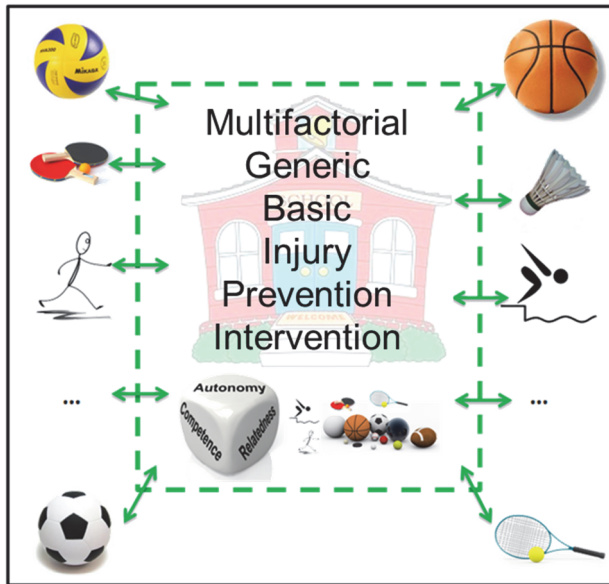
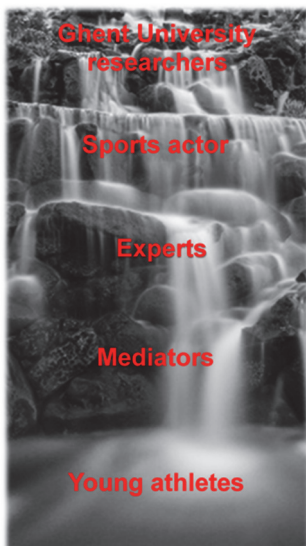


Get Fit 2 Sport



“Get Fit 2 Sport” is the name of our **multifactorial generic basic injury prevention intervention** with **some sport specific** injury preventive components and with focus on **autonomous motivation** guided by the self-determination theory (Deci & Ryan, 2000). In 2017 and 2018 a large implementation of “Get Fit 2 Sport” in Flanders is pursued to obtain injury prevention in as much young athletes (12-22 year) as possible and to examine the feasibility and effectiveness of these initiatives.



A waterfall system will be used: dr. Lennert Goossens and dr. Sien Vercruyse will contact different sports actors in Flanders (e.g. sports federations, secondary and high schools, etc.) and will train some qualified persons within each sports actor to become “expert in injury prevention” (e.g. a qualified sports trainer). The experts will in turn train the mediators (e.g. sports trainers in sports clubs) within their sports organization to transfer the knowledge and the skills to implement injury prevention in their trainings/sessions/lessons. If mediators indeed implement the acquired injury prevention knowledge and skills into their trainings/sessions/lessons, the young athletes can be reached. Through this so-called waterfall system, sports injury prevention can be sustainably embedded into the Flemish sports landscape.

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