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Le sport comme ressource : de la fuite et de l'expulsion à de nouvelles perspectives pour la pratique

Dr Florian Knappe – 6 novembre 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

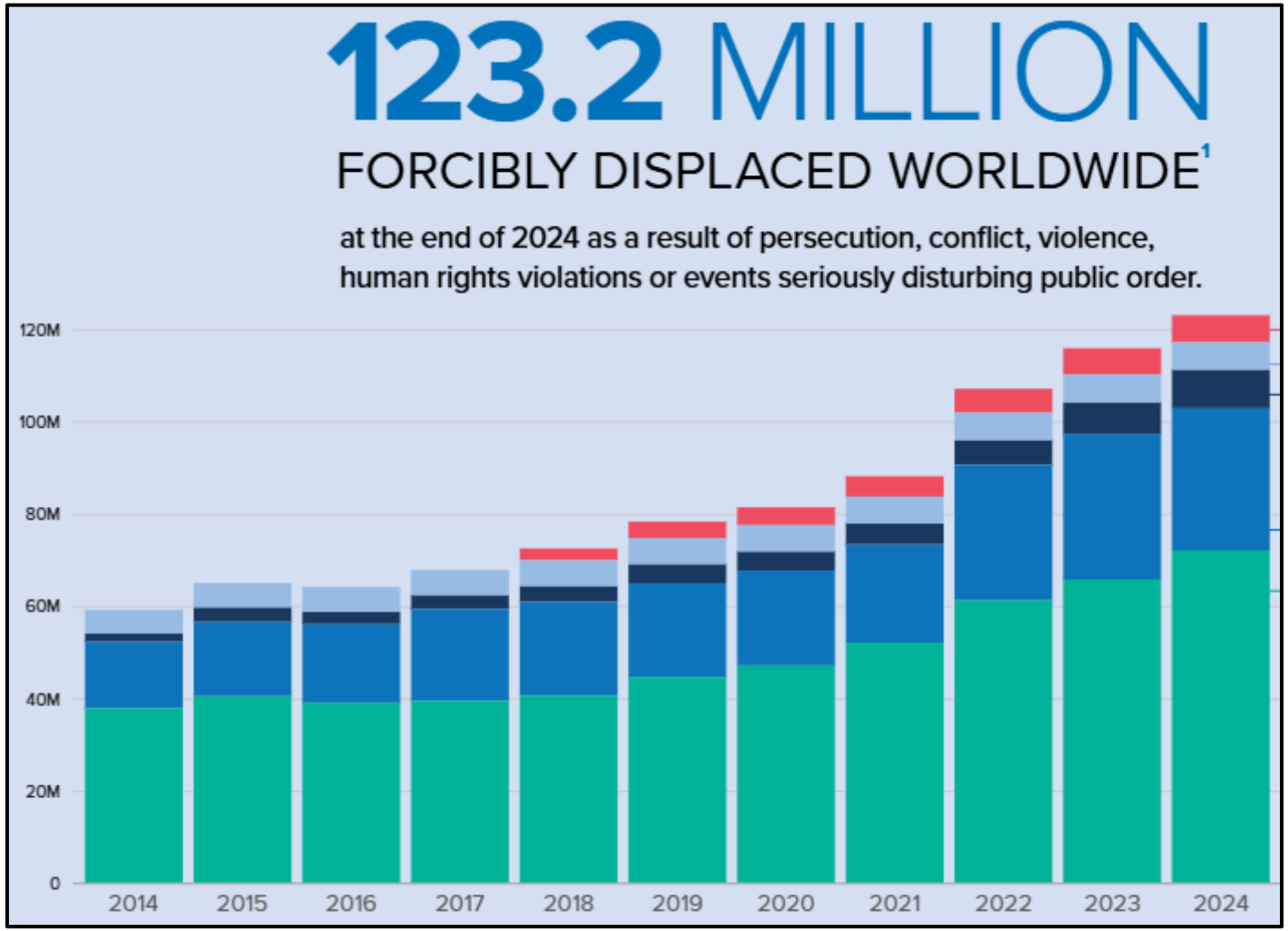
Afghanistan

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

Fuite et expulsion : 1. Augmentation rapide



Référence : HCR (2025)

