National strategy(ies)

Official document and timeframe

The Youth Strategy [1], adopted by Government Decision no. 24/2015 has a dedicated pillar to youth health and well-being, including specific objectives to promote sport, youth fitness and physical activity among young people. A separate strategy on youth sport, fitness and physical activity as such does not exist in Romania.

A National Sport Strategy for 2016-2032 has been launched in public debate in 2016 but it is not adopted as an official document in 2017.

Main elements and key objectives

Specific objective of the Youth Strategy in the area of youth sport, fitness and physical activity is to deliver education through sports and physical activity with the aim of fostering a healthy lifestyle and development as active and responsible citizens, and encourage young people to engage in sports and exercise in their spare time. Planned actions include:

   a. Increase the number of children and young people who participate in sports, including by
developing the mainstream sporting competition system (for all);
b. Ensure pupils and children access to sports facilities and offer young people the chance to spend their spare time in the existing sports facilities;
c. Maintain physical education as a mandatory subject matter and encourage pupils and students to practice a sport, and make physical education school classes more attractive by including sporting activities favoured by youngsters – fitness, aerobics;
d. Combat youth overweight and obesity through special fitness programmes;
e. Promote Romanian professional athletes as role models for young people;
f. Draw more on the opportunities created under European youth programmes in order to encourage the practice of sports, experience exchanges and training in education through sport;
g. Grasp the opportunities created under the ‘Europe for Citizens’ programme to support youth practice of sports at beginner level;
h. Ensure that increasingly more young people engage in moderate intensity physical activity for 30-60 minutes a day (including in sporting activities);
i. Attract young people with disabilities into practicing sports by offering them adequate access, including in properly equipped youth and student centres;
j. Create the conditions for the entities involved in youth education to ensure the practice of mainstream sports through community involvement in local, regional and national competitions.

National Sport Strategy for 2016-2032 project include a general objective for the development of sport, including the following specific objectives:

a. Raising the level of information and education of citizens on the importance and benefits of practicing physical activity and sport
b. Removing obstacles to the practice of mass sports, including both renovating sports facilities for mass sports and preparing qualified human resources to support amateur athletes
c. Development of public programmes for mass sports, including organising and funding these programmes
d. Encouraging practicing sports on age groups, including among young people. But in the strategy draft it is unclear what actions are planned in this respect.
e. Social reintegration through sport of people with special needs and disadvantaged people.
f. Reviving volunteering in sport

Target groups

While the Youth Strategy has a general target group among the young people, as defined by the Youth Law[2]: 14-35, the National Sport Strategy for 2016-2032 has no specific target group among youth, but most of its objectives are beneficial for the development of youth sport, fitness and physical activity.

Government authority responsible for the implementation

The Ministry of Youth and Sports is the main government authority responsible for the implementation of the Youth strategy, including the specific objective of developing the education through sports and physical activity.
The same ministry is the government authority responsible for the project adoption and implementation of the National Sport Strategy for 2016-2032.

However, an action plan allowing systematic implementation of the strategy, monitoring and evaluation the strategy, was not adopted until December 2018. For the development and adopting of the action plan and for monitoring the Youth Strategy implementation the Ministry of Youth and Sport needs cooperation and support from other sectorial ministries (Education, Employment, Health, Economy etc.).

**Monitoring/assessment/evaluation of the implementation of the strategy**

No evidence-based monitoring/assessment/evaluation of the implementation of the national Youth Strategy has been conducted until December 2018.

**Major revisions/updates**

No updates have been made to the present Youth Strategy. As mentioned, the National Sport Strategy for 2016-2032 is in the stage of a project of the Ministry of Youth and Sport and has not been adopted until December 2018.

**Promoting and supporting sport and physical activity among young people**

Sport and physical activities among the young people are promoted by the Sports for All Programme of the Ministry of Youth and Sports. The programme is granted to the National Federation of Sports for All [3] and it was launched in 1998. Programmes objectives include:

- increasing the participation of the population, of all categories, to the activities of free exercise of the physical exercise;
- ensuring the specific conditions for the systematic practice of physical exercise by people with special needs;
- increasing the number of people with special needs who regularly practice sport, appropriate to the needs of each category;
- promotion of permanent education in and through sport.

The Federation manages a small number of sports facilities opened to everybody, including to young people and organises sports events for unprofessional athletes. The most important of these sport events being organised during the BEACTIVE – the European Sports Week, September every year since 2015.

According to the reports published online by the National Federation of Sports for All, 300 sport events have been organised in most of the Romanian counties in 2017 during European Sports Week. In 2016 the number of events was over 190, with about 37 000 participating unprofessional athletes and 1 750 volunteers for organising the events. In 2015 during the European Sports Week the number of events was over 130, with about 20 000 participating unprofessional athletes and 1 500 volunteers for organising the events.
The events of the Sports for All Federation have double purpose: encouraging participation in sport events and promoting a healthy and active lifestyle. These events have no specific target groups addressed within the youth population, being in fact opened to young and older people, although the majority of the participants are young as observed in the multimedia materials published online by the Federation.

The budget for the Sports for All programme was 540 000 lei (about 120 000 euro). No other public funds are provided for mass sport or youth sports activities. On the other hand, promoting sport among the young people can be funded by the Youth Programmes of the Ministry of Youth and Sports if such projects are submitted by youth organisations at the annually calls for projects.

According to the funding methodology for sports programmes of the Ministry of Youth and Sports, all National Federation, including the Sports for All federation, have to submit reports to the Ministry of Youth and Sports on activities and expenses, ensuring monitoring of the programme implementation and activities. But these reports are not made public.

**Physical education in schools**

Physical education is a mandatory subject and class in the curriculum in secondary education, including upper secondary education at national level. A total of 2 hours/week is included in the mandatory curricula. High schools can decide to add one hour/week in their curricula for physical education classes. The grading system is the same as in other compulsory subjects, based on a progression scales for national-level assessment of attainment in physical education.

The Ministry of Education, through the Institute of Educations Science develops the mandatory curricula, including mandatory competences and skills and activities to be carried out during physical educational classes.

Physical education is an optional class in tertiary education curriculum, including universities curriculums for all departments and faculties, for one hour/week, being therefore encouraged among young people, irrespective of their major specialisation of studies.

No top-down guidelines, recommendations or large-scale initiatives on the inclusion of physical activities outside the curriculum but within the school day (e.g. in school breaks) or on extracurricular sports activities in schools have been developed in Romania.

**Collaboration and partnerships**

No specific top-down policy initiatives aiming to encourage the formation of partnerships between
formal education providers, youth workers, health professionals and sporting organisations have been developed in Romania, although both the Youth Strategy and the Sport Strategy include this objective. These partnerships can be developed as specific projects within the Sport for All Programme [5] under the coordination of the National Federation of Sports for All.

Sport associations can be funded in schools and universities, according to the Physical Education and Sport Law no. 69/2000 [6], becoming a real partnership for sport between youth sports professionals and schools. However, there is no policy encouraging the development of such associations. According to the law they have no juridical personality, but schools can be funded by municipalities for the activities of their sport associations. The decision on funding sport activities in schools belongs to local or county councils and is totally autonomous.