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Sport als Ressource: Von Flucht und Vertreibung zu neuen Perspektiven für die Praxis

Dr. Florian Knappe – 6. November 2026



Putins Krieg und seine Folgen

Der Angriff, der die Welt verändert

Wie reagieren die Menschen in der Ukraine auf den Überfall? Was denkt die russische Bevölkerung? Ein SPIEGEL-Team berichtet aus dem Kriegsgebiet und anal Putins Großmachtstreben für die Weltordnung bedeutet.

Die SPIEGEL-Titelgeschichte von **Alexander Chernyshev**, **Christian Esch**, **Georg Fahrion**, **M** **Christina Hebel**, **Katja Lutska**, **Walter Mayr**, **Maximilian Popp**, **Mathieu von Rohr**, **Alexan** und **Bernhard Zand**

Kriegseintritt der USA

Trumps Bomben auf den Iran – Droht jetzt ein Weltenbrand?

Quelle: dpa Aktualisiert am 22. Juni 2025, 14:45 Uhr ⓘ

The devastating impact of 15 months of war on Gaza

The Israeli response to Hamas's attacks on 7 October 2023 has killed tens of thousands, left most schools and hospitals in ruins, and caused long-term damage to agricultural land in the territory

By Emma Graham-Harrison

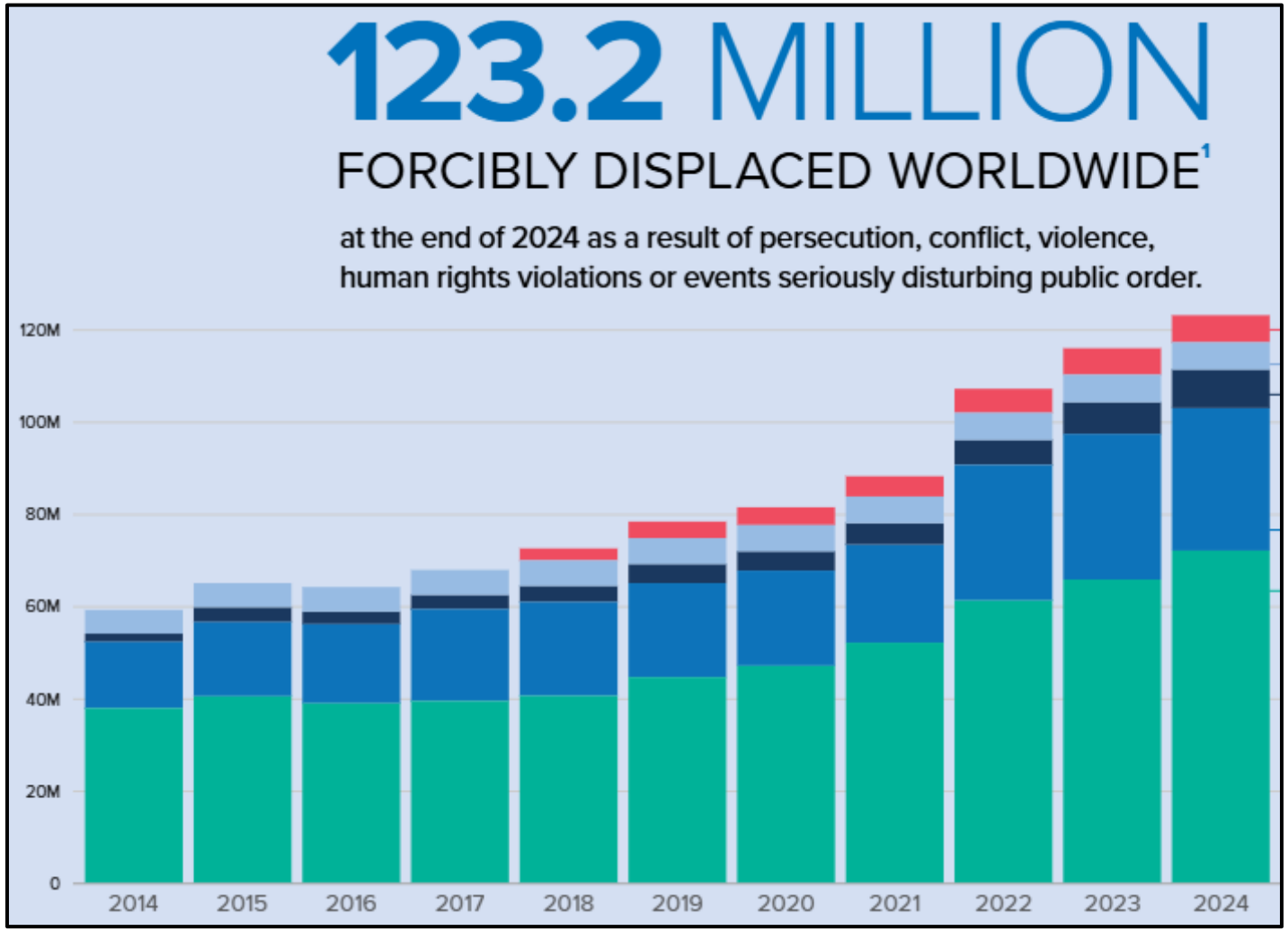
Afghanistan

Taliban besetzen Präsidenten-palast und übernehmen die Macht

Afghanistan ist in der Hand der Taliban. Kämpfer der Miliz haben den Präsidentenpalast in Kabul eingenommen. UN-Generalsekretär Guterres mahnt zu Zurückhaltung.

Quelle: DIE ZEIT, dpa, AFP, Reuters, sih , als , jj 15. August 2021, 21:55 Uhr

Flucht und Vertreibung: 1. Rasanter Anstieg



Reference: UNHCR (2025)

Flucht und Vertreibung : 2. Schwere Stressfaktoren



Foto: Zein Al-Rifai



Foto: Marina Militare



Foto: Christian Beutler

Referenzen: Matlin et al. (2018), Miller & Rasmussen (2017)

