INTRODUCTION

The European Union's Sport and Physical Activity Strategy (2014-2020) has placed the promotion of a healthy and active lifestyle at the heart of its agenda. This strategic approach aims to ensure that all citizens, regardless of age, gender, or background, have access to opportunities to participate in sport and physical activity. The strategy emphasizes the importance of fostering a widespread culture of physical activity, which can contribute to improving public health, promoting social inclusion, and enhancing economic development.

The strategy includes specific targets to increase participation rates in sport and physical activity, particularly among children, youth, and adults. It also highlights the role of sport in promoting social cohesion and personal development. By 2020, the European Commission aims to achieve a 25% increase in the number of people participating in sport at least three times a week, with a particular focus on increasing female participation.

In order to support the implementation of the strategy, the European Commission has launched several initiatives. These include the European Union Sport Action Plan, which provides funding for projects that promote sport and physical activity, and the European Sport and Physical Activity Observatory, which monitors trends and developments in the field.

The strategy also recognizes the importance of involving stakeholders from across sectors, including schools, community organizations, and the private sector, in order to create a cohesive approach to promoting sport and physical activity. By working together, these stakeholders can help to create a more equitable and inclusive environment for participation.

ABSTRACT

DEFINITION OF SPORT AND PHYSICAL ACTIVITY

Sport is an organized activity involving physical exercise, which is structured, competitive, and governed by rules and regulations. Physical activity, on the other hand, refers to any form of physical movement that benefits the body and mind. The distinction between the two is often blurred, as many sport activities also involve physical activity.

In the context of the EU strategy, sport and physical activity are seen as key components of a healthy lifestyle, with the potential to promote well-being and social cohesion.

Institutional Framework

The implementation of the strategy is supported by a range of institutional frameworks. These include national laws and policies, as well as international agreements and conventions.

Monitoring and Evaluation

The European Commission monitors progress towards the strategic objectives through the European Sports and Physical Activity Observatory. This tool provides data on participation rates, trends, and other key indicators, allowing stakeholders to track progress and identify areas for improvement.

Conclusion

The European Union's Sport and Physical Activity Strategy is a comprehensive approach to promoting sport and physical activity across the European Union. By focusing on increasing participation rates, fostering social cohesion, and promoting health and well-being, the strategy has the potential to make a significant impact on the lives of European citizens.

Keywords: European Union, Sport, Physical Activity, Strategy, Participation, Social Cohesion.
RESULTS

We found that [insert results here]. Our findings are supported by previous studies [citations].

METHOD

In this study, we conducted [experiments or surveys] to test [hypothesis or objective]. Our methodology involved [details of methodology]. The results indicated that [findings].

CONCLUSION

This research contributes to the understanding of [topic]. Further studies are needed to explore [suggestions for future research].
The table below shows the correlation between the percentage of physical activity and the percentage of overweight individuals in the population. The data is calculated based on the Physical Activity Questionnaire (PAQ) and the Body Mass Index (BMI) among adults aged 18-64 years.

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Overweight (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate</td>
<td>12%</td>
</tr>
<tr>
<td>Vigorous</td>
<td>10%</td>
</tr>
<tr>
<td>Sedentary</td>
<td>20%</td>
</tr>
</tbody>
</table>

The correlation coefficient (r) for the relationship between physical activity and overweight is 0.25, indicating a moderate positive correlation.
2000 European Union

The European Union (EU) is an economic and political union of 27 member states located in the continent of Europe. The EU was established by the Maastricht Treaty in 1993, and its main institutions include the European Commission, the European Council, and the European Parliament. The EU has its headquarters in Brussels, Belgium.

The EU has a single market that eliminates most barriers to trade between member states, and it has a common currency, the euro, used by 19 of its 27 members. The EU also has a single foreign policy and security architecture.

The EU is a democratic union with a parliament that represents member states and their citizens. The parliament is composed of elected representatives from each member state. The EU is governed by a Parliament, a Council, and a Commission, which are elected by member states.

The Union's primary objectives are to promote peace, prosperity, and social cohesion in Europe. The EU aims to create a free movement of goods, services, capital, and labor, and it works to ensure human rights and democratic values in member states.

The EU is also involved in international affairs, including trade negotiations, foreign policy, and security issues. The Union has partnerships with other international organizations, such as the United Nations and the World Trade Organization.

The EU's decisions are based on a system of majority voting, with each member state having a number of votes proportional to its size.

The EU has faced challenges in recent years, including the debt crisis in some member states and the refugee crisis. The Union has successfully navigated these challenges and continues to play a significant role in Europe and globally.
Sport is all