Erasmus+

Application

Collaborative Partnerships

Call for proposals 2019

EAC/A03/2018

PROJECT DESCRIPTION

(To be attached to the eForm)

Part D - Organisations and activities

D.1. Aims and activities of organisations

Please provide a short presentation of your organisation (key activities, affiliations, size of the organisation, etc.) relating to the area covered by the project.

Please provide this information for all organisations participating in the project (coordinator and partners).

Coordinator: Faculdade de Motricidade Humana (FMH), Universidade de Lisboa, Portugal

PIC – 998795324
Address: Estrada da Costa, 1499-002 Cruz Quebrada - Dafundo, Portugal
Email: amarques@fmh.ulisboa.pt
Website: http://www.fmh.ulisboa.pt/pt/
Telephone: (+351) 962843264
Lead person: Adilson Marques, PhD, MPH

The Faculdade de Motricidade Humana/Faculty of Human Kinetics (FMH) integrates the University of Lisbon, created in 2013 from the merging of the former Technical University of Lisbon and the University of Lisbon. Currently, it is the biggest University in Portugal, with its 18 Schools, more than 3.500 academic staff and about 48.000 undergraduate and post-graduate students, and 87 recognized research units.
University of Lisbon's main aim is the development of a research university, committed to education, innovation and technology transfer, focused on people, valuing knowledge, merit, and participation, with an European dimension open to the world, with its wide range of courses and research areas.
The FMH is the oldest Faculty of Sports Science and Physical Education in Portugal, and it has a 79 years long history, started in 1940.
FMH is involved in the higher education and scientific communities, and also in various social sectors, by keeping fruitful relationships with the educational, sports, production, artistic and health systems. This is well expressed in the diversity and quality of the partnerships and relationships already established. The elementary and high schools network, within the scope of the Masters in Teaching Physical Education and School Sports' programme is an example of how scientific and pedagogic relationships are developed with the education system, facilitating, both, the qualification of teachers training and the development of joint research projects, namely the development of pilot studies of research programs to be implemented all around the country.
FMH has modern and well-equipped units for the successful training of students and for research. FMH laboratories develop various research projects involving a dynamic participation from postgraduate students and have strong links to the surrounding community.
The teaching staff (over 120 teachers) is highly qualified, consisting of about 90% PhDs. At the moment, the FMH serves over 1.200 students in the undergraduate courses in Sport Sciences, Dance, Psychomotor Rehabilitation, Sport Management and Ergonomics, and 600 students in Master degree in Education Sciences, Physical Education Teaching, Ergonomics, Exercise and Health, Sport Management, Psychomotor Rehabilitation, Elite Training, Sports Coaching. FMH has around 150 PhD in the area of Human Kinetics and in Education Sciences. Its prestige and reputation is the linking between the training and research.
One of the main missions of FMH is to contribute to a healthier and more active Portuguese population, by focusing on the promotion of physically active lifestyle and health-enhancing physical activity (HEPA) for children, youth and adults. In this context, research on PE and school sport quality is now one of the most important research fields, as well as on physical activity, fitness and health, considered as privileged means to promote the physical literacy as basis for an active lifestyle.
The FMH includes 13 research units. Three of them are specifically leading important programs related with physical activity, motor development and physical education: Laboratory of Pedagogy (LaPED), Laboratory of Motor Behaviour (LMBehavior), and the Laboratory of Exercise and Health (Labes). FMH is leading the implementation of FitEscola (http://fitescola.dge.mec.pt/home.aspx), a national platform to improve the physical fitness through physical education in schools.
Considering the aforementioned FMH background, combined with the fact that it is involved in 13 important European projects, FMH affirms its scientific and administrative experience and preparation to participate as coordinator in this project.

Partners:

Associação para o Desenvolvimento do Desporto Jovem (ADDJ)
(Association for the Development of Youth Sports)

PIC - 915280943
Address: ADDJ, Rua Republica Peruana Lt A 2º Esq, 1500-550, Lisboa, Portugal
Email: romeromiguelsantiago@gmail.com
Website: www.addj.pt
Telephone: (+351) 962946741
Lead person: Bruno Avelar Rosa, MS

The Association for the Development of Youth Sports (ADDJ) was founded in 2003 by a group of graduates in Sports Sciences with the aim of developing an appropriate intervention among young people, namely through sports projects in a school context.
ADDJ has a strongly educational approach, adapted to the levels of performance and oriented towards the development of the individual and social capacities of young people. It has a team of qualified trainers and subject to a continuous training program and regular assessments.
At the time, ADDJ continues to work with several schools with different sports (tennis, karate, indoor football) and manage a tennis school in a club.
ADDJ develop projects with a strong educational component and especially aimed at young people (between 4 and 16). It has among its objectives:
- "Promote the development and dissemination of educational and socio-educational activities in the context of leisure activities, holiday camps, teacher training and other educational activities";
- "Integrating young people into society through the practice of sport to avoid social exclusion";
- "Promote and support sporting events and encourage physical activity in an appropriate sociocultural context".

Technische Universität München (TUM)
(Technical University of Munich)

PIC - 999977463
Address: Arcisstraße 21, D-80333 Munich, Germany
Email: yolanda.demetriou@tum.de
Website: www.tum.de/en/
Telephone: (+49) 89 289 22200
Lead person: Yolanda Demetriou, PhD

The Technical University of Munich (TUM) is one of Europe's top universities. It is committed to excellence in research and teaching, interdisciplinary education and the active promotion of promising young scientists. The university also forges strong links with companies and scientific institutions across the world. TUM was one of the first universities in Germany to be named a University of Excellence. Moreover, TUM regularly ranks among the best European universities in international rankings. The 14 departments of the Technical University of Munich (TUM) provide an excellent environment for research and for the education of 40,124 students, 34% of them women. The university has a budget of EUR 1,329 million, which includes the university hospital.
The faculty of Sport and Health sciences covers a large spectrum of topics under the guideline motive of "movement". Aside from innovative high-quality research - involving the topics of health and prevention over the course of a lifetime, competitive and popular sports as well as also the pedagogical and the educational environment - this also includes the training of future specialists and teachers, as well as the implementation of research results in society and for competitive sports. Through the interdisciplinary organization, we offer diverse preventative measures and solutions for the complex problems in health of all age groups in modern society, a field with ever increasing relevance.
One of our strengths is the interdisciplinary aspect of our expertise. At the present, 14 professors teach and carry out research on the faculty in close cooperation with the other institutes of the prestigious TUM university, such as the Klinikum Rechts der Isar (Rechts der Isar Hospital), the TUM School of Life Sciences Weihenstephan or the TUM School of Education. Our versatility extends from biomechanics to training science, from sport psychology to sport didactics and from preventive paediatrics to diversified sociology or also to sport and health management.
For the training of students we offer a total of twelve courses of study for bachelor, master and teacher qualification. Included here are the two Bachelor's courses of study in "Sport sciences" and "Health sciences" (Bachelor of Science) as well as the Master's courses of studies in "Diagnostics and training" and

in "Movement and health" (Master of Science). In addition, we also train athletic trainers for all forms of schooling. With "TUM Sport and Health for Life" or the training of the professional ski instructors and mountain guides we offer diverse training and further-education possibilities.

Sportna Unija Slovenije (SUS)
(Sports Union of Slovenia)

PIC - 940492213
Address: Športna unija Slovenije, Vodnikova cesta 155, 1000 Ljubljana, Slovenije
Email: mojca.markovic@sportna-unija.si
Website: www.sportna-unija.si
Telephone: (+386) 41601155
Lead person: Mojca Markovic, Bch

SUS as the largest sports for all organization connects different sports organizations, associations, clubs and individuals working in the field of sports recreations and sports education in Slovenia. It unites over 200 organisations and has over 60.000 members scattered all over Slovenia. Their common goal is to promote healthy lifestyle and active use of leisure time.
The vision of the Sports Union Slovenia is to be the leading sports organisation in the field of sports recreation and its education in Slovenia, which will seek to approximate recreational sports and physical education for every individual.
The purpose SUS is to unite clubs that act in the field of sports, sport and recreation and recreational educational activities, encourage their advanced professional training, strive for the progress of professional work and introduce new methodologies.
SUS has been accredited by the Ministry of Education in Slovenia to deliver certified (and compulsory) non-formal training programmes in their fields of expertise and is therefore well placed to ensure the proper validation/recognition also of the current training programme in the national system. Through non-formal education, SUS educates over 500 certified trainers in the field of sport and recreation. SUS offers additional education opportunities and trainings by organizing various seminars, conferences, forums and congresses on topics in the field of sport for all and healthy lifestyle.
SUS is also striving for Slovenia, as a country, to become a major supporter of this field and make some legislation changes, which would facilitate the work of sport clubs and SUS itself.
SUS belongs to the network of EFCS (European Federation for Company Sport), TAFISA (The Association For International Sport for All), ISCA (International Sport and Culture Association) and FARE (Football Against Racism Europe).
Regular activities of SUS:
- Education and supplementary training and improvement of professional and organisational staff so that the programme offered and publishing for this purpose is constantly enriched.
- Organisation of national and international sports meetings, seminars, conferences, congresses and other forms of dealing with professional topics in the field of sport and recreation and physical education
- Leading and coordinating various international and national programmes and campaigns.
- Linking of sports clubs that deal with sport and recreation, physical education and other forms of sport.
- Cooperation with other sports organisations and professional institutions, other fields of social activities and interested partners from the economy and the state.
- Promotion of spatial planning and building of sports facilities and sports equipment of appropriate capacity and according to the most recent standards.

Aristotle University of Thessaloniki (AUTH)

PIC - 999895692
Address: Aristotle University of Thessaloniki, University Campus, 54124 Thessaloniki, Greece
Email: tsiatsos@csd.auth.gr
Website: https://www.auth.gr/en
Telephone: (+30) 2310 996000
Lead person: Thrasyvoulos Tsiatsos, PhD

AUTH is the largest university in Greece, with 11 Faculties organized into 40 Schools. Almost 73,930 under- and postgraduate students study at the Aristotle University, the Teaching and Research Staff numbers 2,500 people.
AUTH holds 146 International Scientific Agreements with Universities in Russia, U.S.A., Canada, Australia, the Near, Middle and Far East. Also, it has currently approximately 538 bilateral agreements with European Universities and it has supported the implementation of TEMPUS, JEAN MONNET projects, etc. It also

participates actively in several ERASMUS MUNDUS Action 1 & 2 consortia. AUTH ranks first among Greek higher education institutions in terms of mobility. In addition, since 2015, Aristotle University runs an Erasmus+ ICM programme in the framework of which 60 agreements have been signed with universities in 29 countries all over the world. AUTH participates in 25 HORIZON 2020 projects in diverse research areas.
Ever mindful of rapid change and progress, AUTH constantly update its strategy, policies and everyday practices, in order to meet contemporary local and global demands. The University has been able to determine its strengths and weaknesses and to adopt a holistic internationalization strategy.
AUTH's research policy has two main objectives: first to promote quality and then to foster excellence. Having the quality as a priority and driven by the principals of measurement, correction, evaluation and redefinition, the University aims at its distinction in the international research arena.
Two departments of AUTH will be engaged in the HALT project:
(a) The Department of Physical Education and Sports Science (DPESS). the mission of DPESS is to promote the science of Physical Education and Sports, through the academic and applied teaching and research; to provide graduates with the appropriate knowledge for their scientific and professional career; to contribute to the progress of sports in Greece and to disseminate the athletic spirit; and to contribute to the citizens' consciousness of the importance of Physical Education as a fundamental factor for the improvement of the quality of life. In its 26-years of operation, DPESS of Thessaloniki has awarded the degree to more than 12000 graduates. The Department of Physical Education and Sports Science will contribute its expertise in athletes' personal development, and the design of gamified sports educational activities.
(b)The School of Informatics (http://www.csd.auth.gr) and more especially its Software and Interactive Technologies Laboratory (http://switch.csd.auth.gr/). The School of Informatics was established in 1992 as a part of the Faculty of Sciences of AUTH. The Aristotle University of Thessaloniki was ranked within the top 200 universities in the subject "Computer Science and Information Systems" according to a recent study conducted by the QS company. The activities of the its Software and Interactive Technologies Laboratory of the School of Informatics are in the domain of Software application, Software Engineering, Mobile Technologies, Human Computer Interaction, Educational/Learning Technologies, ICT in education, and Game Based Learning. Research and instruction are oriented to the design, development and evaluation of Technology Enhanced Learning Environments (TELEs).

University of Montenegro (UoM)
PIC - 953162256
Address: Cetinjska, 2, 81000 Podgorica, Montenegro
Email: stevop@ac.me
Website: www.ucg.ac.me
Telephone: (+382) 20414255
Lead person: Stevo Popovic, PhD

The University of Montenegro, founded in 1974, is the oldest and the largest scientific-research institution of higher education in Montenegro, with around 21000 students, which is more than 70% of students' population. Faculty for Sport and Physical Education provides professional education and training of sports professionals and experts in the fields of physical education and sports medicine and is also dedicated to the collection, generation and dissemination of scientific knowledge at the Montenegrin level and beyond. The Faculty is the leading association of sports scientists at the Montenegrin level, which maintains extensive cooperation with the corresponding associations from abroad. Over the past two decades, the Faculty promoted the science and research, with special attention to sports science across Montenegro and beyond. It supports Montenegrin institutions, such as the Ministry of Education and Sports, the Ministry of Science and the Montenegrin Olympic Committee, by offering scientific advice and assistance for carrying out coordinated national and European research projects defined by these bodies. In addition, the Faculty serves as the most important Montenegrin and regional network of sports scientists from all relevant sub disciplines.