Flucht und Vertreibung : 3. Mehrfachbelastungen

Vertriebene im Vergleich zur Allgemeinbevölkerung

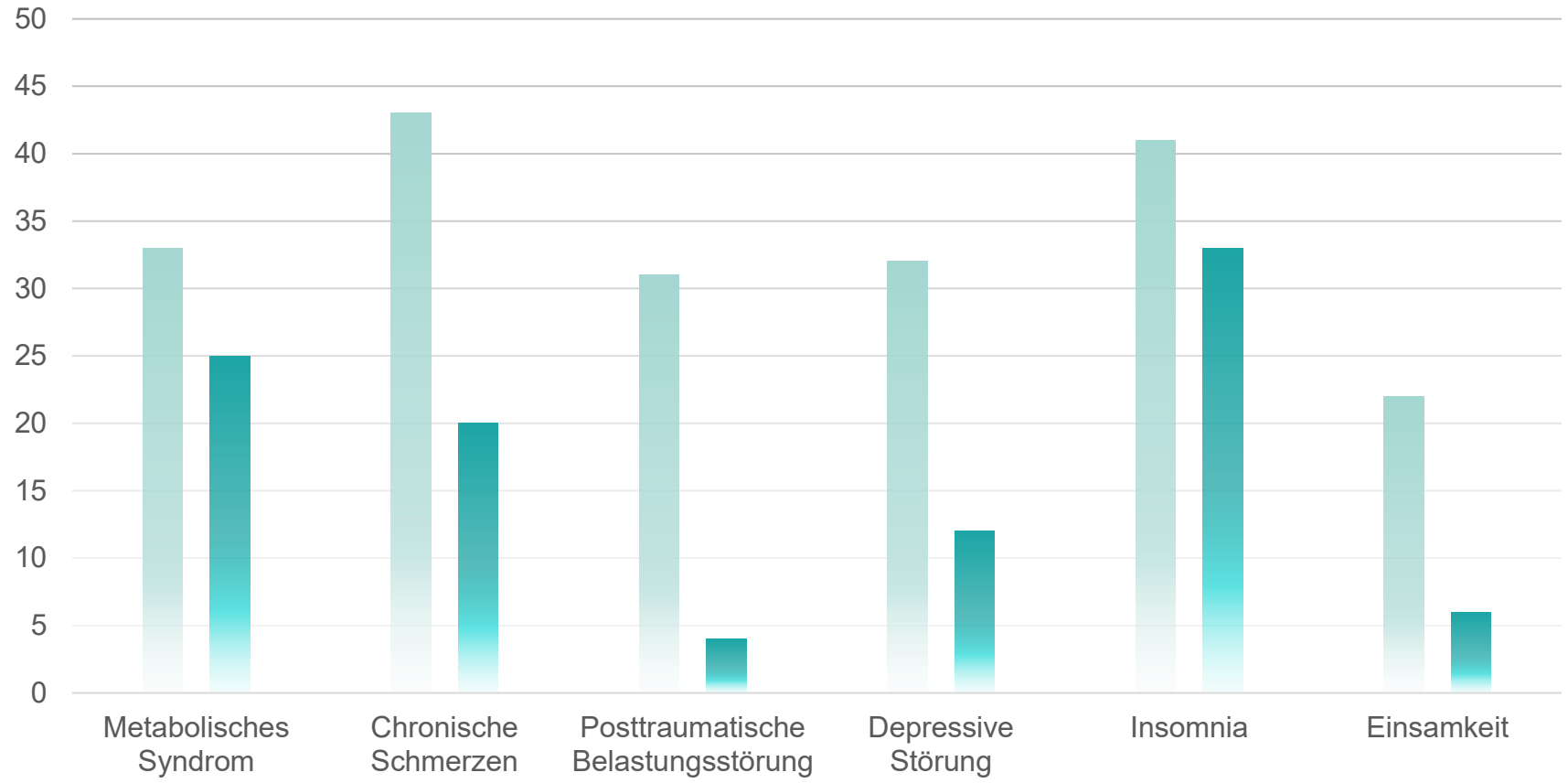
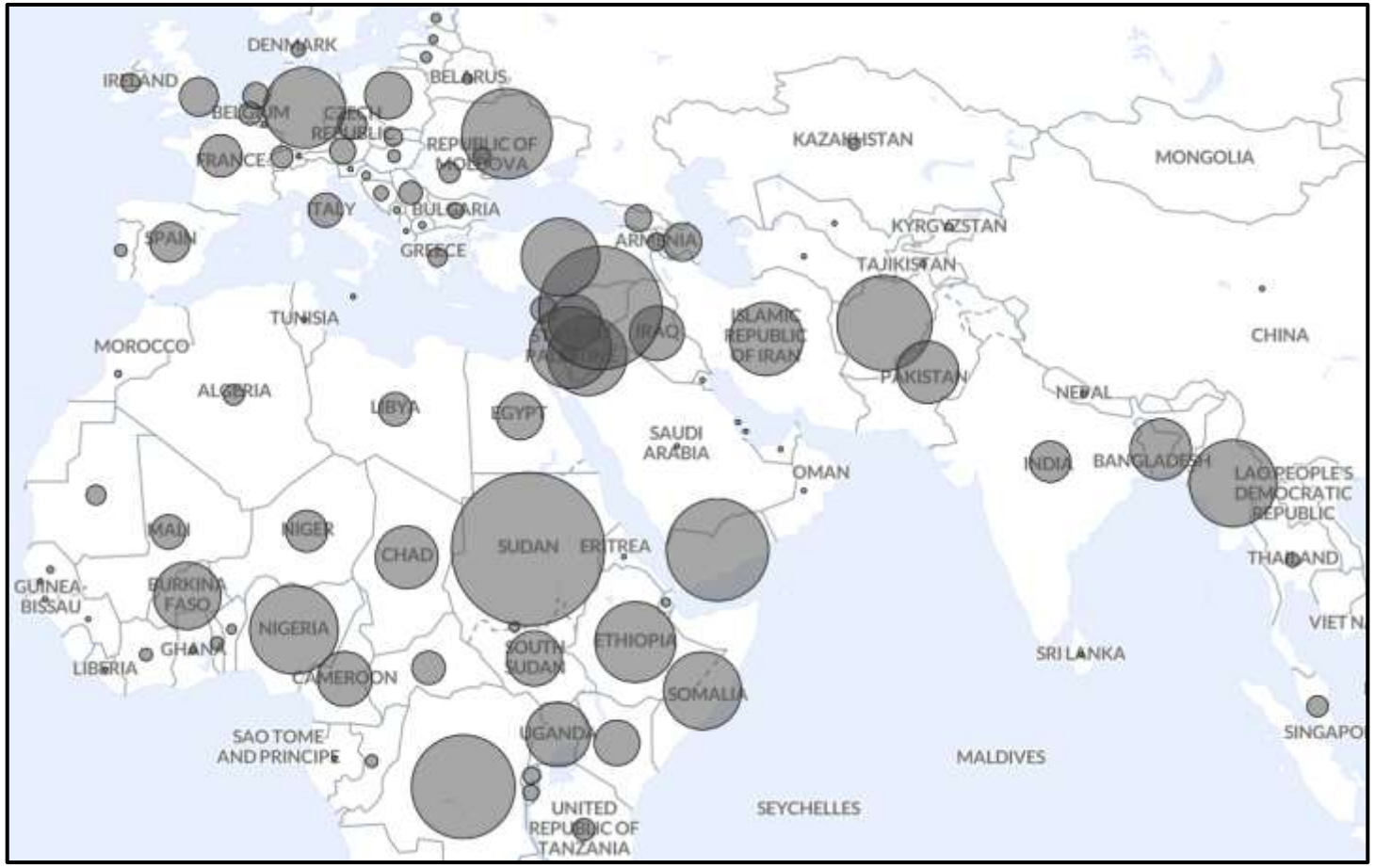


