPORTS
FOR SOCIETY

TUM

Dr. Barbara Eigenschenk
Technical University Munich

FIRST RESULTS OF THE PROJECT
“BOSS”

BENEFITS OF OUTDOOR SPORTS
FOR SOCIETY



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Why BOSS? Why Outdoors?

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ENOS
European Network
of Outdoor Sports

11 Partners from 7 nations:

- CREPS Rhone Alpes – France (LEAD)
- Technical University Munich – Germany
- Sheffield Hallam University – UK
- National Sports Academy – Bulgaria
- Sport NI – UK
- INEFC – Spain
- Surf Club Viana – Portugal
- Union des centres de Plein Air (UCPA) – France
- Regione Lombardia - Italy
- Federation International Tourisme D'Equestre – Pan European
- European Outdoor Group – Pan European

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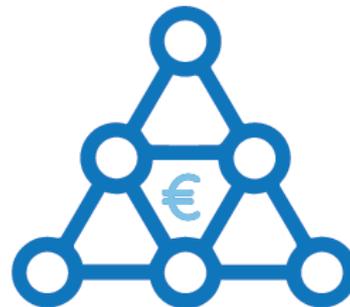
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The Process

1 Review
evidence



2 Develop model to
monetise value



3 Test



First results of the project “BOSS” - Dr. Barbara Eigenschenk



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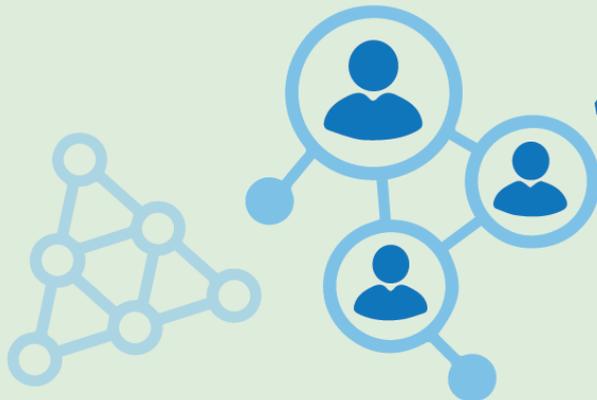
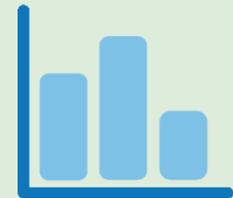


A review of literature across Europe was conducted to examine the evidence of social benefits of outdoor sports

CRITERIA



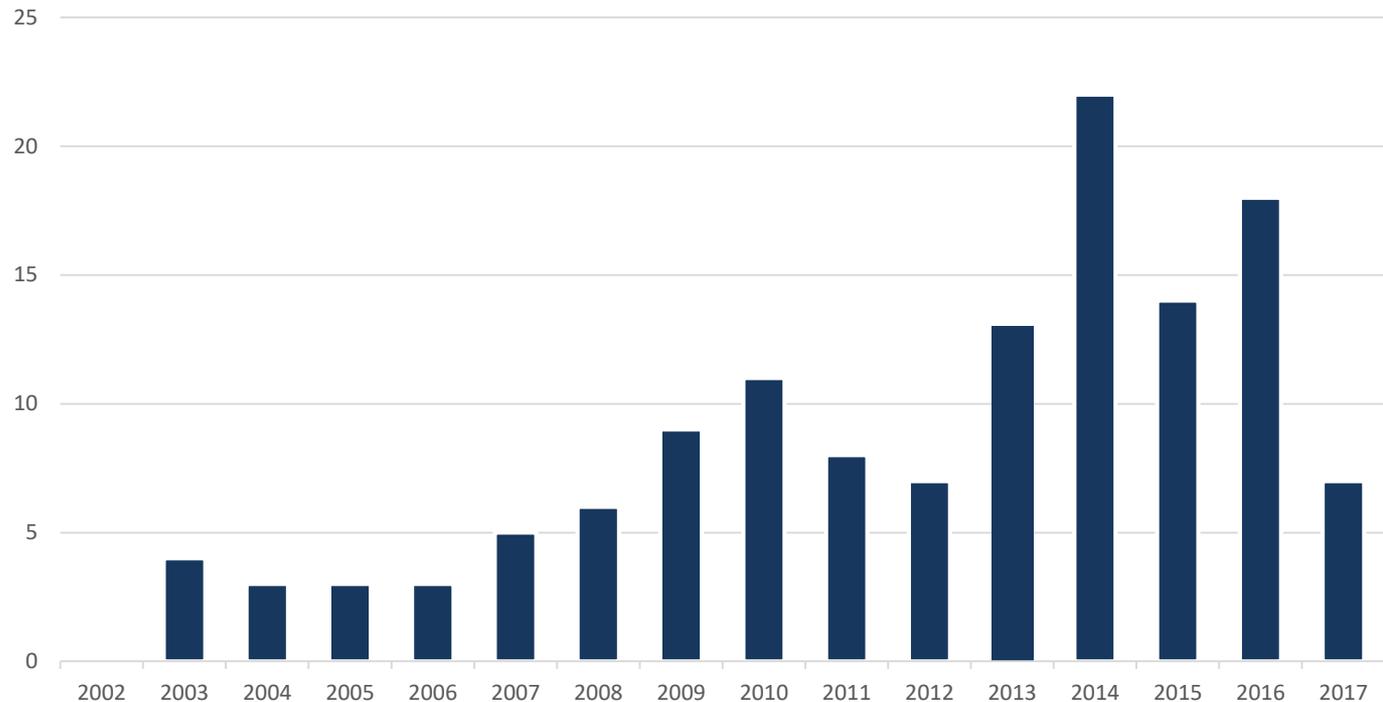
- » **7 partner countries** carried out the searches and **international studies** were also searched.
- » Searches of databases took place in **7 different languages**.
- » The studies had to be done in the **past 15 years** from **2002 – 2017**.