Fundación Universidad Isabel I (FUI1)
PIC - 913220760
Address: Calle Fernán González, 76, 09003, Burgos
Email: marcos.lopez@ui1.es
Website: www.ui1.es
Telephone: (+34) 6624475670
Lead person: Marcos López Flores, PhD

Fundación Universidad Isabel I (FUI1) was created in 2010 as a private, non-for-profit and independent

institution with its own legal personality. From the beginning, the main goal of FUI1 has been to contribute to the advancement of society through activities with a strong focus on education, culture, health, science, sport, and the promotion of R&D. The Foundation also works for the inclusion of people at risk of physical, social, and cultural exclusion; the promotion of values such as tolerance, dialogue, and respect for democratic principles; and the development of new information and communication technologies that contribute to human and social progress. The Foundation relies on the staff and expertise of Universidad Isabel I, a provider of online and blended education, with over 5,000 students and more than 200 hundred employees, including teachers, e- learning experts, administrative staff, etc. However, whereas the latter's core business is to provide private education, the Foundation takes charge of all non-profit activities, as a tool to reinforce the social role which must be played by any higher education institution. Sports and physical activity are a hallmark both at the Foundation and the University. Not only the University has a Faculty of Physical Activity and Sport Science with state-of-the art facilities and prominent athletes among the faculty, but also sport, physical education, and the promotion of a healthy lifestyle are paramount across the university.

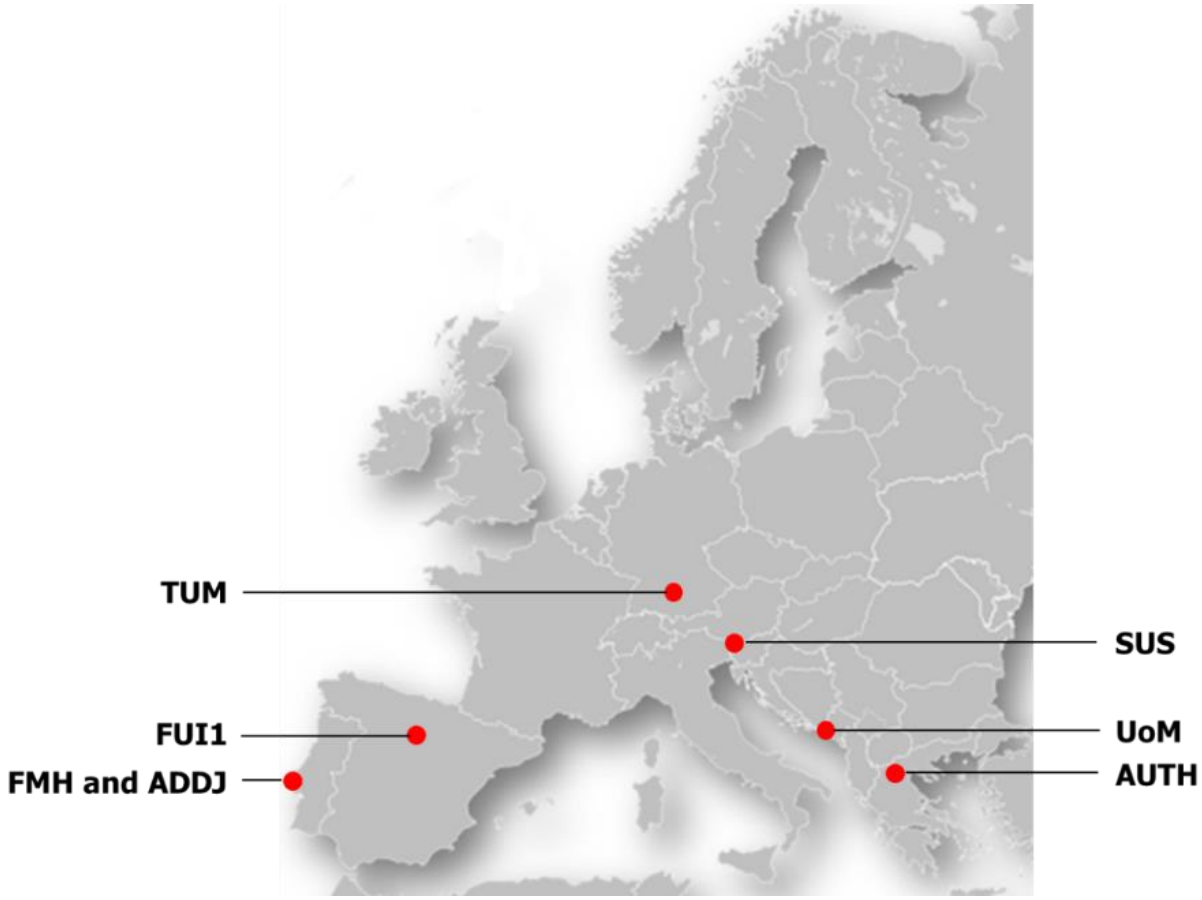


Figure 1. Map of the consortium.

D.2. Previous sport projects

If the applicant organisation has received financial support in the framework of sport preparatory actions (2009-2013) or Erasmus+ Sport calls for proposals, please provide references in the table below.

Please add tables if necessary.

Reference number	**590560-EPP-1-2017-1-PT-SPO-SCP**
Title of the project	**European Physical Education Observatory (EuPEO)**
Project dates (from/to)	**2018-2020**
Role of organisation	**Coordinating Institution**
Website	**http://www.eupeo.eu/**
Please provide a short summary of the project outcomes and describe if and how the new proposal seeks to build on them.	
EuPEO project aims to convert former monitoring and evaluation experiences of physical education, HEPA, public health and education sector into a comprehensive but applicable monitoring system by developing the EuPEO webpage, a manual for external monitoring and a toolkit to prepare and provide internal self-monitoring of quality physical education and school sports. From these projects' experience, FMH has also increased its efficiency at human levels, which will be highly important for EUFITMOS coordination and implementation. EuPEO is a monitoring project. Thus, EUFITMOS can use the monitoring experience acquired by EuPEO.	

Reference number	**603249-EPP-1-2018-1-DE-SPO-SCP**
Title of the project	**Promoting active travel to school in Europe (ACTS)**
Project dates (from/to)	**2019-2021**
Role of organisation	**Partner**
Website	**https://www.sg.tum.de/sportpaedagogik/forschung-publikationen/laufende-projekte/acts/**
Please provide a short summary of the project outcomes and describe if and how the new proposal seeks to build on them.	
The main goal of ACTS is to encourage participation in physical activity, especially by supporting the implementation of the Council Recommendation of HEPA on health-enhancing physical activity and being in line with the EU physical activity guidelines. A clear linkage to European policies exists especially in respect to the global action plan on physical activity 2018-2030 "Physical activity for health. More active people for a healthier world".	

Reference number	**590777-EPP-1-2017-1-DE-SPO-SCP**
Title of the project	**MOBAK: Basic Motor Competencies in Europe (BMC-EU)**
Project dates (from/to)	**2018-2019**
Role of organisation	**Partner**
Website	**http://mobak.info/bmc-eu/**
Please provide a short summary of the project outcomes and describe if and how the new proposal seeks to build on them.	
The BMC-EU project, which is carried out in collaboration with 13 universities in twelve European countries and the European Physical Education Association (EUPEA), contributes to the promotion of children's motor development in PE. The project pursues two goals. One goal is the measurement of basic motor competencies (BMCs) among students in grades one to four. An international comparative analysis of the assessment results will be carried out in order to reach the second goal which is to use these results and develop a support toolkit and teacher training. The EUFITMOS project will add to this project taking into account that it will focus on adolescents and physical fitness health-related outcomes (fitness for life, and not only fitness for performance). This projects are also similar in a way that are designed to monitor physical attributes across different countries, and empower teachers and schools by providing education and toolkits for promoting active and healthy lifestyles.	

Reference number	**590844-EPP-1-2017-1-UK-SPO-SSCP**
Title of the project	**PHYLIT – Physical Literacy project (PhyLit)**
Project dates (from/to)	**2018-2018**
Role of organisation	**Partner**

Website	**https://www.eupea.com/phylit/**
Please provide a short summary of the project outcomes and describe if and how the new proposal seeks to build on them.	
The main goal of the project is to bring the policy makers, the stakeholders in physical education, physical activity and sport aware of the concept of physical literacy, his constructs and the unique contribution that it is as key competence in education, as contribution to the sustained development goals, the OCEDE 2030	

Reference number	**GA - 602170**
Title of the project	**EUROFIT: Social Innovation to Improve Physical Activity and Sedentary Behaviour Through Elite European Football Clubs: European Fans in Training**
Project dates (from/to)	**2013-2018**
Role of organisation	**Partner**
Website	**http://eurofitfp7.eu/**
Please provide a short summary of the project outcomes and describe if and how the new proposal seeks to build on them.	
The goal of EuroFIT is to harness the 'love of the game' to engage football fans in health-promoting lifestyle changes through their loyalty and attachment to their clubs. EuroFIT will engage men through their connection with their clubs to make sustainable improvements in their diet, activity, and physical fitness. EuroFIT is a project related with adults fitness assessment. EUFITMOS can build on EuroFIT adding data of adolescents.	

Reference number	**643309**
Title of the project	**NoHoW - Evidence-based ICT tools for weight loss maintenance**
Project dates (from/to)	**2015-2020**
Role of organisation	**Partner**
Website	**http://nohow.eu/**
Please provide a short summary of the project outcomes and describe if and how the new proposal seeks to build on them.	
The participation in this project has mainly contributed to FMH's experience in, at least, two ways: exchange and cooperation with international partners on the sport and HEPA themes, and managing of EU funded projects. FMH's participation in this project has been successfully completed, which also has lead the institution to become experienced in fulfilling the established deadlines with high-quality outcomes. From this projects' experience, FMH has also increased its efficiency at human and technological levels, which will be highly important for EUFITMOS coordination and implementation.	

D.3. Other EU grants

1. Please list the projects for which the applicant organisation has received financial support from the EU programme this financial year. Please add tables if necessary.	
Reference number	GA817732
Title of the project	PROTEIN
Beneficiary organisation	Faculty of Human Kinetics, University of Lisbon
Reference number	2016-1-MT01-KA203-015222
Title of the project	ENRETE Enhancing Resilience Through Teacher Education
Beneficiary organisation	Faculty of Human Kinetics, University of Lisbon
Reference number	GA690494
Title of the project	i-PROGONOSIS - Intelligent Parkinson early detection Guiding Novel Supportive Interventions
Beneficiary organisation	Faculty of Human Kinetics, University of Lisbon
Reference number	GA692311
Title of the project	ALHTOUR - ASSISTED LIVING TECHNOLOGIES FOR THE HEALTH

	TOURISM SECTOR
Beneficiary organisation	Faculty of Human Kinetics, University of Lisbon
Reference number	567199-EPP-1-2015-2-ES-SPO-SCP
Title of the project	PsyTool- Sport Psychology as a strategic tool for prevention and training on grassroots sports
Beneficiary organisation	Faculty of Human Kinetics, University of Lisbon
Reference number	European Commission FP7-HEALTH 2013.3.3-1-GA602170
Title of the project	SPOTLIGHT: Sustainable Prevention of Obesity Through Integrated Strategies.
Beneficiary organisation	Faculty of Human Kinetics, University of Lisbon
Reference number	European Commission FP7-HEALTH-2011-GA278186.
Title of the project	MEMO INTERNACIONAL: Mediating and Moderating Variable Analysis in Energy Balance Behaviours Change – An International Collaboration.
Beneficiary organisation	Faculty of Human Kinetics, University of Lisbon
Reference number	European Commission FP7-PEOPLE-2009-IRSES-CT-2010-247630.
Title of the project	CARDIAC—Coordination Action in R&D in Accessible and Assistive ICT
Beneficiary organisation	Faculty of Human Kinetics, University of Lisbon
Reference number	European Commission FP7 - Coordination and support action. GA-248582
Title of the project	RESCUR - A Resilience Curriculum for Early and Primary Schools In Europe. Comenius
Beneficiary organisation	Faculty of Human Kinetics, University of Lisbon
Reference number	GA 012-5108/001-001
Title of the project	RICHE – a platform and inventory for child health research in Europe
Beneficiary organisation	Faculty of Human Kinetics, University of Lisbon
Reference number	FP7 - Coordination and support action . GA:242181
Title of the project	TEMPEST—Temptations to Eat Moderated by Personal and Environmental Self-regulation Tools
Beneficiary organisation	Faculty of Human Kinetics, University of Lisbon

2. Please list other grant applications submitted by applicant organisation this financial year. Please add tables if necessary.	
Key action/ EU programme	H2020-MSCA-ITN-2019
Title of the project	Ageing successfully yes we can. The delicate balance between the health benefits of exercise and the risk of injuries in ageing active and competitive individuals
Amount requested	€ 14 874 029,88
Key action/ EU programme	H2020-SC6-TRANSFORMATIONS-2019
Title of the project	OmniArts: Omni-channel platform for collaborative research, creation and promotion of social inclusion and cultural diversity through the arts
Amount requested	€ 3 190 028,40
Key action/ EU programme	H2020-SC1-DTH-2019
Title of the project	PerSonalized, ambiEnt iNtelligent monitoring environment for after cancer patientS to improvE the quality of LIFE
Amount requested	€ 2 890 266,25

PART E - Project characteristics and relevance

E.1. Objectives

Please explain:

- why and how the project addresses the topic you selected in the eForm application (section B.2) and the European policies in the field of sport,
- the genuine and adequate needs analyses,
- the extent to which the objectives address issues relevant to the participating organisations and target groups.

Why and how the project addresses the topic you selected in the eForm application (section B.2) and the European policies in the field of sport

E.1.1. Which objective is addressed in this project

The project addresses the following topic: "Encourage participation in sport and physical activity especially by supporting Council Recommendation on HEPA and EU Physical Activity Guidelines".
This project ultimately aims to encourage participation in sport and physical activity, especially by supporting the implementation of European Union (EU) policy documents in the field of sport and other relevant policy areas such as recommendations, guidelines, policy strategies, and the implementation of the Council Recommendation on health-enhancing physical activity (HEPA).

