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Predstavljanje trenutno aktivnih Erasmus projekata UCG-a

European Fitness **Monitoring System (EUFITMOS)**

Rukovodilac projekta: prof. dr Stevo Popović

Organizaciona jedinica koja vodi projekat: Fakultet za sport i fizičko vaspitanje

Internet stranica projekta: <http://eufitmos.eu/>

**Podgorica,
24.11.2021.**

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Partneri

- Fakultet humane kinetike Univerziteta u Lisabonu iz Portugalije
- Udruženje za razvoj omladinskog sporta iz Portugalije,
- Tehnički univerzitet u Minhenu iz Njemačke,
- Sportski savez Slovenije iz Slovenije,
- Univerzitet Aristotel u Solunu iz Grčke,
- Univerzitetska fondacija Isabel iz Španije.



Cilj

- Cilj ovog projekta se sastoji u stvaranju evropske mreže za praćenje fitnesa kod mladih kako bi se fitnes koristio kao indikator HEPA za pojedince, naučnu zajednicu i sektor javnog zdravlja i obrazovanja.



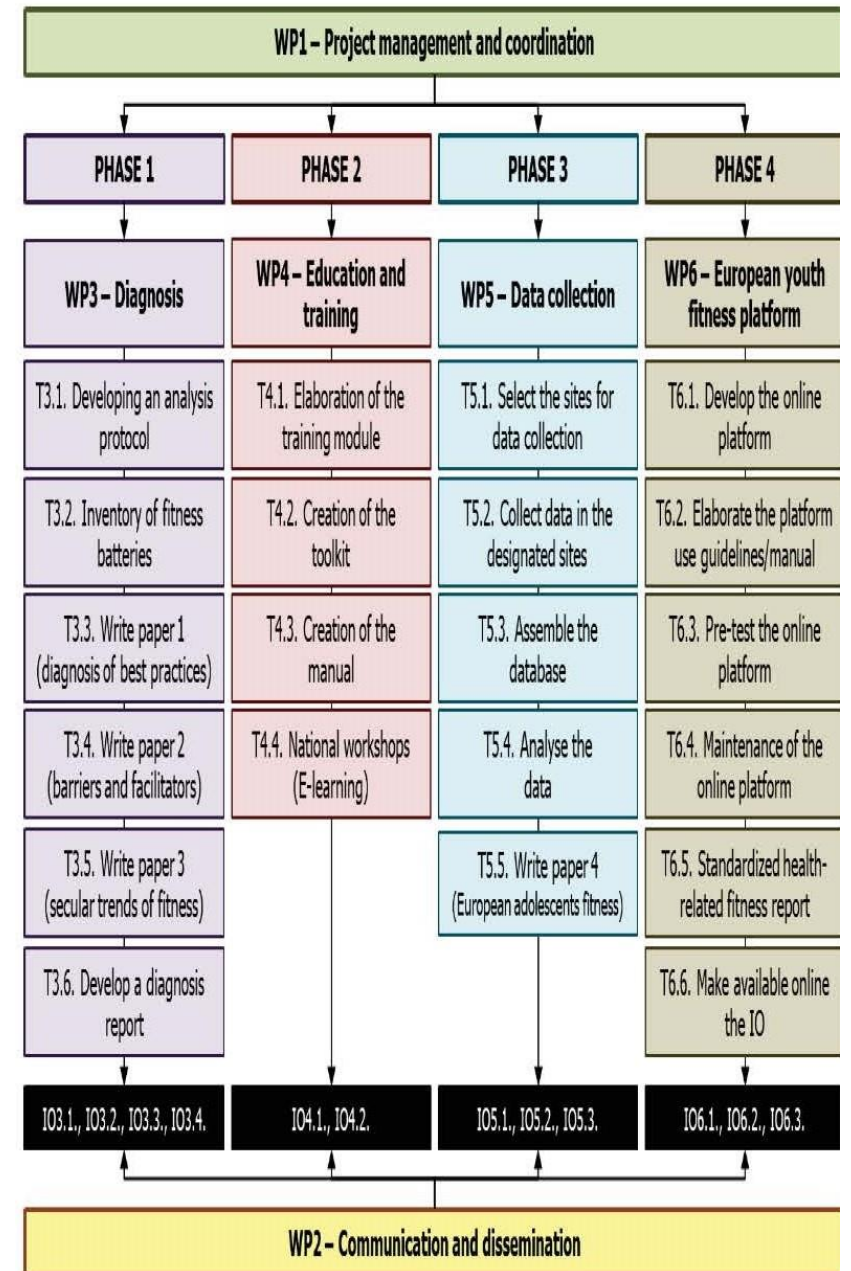
Zadaci

- Da se utvrdi nivo kondicije adolescenata u Evropi i da se informiše sektor javnog zdravlja i obrazovanja o nivoima fitnesa.
- Da se pretvori znanje, iskustvo i rezultati iz prethodnih baterija testova za praćenje i procjenu fitnesa u sveobuhvatan, ali primenljiv priručnik za standardizovano praćenje fitnesa, modul treninga za nastavnike fizičkog vaspitanja i priručnik za nastavnike fizičkog vaspitanja
- Stvoriti evropsku mrežu za praćenje fitnesa kod mladih.