- » The sum of all the searches revealed **17,560 studies**.
- » After screening by the partners **133 studies** were selected for data extraction.
- » Most **selected studies (56%)** were from the last **5 years** with the other **44%** from the previous **10 years**.

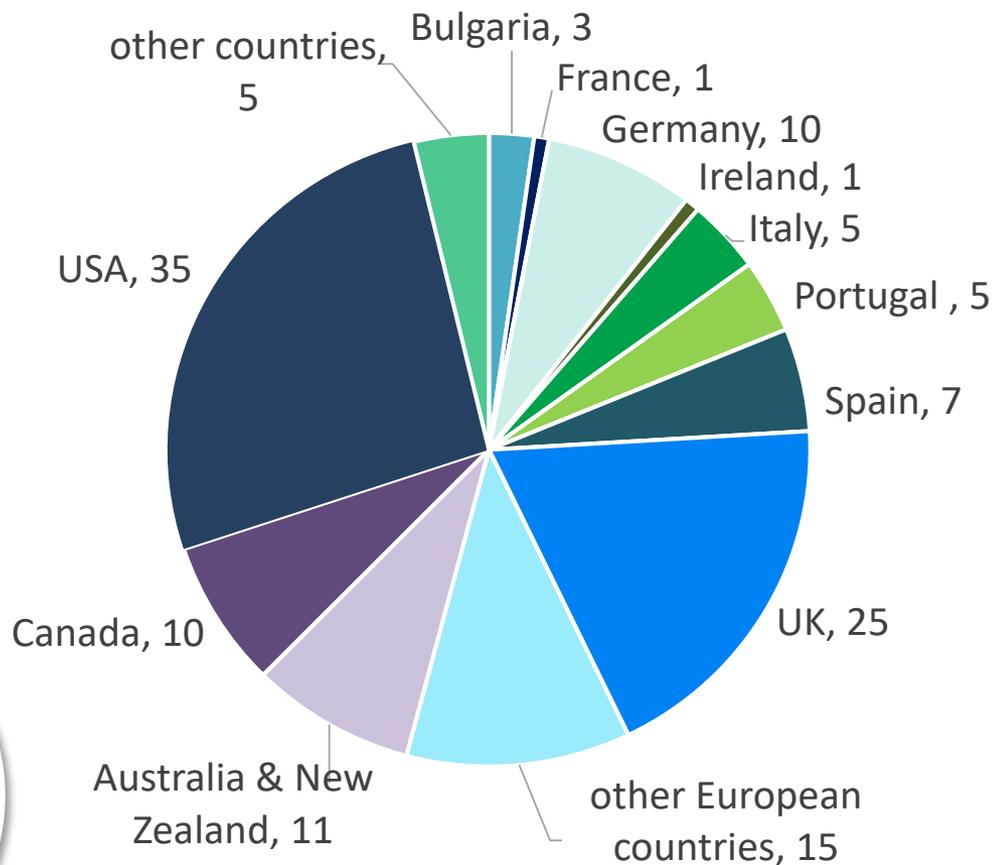


PUBLICATION DATES OF STUDIES

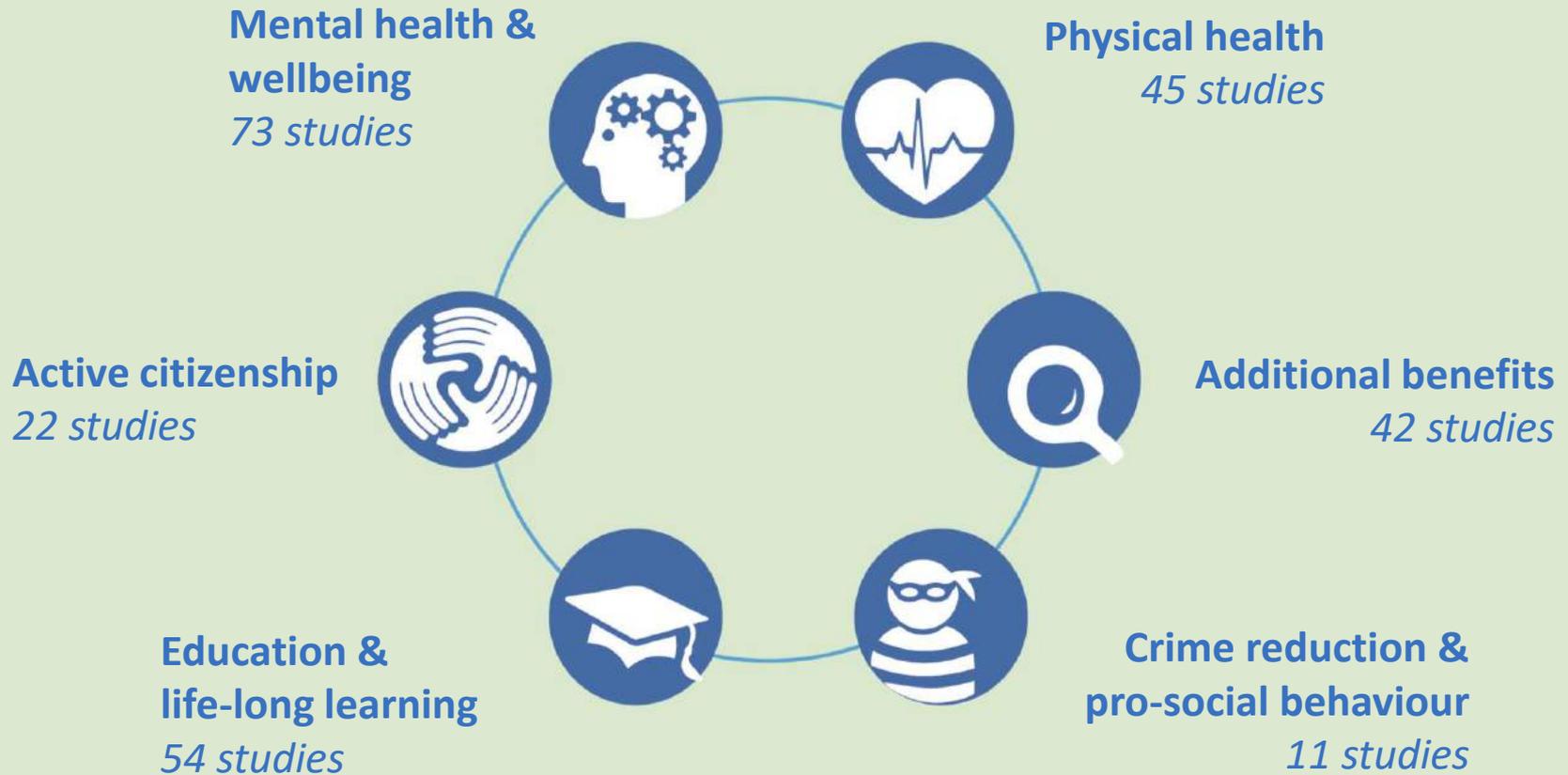




ORIGIN OF THE STUDIES



54%
coming from
European
countries





Mental health & wellbeing

- ✓ General mental health status
- ✓ Quality of life & overall wellbeing
- ✓ Combating mental illnesses & diseases
- ✓ Positive affective states
- ✓ Reducing negative affective states
- ✓ Control & coping
- ✓ Self-development
- ✓ Positive experiences
- ✓ Active and happy ageing