E.1.2. Fitness and EU policy on surveillance and monitoring of HEPA

Physical activity is one of the most important foundations of health, as it is known to have several health benefits. Those benefits include a reduced risk of cardiovascular disease, hypertension, diabetes and certain forms of cancer (Janssen & Leblanc, 2010; Ortega, Ruiz, Castillo, & Sjostrom, 2008), it also has positive effects on cognition (Chaddock-Heyman et al., 2016). Furthermore, physical activity is a key determinant of energy expenditure and is therefore fundamental to achieving energy balance and weight control (Janssen & Leblanc, 2010).
Physical fitness is strongly related to physical activity, and is considered an integrated measure of most body functions (skeletomuscular, cardiorespiratory, hematocirculatory, psychoneurological and endocrine–metabolic) involved in the performance of daily tasks (Ortega et al., 2008). When fitness is tested, the functional status of body systems is being checked. For this reason, fitness is nowadays considered one of the most important health markers, as well as a predictor of morbidity and mortality for cardiovascular disease and for all causes (Metter, Talbot, Schrager, & Conwit, 2002; Mora et al., 2003).
Among young people, there is an association between fitness and cardiometabolic disease risk, adiposity, mental health, bone health and cognition (Ortega et al., 2011; Ruiz et al., 2009; Smith et al., 2014). Poor fitness level is an important risk factor for cardiovascular disease (Timpka, Petersson, Zhou, & Englund, 2014), type 2 diabetes (Lee, Blair, & Jackson, 1999), hypertension (Faselis et al., 2012), stroke (Hogstrom, Nordstrom, Eriksson, & Nordstrom, 2015), and mortality (Faselis et al., 2012). Also, it seems that cardiorespiratory fitness relates more strongly to cardiovascular diseases risk than physical activity (Hurtig-Wennlof, Ruiz, Harro, & Sjostrom, 2007). Additionally, there is a stronger inverse relationships between fitness and mortality than between physical activity and mortality (Erikssen et al., 1998), indicating that changes in fitness may be important to be monitored.
In recent years, surveillance and monitoring of HEPA was set as one of the priorities of the EU policy across sectors, including both sports and health areas (e.g. EU platform for action on diet, physical activity and health). Besides the availability of new data related to physical activity, it lacks information on fitness, as an important indicator for HEPA, which is scarce or inexistent at the EU level.
The White Paper on Sport (2007)[1] defines sport as "all forms of physical activity which, through casual or organised participation, **aim at expressing or improving physical fitness** and mental well-being, forming social relationships or obtaining results in competition at all levels." (White Paper on Sport, 2007, p.2). From this document recommendation the EU Physical Activity Guidelines (2008)[2] were created.

[1] Commission of the European Communities (2007). White Paper on Sport [COM(2007) 391 final]

[2] EU Working Group "Sport & Health" (2008). EU Physical Activity Guidelines.

Specifically, the EU Physical Activity Guidelines (2008) recognize the importance of monitoring HEPA as an essential part of this sector with two recommendations:

"Guideline 14 – Physical activity data should be included in health monitoring systems at national level." (EU Physical Activity Guidelines, 2008, p.22)
"Guideline 38 – The implementation of policy actions for physical activity promotion should be monitored regularly, based on pre-defined indicators to allow for evaluation and review." (EU Physical Activity Guidelines, 2008, p.35)

Furthermore, one chapter of the EU Physical Activity Guidelines (2008) is dedicated to indicators, monitoring and evaluation, which acknowledged the importance of monitoring HEPA and the inclusion of fitness as an indicator:

"The implementation of policy actions for physical activity promotion should be monitored on a national and, potentially, EU level. **The following indicators are likely to yield important information on policy implementation processes and outcomes:**
A. Rate of population reaching adequate physical activity levels
– Indicators:
(1) Population rate meeting the recommendations for health-enhancing physical activity; population rate participating in leisure-time physical activity (structured exercise and lifestyle) and active transportation (commuting etc.); daily patterns of physical activity behaviour in terms of intensity, frequency and duration of the activity; physical activity levels of population, including subgroups (elderly people, children, etc.);
(2) **Fitness levels (cardiovascular fitness, strength, etc.)**.
– Means: physical activity monitoring at population level using objective measurement methods, such as motion sensors, and subjective methods, such as questionnaires." (EU Physical Activity Guidelines, 2008, p.33)

HEPA has been an important topic of the EU sport policies as it can be observed in the EU Sport workplans where an expert group was created to study the policies in this area. The Council Recommendation on promoting HEPA across sectors (Council of Europe, 2013)[3] in November 2013 and, in particular, the Expert Group on HEPA 2014-2017 (European Commission, 2015)[4] in June 2015, issued further recommendations on monitoring HEPA, which again included monitoring fitness, especially for young people:

"Hereby recommends that member states: (…)
(2) Monitor physical activity levels and HEPA policies by making use of the light monitoring framework and indicators set out in the Annex, according to national circumstances" (Council of Europe, 2013, p. 6)"

"In its 2013 Recommendation on HEPA, the Council recognised that the availability of more information and better data on physical activity levels and HEPA promotion policies is an essential element to underpin better evidence-based policy. Therefore, monitoring provisions form part of the Recommendation. They were designed as minimal reporting requirements on general aspects of HEPA promotion that can be addressed by all member states.
Member states were invited to appoint national Physical Activity Focal Points to support that monitoring framework. The Commission was invited to promote the establishment and functioning of this framework, in close synergy and cooperation with the World Health Organization (WHO), thereby avoiding duplication of data collection.
The Expert Group on HEPA considered that the evidence base could be further improved, by collecting data related to physical activity, **fitness markers** and sport participation especially for young people, including at local level. These data should include information collected by indirect methods, such as standardized questionnaires, combined with objectively measured data resulting from equipment like accelerometers and pedometers, **and fitness test batteries.**
It recommends considering the possibility to include it in the monitoring framework when evaluating the Council Recommendation." (European Commission, 2015, p.24)

[3] Council of Europe (2013). Council Recommendation on promoting HEPA across sectors [Interinstitutional File: 2013/0291 (NLE)]
[4] European Commission (2015). Expert Group on HEPA 2014-2017.

In the EU Physical Activity Guidelines (2008) and the Expert Group on HEPA 2014-2017 recommendations (European Commission, 2015) it is clearly stressed that fitness should be an indicator of HEPA to be assess when monitoring at the population level and that it is likely to yield important information on policy implementation processes and outcomes. **Despite the EU recommendations for monitoring fitness and using this data to inform policy makers on HEPA, fitness levels and its potential to monitor and assess HEPA have not been given much attention, contrary to physical activity.** From all the EU initiatives and programs on HEPA and all the previous Erasmus+ winning projects on sport, none is dedicated to monitor fitness levels. For that reason, at the EU level, information on fitness is scarce.
Other important aspect of recent recommendations on measuring HEPA is the place where data can be collected. The Expert Group on HEPA 2014-2017 (European Commission, 2015) stated a specific recommendation, Recommendation 27, on monitoring HEPA at the school level:

> **"Recommendation 27 – Effort should be encouraged to improve data collection on HEPA with objective measurements at the school level**." (European Commission, 2015, p.24)

In some European countries (e.g. Portugal, Slovenia, Hungary) youth physical fitness is assessed during physical education classes using fitness test batteries. In these cases, information on fitness is collected by trained professionals, physical education teachers, and scientific methods. However, this information rarely or never is used, otherwise for grading purposes. Additionally, information on fitness is kept in each country and many times at the school level.
Along with the EU-based documents, recent international documents support monitoring HEPA in the European region. The Physical Activity Strategy for the WHO European Region (World Health Organization [WHO], 2016)[5] identifies **"supporting action through monitoring, surveillance, the provision of tools, enabling platforms, evaluation and research" (priority area 5)** as a priority area for the physical activity strategy in Europe. It further argues that:

> "Reliable and timely information is crucial to informing national and regional policy-making. Supported by the WHO Regional Office for Europe, **Member States should strengthen and expand the surveillance of physical activity, monitor and evaluate policy initiatives to promote physical activity, and support research to strengthen the evidence base for physical activity and health**. A deeper understanding of physical activity patterns among different social groups, including by gender, age and socioeconomic status, is crucial in order to adapt interventions accordingly. In this context, ongoing work such as the monitoring carried out to implement the Council Recommendation on promoting health-enhancing physical activity in the 28 EU countries that are member states of the WHO European Region may be used as a basis in order to avoid duplication of efforts." (WHO, 2016, p.16-17)

This priority area is divided in two goals, objective 5.1 (strengthen surveillance systems) and objective 5.2 (strengthen the evidence base for physical activity promotion). In the objective 5.1 it is detailed that:

> "Member States should work towards consolidating, adjusting and extending existing national and international systems for the surveillance of physical activity with the adequate levels of disaggregation. Member states recall the commitment to the WHO global monitoring framework for the prevention and control of non-communicable diseases, which contains specific physical activity indicators and a related target. WHO will play a leading role in supporting Member States to ensure that data from surveillance are accurately analysed and interpreted for evidence-based policy recommendations. In doing so, member states and WHO could consider the **value of developing common surveillance tools for comparable cross-country data**. Collaboration with national experts, academic institutions and civil society, as well as with sectors beyond health, and at different levels, such as cities, should be promoted in this area in order to ensure timely and innovative sources of data." (WHO, 2016, p.17)

However monitoring HEPA has several methodological issues and highly reliable cross-country comparable data is hard to obtain. Furthermore, in order to be feasible to attain population-based samples and nationally representative samples many monitoring systems use self-reported indirect measures of physical activity. In fact, in 2016, the European Commission Study on the implementation of the European Physical Activity Guidelines (Gelius et al., 2016)[6] indicated these difficulties:

[5] World Health Organization (2015). Physical activity strategy for the WHO European Region 2016-2025.

[6] Gelius et al. (2015). Study on the implementation of the European Physical Activity Guidelines

"**A review of the national surveys used highlighted variability of the methodology used for each study, ranging from validated measurement tools** such as the International Physical Activity Questionnaire IPAQ **to non-validated survey tools and objective monitoring devices**, while the sampling sizes also differed vastly. **Thus, the decision to primarily report results based on national surveys limits the opportunity for comparisons across countries.** It would be preferable to agree upon an international, standardized source of data for international comparisons and observation of future trends" (Gelius et al., 2016, p.28)

Capitalizing on the opportunity that school and physical education provides with fitness assessment could be an efficient strategy to gather information on HEPA, and reaching European guidelines for monitoring HEPA.

In summary: EU guidelines on HEPA are clear in identifying monitoring as a key area for promoting HEPA, and support the development of the EU and member states (MS) level policies to promote HEPA. These guidelines reinforce the value of developing common monitoring tools for comparable cross-country data and improve data collection on HEPA with objective measurements at the school level. EU guidelines on monitoring HEPA include fitness levels as an outcome of interest, however at the European level information that allows cross-country comparison is scarce. Schools and physical education provide fitness assessment information that is underused. Capitalizing on the opportunity that school and physical education provides, to gather information on HEPA through fitness levels is an efficient strategy for reaching European guidelines for HEPA.

E.1.3. Aim and objectives of the European Fitness Monitoring System (EUFITMOS) project

Following the European recommendations for monitoring fitness, especially in youth, and given the resources that are already available and are underused in this population, the aim of the EUFITMOS project is to create a European network for monitoring fitness in youth.
The EUFITMOS project will bridge the gaps between knowledge, guidelines, concepts for monitoring and assessment, among countries and among different sets of indicators on fitness. In order to do so, the project is set up in three essential objectives:

Objective 1: To obtain a better understanding of the status quo of adolescents' fitness in Europe and to inform the public health and education sectors about the fitness levels (ranging from primary school to secondary school level) by:

a. Reviewing the literature, identifying the existing systems already implemented/undergoing in each country and identifying best practices;
b. Conducting a study and writing a report on the fitness levels of adolescents from selected EU-countries.

The review and the study will allow obtaining a better understanding of adolescents' fitness levels and the assessment systems implemented in Europe. This will inform decision makers, mainly in the public health and education sectors. This objective is in accordance to the EU recommendations of the EU Physical Activity Guidelines (2008) and the Expert Group on HEPA 2014-2017 (European Commission, 2015) for using fitness as an indicator of HEPA in school-aged youth.

Objective 2: To convert knowledge, experiences and outcomes from former monitoring and assessment batteries of fitness into a comprehensive but applicable:

a. Manual of standardized fitness monitoring, to be used by physical education teachers;
b. Training module for physical education teachers to increase knowledge on health-related fitness and fitness assessment;
c. Toolkit for physical education teachers to prepare and provide adolescents' assessment of fitness.

The manual will correspond to the guidelines for using the fitness battery. The toolkit will be composed by a set of instructions and digital materials concerning the fitness battery to help the teachers in its implementation. This objective is in accordance to the physical activity strategy for the WHO European Region 2016-2025 (WHO, 2016) and the European Commission Study on the implementation of the European Physical Activity Guidelines (Gelius et al., 2016) for developing common surveillance tools for comparable cross-country data.

Objective 3: To create an European network for monitoring fitness in youth based in an online platform where:

a. The manual of standardized fitness monitoring and the toolkit for physical education teachers will be available;

b. A standardized health-related fitness report for adolescents and their families, based on their fitness evaluation results will be available;
c. An international database with the collected physical fitness data from adolescents from several European countries, to be open and freely used by professional and scientific communities, will be available;
d. Information on fitness from several European countries to be used by public health and other authorities with the aim of monitoring fitness in youth will be available.

The European network, based on the online platform, will allow monitoring fitness on a regular basis at the country and European levels. This will help to further fulfil the European recommendations for HEPA, especially the EU Physical Activity Guidelines (2008) and the Expert Group on HEPA 2014-2017 (European Commission, 2015), and the physical activity strategy for the WHO European Region 2016-2025 (WHO, 2016) and the European Commission Study on the implementation of the European Physical Activity Guidelines (Gelius et al., 2016). These recommendations state that fitness should be used as an indicator of HEPA in school-aged youth.

The genuine and adequate needs analyses

E.1.4. The need for a monitoring network of fitness for HEPA

The EU Physical Activity Guidelines (2008) were a benchmark for recognizing the importance of HEPA. In order to better understand the implementation of these guidelines, it was acknowledged that there was a need to develop an efficient monitoring framework able to collect reliable information to better support EU level and MS level HEPA policies and practice.