Tabelle 1: Prävalenz biologischer, psychologischer und sozialer Belastungen in Prozent; hell: Vertriebene, dunkel: Allgemeinbevölkerung

Referenzen: Amanzai et al. (2026), Bryant et al. (2023), Damiri et al. (2018), Eckhard & Siegert (2024), Knappe et al. (2023), Nissen et al. (2022), Patanè et al. (2022)

Flucht und Vertreibung : 4. Ressourcenknappheit



Referenzen: UNHCR (2025), WHO (2023)

Implementing lifestyle interventions in mental health care: third report of the *Lancet Psychiatry* Physical Health Commission

Scott B Teasdale, Katarzyna K Machaczek, Wolfgang Marx, Melissa Eaton, Justin Chapman, Alyssa Milton, Adawele L Oyeyemi, Dicky C Pelupessy, Felipe B Schuch, Grace Gatera, Helal Uddin Ahmed, Hervita Diatri, Ibrahim M Jidda, Miguel Gutiérrez-Peláez, Mohamed Elshazly, Muhammad Abba Fugu, Natalia Grinko, Pillaveetil Sathyadas Indu, San San Oo, Suhavana Balasubramanian, Jeroen Deenik, Davy Vancampfort, Brendon Stubbs, Evan Matthews, Philip B Ward, Jackie Curtis, Lamiece Hassan, Samuele Cortese, Simon Gilbody, the Lancet Psychiatry Physical Health Commission Consortium, Joseph Firth†, Simon Rosenbaum†*

Referenz: Teasdale et al. (2025)

Agenda

1	Hintergrund:	Folgen von Vertreibung
2	Wirksamkeit:	Potenzial von Bewegungs- und Sportaktivitäten
3	MHPSS-Pyramide:	Umsetzungsebenen und Barrieren bei Bewegungs- und Sportaktivitäten
4	Mechanismen:	Wie wirken Bewegungs- und Sportaktivitäten?
5	Coach-the-Coaches	Kapazitätsaufbau vor Ort

Welche Auswirkungen hat die Teilnahme an Bewegungs- und Sportaktivitäten im Kontext von Flucht und Vertreibung?



Bewegung als beste Medizin?!