Fuite et expulsion : 2. Facteurs de stress sévères



Photo : Zein Al-Rifai



Photo : Marine



Photo : Christian Beutler

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

Fuite et expulsion : 3. Charges multiples pour
les personnes déplacées par rapport à la population générale

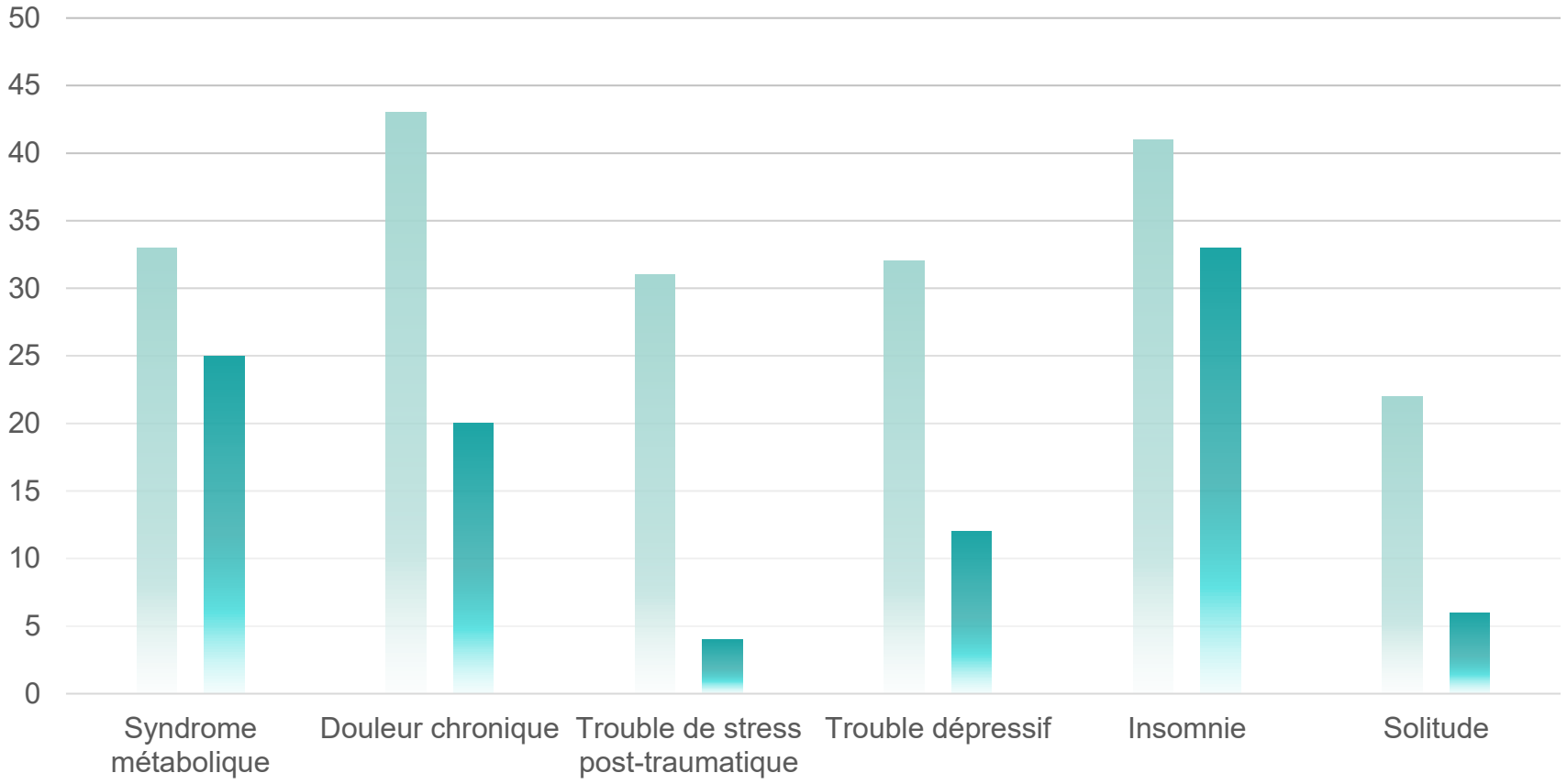
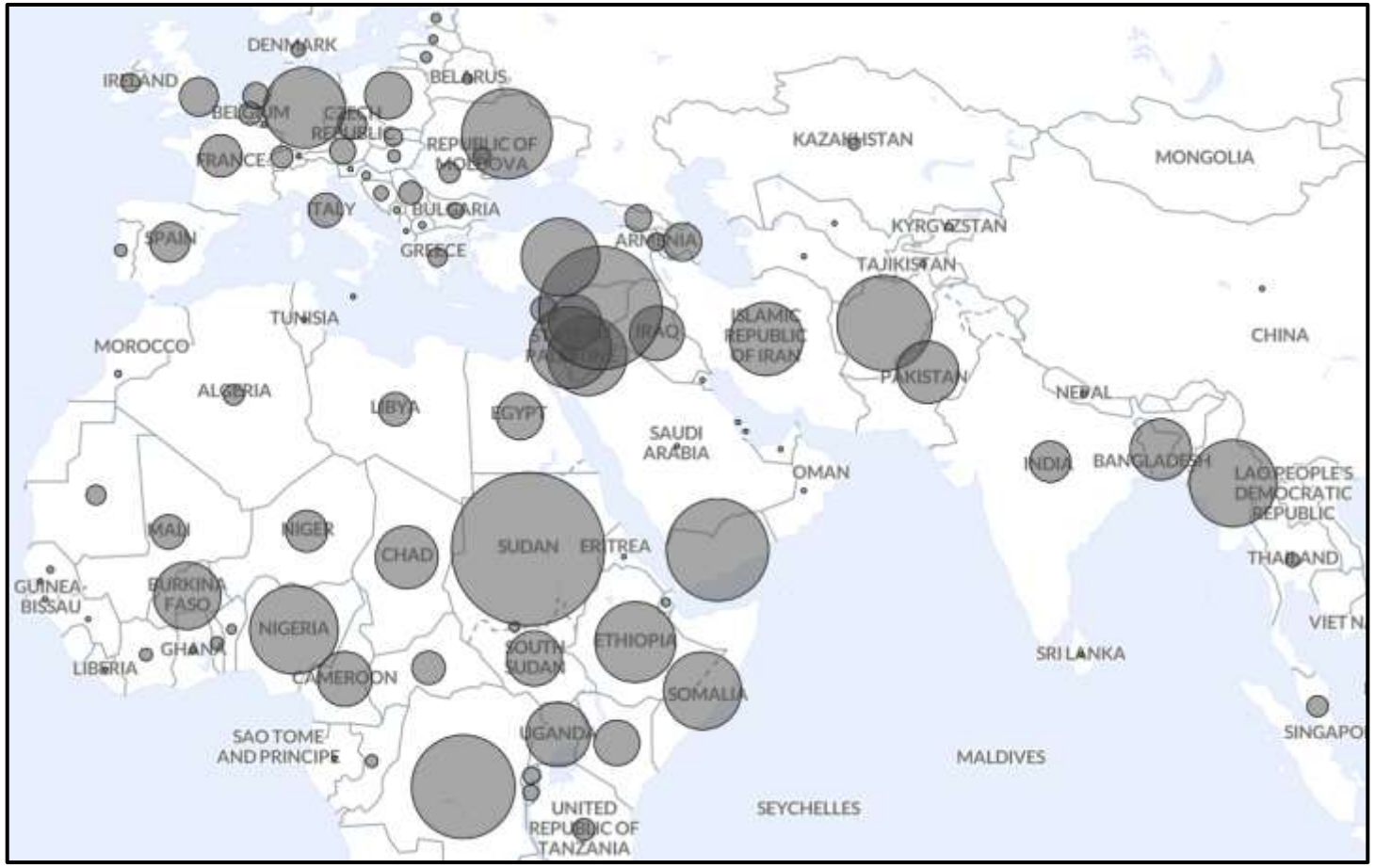