For that reason, a specific monitoring framework was developed to cover several relevant HEPA thematic areas, and national physical activity focal points were identified to contribute and coordinate the data collection. This collection took place during 2015 in all MS with the cooperation of the Commission and WHO. Out of this process, the Factsheets on HEPA in 27 European Union MS of the WHO European Region were published in 2016.

Despite the EU Physical Activity Guidelines (2008) and the Expert Group on HEPA 2014-2017 (European Commission, 2015) explicitly recommend that fitness should be an indicator of HEPA, it has not been used as an indicator in the Factsheets on HEPA. Furthermore, from all the EU initiatives and programs on HEPA and all the previous Erasmus+ winning projects on sport, none is dedicated to monitoring fitness levels. For that reason, at the EU level, information on fitness is scarce. Fitness is considered one of the most important health markers, and is being unconsidered by the existing monitoring systems at the EU-level. There are several fitness test batteries that allow evaluating fitness levels at a low cost, with great agreement with laboratory measurements. Furthermore, these batteries are already implemented in some schools throughout Europe. However, even when considering fitness there is still a need for standardizing practice regarding data collection.

The fact that fitness is not being used as an indicator of HEPA, even though it is specifically recommended by the EU policy, have highlighted the genuine need for a reliable and efficient monitoring. A fitness monitoring framework can support the implementation of the Council recommendations on HEPA and can help identifying the major trends and changes in the fitness levels of youth over time. This allows the MS to evaluate policies on HEPA and improve strategies and action plans for promoting physical activity to increase fitness levels.

Furthermore, in the 2017 Eurobarometer survey (European Commission, 2018) the main motivations for participation in sport or physical activity are improved health (54%) and fitness (47%). Thus, monitoring fitness may also be an efficient strategy to promote participation in physical activity and sport, as it is strictly related to health (more than physical activity) and provides individual perspective on one's evolution.

The extent to which the objectives address issues relevant to the participating organisations and target groups

E.1.5. Target groups and project objectives of the participating organizations

Each organization involved in this project will actively contribute to the objectives of the project mentioned above and at the same time address issues relevant to their target populations.

Adilson Marques and the Faculty of Human Kinetics (FMH) are experts in HEPA and fitness and have developed previous projects in this field and will be the coordinators of the project. Promoting HEPA among the population, especially in children and adolescents through physical education and recreational physical activity is one of the main goals of FMH and of Adilson Marques' research interest and expertise. João Martins is currently involved in diverse Erasmus+ Sports projects (European Physical Education Observatory [EUPEO] and Physical Literacy Project [PHYLIT]). Since 2016 he has been a teacher trainer in partnership

with the Portuguese General-Directorate of Education (Ministry of Education) for the professional development training at a national level on the Portuguese platform for promoting physical activity and physical fitness in physical education.
Likewise, Yolanda Demetriou form Technical University of Munich (TUM) and Stevo Popovic from the University of Montenegro (UoM) are experts regarding the promotion of physical activity in children and adolescents. Additionally, TUM and UoM are involved in many activities related with physical activity and health, competitive and popular sports and physical education.
An additional aspect which gives a measure of the project topic and approach relevance to the participating organizations is their involvement in currently running European Union and Erasmus+ Sport projects. This also brings additional expertise to partnership. In detail, FMH and TUM are partners in the Promoting active travel to school in Europe (ACTS) E+ SPORT PROJECT [603249-EPP-1-2018-1-DE-SPO-SCP], which also aims to improve knowledge on HEPA.
Bruno Avelar Rosa from Association for the Development of Youth Sports (ADDJ) is currently involved in several EU funded studies, including Erasmus+ Sport projects. The ADDJ is an association focused in developing physical activity and sport projects with a strong educational component and especially aimed at young people. This association as great experience in project development and management and has children and adolescents as its target populations.
Marcos López Flores form Fundación Universidad Isabel I (FUI1) is an expert in physical activity and physical education and will lead the education and training. Their expertise in distance learning with vast experience in website and online content development will help in the development of the training module.
Thrasyvoulos Tsiatsos from Aristotle University of Thessaloniki (AUTH) is also an expert in physical activity and physical education and the digital technologies. Additionally, the School of Informatics of AUTH is specialist in informatics development and online content and will be responsible for the online platform and other digital tool of this project.
The Sports Union of Slovenia (SUS) goal is to promote healthy lifestyle and active use of leisure time. The vision of the Sports Union Slovenia is to be the leading sports organisation in the field of sports recreation and its education in Slovenia, which will seek to approximate recreational sports and physical education for every individual. Mojca Markovic from this association will lead education and training and their experience in this filed will be crucial to this project.
All partner organizations have an important role in the education of physical education and sports professionals.

References

Chaddock-Heyman, L., Erickson, K. I., Chappell, M. A., Johnson, C. L., Kienzler, C., Knecht, A., . . . Kramer, A. F. (2016). Aerobic fitness is associated with greater hippocampal cerebral blood flow in children. *Dev Cogn Neurosci, 20*, 52-58. doi: 10.1016/j.dcn.2016.07.001

Erikssen, G., Liestol, K., Bjornholt, J., Thaulow, E., Sandvik, L., & Erikssen, J. (1998). Changes in physical fitness and changes in mortality. *Lancet, 352*(9130), 759-762. doi: 10.1016/S0140-6736(98)02268-5

Faselis, C., Doumas, M., Kokkinos, J. P., Panagiotakos, D., Kheirbek, R., Sheriff, H. M., . . . Kokkinos, P. (2012). Exercise capacity and progression from prehypertension to hypertension. *Hypertension, 60*(2), 333-338. doi: 10.1161/HYPERTENSIONAHA.112.196493

Hogstrom, G., Nordstrom, A., Eriksson, M., & Nordstrom, P. (2015). Risk factors assessed in adolescence and the later risk of stroke in men: a 33-year follow-up study. *Cerebrovascular Diseases, 39*(1), 63-71. doi: 10.1159/000369960

Hurtig-Wennlof, A., Ruiz, J. R., Harro, M., & Sjostrom, M. (2007). Cardiorespiratory fitness relates more strongly than physical activity to cardiovascular disease risk factors in healthy children and adolescents: the European Youth Heart Study. *Eur J Cardiovasc Prev Rehabil, 14*(4), 575-581. doi: 10.1097/HJR.0b013e32808c67e3

Janssen, I., & Leblanc, A. (2010). Systematic review of the health benefits of physical activity and fitness in school-aged children and youth. *International Journal of Behavioral Nutrition and Physical Activity, 7*, 40. doi: 10.1186/1479-5868-7-40

Lee, C. D., Blair, S. N., & Jackson, A. S. (1999). Cardiorespiratory fitness, body composition, and all-cause and cardiovascular disease mortality in men. *American Journal of Clinical Nutrition, 69*(3), 373-380. doi: 10.1093/ajcn/69.3.373

Metter, E. J., Talbot, L. A., Schrager, M., & Conwit, R. (2002). Skeletal muscle strength as a predictor of all-cause mortality in healthy men. *Journals of Gerontology. Series A, Biological Sciences and Medical Sciences, 57*(10), B359-365.

Mora, S., Redberg, R. F., Cui, Y., Whiteman, M. K., Flaws, J. A., Sharrett, A. R., & Blumenthal, R. S. (2003). Ability of exercise testing to predict cardiovascular and all-cause death in asymptomatic women: a 20-year follow-up of the lipid research clinics prevalence study. *JAMA, 290*(12), 1600-1607. doi:

10.1001/jama.290.12.1600
Ortega, F. B., Artero, E. G., Ruiz, J. R., Espana-Romero, V., Jimenez-Pavon, D., Vicente-Rodriguez, G., . . . study, H. (2011). Physical fitness levels among European adolescents: the HELENA study. *British Journal of Sports Medicine, 45*(1), 20-29. doi: 10.1136/bjsm.2009.062679
Ortega, F. B., Ruiz, J. R., Castillo, M. J., & Sjostrom, M. (2008). Physical fitness in childhood and adolescence: a powerful marker of health. *Int J Obes (Lond), 32*(1), 1-11. doi: 10.1038/sj.ijo.0803774
Ruiz, J. R., Castro-Pinero, J., Artero, E. G., Ortega, F. B., Sjostrom, M., Suni, J., & Castillo, M. J. (2009). Predictive validity of health-related fitness in youth: a systematic review. *British Journal of Sports Medicine, 43*(12), 909-923. doi: 10.1136/bjsm.2008.056499
Smith, J. J., Eather, N., Morgan, P. J., Plotnikoff, R. C., Faigenbaum, A. D., & Lubans, D. R. (2014). The health benefits of muscular fitness for children and adolescents: a systematic review and meta-analysis. *Sports Medicine, 44*(9), 1209-1223. doi: 10.1007/s40279-014-0196-4
Timpka, S., Petersson, I. F., Zhou, C., & Englund, M. (2014). Muscle strength in adolescent men and risk of cardiovascular disease events and mortality in middle age: a prospective cohort study. *BMC Med, 12*, 62. doi: 10.1186/1741-7015-12-62

E.2. Innovative aspects

Please describe to which extent is the proposal innovative.

The proposed project is innovative in several dimensions that warrant specific mention. For the first time:

1. Fitness will be used as an indicator of HEPA at the EU-level. A European network for monitoring fitness will be created to address issues that concern all MS, EU, WHO, and other national and European organizations in the field of sport, health, and education.

Although the EU recommendations for monitoring fitness as a HEPA indicator, data on fitness at the EU-level is scarce. This project is aiming at creating a monitoring system for fitness that will allow the use of fitness data to monitor HEPA in youth. Additionally, this project pretends to optimize resources in the assessment of fitness and standardize practices. This standardization will permit to generate cross-country comparable data and further advance strategies and outcomes on monitoring HEPA.

2. A manual and a toolkit will be created to generate European guidelines for using fitness assessment in schools in a standardized way and to have more comparable and reliable data among MS.

The practice of assessing fitness in schools varies between European countries. Thus, implementing a monitoring system without standardizing practices would result in data that may not be cross-country comparable. This project will develop a manual and toolkit for physical education teachers about fitness assessment. The toolkit will help to standardize practice and generate comparable data that can be used by the educational and health sectors as an indicator of HEPA and will help decision-making processes.

3. A training module for physical education teachers to increase knowledge on health-related fitness and fitness assessment will be created.

In accordance with the standardized manual and toolkit, an E-learning training module will be created. This will be the first of its type in Europe regarding standardized fitness assessment in schools. European physical education teacher will be able to access this module and increase knowledge on health-related fitness, besides the training in the standardized fitness assessment. This training module will help in the implementation of the basis for the monitoring network which is fitness assessment in schools.

4. Reports on the fitness levels of European youth from several countries will be disseminated.

In order to assist decision-making and policy on HEPA reports on the fitness levels of European youth from several countries will be developed. These reports will further advance knowledge on current fitness levels and support HEPA monitoring across the EU. Besides these reports, another report with different objectives will be disseminated – the individual health-related fitness reports. These reports are intended for adolescents and their families and will allow them to be aware of their own fitness levels in relation to the health standard, raising individual knowledge on fitness and HEPA and helping decision making at the individual and familiar levels.

5. A platform to disseminate the project's outputs with databases and reports for individual, professional and scientific support will be created.

This platform will act as the main vehicle to assess the outputs of the project, but also for the teacher to upload data regarding fitness. This will be a valuable tool for adolescents, teachers, scientists and policymakers, as all output of the project will be concentrated in the platform. This will be the first European platform with these purposes.

E.3. EU added value

Please describe the project's added value at EU level through results that would not be attained by activities carried out solely at national level.

The key reason to why this project adds value at the EU level is the creation of a European network for monitoring fitness. The Council Recommendation on promoting HEPA across sectors encourages MS to cooperate closely to promote HEPA by engaging in a process of regular exchange of information and best practices. Nonetheless, fitness monitoring systems used by MS differ significantly. This is one of the key reasons that this project adds value at the EU level. By creating a standardized process of data collecting, this project will allow to collect comparable and more reliable data. Thus, this project responds to the recommendation, by engaging several MS in a process of data collection and tool standardization to establish a best practice that can be used by all MS. Additionally, data will be exchanged between partner organisations and then shared in the form of national and international publications, as well as within the platform making the information readily available to all MS and other national and international organisations. This project will develop a monitoring framework for the EU MS that can provide comparable, valid and reliable data on youth fitness.

Other of the added values of this project is the access to the standardized health-related fitness reports. These reports, accessible to adolescents and their parents (or legal guardians), will provide information on adolescents fitness levels. This information allows adolescents and their families to be aware of their fitness levels in relation to the health standards and increase knowledge on fitness and HEPA. The reports will also function as important tools for decision making and motivation at the individual and familiar levels.

Lastly, the creation of an open access database with data on fitness is an innovative aspect of this project. This will allow the professional (mainly the health and education sectors) and scientific community to use this data to support decision making and HEPA policy planning or to undertake studies and further advance knowledge on this subject.

Part F - Quality of the project design and implementation

F.1. Project design

Please describe a clear and complete work programme, including appropriate phases for preparation, implementation, monitoring, evaluation and dissemination. Describe the proposal (on the basis of the main activities planned) and where and how it will be implemented.

Aim

The aim of this project consist in creating a European network for monitoring fitness in youth in order to use fitness as an indicator of HEPA for individuals, the MS, the scientific community and the public health and education sectors.

Objectives

Objective 1: To obtain a better understanding on the status quo of adolescents' fitness in Europe and to inform the public health and education sectors about the fitness levels (ranging from primary school to secondary school level) by:

a. Reviewing the literature, identifying the existing systems already implemented/undergoing in each country and identifying best practices;
b. Conducting a study and writing a report on the fitness levels of adolescents from selected EU-countries.