Active citizenship

- ✓ Community benefits
- ✓ Integration & inclusion
- ✓ Volunteering
- ✓ Bonding capital

Education & life-long learning

- ✓ (Intra) personal development
- ✓ Interpersonal development
- ✓ Educational motivation and achievements
- ✓ Cognitive aspects to improve learning
- ✓ Environmental awareness and behaviour



Physical health

- ✓ General physical health and related factors
- ✓ Combating diseases like stroke, heart attack & cancer
- ✓ Low injury rates and extended life expectancy
- ✓ Healthy ageing
- ✓ Subjective health perception
- ✓ Sun exposure effects

Additional benefits

- ✓ Lifetime physical activity
- ✓ Accessibility
- ✓ Cognitive functioning
- ✓ Other multiple effects

Crime reduction & anti-social behaviour

- ✓ Increase of prosocial behaviour
- ✓ Prevention and reduction of crime



Physical health benefits



- General physical health and related factors
- Combating diseases like stroke, heart attack and cancer
- Low injury rates and extended life expectancy
- Healthy ageing
- Subjective health perception
- Sun exposure benefits



Mental health and wellbeing

- General mental health status
- Quality of life & overall wellbeing
- Combating mental illnesses & diseases (dementia, Alzheimer's)
- Increased positive affective states (mood, resilience, ...)
- Decreased negative affective states (stress, depression, anxiety...)
- Control & coping
- Self-development
- Positive experiences
- Active and happy ageing





Mental health and wellbeing

Therapeutic treatment for

- people with mental health problems, e.g. major depressive disorder (MDD)
- persons with disabilities
- veterans
- MS patients
- ADHD sufferers
- autism
- youth at risk and disordered adolescents
- drug addicts...





Education & life-long learning

Enhanced understanding of ourselves, human beings and our relationship to the environment

- (Intra) personal development
- Interpersonal development
- Educational motivation and achievements
- Cognitive aspects to improve learning
- Environmental awareness and behaviour





Active citizenship

- Community benefits like construction and maintenance of local community life, identity and pride ...
- Integration and inclusion
- Volunteering
- Bonding capital





Crime reduction & pro-social behaviour

- Increase of prosocial behaviour
- Potential to prevent delinquency in youth
- Reduced recidivism
- Lower rates of smoking and substance misuse





Additional benefits

- Accessibility
 - few limitations to participation
 - low-cost opportunities
- Lifetime physical activity
 - High sport adherence, connections to lifetime activity habits
 - Active & healthy lifestyle promotion
 - physical activity for groups with special needs: e.g. low-income families
- Other multiple effects



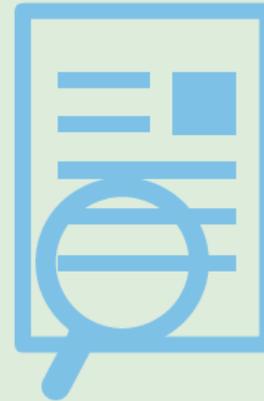


Strong evidence base for the social value of outdoor sports

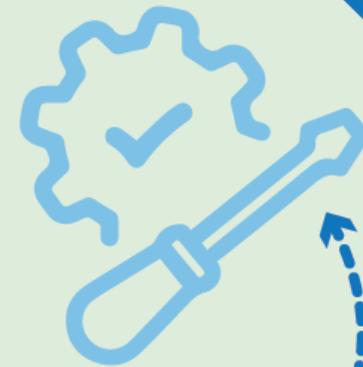
12 Case studies



Evidence review



FREE downloadable toolkit



OUTPUTS



Varying understanding of outdoor sport and special topics of interest in different European partner countries





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A PROJECT
SUPPORTED BY



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