Tableau 1 : Prévalence du stress biologique, psychologique et social en pourcentage ; lumière : personnes déplacées, Noire : population générale

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)

Vol et déplacement : 4. Rareté des ressources



Références : HCR (2025), OMS (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†*

Références : Teasdale et al. (2025)

Ordre du jour

1	Contexte :	Conséquences de l'expulsion
2	Efficacité :	Potentiel de l'activité physique et des activités sportives
3	Pyramide MHPSS : sportives	Niveaux de mise en œuvre et obstacles dans les activités physiques et
4	Mécanismes :	Comment fonctionnent l' exercice et les activités sportives ?
5	Coach-the-Coaches	Renforcement des capacités sur site

Quels sont les effets de la participation à l'activité physique et aux activités sportives dans le contexte du déplacement et du déplacement ?



L'exercice comme meilleur remède ?!

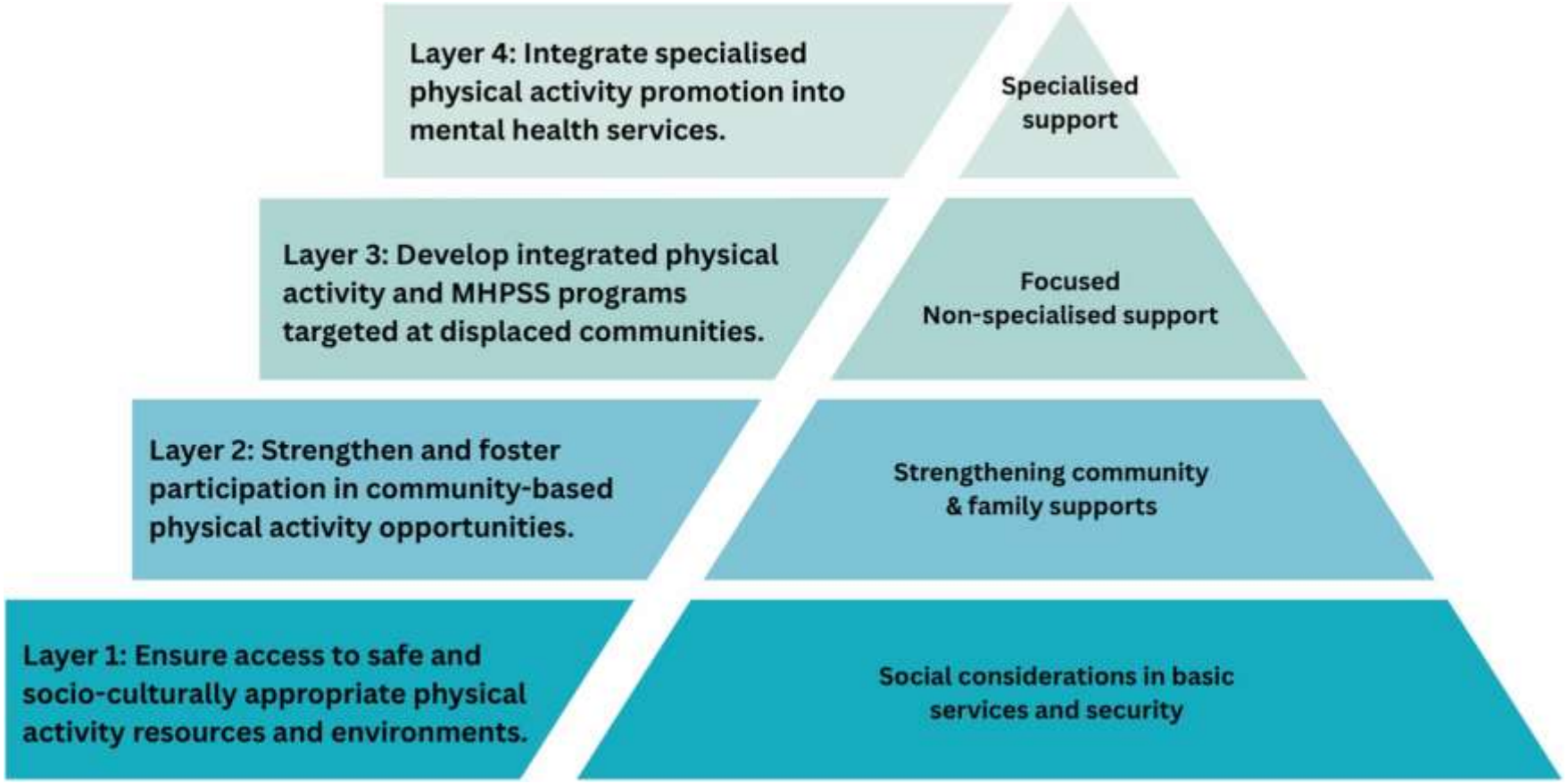




30 à 60 % des personnes de plus de 60 ans ne respectent pas les recommandations d'exercice de l'OMS.

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

Promouvoir l'activité physique grâce à la pyramide MHPSS chez les populations ayant vécu des réfugiés