Objective 2: To convert knowledge, experiences and outcomes from former monitoring and assessment batteries of fitness into a comprehensive but applicable:

a. Manual of standardized fitness monitoring, to be used by physical education teachers;
b. Training module for physical education teachers to increase knowledge on health-related fitness and fitness assessment;
c. Toolkit for physical education teachers to prepare and provide adolescents' assessment of fitness.

Objective 3: To create an European network for monitoring fitness in youth based in an online platform where:

a. The manual of standardized fitness monitoring and the toolkit for physical education teachers will be available;
b. A standardized health-related fitness report for adolescents and their families, based on their fitness evaluation results will be available;
c. An international database with the collected physical fitness data from adolescents from several European countries, to be open and freely used by professional and scientific communities, will be available;
d. Information on fitness from several European countries to be used by public health and other authorities with the aim of monitoring fitness in youth will be available.

Work packages

The EUFITMOS project will be developed during 3 years, in 4 phases, integrating 6 work packages (WPs). The project will take place in 5 EU MS and Montenegro, and each WP has an appointed organisation that is responsible for the successful implementation of their designated WP.

To organize the 4 phases of the project and to present the project process and results there will be a project management and coordination, as well as a communication and dissemination part. During the management and coordination it will be define the entire project plan. It will include the project kick-off meeting; team building; contact list confirmation and distribution of tasks; financial controlling; preparation of other phases of the project; and project reports. Information of project management and coordination, and communication and dissemination will be described in the WP1 and WP2.

For each WP aims, tasks, deliverables, milestones and intellectual outputs will be presented. In this project, deliverables are defined as internal products to be shared and used by the project partners. Whereas, intellectual outputs are defined as tangible publicly available products.

Phase 1 (WP3)
The first phase will consist of a diagnosis of the fitness assessment practices in Europe and of the European adolescents' fitness levels. In this phase, 3 papers, 3 factsheets and 1 report will be produced. A first paper will be designed to identify good practices in assessing the fitness of adolescents, by involving specialists through a Delphi process (Paper 1). Then, it will be important to identify and analyse the different batteries used to assess fitness in selected European countries. A mixed-methods systematic review will be conducted in order to identify the barriers and facilitators of assessing adolescents' fitness levels in schools, from the perspectives of teachers and adolescents (Paper 2). A factsheet will be created to make this information available to all stakeholders. Then, another paper will be written to analyse the secular trends of adolescents' fitness levels (Paper 3). This characterization will be important in order to have a better understanding of adolescents' fitness levels and its trends over the years. As fitness is a health biomarker, this information is an health status indicator of adolescents. A factsheet will be created to make this information available to all stakeholders. Finally, a report will be produced in order to synthesise the main findings of the 3 papers, the 3 factsheets, and their respective implications for the following WPs (WP4, WP5, WP6).

Phase 2 (WP4)
The second phase is the preparation and training of physical education teachers for fitness assessment. The objectives and contents of the training will be initially defined. Next, the teachers' training module will be held, which will be online. This training will be done at the national level in each country involved in the project. The training will be translated into the language of each country and will be offered to physical education teachers. Additionally, a toolkit will be developed to provide physical education teachers with tools to assist them in the fitness assessment.

Phase 3 (WP5)
The third phase will be the data collection where a study will be performed to assess fitness of adolescents from the countries participating in the project. There will be a selection of at least 5 schools in each country where the fitness levels of the students will be assessed, using the battery elaborated based on the diagnosis of best practices in WP4. After collecting the data, it will be computerized and inserted in the platform (that will be developed in WP6) and a database will be assembled. A paper will be produced, in order to characterize the fitness levels of adolescents involved in this study.

Phase 4 (WP 6)
The fourth phase will be the development of an online platform with all the data collected and produced by the project. Data on the fitness of European adolescents, the toolkit of the teacher training module, the articles produced and all other outcomes will be available in the platform. The platform will be interactive and open access to the entire professional and scientific community. Each adolescent with data on the platform will receive an individual report with the results of the fitness assessment. This report will also be given to the parents of each adolescent. With these data, a final report will be written to characterize the adolescents' fitness levels.

WP 1. Project management and coordination
Leading applicant
Faculty of Human Kinetics, University of Lisbon (FMH)
Starting month
Month 1
Ending month
Month 36
Aims
To manage, coordinate and develop the project. In order to meet project objectives, ensure proper governance and quality of the project, accordingly to the EU commission instruction and grant agreement.
To assess the accomplishment of the project objectives.
Understand whether the outcomes of the project met the needs of partner MS and other stakeholders after its final completion.
Tasks
Coordination will be responsible for planning and implementation of work according to the project's objective. Tasks will be:

- T1.1. EC grant and consortium agreement (M1)
- T1.2. Organisation of meetings (in collaboration with the participating organisations), including

discussion of relevant issues, planning and evaluation of WPs (M2, M7, M14, M18, M27)
- T1.3. Overall coordination and project management (M1-M36)
- T1.4. Assessment of progress towards objectives (M1-M36)
- T1.5. Accounting/financial controlling (M1-M36)
- T1.6. Ensuring the overall quality of the project (M1-M36)
- T1.7. Elaboration of the interim project progress technical report, final technical report (M18, M36)
- T1.8. Elaboration of the EUFITMOS project report (M36)

Actions will be taken to verify the project execution and to assess progress towards objectives. The evaluation will include an assessment to analyse whether the project achieved the expected deliverables, and outcomes. The evaluation process will include: monitoring of implementation (project meetings, project phases, management, risks); outputs (deliverables); outcomes (dissemination and quality); and evaluation reports.

Deliverables
- DL1.1. Interim technical report (M18)
- DL1.2. Final technical report (M36)

Milestones
- MS1.1. Grant agreement done (M1)
- MS1.2. Interim technical report deliverance (M18)
- MS1.3. Final technical report and EUPASMOS project report deliverance (M36)

Intellectual outputs
- IO1.1. EUFITMOS project report (M36)

WP 2. Communication and dissemination

Leading applicant

Sports Union of Slovenia (SUS)

Active partners

Association for the Development of Youth Sports (ADDJ)
Fundación Universidad Isabel I (FUI1)

Starting month

Month 2

Ending month

Month 36

Aims

The main aim of this work package is to guarantee communication of the project's progress (internal and external) and results. This WP defines the ways that partners manage their communication and the way that the each one individually and all together as a consortium should exploits project news, information, developments and resources.

Tasks
- T2.1. Elaboration of the dissemination plan that should define the communication procedures and assessment indicators (M2)
- T2.2. Creation and exploitation of the project dissemination tools. Project logo, project leaflet, project website and project social medial channels should be published and used as the main project communication channels (M3-M36)
- T2.3. Project presentation for each national stakeholders and community (Multiplier sport event I) (M5)
- T2.4. Elaboration and publication of the factsheets about the results obtained within different media channels (M14-M16)
- T2.5. Elaboration of the mid-term and final dissemination reports (M18, M36)
- T2.6. Project results' presentation for the European stakeholders (Multiplier sport event II) (M35)

The dissemination of the project information and results will mainly be made through: scientific publications; a main conference during the final phase of the project; preparation and publication of a set of web news for social media and research platforms (e.g. LinkedIn and Facebook, ResearchGate), in connection with the progress and milestones of the project; dissemination of the toolkit (WP 4) through the project website; preparation of presentations and reports to disseminate project methods and results to all EU MS.

Deliverables
- DL2.1. Dissemination plan (M2)
- DL2.2. Multiplier sport event I report (M5)
- DL2.3. Mid-term dissemination report (M18)
- DL2.4. Multiplier sport event II report (M35)

- DL2.5. Final dissemination report (M36)

Milestones
- MS2.1. Dissemination plan (M2)
- MS2.2. Multiplier sport event I (M5)
- MS2.3. Multiplier sport event II (M35)
- MS2.4. Final dissemination report (M36)

Intellectual outputs
- IO2.1. Project website (M6)
- IO2.2. Factsheet of best practices (M14)
- IO2.3. Factsheet of barriers and facilitators of fitness assessment (M15)
- IO2.4. Factsheet of secular trends of physical fitness levels of adolescents (M16)

WP 3. Diagnosis

Leading applicant

Faculty of Human Kinetics (FMH)

Active partners

Technical University of Munich (TUM)
University of Montenegro (UoM)

Starting month

Month 2

Ending month

Month 12

Aim

To do a diagnosis of the best practices for assessing and monitoring physical fitness and identify the different batteries used across European countries. The perspectives of teachers on the main barriers and facilitators of monitoring physical fitness levels will also be identified, as well as the perspectives of adolescents. Finally, the secular trends of the physical fitness from European adolescents' will be identified.

Tasks
- T3.1. Developing an analysis protocol (M2)
- T3.2. Make an inventory and analyse the different fitness batteries used in the European countries (M3-M6)
- T3.3. Write paper 1 on the diagnosis of best practices for assessing and monitoring fitness (M3-M8)
- T3.4. Write paper 2 on the perceived barriers and facilitators of fitness assessment by teachers and adolescents: a mixed methods systematic review (M3-M10)
- T3.5. Write paper 3 on the secular trends of fitness in European adolescents: systematic review. (M3-M10)
- T3.6. Develop a diagnosis report to synthesise the main findings of the work produced and their implications for the following phases of the project (European fitness report) (M11-M12)

Deliverables
- DL3.1. Analysis protocol plan (M2)
- DL3.2. Inventory of fitness batteries (M6)
- DL3.3. Papers 1 production and draft version (M8)
- DL3.4. Papers 2 production and draft version (M10)
- DL3.5. Papers 3 production and draft version (M10)
- DL3.6. Diagnosis report (M12)

Milestones
- MS3.1. Analyses protocol done (M2)
- MS3.2. Paper 1, 2 and 3 submission to peer review journals (M10)
- MS3.3. Diagnosis report complete (M12)

Intellectual outputs
- IO3.1. Paper 1 submission version (M8*)
- IO3.2. Paper 2 submission version (M10*)
- IO3.3. Paper 3 submission version (M10*)
- IO3.4. European fitness report (M12)

*Paper publication date depends of journal acceptation.

WP 4. Education and training

Leading applicant

Fundación Universidad Isabel I (FUI1)

Active partners

Sports Union of Slovenia (SUS)
University of Montenegro (UoM)
Aristotle University of Thessaloniki (AUTH)

Starting month

Month 11

Ending month

Month 23

Aim

The main aim of this WP is (1) to develop a draft training module for the teachers, (2) to provide an initial training programme (trainers training), (3) to develop national workshops (training), and (4) to provide a continuous trainers e-learning process.

Tasks

- T4.1. Definition and elaboration of the contents of the training module (M11-M16)
- T4.2. Creation of the toolkit to assess fitness (M11-16)
- T4.3. Creation of the manual of standardized fitness assessment (M11-16)
- T4.4. Implementing the national workshops for physical education teachers (E-learning training module) (M17-23)

Deliverables

- DL4.1. Training module plan (M16)
- DL4.2. National workshops report (M23)

Milestones

- MS4.1. Training module elaboration completed (content of training module + toolkit + manual) (M16)
- MS4.2. End of the training module implementation (M23)

Intellectual outputs

- IO4.1. Toolkit to assess fitness (M16)
- IO4.2. Manual of standardized fitness assessment (M16)

WP 5. Data collection

Leading applicant

Technical University of Munich (TUM)

Active partners

Faculty of Human Kinetics (FMH)
Association for the Development of Youth Sports (ADDJ)
Sports Union of Slovenia (SUS)
Aristotle University of Thessaloniki (AUTH)
University of Montenegro (UoM)
Fundación Universidad Isabel I (FUI1)

Starting month

Month 21

Ending month

Month 31

Aim

To design and implement the project for collecting data on fitness in selected EU-countries and write a report of the youth fitness levels.

Tasks

- T5.1. Select the sites for data collection (M21)
- T5.2. Collect data in the designated sites (M22-M27)
- T5.3. Assemble the database (M28-M29)
- T5.4. Analyse the data and produce information on findings to be disseminated through international and country specific reports (M30-M31)
- T5.5. Write paper 4 on the fitness of European adolescents: original scientific article (M30-M31)

Deliverables

- DL5.1. Paper 4 production and draft version (M31)

Milestones

- MS5.1. Definition of sites for data collection (M21)
- MS5.2. End of data collection (M27)
- MS5.3. Data insertion in the platform (M29)
- MS5.4. Paper 4 submission to peer review journal (M31)

Intellectual outputs

- IO5.1. International database with the collected fitness data (M29)
- IO5.2. International and country specific reports on fitness (M31)
- IO5.3. Paper 4 submission version (M31*)
  *Paper publication date depends of journal acceptation.

WP 6. European youth fitness platform

Leading applicant

Aristotle University of Thessaloniki (AUTH)

Active partners

Faculty of Human Kinetics (FMH)
Fundación Universidad Isabel I (FUI1)

Starting month

Month 10

Ending month

Month 36

Aim

To implement (develop + operationalize) the online platform to make available (a) the manual of standardized fitness monitoring and the toolkit for physical education teachers, (b) a standardized health-related fitness report for adolescents and their families, (c) an international database with the collected physical fitness data from adolescents from several European countries for professional and scientific communities, and (d) information on fitness from several European countries to be used by public health and other authorities with the aim of monitoring fitness in youth.

