

#ITFWPC



# Marine Piriou

FFT - Fédération Française de  
Tennis

**FFT Health Tennis Programme**

**TOPIC 2**

Why do people continue to participate, and what are the drivers to retaining people in sport and physical activity?

## THE 2012 SPORTS & HEALTH FRENCH PUBLIC POLICY

### AMBITION

Promoting sports and physical activities  
for everyone



### 3 MAIN GOALS

- Prescribing physical exercise as a treatment for those with certain medical pathologies
- Promoting growth of the sport (in schools, universities, business centers, medical centers, sports centers/clubs, ...) **with broader target** (patients, seniors, pupils, students, workers, non-sports persons, ...)
- Promoting greater conquest and retention

*Cf. Communication from the French Ministry of Sports and Ministry of Health to the French Council of Ministers, October 2012*

# Reminder: racquet sports serve up health benefits



WORLDWIDE  
PARTICIPATION  
CONFERENCE  
LONDON 2019

## STUDY PUBLISHED IN 2016

### RESEARCH

Based on the associations of  
6 specific types of sports / exercise  
with all-cause and cardiovascular-disease mortality (80  
306 British adults)

### RESULTS

Significant reductions (50% in average)  
in all-cause mortality observed  
for participation in racquet sports

*Racquet sports like tennis are the most protective sports to health*  
Cf. British Journal of Sports Medicine, November 2016

# FFT HEALTH TENNIS Programme in a nutshell



WORLDWIDE  
PARTICIPATION  
CONFERENCE  
LONDON 2019

## 2014 KICK-OFF

FFT HT programme defined and monitored by:

- Federal Direction
- National Player Development Direction
- Federal medical commission
- Regional medical commissions

## 2 MAIN GOALS

- Promoting growth of tennis *via* the national roll-out of the HT programme
- Maximizing conquest and retention *via* targets diversification

## TARGETS

- ✓ Patients with chronic pathologies
  - Metabolic diseases (diabetes, overweight, obesity)
  - Cardiovascular diseases
  - Cancers (breast, colon, prostate)
- ✓ People showing signs of ageing

## BASICS

- 1 weekly practice at least on a yearly basis
- Adaptation of game format, practice duration and intensity according to patients' pathologies and/or signs of ageing
- 8 players per Tennis Pro maximum
- Annual evaluation

Cf. Video of the FFT HT programme



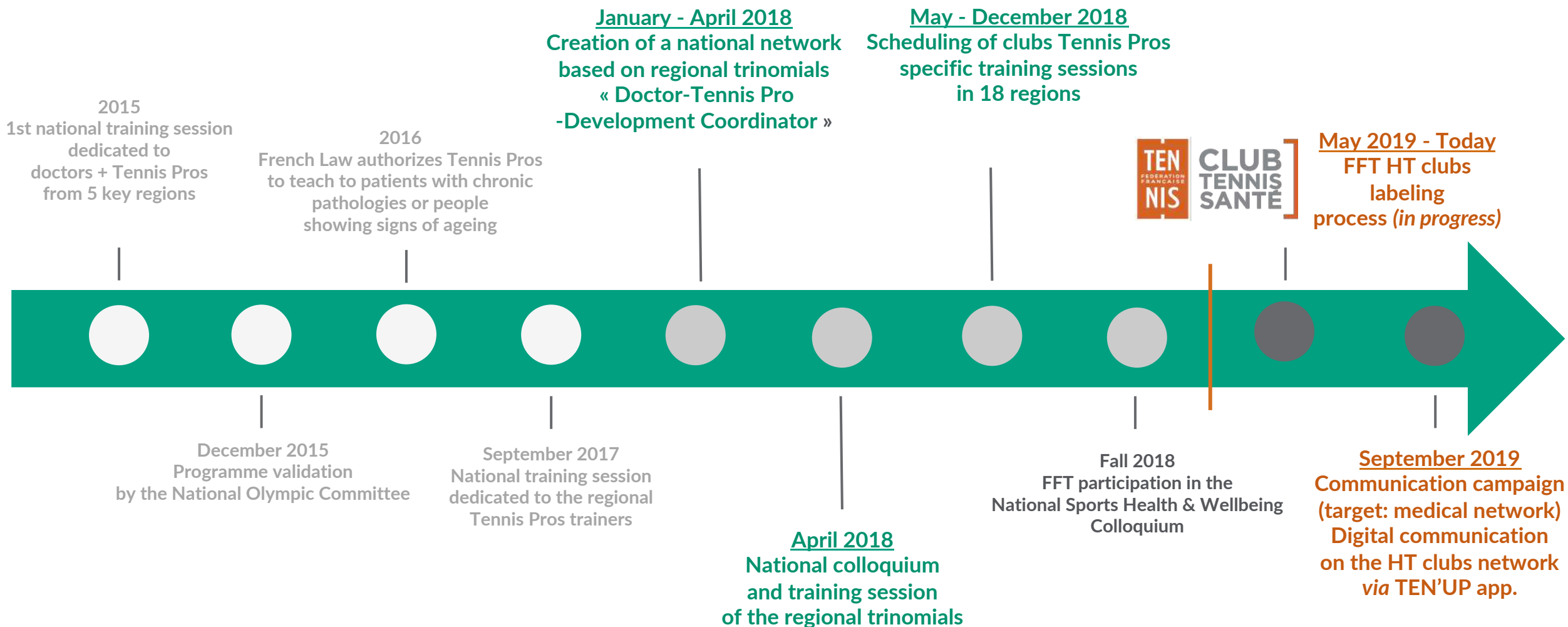
#ITFWPC



# Roll-out planning



WORLDWIDE  
PARTICIPATION  
CONFERENCE  
LONDON 2019





# 2019 first results of the FFT HT programme



WORLDWIDE  
PARTICIPATION  
CONFERENCE  
LONDON 2019

132 clubs offer HT coaching lessons

700 players are registered  
in the FFT HT programme

Tennis Pros specific training sessions  
are delivered in the 18 French regions

The FFT HT club labelling campaign is in progress





WORLDWIDE  
PARTICIPATION  
CONFERENCE  
LONDON 2019

**Thank you for your attention**