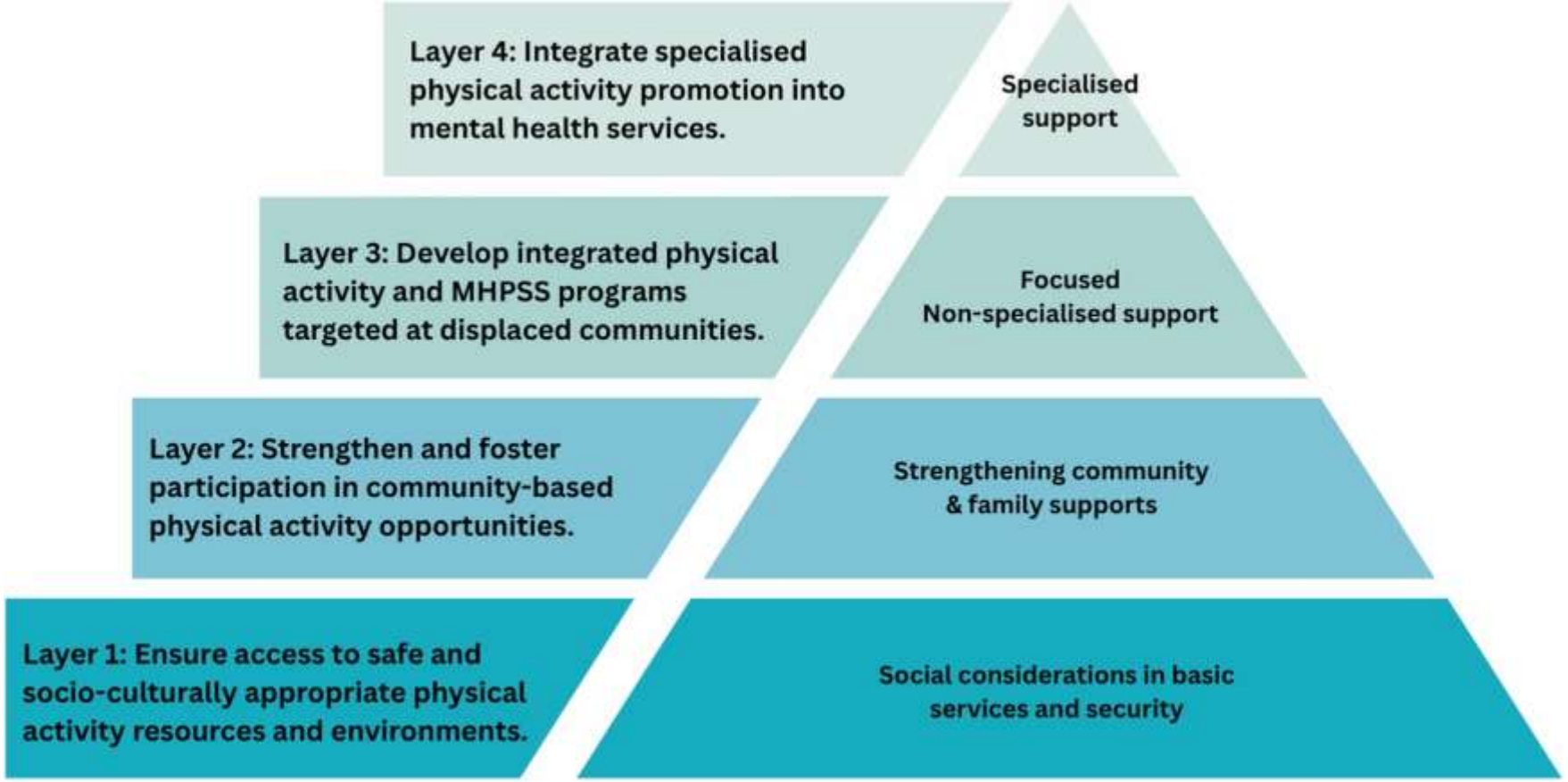




30–60 % der über 60-Jährigen erreichen die Bewegungs-empfehlungen der WHO nicht.