Tasks

- T6.1. Develop the online platform (M10-M14)
- T6.2. Elaborate the platform use guidelines/manual (M13-M14)
- T6.3. Pre-test the online platform (M14)
- T6.4. Maintenance of the online platform (M15-M36)
- T6.5. Elaboration of the standardized health-related fitness report (M28-M31)
- T6.6. Make available online the intellectual outputs (M14-M36)

Milestones

- MS6.1. Platform availability (M14)
- MS6.2. Online availability of all the intellectual outputs of the project (M36)

Intellectual outputs

- IO6.1. Platform use guidelines/manual (M14)
- IO6.2. Online platform (M14)
- IO6.3. Standardized health-related fitness report (M31)

Gantt chart of the project

TIMELINE	2020												2021												2022											
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12
WP 1 - PROJECT MANAGEMENT AND COORDINATION																																				
T1.1. EC grant and consortium agreement																																				
T1.2. Organisation of meetings																																				
T1.3. Overall coordination and project management																																				
T1.4. Assessment of progress towards objectives																																				
T1.5. Accounting/financial controlling																																				
T1.6. Ensuring the overall quality of the project																																				
T1.7. Elaboration of the interim and final technical reports																		DL11																		DL12.
T1.8. Elaboration of the EUFITMOS project report																																				IO11
WP2 - COMMUNICATION AND DISSEMINATION																																				
T2.1. Elaboration of the dissemination plan		DL2.1																																		
T2.2. Dissemination tools						IO2.1																														
T2.3. Project presentation (**MSE I**)					DL2.2.																															
T2.4. Elaboration and publication of the factsheets														IO2.2.	IO2.3.	IO2.4.																				
T2.5. Mid-term and final dissemination reports																		DL2.3.																		DL2.5.
T2.6. Project results' presentation (**MSE II**)																																			DL2.4.	
WP3 - DIAGNOSIS																																				
T3.1. Developing an analysis protocol		DL3.1																																		
T3.2. Inventory of fitness batteries						DL3.2.																														
T3.3. Write paper 1 (diagnosis of best practices)								DL3.3. IO3.1																												
T3.4. Write paper 2 (barriers and facilitators)										DL3.4. IO3.2.																										
T3.5. Write paper 3 (secular trends of fitness)										DL3.5. IO3.3.																										
T3.6. Develop a diagnosis report											DL3.6. IO3.4.																								
WP4 - EDUCATION AND TRAINING																																				
T4.1. Elaboration of the training module																DL4.1																				
T4.2. Creation of the toolkit																IO4.1																				
T4.3. Creation of the manual																IO4.2.																				
T4.4. National workshops (E-learning)																							DL4.2.													
WP5 - DATA COLLECTION																																				
T5.1. Select the sites for data collection																																				
T5.2. Collect data in the designated sites																																				
T5.3. Assemble the database																													IO5.1							
T5.4. Analyse the data																														IO5.2.						
T5.5. Write paper 4 (European adolescents fitness)																														DL5.1 IO5.3.						
WP6 - EUROPEAN YOUTH FITNESS PLATFORM																																				
T6.1. Develop the online platform														IO6.2.																						
T6.2. Elaborate the platform use guidelines/manual														IO6.1																						
T6.3. Pre-test the online platform																																				
T6.4. Maintenance of the online platform																																				
T6.5. Elaboration of the standardized health-related fitness report																																IO6.3.				
T6.6. Make available online the IO																																				
MILESTONES	MS11	MS2.1 MS3.1			MS2.2.					MS3.2.		MS3.3.		MS6.1		MS4.1		MS12.			MS5.1		MS4.2.				MS5.2.		MS5.3.		MS5.4.			MS2.3.	MS13. MS2.4. MS6.2.

F.2. Methodology

Please describe:

- the quality and feasibility of the methodology proposed,
- the consistency between project objectives, methodology, activities and budget proposed,
- the existence and quality of management arrangements (well defined and realistic timelines, organisation, tasks and responsibilities).

EUFITMOS intends to create a European Fitness Monitoring System focused on four phases. This monitoring system will be based on a standardized fitness monitoring instrument and a European fitness platform containing adolescents' fitness levels from different European countries.
Before the description of the methodology of the 4 phases, the WP1 (Project management and coordination) and WP2 (Communication and dissemination) will be introduced. These 2 WPs will be described before the 4 phases because they are project process WPs and are cross-sectional to all the phases of the project.

WP 1. Project management and coordination – leaded by the Faculty of Human Kinetics (FMH)
Several actions will be carried out to secure a solid coordination of the whole project and to assurance the fulfilment of the WP within the estimated time frame and given budget.

Organization of steering committee meetings

Five partner meetings will take place during the project duration. All decisions taken during meetings will be binding for all partners. Notes will be produced at every meeting, which will later be part of the project documentation and will be accessible. Preparation, invitations, facilitation and follow up of meetings will be done by the project manager.

Financial reporting

The project manager and FMH will prepare a financial report sheet for all partners to use during the project. Every 6 months the partners will compile the financial information of their organisation (cost, activity, justification) and send it to the project manager. The project manager will check and compile this information and forward them to the European Commission (every 6 months). An analytic accounting mechanism will be opened to record all expenses and revenues related to the project.

Financial management

The project manager is responsible for filing the payment claim for pre-financing (60%) and the final payment claim (40%). He will also manage the transmission of the funding to the partners. The financial rules will be clearly set in the Partnership Agreement to define the responsibilities among partners. This will be handled in such a way as to correspond to the breakdown of expenditures mentioned in the budget form.

Coordination of the partnership

Coordination of the partnership is important for the success of the project. The project manager will facilitate participative discussions, prepare, monitor and report the advancement of the activities and deliverables. He will inform partners on technical elements of the EU grant as well as information on the project development. He will assist all partners in organizing the cooperation with the other project partners in WP 2-6.

Monitor the effective management of the work packages

The project manager, in coordination with each WP leader, will monitor the activities in a timely and effective manner. This is to ensure that there is a flow from WP2 to WP6 in a suitably efficient and sequential way.

WP 2. Communication and dissemination – leaded by Sports Union of Slovenia (SUS)
WP2 will outline the process, methods and level of communication of the project to key stakeholders. It should be read in conjunction with H.3.
This work package will outline in detail the process, methods and level of communication about the project to key stakeholders. The key elements of WP2 will be:

a) Website of the project (and of each participating organisation).
b) Local and social media.
c) Communication with key stakeholders (Newsletters).
d) Reports, publications, factsheets, infographics, articles for scientific and professional reviews, and presentations at EU conferences.

e) Plans for ensuring the sustainability of the project showing its capacity to continue having an impact and producing results after the EU grant has been used.

The quality and feasibility of the methodology proposed

The **first phase** of EUFITMOS is the diagnosis of the situation. It is important to start by defining a protocol for the implementation of the protocol, so that the tasks performed subsequently are consistent and supported by identified good practices and existing literature. Thus, initially the prototype will be made that will be followed for the entire diagnostic process.

Following the protocol, an analysis of existing good practices of fitness assessment will be done. The idea is to identify what exists, to select the correct practices, to evaluate and implement a good system of monitoring of the adolescents' fitness. For this, a 3-round Delphi process (round 1 - open-ended questions; round 2 - rate statements using a 5-point likert scale; 3 - rate statements and achieving a consensus) will be made to 12 experts in the area of health-related fitness, as well as 12 physical education teachers (two from each country of the consortium). An article will be developed and published (paper 1).

In parallel with the identification of good fitness monitoring practices, the secular trends of physical fitness levels of adolescents in selected European countries will also be analysed through a systematic review. For the systematic review, a protocol will be defined previously. For this, the team has several researchers, with experience in performing systematic reviews published in the best academic journals with peer review in the field of sports science. The results of the systematic review will be used to compare the results of the adolescents' fitness assessment with the values observed in previous years. An article will be developed and published (paper 2).

In order to build a toolkit for fitness monitoring it is necessary to know the different fitness batteries used by teachers in selected European countries. Semi-structured interviews will be conducted with 12 physical education teachers (2 in each country) to know which batteries for fitness assessment are used. This information will be presented in a factsheet (1) and cross-referenced with best practices for selecting the most appropriate fitness assessment tests.

An analysis of the barriers and facilitators of assessing adolescents' fitness levels in schools will also be conducted. Specifically, a mixed-methods systematic review of the literature will be developed to identify the factors that can be altered in order to make fitness monitoring more enjoyable for adolescents, considering the both the teachers and adolescents perspectives. In this type of literature review, quantitative and qualitative papers will be included (paper 3).

Before moving to the next phase a report will be developed where all of the previous diagnosis activities and results will be synthesized and the stemming implications for the next phases of the project identified.

In addition to identifying good practice, it will be important to develop a training program for teachers (**phase two**). This training will enable teachers to apply standardize fitness tests. The training program will be part of continuing teacher training. In each country, in selected schools, workshops will be held to train teachers. This training will result in a toolkit that will be placed online for consultation of any teacher who wishes to apply physical fitness tests to their students. The toolkit will have an introductory part, explaining the importance of fitness for health, the description of the tests, and how to apply it.

The standardization of testing will be important so that the collected data can be treated in the same way.

With the diagnostic data, a study (**third phase**) will be done, using all the knowledge acquired. It is intended to apply a fitness battery, using the good practices previously identified, to students from at least 5 schools in each country.

With the results of the fitness assessment will be made individual reports that will be delivered to each student, as well as their parents. Students are expected to be aware of their fitness status and that their parents also know the fitness levels of their children. Knowing that fitness is a health biomarker, it is intended that parents use this information for conscious decision-making about the orientation they will give their children to practice physical activity. This is important because practicing physical activity is the only way to maintain or better fitness levels.

The results of the study will allow the creation of a European youth fitness platform.

The **fourth phase** is the creation of the platform. This digital platform will have data from the students' fitness assessment results (unidentified, to protect student identity). It is intended to be interactive, allowing teachers in each country to add the data they collect. In this way there will be a constant demand for new data that will be made available for use by the professional and scientific community.

Scientists and physical education teachers will have access to the platform through an access login and a password. By entering they will view the raw data, in a database in SPSS, without ever being able to see the identity of any adolescents.

Adolescents and parents can also access the platform, with a username and password. Their access will allow them to see the adolescent's report, with the results of fitness tests.

The consistency between project objectives, methodology, activities and budget proposed

The methodology used in EUFITMOS is essential for the achievement of the project objectives. The various phases of the project are articulated in order to give consistency to all the work that is intended to be done.

It begins with a diagnosis of good practices, and then develops a teacher training module for fitness assessment. Identifying good practice in assessing fitness and identifying existing batteries for evaluation will enable the development of a solid and expert-validated work strategy. This is consistent and consistent with the goal of later creating a European Fitness Monitoring System.

Only after a good diagnosis is it possible to do two things: 1) create a training module for teachers to evaluate fitness; 2) Create a toolkit for fitness assessment. It is important to reinforce that a rigorous methodology will be used to carry out the diagnosis, through the collection of information through the Delphi method, also known as the Estimate-Talk-Estimate, and the preparation of systematic reviews. This work will have a rigorous protocol, to ensure high quality.

After completing the training and finishing the toolkit, then it will be possible to carry out an evaluation of the adolescents' fitness in the various countries of the consortium. The EUFITMOS methodology requires a data collection in several countries, in more than 500 students per country, to be able to make a characterization of the fitness levels.

This evaluation will also examine the extent to which countries and schools explain the variability of fitness. Since these call for analyses and suggest detecting increase in variance, we will determine the necessary sample size to detect specific increases in variance. Therefore, an estimate of the degree of clustering is provided by the intraclass correlation coefficient (ICC). We will examine ICC of 0.05 and 0.10, with the latter correlation serving as a comparison if the event clustering is stronger than anticipated. Let r represent the ICC and c the average number of subjects per school available for analysis. To accommodate the effect of clustering, a design effect factor of 1+(c-1)r is used in assessing sample size characteristics. The sample size calculations below are inflated to account for this adjustment. We anticipate being able to successfully recruit at least (c=) 100 adolescents per school. Based on these results, we will target a total sample size of at least 3600 adolescents recruited over 30 schools, 6 from each countries (at least 100 adolescents per school).

Despite being a large sample, the consortium has the capacity to access the data of so many adolescents. FMH, TUM, AUTH, UoM, and FUI1 are institutions that have physical education teacher education programs. Therefore, at least these universities have protocols with many schools, which can easily reach that number of adolescents. However, in order to ensure that data from adolescents can be collected in all countries of the consortium, there is one physical education teacher from each country. The choice of teachers was judicious because they are teachers with responsibilities in the schools in their area of professional activity. Furthermore, some teachers are members of associations representing physical education professionals in their countries. In this way, collecting data from so many adolescents will be a feasible task. It should be noted that some consortium organizations have already conducted surveys in which they collected data from samples larger than 3600 adolescents.

With the collected data, it will be possible to create the European fitness platform. For this, it will be important to have data from several European countries, so the consortium is made up of 6 countries. In this platform will be the reports with the characterization of the adolescents' fitness levels. The report will have general data and data stratified by country, sex, age, year of schooling.

After the end of the project, it is intended to continue feeding the platform. The platform will be fed with data that the teachers can introduce. With the toolkit available to any teacher, the platform will have the potential to receive data from the teachers of the consortium and others from other countries who want to cooperate. The idea is to have a fitness monitoring system, to report every two years on the fitness levels of European adolescents.