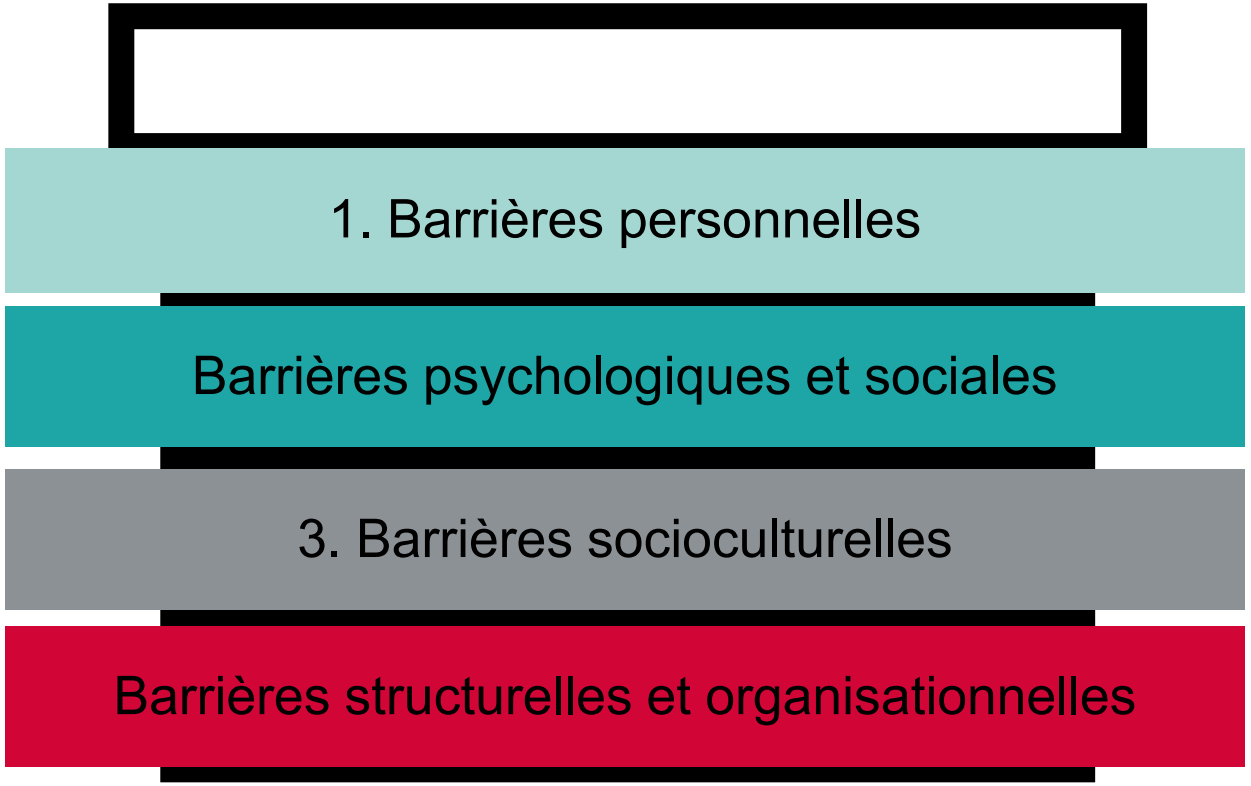




Référence : Rosenbaum et al. (2025)

Comprendre les obstacles à la participation

: Ce qui empêche les gens de participer



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

Mécanismes d'action : Exercice sur la santé mentale

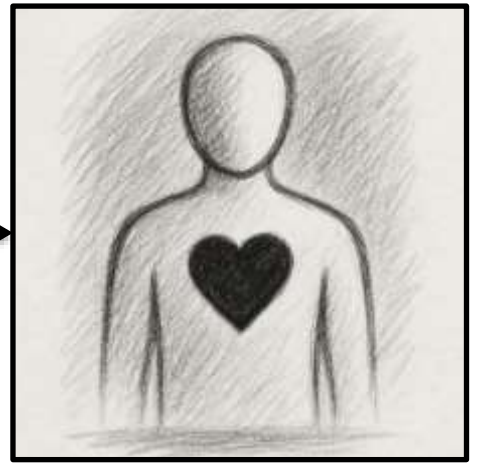


Mécanismes d'action : Exercice sur la santé mentale



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



Références : White et al. (2024)

5 principes du coaching sensible au traumatisme



1. Sensibilisation au traumatisme



Sécurité et fiducie



Relation et connexion



Élection et participation



5. Concentrez-vous sur vos forces

Référence : SAD (2014)

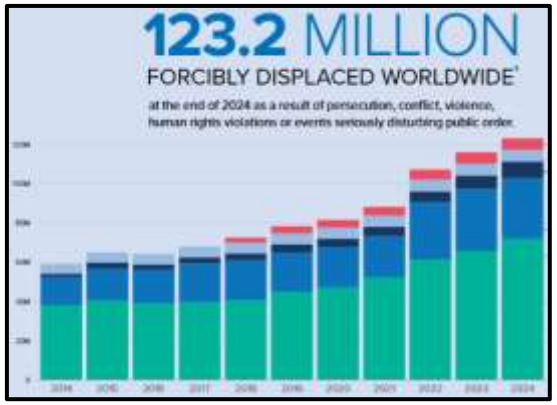
Coach-the-Coaches : approche du renforcement des capacités

