

# Design of urban / setting related exterior Spaces for Exercise and Mobility

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<b>Aims of the transfer activity</b>	Knowledge transfer: How to design and attend exterior spaces to mobilize people to exercise.
<b>Person(s) responsible for the project</b>	Ass.-Prof. Mag. Dr. Rosa Diketmüller
<b>Affiliation of the transfer activity at the University of Vienna</b>	Institute of Sports Sciences / Sport Pedagogy
<b>Project runtime</b>	2009-2014
<b>Funding</b>	Project “Let’s go outside” - Elderly People in Outdoor Activity Parks: Fonds Gesundes Österreich; Austrian Ministry of Sports; EU project PASEO
<b>Contact person</b>	Rosa Diketmüller ( <a href="mailto:rosa.diketmueller@univie.ac.at">rosa.diketmueller@univie.ac.at</a> )
<b>Cooperation partners from outside of the University</b>	<p>tilia – studio for landscape planning, Vienna Municipal Department 18 – Urban Development and Planning; Ministry of Sports; WIG - Vienna Health Promotion</p> <p>Red Cross, Sports associations: ASKOe Vienna, ASVOe Vienna, SPORTUNION Vienna, Educational Institute of the Austrian Catholic Church, Vienna Adult Education Centre</p> <p>Partner of the EU-wide project PASEO</p>
<b>Project description</b>	<p>Target: To motivate elderly people to maintain an active lifestyle in open spaces like outdoor activity parks and urban areas which are properly designed for outdoor activities. Also to provide assistance for the elderly.</p> <p>The project “Let’s go outside!” focuses on: who is using the existing parks in what way, how elderly people evaluate the parks and what are the specific needs of elderly people to exercise in open spaces. The aim was to develop guidelines for planning and managing outdoor activity parks for the city.</p> <p>Following McKenzie’s System for Observing Play and Recreation in Communities an observation method was developed to qualitatively describe and quantitatively evaluate elderlies’ usage patterns of outdoor activity parks (n=246 hours). Five outdoor activity parks were systematically observed and analysed focusing on the target group (60+). A subgroup of elderly was invited to inspect the parks, assess and evaluate the equipment and the suitability of the infrastructure for their own target group.</p>

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In collaboration with the Vienna Municipal Department 18 – Urban Development and Planning and the Vienna Municipal Department 42 – Gardening; PASEO: WIG - Vienna Health Promotion and further educational centres which provide sports classes for the elderly.

Realization: Sports pedagogy and tilia – studio for landscape planning

Within the project PASEO interviews with stakeholders (n=15) were conducted. A plan for promoting exercise among elderly people in Vienna was developed and included in Vienna's government program of 2012; development of a sustainable inclusion pattern of this plan in Vienna's health promotion.

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### **Integration of the transfer-activity in academic teaching**

- (1) As an example of qualitative research methods: observation, interviews, focus group interviews
- (2) Course: Health Promotion and Prevention in Different Settings
- (3) Course: Prevention and Health Promotion for Different Target Groups

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### **Results/Impact**

Inclusion of the result data and resulting consequences in

- (1) Guidelines of the Vienna Municipal Department 18 – Urban Development and Planning (Werkstattbericht NR. 126)
- (2) Vienna's plan of action PASEO "Alter in Bewegung"

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### **Transfer aspect of the activity**

Capacity building: Development of sustainable arrangements through involving all relevant stakeholders (affected people, various fields in politics, sciences, life praxis, sports organizations, urban planning...) and establishing this arrangements in existing urban structures (WIG – Vienna Health Promotion, Vienna Municipal Department 18 and 42)

Knowledge intake and recommendations in policy papers.

Sustainably establishing the development and design of open spaces and outdoor activity parks that meet the needs of the elderly.

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### **Achievement of objectives**

Monitoring: WIG – Vienna Health Promotion and Vienna Municipal Department 18 and 42.

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### **Measures for a longer-term realization**

Establishing a task group who meets twice a year to discuss and initiate further implementations.

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### **Visibility of the transfer activity**

Publications, action plans and guidelines are available in paper support and can be downloaded from the homepages of the collaborating partners.

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### **Webpage/Publications**

<https://gemmaraus.univie.ac.at/>

<https://www.wien.gv.at/stadtentwicklung/studien/pdf/b008272.pdf>

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### **Keywords**

Training of elderly people, open spaces, activation