

InCommon Sport +: Fit, Food and Fun for Elderly!

Eu code:
2020-1-PT-SPO-SCP

Start date:
1st January 2021

Duration:
3 years

Total cost:
€ 351,641

EU total contribution:
€ 339,091

Eu Contribution to the Municipality of Cesena:
€ 66,100

Own contribution of the Municipality of Cesena:
€ 1,690

Funding programme:
Erasmus+ (Key Action Sport)



Comune di Cesena

PARTNERSHIP

Coordinator:

- Municipality of Vila Nova de Cerveira (PT),

Partners:

- Polytechnic Institute of Viana do Castelo (PT),
- Municipality of Cesena (IT),
- Municipality of Aksakovo (BG),
- University of Vigo (ES)
- Zöldpont Egyesület es Szerkesztőség (HU)
- Public Institute for Sport Nova Gorica (SI)

OBJECTIVES

IN COMMON SPORT+: Fit, Food and Fun for Elderly! is a three year project financed within the scope of the European programme Erasmus+ Sport, which promotes active lifestyle in senior citizens bringing them closer to sport activities. The Municipality of Cesena is member of a partnership of six countries of the European Union, together with the Municipality of Vila Nova de Cerveira (PT), the Polytechnic Institute of Viana de Castelo (PT), University of Vigo (SP), the Municipality of Aksakovo (BG), the Hungarian private company Zöldpont Egyesület es Szerkesztőség and the Public Institute for Sport Nova Gorica (SI).

The IN COMMON SPORT+ project is based on the results evidenced by the 2015 Intergenerational Olympics Project, financed by the Erasmus Programme and IN COMMON SPORTS -Intergenerational Competition as Motivation for Sport and Healthy Lifestyle of Senior Citizens 2018 - 2020 as well.

The main challenge of this project is to strength and consolidate the factual basis of training programs for the elderly adding two new aspects: to study the impact and to create new adapted sports and traditional games for sports competitions/sport events and to gather new knowledge about people's attitudes and habits towards health, particularly those related to physical activity, unhealthy diets, obesity and health outcomes in this age group.

ACTIONS

- Establish a transnational cooperation network, in the field of sport, between, local, regional, and national stakeholders to promote grassroots sport in the elderly and vulnerable groups, and to develop, identify, promote and share good practices;
- Review literature and collect data about innovative sports programs for elderly and create a training module proposal; senior citizens;

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- Collect data about adapted sports and traditional games played by elderly in each country, create a manual and a proposal of adapted games regulation;
- Test the training module proposal and the adapted games regulation;
- Test the impact of adapted and traditional sports games as a motivational factor for systematic physical activity in elderly;
- Study the nutritional habits of older people and try to understand if and how we can improve them;
- Regular training session for a group of elderly in each country;
- Monitoring and measurements of the physical and cognitive performance of people belonging to the training group;
- Sport events in the European regions involved: "intergenerational" competitions on multiple disciplines, conceived as intermediate and final tests of research activity and as a moment of sports promotion.

EXPECTED RESULTS

The project will allow to create a training module proposal for elderly people and to test the impact of adapted sports and traditional games as a motivational factor for systematic physical activity in elderly. It will also gather new knowledge about people's attitudes and habits towards health, particularly those related to physical activity, unhealthy diets, obesity and health outcomes in this age group.

The data collected will allow the presentation of the project results at European level contributing to the definition of strategies and policies on sports promotion.



**OLYMPICS
ALL**

IN COMMON SPORTS
2018-2020

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