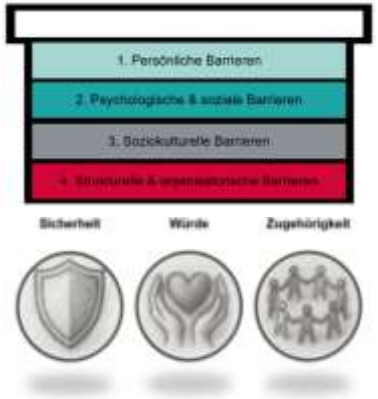


Photo : KEYSTONE



Synthèse



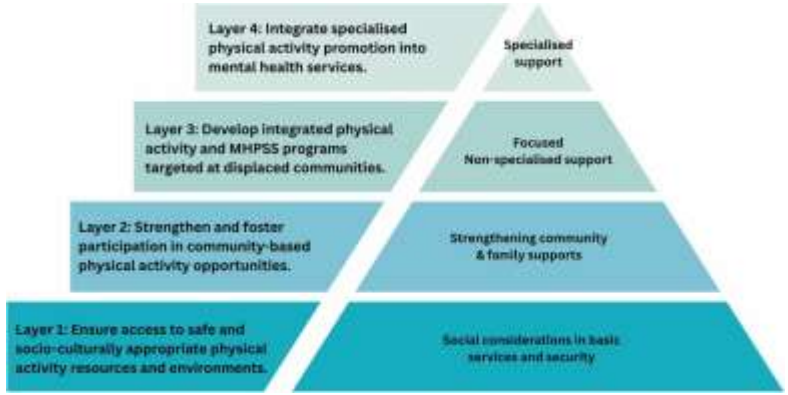




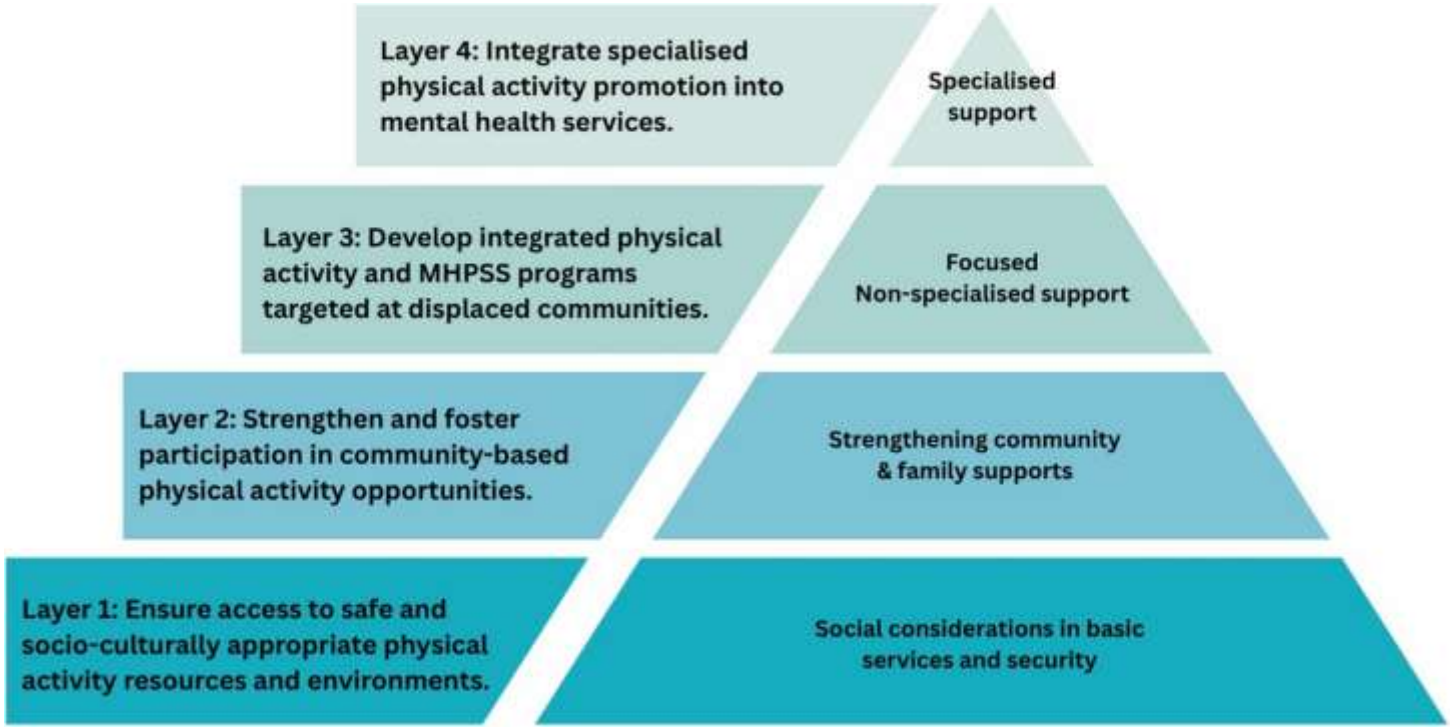
Mental Health and Physical Activity
Volume 28, March 2025, 100681

‘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]