The existence and quality of management arrangements

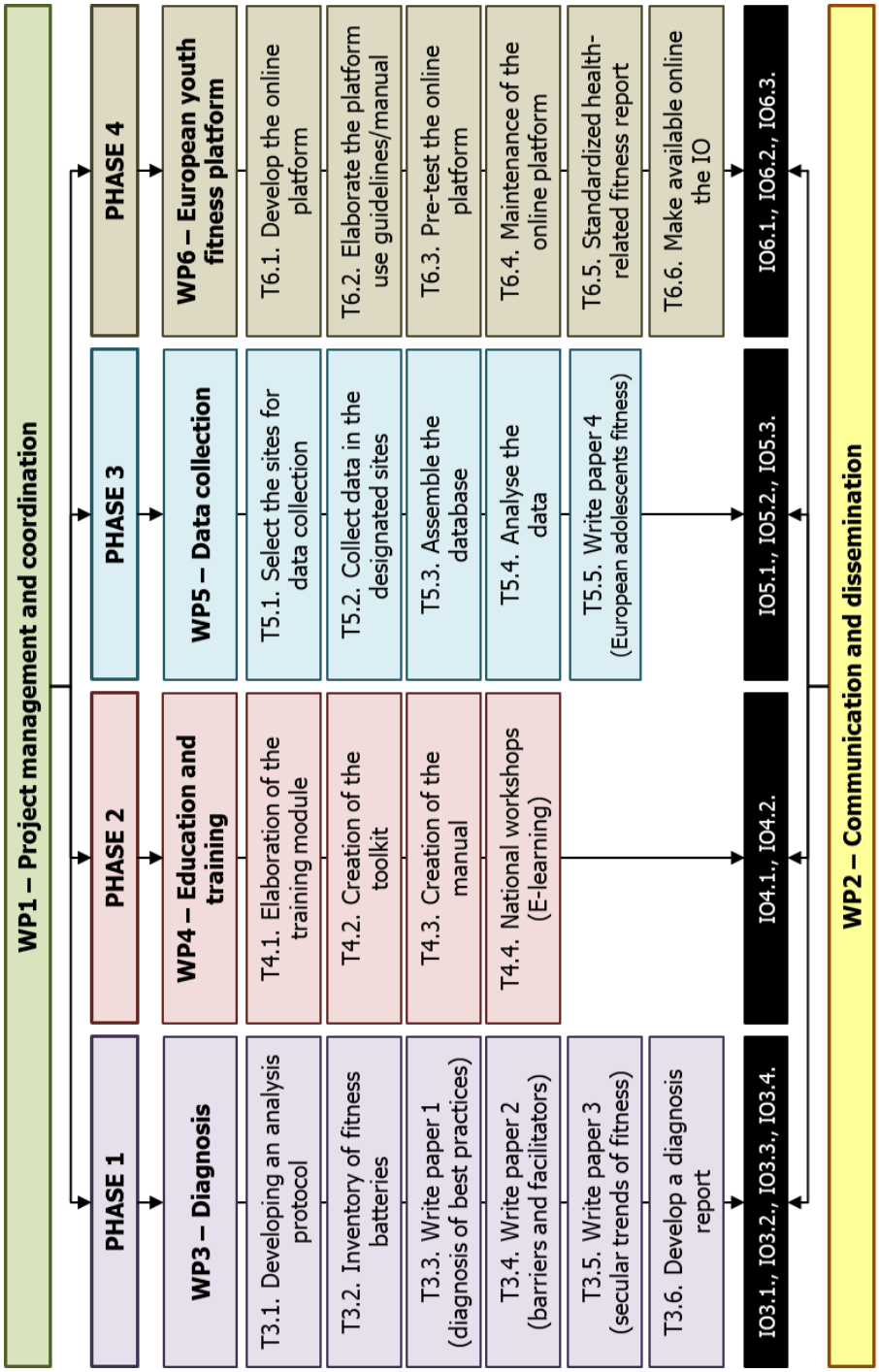
The project content and the administrative management planning were developed in collaboration with all project partners. This ensures that all project parts are clear and planned to guarantee its completion. The WP has an assigned leader and active partners to support the implementation of the tasks and deliverables previewed. To ensure that all partners all committed and engage with the project, all partners will have an important role in at least one WP and will be responsible for contributing to each WP.

EUFITMOS is structured in different phases. Each phase has a specific set of objectives to be achieved in timeframes that all partners can comply, and distributes meetings' venues and the responsibilities of each partner according to task needs and partners' roles and resources. This distribution guarantees periods of

greater or lesser involvement, to facilitate and decentralize the project completion. Thus, there are periods where partners will be individually responsible and other periods where there will be a shared responsibility among partners. All activities will be regularly tuned during project transnational meetings and monitored throughout the project, helping the project team to assess the progress and results obtained. This monitoring, as well as the project evaluation, is facilitated by a fluid and logic sequence between EUFITMOS' objectives and its deliverables for each activity during each part.

It is important to mention that all project parts are clear and planned to guarantee its completion. The project partners have experience in managing and participating in funded projects, including from EU, which reinforces the quality of the general management arrangement. The coordinating institution, Faculty of Human Kinetics, has been funded by several EU projects, having acquired an important procedural and managerial experience and efficiency.

Organogram of the project methodology



F.3. Quality control during project implementation

Please describe:

- the existence and relevance of quality control measures to ensure that the project implementation is of high quality, completed in time and on budget,
- how the results will be achieved in the most economical way and on time,
- the coherence between the project activities and the use of budget,
- any potential risks involved in the implementation, how they might affect the objectives and results of activities and how they could be mitigated.

The existence and relevance of quality control measures to ensure that the project implementation is of high importance, completed on time and on budget.

EUFITMOS will have a number of measures to control and evaluate its process and outcomes. The project planning was developed in cooperation with all project partners, ensuring their full commitment. Each WP has a leader and the project partners are involved in WPs ensuring participation. Transnational meetings will involve discussion of ongoing monitoring and evaluation, and the project team will reflect on progress and results. In this way it will be possible to adjust the project if necessary.

In WP1 measures to provide the quality control during project implementation will be:

Meetings

During the three years project, the proposal foresees five transnational meetings planned at specific stages of the project. In these meetings an overview of the work performed and a plan of future activities will be done. These meetings will be also used as a budget control system for all partners. At the end of each meeting, the proceedings will be discussed and agreed by all partners.

Conference calls

The partnership will arrange a monthly conference call so that all partners are informed about the work progress, and any potential or actual issue will be shared and discussed. Preventive and corrective actions will be agreed. Results on previously identified issues will be tracked and improved if necessary.

Daily project progress management

Regular communications (mailing, phone calls, etc.) among partners will take place as needed for ensuring that all project outcomes, actions and deliverables from each activity are prepared on time.

Interim and final report

An interim and final report will be written, covering the extent to which the partnership is and remains committed to the aim of the project, and achieving specific tasks; the extent to which objectives/activities remain appropriate; the partnership's approach to management and delivery; the partnership's effectiveness in achieving its outputs and outcomes; value for money and effective dissemination. The reports will be produced using a number of approaches including examination of documents, analysis of monitoring and feedback. The mid-term report will include the documentation from the first half of the project, and will indicate both successes to date and any issues or challenges faced. This will be a factual account primarily, designed for project participants and stakeholders as well as auditors and external monitors in the first instance, as successes and challenges will have been discussed by the partnership on an ongoing basis from the outset, but where appropriate it will offer potential solutions or flag up future issues. The final report will describe the background to the project, its context, the initial rational, and the objectives set plus how the work was carried out, any changes which had to be made over the project lifetime and also how the evaluation was carried out. It will describe the outcomes of the project, supported by quantitative and qualitative evidence and the effectiveness of the work, drawing lessons for future work. Following the end of the project, this report will be made available to interested parties.

Data management

All data will be transferred electronically to Faculty of Human Kinetic of University of Lisbon. Data will be checked and cleaned and there they will be stored on central servers. These servers meet the high standards for data safety in Portugal. The Faculty of Human Kinetic of University of Lisbon staff will recheck quality of incoming data, integrate the datasets, create study variables and keep archives. Data management procedures will be based on substantial cumulative experience. Participants will be assigned ID numbers, and ID numbers and names will be kept separate from database files. Weekly duplicate backups will be stored both onsite and offsite in a central computer based on Faculty of Human Kinetic of University of Lisbon. In order to ensure efficient reuse of the data, other researchers will be given access to the research data through a secured password (provided on request by the principal investigator). The

collected and generated data will be archived for at least 10 years.

How the results will be achieved in the most economical way and on time.
At the beginning of the project, a "time and expenses sheet" will be prepared for each partner to register all efforts and costs related to the project. The project coordinator will request an update of the "time and expenses sheet" of every partner every 6 months. This system will make the budget control easier and realistic. It will allow the early detection of deviations on expenses and efforts dedicated to the project. The budget effectiveness is guaranteed by a balanced distribution of resources among the partners. The budget has been discussed and decided by all the members of the partnership. The budget has been carefully constructed, trying to identify the most realistic and necessary costs for an implementation of the activities with quality and effectiveness criteria. There is a consistency between the work programme and the budget; all aspects of the budget are clearly related to the foreseen work packages and all work packages have the adequate resources for its accomplishment.
The coherence between the project activities and the use of budget.
The WP structure, planning and specific budget ensures a coherent work allocation. The potential risk of unfair division of tasks overloading some partners will be mitigated. The Faculty of Human Kinetics and project team administrative and financial management will ensure the coherence between project activities and the use of the budget. Monitoring, evaluating and continuously adjusting the tasks, project team will ensure that the project will run correctly with a controlled budget.

Any potential risks involved in the implementation, how they might affect the objectives and results of activities and how they could be mitigated.
In order to guarantee an overall success of the project, a quality assurance plan will be designed, followed and regularly examined in respect to the projects outcomes and progress. Faculty of Human Kinetic of University of Lisbon will be responsible for evaluating periodically the status of the indicators of achievement, and will provide immediate feedback to the project partners regarding the current situation of the project. It will take immediate action when a partner is not on track with the timeline given in this application regarding the outcomes of the project. The quality assurance plan includes all the outcomes of the project, the steps that need to be taken to fulfil these outcomes, the responsibilities and tasks of each partner regarding the outcomes and a detailed timeframe and deadlines. Additionally, corrective and preventive actions will be identified connected with management, dissemination and the development of outputs. These will be finalised in the kick-off meeting of the project. Adilson Marques will check the quality assurance plan on a monthly basis and immediate feedback will be given to the partners.
In each meetings with the partners of the project, the risks will be reviewed to ensure that the work within this project in on track. The resulting risks log will be re-evaluated during and performance will be evaluated against the deliverables and outputs to assess the cumulative effect of all failures on the final set of project objectives. Risks will be controlled and minimized by putting in place suitable mitigation measures to minimize the impacts. Based on this close supervision, the continuous monitoring and the detailed plan on how and when to fulfil the outcomes of the project, the forecast of fulfilling the planed outcomes of the project is very high and we are sure that we will succeed in keeping a high quality standard during the entire duration of the project.

F.4. Transnational project meetings

Please justify:

- the need for the meetings in terms of number of meetings and participants involved.

Please copy-paste the table as many times as necessary.

NOTE: Travel distances must be calculated using the distance calculator supported by the European Commission (see the link in the detailed budget table template).

Meeting number	1
Dates and venue	February 2020, Lisbon (FMH)
Description of the meeting (including the need for the	Two days meeting. The EUFITMOS programme will be presented in Lisbon. The project kick-off meeting will involve all project partners. During the meeting the partners will be acquainted. The project timeline, work packages and milestones will

meeting)	be discussed in detail, the formal procedures of the funding of the project will be explained and the next steps of the project conduct will be set and communicated in detail. The meeting is needed to provide structure and guidance to the project, as well as to ensure the understanding of the different project phases, methodology, deliverables and outputs by all partners involved. Reporting and country responsibilities will be agreed to ensure project quality and proper management.
Hosting organisation and the number of participants	Faculty of Human Kinetics, University of Lisbon Hosting organisation participants = 4
Justify the need for the given number of participants and specify the role of each of them	As FMH is the coordinating partner, it is necessary the participation of all members including the one person from the administration. Project manager will lead the meeting and the two researchers and the administrative will support him.
Participating organisations and the number of participants per each of them	Association for the Development of Youth Sports (ADDJ) - 2 Technical University of Munich (TUM) - 2 Sports Union of Slovenia (SUS) - 2 Aristotle University of Thessaloniki (AUTH) - 2 University of Montenegro (UoM) – 2 Fundación Universidad Isabel I (FUI1) – 2
Justify the need for the given number of participants and specify the role of each of them	To improve the workflow within and among the partners it is important that project leaders as well as one coordinating researcher from each organisation take part at this meeting. Furthermore, representatives of each project partner organisation will attend this kick-off meeting to ensure that roles, responsibilities and tasks are clear to all and ensure that all are ready to begin with the project.

Meeting number	2
Dates and venue	July 2020, Ljubljana, Slovenia (SUS)
Description of the meeting (including the need for the meeting)	Two days meeting. Analyse the work done for the dissemination of the project through the creation of the logo, leaflets, website and social media. Start the joint discussion of the protocol for the diagnosis of good practices and of the work related to the literature reviews.
Hosting organisation and the number of participants	Sports Union of Slovenia (SUS) Hosting organisation participants = 3
Justify the need for the given number of participants and specify the role of each of them	Two researchers from SUS and one person from the administration will participate. The SUS coordinator will prepare the hosting conditions and leading the meeting. The other research and the administrative will support him.
Participating organisations and the number of participants per each of them	Faculty of Human Kinetics (FMH) - 2 Association for the Development of Youth Sports (ADDJ) - 2 Technical University of Munich (TUM) - 2 Aristotle University of Thessaloniki (AUTH) - 2 University of Montenegro (UoM) – 2 Fundación Universidad Isabel I (FUI1) – 2
Justify the need for the given number of participants and specify the role of each of them	Along with SUS, all partners are responsible for WP2, for project communication and dissemination. This meeting will discuss the protocol for the diagnosis of good practices (WP3), so it is important that all partners are present, so that all aspects can be analysed. The presence of all in the meeting will allow a wider discussion, so that the consortium can take advantage of each one's expertise.

Meeting number	3
Dates and venue	February 2021, Thessaloniki, Greece (AUTH)
Description of the meeting (including the need for the meeting)	Two days meeting. This meeting will be important to analyse the work done in the diagnosis of good practices, and realize what remains to be done to end the WP. With the information already collected, the training module (WP4) will begin to be prepared for teachers.
Hosting organisation and the number of participants	Aristotle University of Thessaloniki (AUTH) Hosting organisation participants = 5
Justify the need for the given number of participants and specify the role of each of them	Four researchers from AUTH and one person from the administration will participate. The AUTH coordinator will prepare the hosting conditions and leading the meeting. The other research and the administrative will support him.
Participating organisations and the number of participants per each of them	Faculty of Human Kinetics (FMH) - 2 Association for the Development of Youth Sports (ADDJ) - 2 Technical University of Munich (TUM) - 2 Sports Union of Slovenia (SUS) - 2 University of Montenegro (UoM) – 2 Fundación Universidad Isabel I (FUI1) – 2
Justify the need for the given number of participants and specify the role of each of them	The training module will be applied in all countries of the consortium. Thus, all partners should be present to review the proposal put forward by the head of the WP. The training module must be adapted for each country and this will only be possible with the contribution of the members of each country, because they know the particular reality of their context.