Radni paketi

- WP.1. Project management and coordination
- WP.2. Communication and dissemination
- WP.3. Diagnosis (UCG)
- WP.4. Education and training (UCG)
- WP.5. Data collection (UCG)
- WP.6. European youth fitness platform



Budžet

Total Budget								
	FHM	ADDJ	TUM	SUS	AUTH	UoM	FUI1	Total
	P1	P2	P3	P4	P5	P6	P7	
Project Management and Implementation	18 000 €	9 000 €	9 000 €	9 000 €	9 000 €	9 000 €	9 000 €	72 000 €
Transnational Project Meetings	5 710 €	5 710 €	4 600 €	4 970 €	4 970 €	4 970 €	6 120 €	37 050 €
Intellectual Outputs	65 395 €	40 395 €	69 635 €	43 135 €	41 515 €	23 145 €	43 135 €	326 355 €
Multiplier Events	4 286 €	4 286 €	4 286 €	4 286 €	4 286 €	4 286 €	4 286 €	30 000 €
Exceptional Costs	4 800 €	0 €	5 600 €	3 200 €	4 800 €	2 400 €	4 800 €	25 600 €
Total Calculated	98 191 €	59 391 €	93 121 €	64 591 €	64 571 €	43 801 €	67 341 €	491 005 €
Workin Days	465	280	295	300	300	300	300	2 240

Maximum EU contribution								
	FHM	ADDJ	TUM	SUS	AUTH	UoM	FUI1	Total
	P1	P2	P3	P4	P5	P6	P7	
Project Management and Implementation	18 000 €	9 000 €	9 000 €	9 000 €	9 000 €	9 000 €	9 000 €	72 000 €
Transnational Project Meetings	5 710 €	5 710 €	4 600 €	4 970 €	4 970 €	4 970 €	6 120 €	37 050 €
Intellectual Outputs	56 940 €	24 080 €	41 660 €	26 536 €	39 295 €	18 539 €	27 500 €	234 550 €
Multiplier Events	5 000 €	0 €	5 000 €	5 000 €	5 000 €	5 000 €	5 000 €	30 000 €
Exceptional Costs	4 800 €	0 €	4 800 €	4 800 €	4 800 €	2 400 €	4 800 €	26 400 €
Total Calculated	90 450 €	38 790 €	65 060 €	50 306 €	63 065 €	39 909 €	52 420 €	400 000 €
Cofunding	7 741 €	20 601 €	28 061 €	14 285 €	1 506 €	3 892 €	14 921 €	91 005 €

Dosadašnji rezultati

- Masanovic, B., Gardasevic, J., Marques, A, Peralta, M., Demetriou, Y., Sturm, J.S., & Popovic, S. (2020). Trends in Physical Fitness among School-Aged Children and Adolescents: A Systematic Review. *Frontiers in Pediatrics*, 8, 627529. doi: 10.3389/fped.2020.627529

SYSTEMATIC REVIEW article

Front. Pediatr., 11 December 2020 | <https://doi.org/10.3389/fped.2020.627529>



Trends in Physical Fitness Among School-Aged Children and Adolescents: A Systematic Review

 Bojan Masanovic^{1,2},  Jovan Gardasevic^{1,3*},  Adilson Marques^{4,5},  Miguel Peralta^{4,5},  Yolanda Demetriou⁶,  David Joseph Sturm⁶ and  Stevo Popovic^{1,3}



Dosadašnji rezultati











- Marques, A., Henriques-Neto, D., Peralta, M., Martins, J., Gomes, F., Popovic, S., Masanovic, B., Demetriou, Y., Schlund, A., & Ihle, A. (2021). Field-Based Health-Related Physical Fitness Tests in Children and Adolescents: A Systematic Review. *Frontiers in Pediatrics*, 9(155), 640028. doi:10.3389/fped.2021.640028

SYSTEMATIC REVIEW article

Front. Pediatr., 05 March 2021 | <https://doi.org/10.3389/fped.2021.640028>



Field-Based Health-Related Physical Fitness Tests in Children and Adolescents: A Systematic Review

 Adilson Marques^{1,2},  Duarte Henriques-Neto¹,  Miguel Peralta^{1,2*},  João Martins^{1,2},  Fernando Gomes³,  Stevo Popovic⁴,  Bojan Masanovic⁴,  Yolanda Demetriou⁵,  Annegret Schlund⁵ and  Andreas Ihle^{6,7,8}



Dosadašnji rezultati

- Renninger, D., Sturm, D.J., Marques, A., Peralta, M., Popovic, S., Gardasevic, J., Masanovic, B., Demetriou, Y. (2021). Physical Activity and Body-Mass-Index: Do Family, Friends and Teachers Restrain the Risk for Physical Inactivity in Adolescents? Sustainability, 13(13), 6992. doi: 10.3390/su13136992



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Open Access Article

Physical Activity and Body-Mass-Index: Do Family, Friends and Teachers Restrain the Risk for Physical Inactivity in Adolescents?

by [Denise Renninger](#)^{1,*} , [David Joseph Sturm](#)¹ , [Adilson Marques](#)^{2,3} , [Miguel Peralta](#)^{2,3} ,
[Stevo Popovic](#)^{4,5,6} , [Jovan Gardasevic](#)^{4,6} , [Bojan Masanovic](#)^{4,6,7}  and
[Yolanda Demetriou](#)¹ 



Dosadašnji rezultati

- Marques, A., Peralta, M., Sturm, D.J., Demetriou, Y., Popovic, S., Masanovic, B., Gardasevic, J., López-Flores, M., Villalaín, A.M., Markovic, M., Tsiatsos, T., Douka, S., Martins, J., Gomes, F., Avelar-Rosa, B., Santiago, R., Comier, D. & Henriques-Neto, D. (2021). EUFITMOS fitness testing protocol. [ISBN 978-2-88966-600-3]





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H V A L A N A P A Ź N J I

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Monitoring System (EUFITMOS)