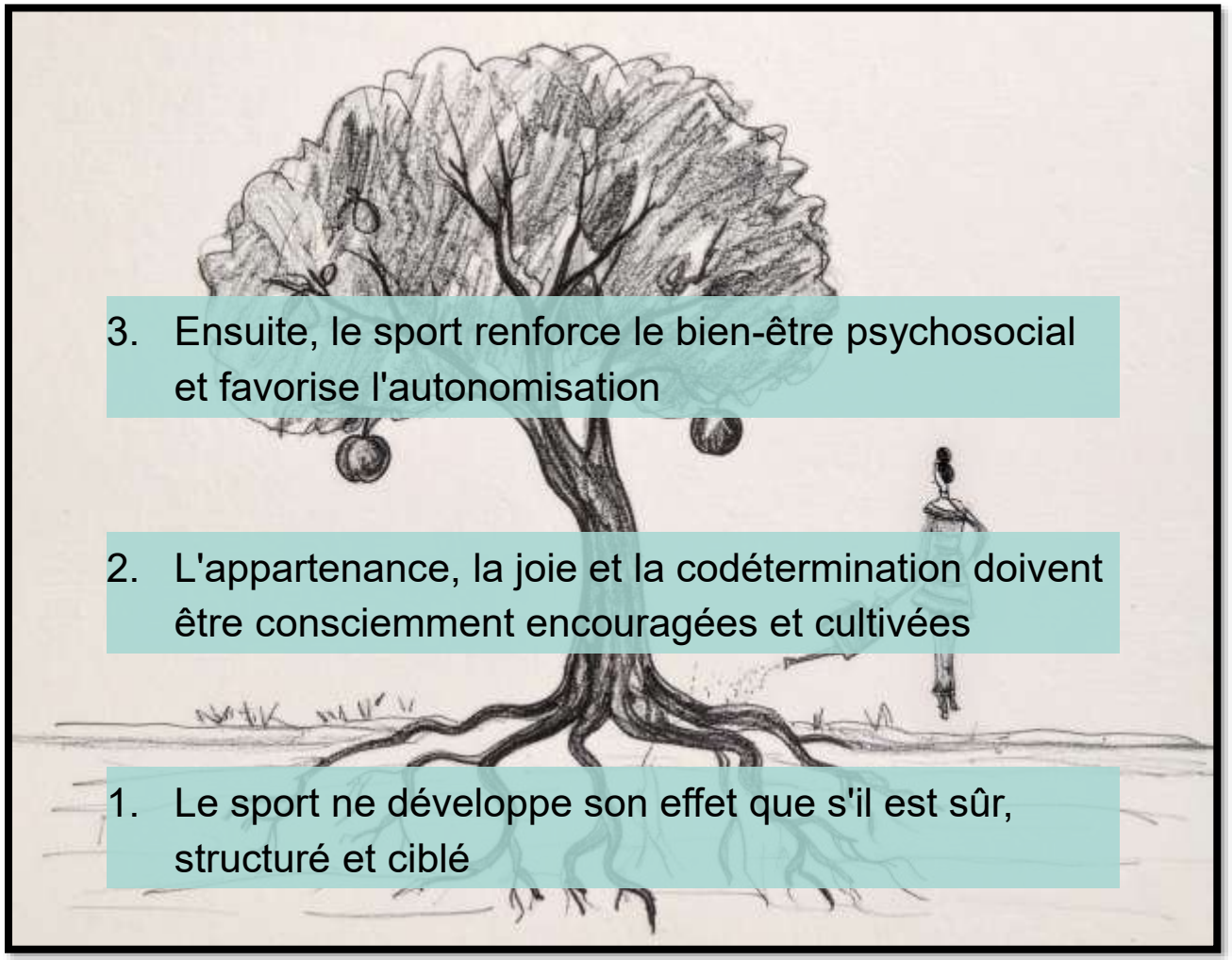


Discussion



- Qu'apprend-ils du projet ?
- Qu'est-ce qu'ils aiment particulièrement ?
- Où voyez-vous des opportunités de connexion dans votre propre cabinet ?
- Où sont-ils critiques et douteux ?

Points à retenir





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