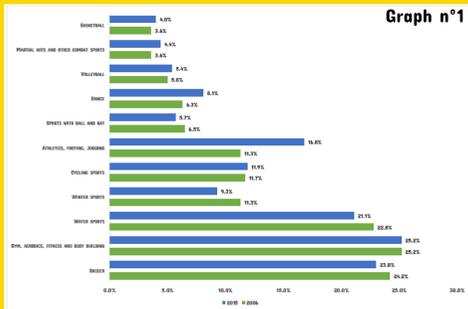


ASPECTS OF SPORT PRACTICE

SPORT IN ITALY: The first Istat survey on sport practice in free time dates back to 1959 on the eve of the 1960 Summer Olympics in Rome. In 1959 sport was mostly practiced by males (90.80%) and by adults (only 1% was under 14). Hunting ranked first (33%) followed by soccer (22.3%). And now?

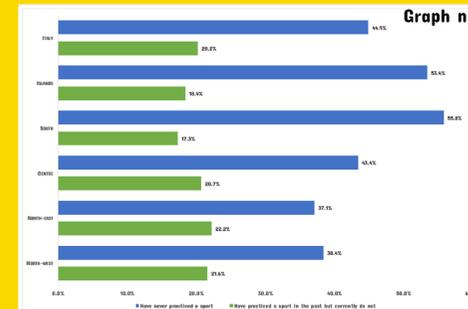
People over 3 who practice sport per kind of sport practiced (Istat survey: "Citizens and leisure time", years 2006, 2015)



Next to traditional sports, others emerge: the group composed of gymnastics, aerobics, fitness and body building ranked first and was practiced by 25.2% of people practicing sports



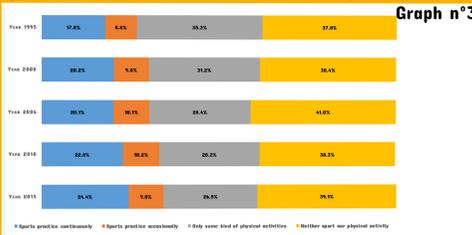
People over 3 who have practiced sport in the past and who are currently not practicing and people who have never practiced it per geographical area (Istat survey: "Citizens and leisure time", year 2015)



Territorial differences due to several reasons are evident: in the South and Islands area 55.8% have never practiced sport before!



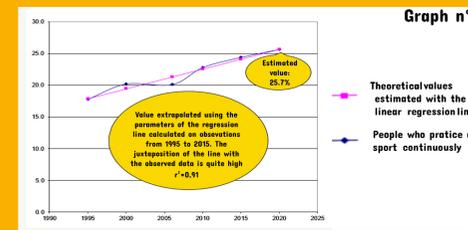
People over 3 who practice sport, people who practice some physical activities and people who do not practice. (Istat, surveys: "leisure time and culture", year 1995, survey "Citizens and leisure time", years 2000, 2006 and 2015, survey "Aspects of daily living", year 2010)



The number of people who declare not to practice sport or physical activity is relevant: after a strong decrease recorded between 2006 and 2010, starting from 2010 the number of sedentary people is stable.



2020 expectations (personal elaboration through the regression line according to data in graph n° 3).



We evaluate that people over 3 who will practice sport continuously in 2020 will be around 25.7%



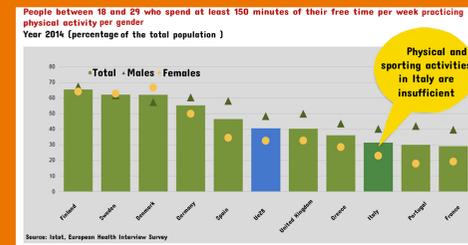
As physical education is mandatory in all EU curricula, we noticed that the dedicated hours vary considerably from one country to another. In Italy 66 hours per year are practiced in primary and secondary school, except for sporting high school where hours are 99. Among the countless projects started in Italian schools, thanks to European funds, we highlight the PON project "Sport in classe" (Sport in class) addressed to the regions: Abruzzo, Basilicata, Calabria, Campania, Molise, Puglia, Sardegna and Sicilia.



CONCLUSIONS:

- Sport practice in Italy is growing
- In graph n°2 we notice evident territorial differences
- Much remains to be done to contribute to sport practice on a regular basis among population. Measures of sport promotion are necessary, starting at school.

SPORT IN EUROPE:



In April 2018 the last Eurobarometer survey on sport and physical activity was published, resulting from interviews done in the 28 EU member state. In December 2017 data are worrying: even if 7% of people practice sport continuously and 40% practice some physical activities at least once a week, 46% of Europeans are totally sedentary, a percentage on the rise compared with 42% of the last survey in 2013.