Referenzen: Elshahat & Newbold (2021), Knappe et al. (2025), Mattle et al. (2022), Purgato et al. (2021), Salma et al. (2024), Strain et al. (2024)

Förderung körperlicher Aktivität anhand der MHPSS-Pyramide bei Populationen mit Fluchterfahrung





Referenz: Rosenbaum et al. (2025)

Teilnahmebarrieren verstehen

Was Menschen davon abhält, mitzumachen



Referenzen: Hartley et al. (2017), Knappe et al. (2025), Spaaij et al. (2019), Vancampfort et al. (2015)

Wirkmechanismen: Bewegung auf mentale Gesundheit

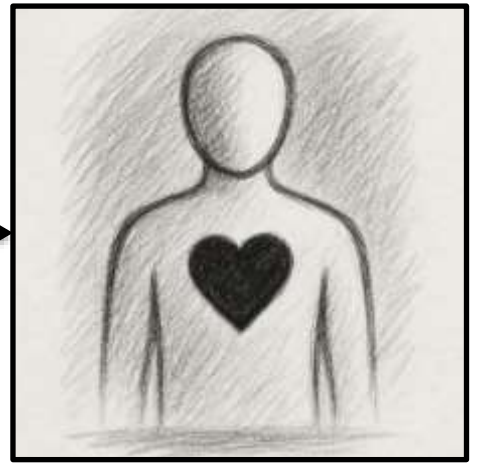


Wirkmechanismen: Bewegung auf mentale Gesundheit



Mediators

Strong evidence	Moderate evidence
• Affect	• Stress
• Mental health	• Life satisfaction
• Self-esteem	• Physical/sport competence
• Self-efficacy	• Mastery
• Physical self-worth	• Hope
• Body image satisfaction	• Mindfulness
• Resilience	• Sense of control
• Social support	• Emotional regulation
• Social connection	• Loneliness
• Physical health	• Sense of belonging
• Pain	• Socialising
• Fatigue	• Problematic phone, social media, internet use
	• Functionality
	• BMI
	• Inflammation



Referenz: White et al. (2024)

5 Grundsätze des traumasensiblen Coachings



1. Trauma-Bewusstsein



2. Sicherheit & Vertrauen



3. Beziehung & Verbindung



4. Wahl & Mitgestaltung



5. Fokus auf Stärken

Referenz: SAD (2014)

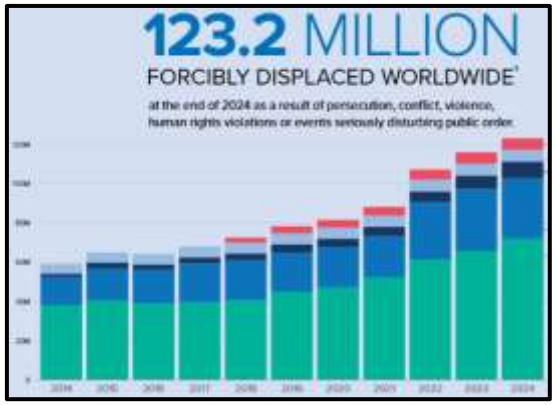
Coach-the-Coaches: Ansatz zum Kapazitätsaufbau

