

The importance of sport in public spaces

The practice of sport represents one of the main development engines, given the inclusive connotation it incorporates and the potential for functional and spatial qualification it expresses. Considering that sporting activities today represent a central tool to promote an ethics of an "open city", that is livable and safe. The city's public infrastructure system represents an increasingly important factor for urban and social quality, requiring programs and strategies capable of redefining the places and their methods of use according to the issues of health and environmental quality. Urban and social regeneration policies based on the desire to promote health education, social inclusion as well as programs for the physical qualification of the environment, sports infrastructures, social inclusion, urban regeneration, integrated design, find application. Within these dynamics of "democratization" of public space, sports practice is an important regeneration tool, whose integrative value can give new uses and meanings to space, the process of appropriation of the undeveloped or not structured spaces of the city by sporting activities practiced in their spontaneous forms has extended to involve different spheres and urban areas in a widespread and capillary way. The public space, today an open and flexible place, together with a culture of leisure time that focuses on the search for psycho-physical well-being, is based on a concept of city that sees all its constituent elements oriented towards the development of integrated programs and planning strategies that promote an idea of a healthy city whose concept of health is based on both physical activity and social relationships, starting from the needs of the people to imagine a multidisciplinary planning of the territory based on sustainable mobility, environmental protection, ability to provide services to citizens and rationalize management costs, on the vision of cities as a logistic hub for the production and exchange of goods and services, but, above all, as a creative and attractive place that facilitates the processes of cultural production, social cohesion and technological innovation where the population of the neighborhood is directly involved in the individuation of possible spaces and equipment for the practice of various sports both individually and, especially, collective. With the collaboration of various actors, it is necessary to identify various innovative and sustainable public space design models, highlighting the potential of degraded and underused places and areas. Sport today represents one of the main elements of public space regeneration projects, due to its dual significance: the ability to involve ever wider groups and categories of the population and the central role it can assume within the mechanisms of both physical and social health education of a community.

Physical inactivity and sedentary lifestyles are considered one of the main risk factors for health, the cause of various physical and psychological pathologies as well as social exclusion. Scientific research is directing its efforts on several fronts, including the definition of planning and design strategies specifically oriented to promote physical activity in urban contexts. In the process of defining the new models of sporting use of the public space, the enhancement of human resources, the themes of solidarity and social responsibility, the strengthening of public services and spaces for socializing, the interrelation between

different categories of population, the creation of an accessible and shared infrastructure, the variables of safety and well-being represent the multiplicity of elements at the basis of the necessary promotion of a culture of psycho-physical health. In this perspective, the transformation of the urban soil is no longer a disciplinary issue but becomes an opportunity to rethink the city in its multi-scalar complexity, requiring innovative forms of partnership between the various actors. The city, the most complete record of the history of a community, in the face of the increase in the demand for places for the community and their innovation, identifies in the spaces available for collective and "connective" uses the catalyzing poles of the social energies present on the territory. This trend leads to the creation of structures that integrate with the context, redevelop degraded areas, favor new ways of use, very often not by building but by enhancing existing spaces and artifacts.

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