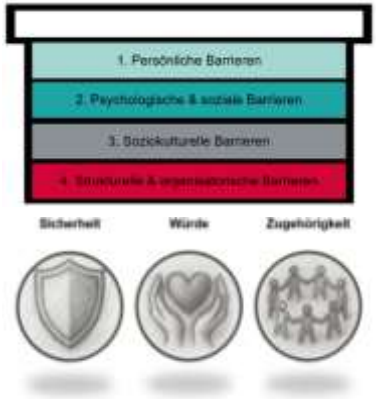


Foto: KEYSTONE



Synthese



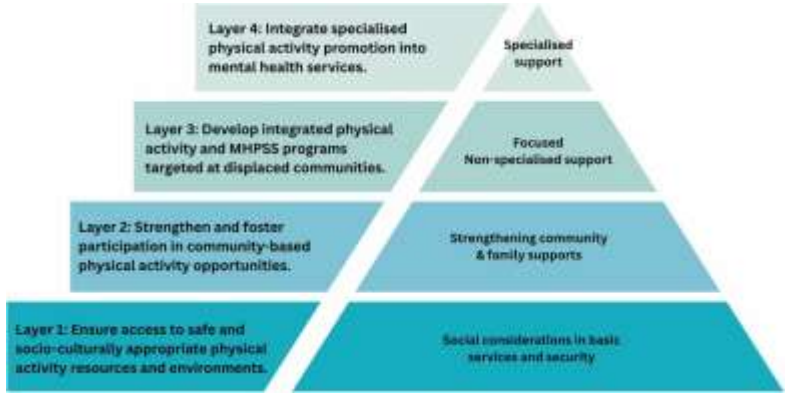




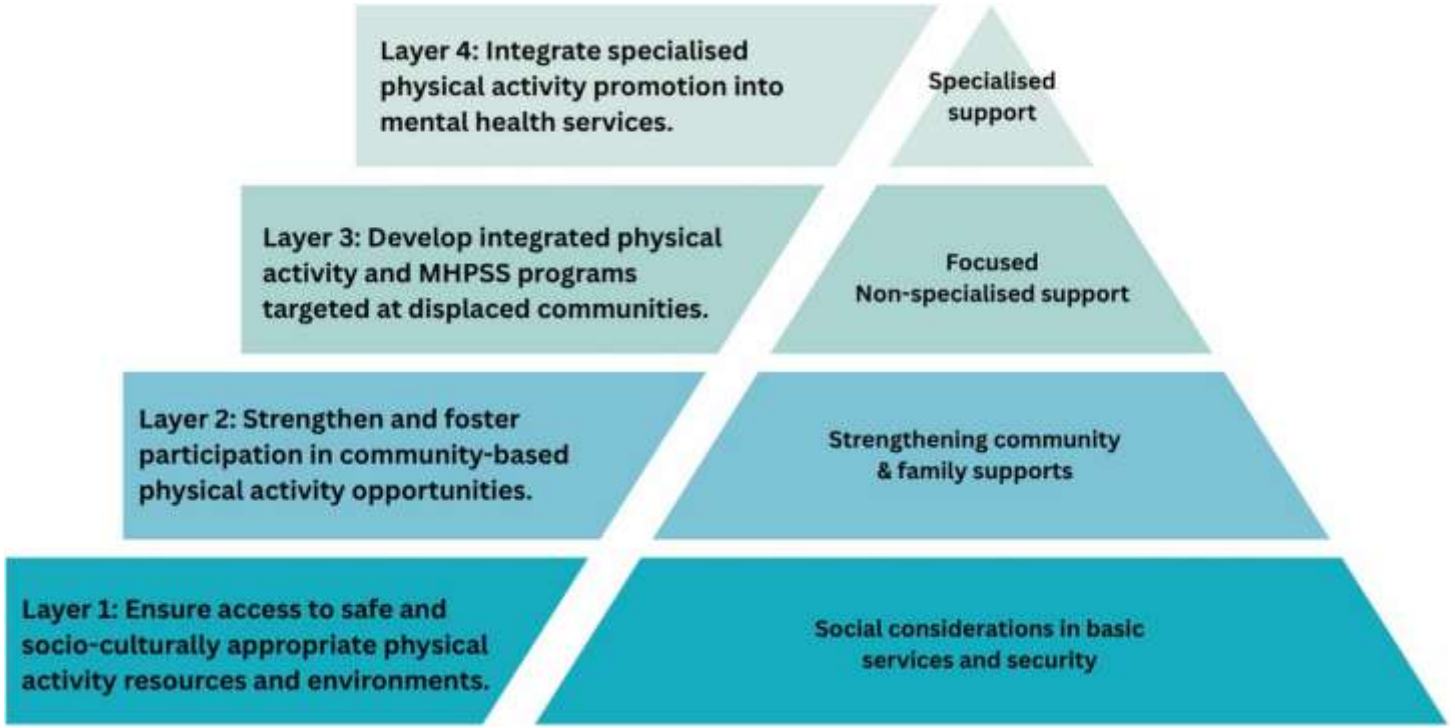
Mental Health and Physical Activity
Volume 28, March 2025, 100681

‘A spark to start’: Experiences of forcibly displaced individuals participating in a co-designed exercise and sport intervention

Florian Knappe [a], Konstantinia Filippou [b], Antonis Hatzigeorgiadis [b], Harald Seelig [a], Marianne Meier [c], Luce Ann Pieters [a], Chiara Zollino [a], Uwe Pühse [a], Markus Gerber [a]

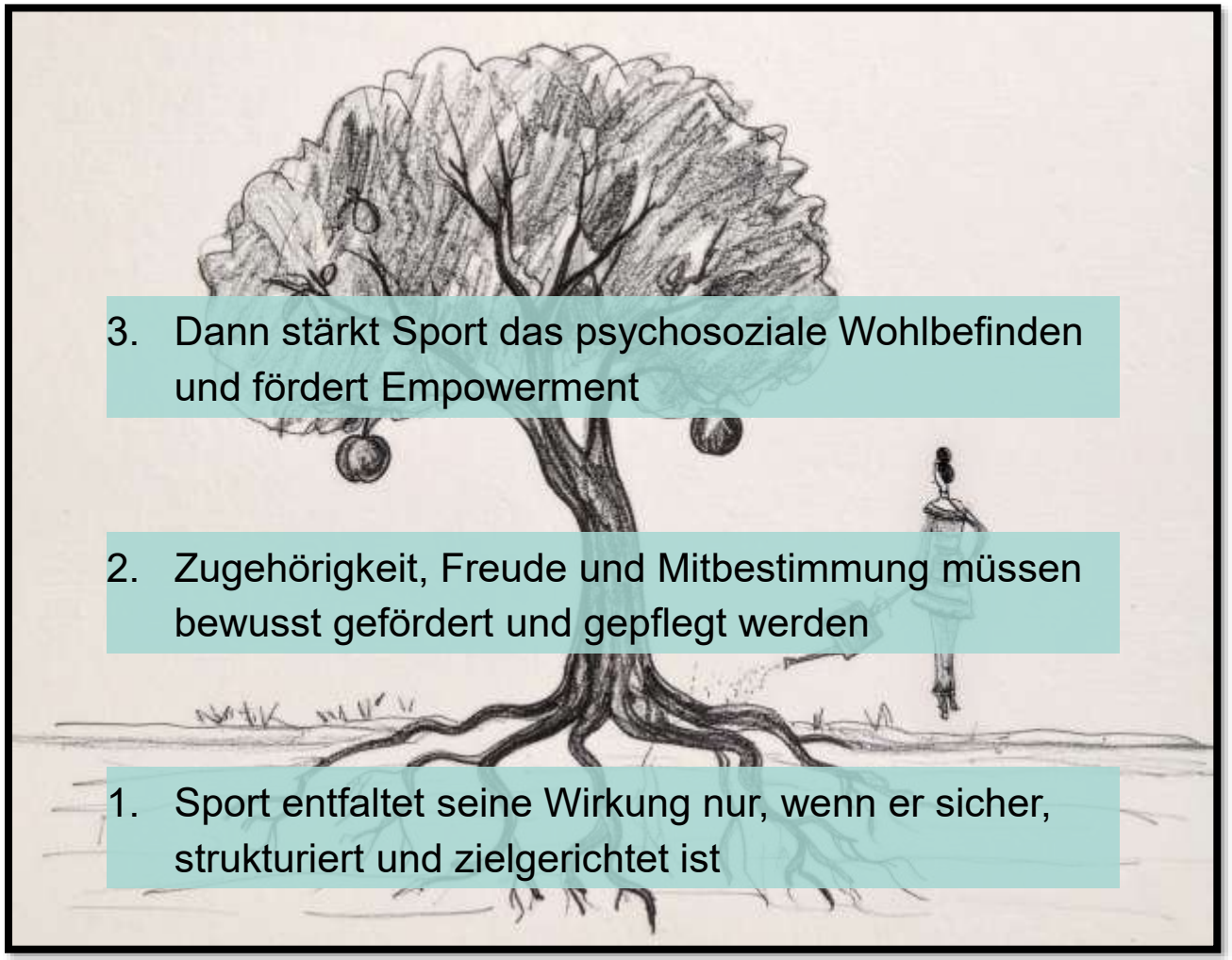


Diskussion



- Was lernen sie vom Projekt?
- Was gefällt ihnen besonders?
- Wo sehen sie Anschlussmöglichkeiten in ihrer eigenen Praxis?
- Wo sind sie kritisch und zweifeln?

Takeaways





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