Meeting number	4
Dates and venue	June 2021, Podgorica, Montenegro (UoM)
Description of the meeting (including the need for the meeting)	Three days meeting for the preparation of the different partners to data collection and the study of the EUFITMOS project in each country.
Hosting organisation and the number of participants	University of Montenegro (UoM) Hosting organisation participants = 3
Justify the need for the given number of participants and specify the role of each of them	Two researchers from UoM and one person from the administration will participate. The UoM coordinator will prepare the hosting conditions and leading the meeting. The other research and the administrative will support him.
Participating organisations and the number of participants per each of them	Faculty of Human Kinetics (FMH) - 2 Association for the Development of Youth Sports (ADDJ) - 2 Technical University of Munich (TUM) - 2 Sports Union of Slovenia (SUS) - 2 Aristotle University of Thessaloniki (AUTH) – 2 Fundación Universidad Isabel I (FUI1) – 2
Justify the need for the given number of participants and specify the role of each of them	Similarly to the previous meeting and to WP4, also WP5 will be carried out by all partners of the project in their country and therefore, it is essential to participate at the workshop in UoM to prepare for the project study and data collection. Only by taking part at this workshop, the researchers will be skilled to carry out this WP in their country according to the predefined protocol.

Meeting number	5
Dates and venue	March 2022, Munich (TUM)
Description of the meeting (including the need for the meeting)	Two days meeting. TUM will host the last meeting to collect the final information for the last report and refine the dissemination and exploitation strategy for the last multiplier sport event in each country.
Hosting organisation and the number of participants	Technical University of Munich (TUM) Hosting organisation participants = 3
Justify the need for the given number of participants and specify the role of each of them	Two researchers from TUM and one person from the administration will participate. The TUM coordinator will prepare the hosting conditions and leading the meeting. The other research and the administrative will support him.
Participating organisations and the number of participants per each of them	Faculty of Human Kinetics (FMH) - 2 Association for the Development of Youth Sports (ADDJ) - 2 Sports Union of Slovenia (SUS) - 2 Aristotle University of Thessaloniki (AUTH) - 2 University of Montenegro (UoM) – 2 Fundación Universidad Isabel I (FUI1) – 2
Justify the need for the given number of participants and specify the role of each of them	All project partners will participate in the meeting to discuss the results of the study developed in third phase. In this meeting, the organization and launch of the European fitness platform will be discussed (phase IV), to be carried out in the following months. Furthermore, being the last meeting, all partners need to come together in the final meeting to provide the feedback about the project and launch the EUFITMOS dissemination. The project manager will organised the information for the final report and for the final event.

F.5. Intellectual outputs

Please describe:

- each tangible deliverable of the project separately (such as guidelines, pedagogical materials, open educational resources (OER), IT tools, analyses, studies, peer-learning methods, surveys, reports, inventions, etc.).

Please copy-paste the table as many times as necessary.

Please make sure that the same numbers of outputs are stated in the detailed budget table (excel) by each budget line.

Note: small scale learning/teaching/training materials, tools, approaches, etc. as well as information, promotion and dissemination (e.g. brochures, leaflets, web information, etc.) DO NOT belong to this category. They are supported via the budget category 'Project Management and Implementation'.

Output number	IO1.1.
Output's title and type	**Title:** EUFITMOS project report **Type:** Report
Start and end date	M36
Leading organisation	Faculty of Human Kinetics (FMH)
Participating organisation(s)	None
Language(s)	English
Output description	**Form**

(including its form, impact and transferability)	A comprehensive report presenting the methodology, results and conclusions, bringing together results from the review of best practices, data collection and fitness levels. This report will also present the toolkit for fitness assessment. **Impact** This Intellectual Output will disseminate the progress and results of the project overall, summarising the publications and disseminating the methodology, results and conclusions from the project overall. **Transferability** This Intellectual Output will have high visibility advocating for the implementation of the standardised monitoring system for fitness throughout the EU and encourage other regions to initiate similar projects.
Please describe the tasks leading to the production of the intellectual output and the applied methodology.	**Tasks** • Review results from the review of best practices, data collection, fitness levels and the toolkit • Identify the important methodology, key results and main conclusions to be disseminated widely through the report • Writing the report • Editing the report • Peer-review of the report • Dissemination and promotion of report **Methodology** A final report will be developed through collaboration between all partner MS. They will identify the key results and conclusions from the overall project so far and develop the content of the report. The final report will be disseminated and promoted and used for advocacy and education of relevant stakeholders and the public.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	Due to the specificity and amount of the tasks required, the manager, the 2 researchers and 1 administrative from the FMH will be assigned for this task. Adilson Marques will supervise the task and the other staff will support him.
Media	Promotion on project website Promotion on partners' websites Promotion on social media

Output number	IO2.1.
Output's title and type	**Title:** Project website **Type:** IT tool
Start and end date	**Start date:** M3 **End date:** M6
Leading organisation	Sports Union of Slovenia (SUS)
Participating organisation(s)	Association for the Development of Youth Sports (ADDJ) Fundación Universidad Isabel I (FUI1)
Language(s)	English
Output description (including its form, impact and transferability)	**Form** A website will be created at the start of the project to disseminate information about the project. **Impact** The website will enable the project team to publish ongoing progress of the project, disseminate the results from data collection, the methodology used, the project features and the fitness assessment toolkit, ensuring that the information is readily available to all EU MS and other relevant stakeholders. It will also host the online

	platform that will be developed as part of the project. **Transferability** The website will publish information that will be relevant to all EU MS as the aim of the project is to ultimately design a standardised monitoring framework to be used by all EU MS. A range of stakeholders will also be able to learn from the results of the project and this is a key component of the dissemination plan.
Please describe the <u>tasks</u> leading to the production of the intellectual output and the applied methodology.	**Tasks** • Create website • Develop content • Update regularly on progress and results • Publish toolkit and findings from the studies **Methodology** Development of the project website. Specific methodology associated accordingly will be used to present the relevant information developed by the project team.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	Estimated staff number involved – 8 people (3 from SUS and ADDJ and 2 from FUI1), including managers, researchers and administrative staff. Mojca Markovič will supervise the task and 2 managers, 3 researchers and 2 administrative staff from SUS, ADDJ and FUI1 will support her. This team will use the expertise from FUI1, which is an organization specialized in distance learning with vast experience in website and online content development.
Media	The website itself Promotion on social media

Output number	IO2.2.
Output's title and type	**Title:** Factsheet of best practices **Type:** Report
Start and end date	M14
Leading organisation	Sports Union of Slovenia (SUS)
Participating organisation(s)	Association for the Development of Youth Sports (ADDJ)
Language(s)	English, Portuguese, German, Slovene, Greek, Montenegrin, Spanish
Output description (including its form, impact and transferability)	**Form** A factsheet will be prepared to present the main results and conclusions of Paper 1 on the diagnosis of best practices for assessing and monitoring fitness. **Impact** By summarizing the findings of Paper 1, this Intellectual Output will contribute to the development of the knowledge in fitness assessment at the EU and international levels. This report will also be used as part of the dissemination strategy and will give opportunity to access knowledge for those who cannot access scientific published papers. **Transferability** This Intellectual Output will enable a range of stakeholders to learn from the results and conclusions of the study on the best practices for monitoring fitness and is a key component of the dissemination plan.
Please describe the <u>tasks</u> leading to the production of the intellectual output and the applied methodology.	**Tasks** • Review Paper 1 for the main results and conclusions • Discuss the content of the factsheet with all the partners • Elaborate the factsheet • Disseminate the factsheet **Methodology** A factsheet will be developed to summarize and identify the key results and conclusions from Paper 1. The factsheet will be disseminated and promoted to raise awareness about the best practices for assessing and monitoring fitness.

Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	A total of 4 people, 2 managers and 2 researchers (each one from SUS and ADDJ) will be appointed for the completion of this output. They will gather all the information available and present the information in a clear manner to understanding.
Media	Promotion on project website Promotion on partners' websites Promotion on social media

Output number	IO2.3.
Output's title and type	**Title:** Factsheet of barriers and facilitators of fitness assessment **Type:** Report
Start and end date	M15
Leading organisation	Sports Union of Slovenia (SUS)
Participating organisation(s)	Association for the Development of Youth Sports (ADDJ)
Language(s)	English, Portuguese, German, Slovene, Greek, Montenegrin, Spanish
Output description (including its form, impact and transferability)	**Form** A factsheet will be prepared to present the main results and conclusions of Paper 2 on the barriers and facilitators of fitness assessment. **Impact** By summarizing the findings of Paper 2, this Intellectual Output will contribute to the development of the knowledge in the barriers and facilitators of fitness assessment. This report will also be used as part of the dissemination strategy and will give opportunity to access knowledge for those who cannot access scientific published papers. **Transferability** This Intellectual Output will enable a range of stakeholders to learn from the results and conclusions of the study on the barriers and facilitators of fitness assessment and is a key component of the dissemination plan.
Please describe the <u>tasks</u> leading to the production of the intellectual output and the applied methodology.	**Tasks** • Review Paper 2 for the main results and conclusions • Discuss the content of the factsheet with all the partners • Elaborate the factsheet • Disseminate the factsheet **Methodology** A factsheet will be developed to summarize and identify the key results and conclusions from Paper 2. The factsheet will be disseminated and promoted to raise awareness about the barriers and facilitators of fitness assessment.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	A total of 4 people, 2 managers and 2 researchers (each one from SUS and ADDJ) will be appointed for the completion of this output. They will gather all the information available and present the information in a clear manner to understanding.
Media	Promotion on project website Promotion on partners' websites

	Promotion on social media

Output number	IO2.4.
Output's title and type	**Title:** Factsheet of secular trends of physical fitness levels of adolescents **Type:** Report
Start and end date	M16
Leading organisation	Sports Union of Slovenia (SUS)
Participating organisation(s)	Association for the Development of Youth Sports (ADDJ)
Language(s)	English, Portuguese, German, Slovene, Greek, Montenegrin, Spanish
Output description (including its form, impact and transferability)	**Form** A factsheet will be prepared to present the main results and conclusions of Paper 3 on the secular trends of physical fitness levels of adolescents. **Impact** By summarizing the findings of Paper 3, this Intellectual Output will contribute to the development of the knowledge in the secular trends of physical fitness levels of adolescents. This report will also be used as part of the dissemination strategy and will give opportunity to access knowledge for those who cannot access scientific published papers. **Transferability** This Intellectual Output will enable a range of stakeholders to learn from the results and conclusions of the study on the secular trends of physical fitness levels of adolescents and is a key component of the dissemination plan.
Please describe the tasks leading to the production of the intellectual output and the applied methodology.	**Tasks** • Review Paper 3 for the main results and conclusions • Discuss the content of the factsheet with all the partners • Elaborate the factsheet • Disseminate the factsheet **Methodology** A factsheet will be developed to summarize and identify the key results and conclusions from Paper 3. The factsheet will be disseminated and promoted to raise awareness about the secular trends of physical fitness levels of adolescents.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	A total of 4 people, 2 managers and 2 researchers (each one from SUS and ADDJ) will be appointed for the completion of this output. They will gather all the information available and present the information in a clear manner to understanding.
Media	Promotion on project website Promotion on partners' websites Promotion on social media

Output number	IO3.1.
Output's title and type	**Title:** Paper 1 (diagnosis of best practices for assessing and monitoring fitness) **Type:** Study
Start and end date	**Start date:** M3 **End date:** M8
Leading organisation	Faculty of Human Kinetics (FMH)
Participating organisation(s)	Technical University of Munich (TUM) University of Montenegro (UoM)
Language(s)	English
Output description	**Form**

(including its form, impact and transferability)	A publication will be developed to present the results from the diagnosis of best practices for assessing and monitoring fitness collected using a systematic review of the literature. Tables and figures will be included to present the data in an accessible way and the methodology and results will be described before a discussion of the main conclusions from the study. **Impact** This publication will allow the identification and diagnosis of best practices for assessing and monitoring fitness in order to obtain a more accurate picture of fitness assessment in youth and potentially improve resource allocation both at regional and national levels. This Intellectual Output will enable improved design, implementation and evaluation of HEPA policies throughout the EU. **Transferability** This publication will be useful and relevant to all EU MS as they will be able to identify of best practices for assessing and monitoring fitness.
Please describe the <u>tasks</u> leading to the production of the intellectual output and the applied methodology.	**Tasks** • Search data on diagnosis of best practices for assessing and monitoring fitness • Data analysis • Discussion of data between partners • Development of publication content • Publication in peer-reviewed scientific journal **Methodology** A scientific publication will be developed to present and disseminate the best practices for assessing and monitoring fitness and analyse the usefulness of different commonly used fitness measurement tools. Data on the best practices for assessing and monitoring fitness will be presented as figures and tables according to statistical standardized and adjusted procedures.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	A total of 6 people (2 from each active partner), 3 managers and 3 researchers will be involved in this output. All of them will be scientific researchers with experience in developing scientific research and writing scientific papers. These researchers have several published papers in international scientific journals.
Media	Publication in international scientific journal Promotion on project website Promotion on partners' websites Promotion on social media

Output number	IO3.2.
Output's title and type	**Title:** Paper 2 (perceived barriers and facilitators of fitness assessment by teachers and adolescents: a mixed methods systematic review) **Type:** Study
Start and end date	**Start date:** M3 **End date:** M10
Leading organisation	Faculty of Human Kinetics (FMH)
Participating organisation(s)	Technical University of Munich (TUM) University of Montenegro (UoM)
Language(s)	English
Output description (including its form, impact and transferability)	**Form** A publication will be developed to present the perceived barriers and facilitators of fitness assessment using a mixed methods systematic review of the literature. Tables and figures will be included to present the data in an accessible way and the methodology and results will be described before a discussion of the main

	conclusions from the study. **Impact** This publication will allow the identification of the perceived barriers and facilitators of fitness assessment in order to obtain a more accurate picture of fitness assessment in youth and potentially improve resource allocation both at regional and national levels. This Intellectual Output will enable improved design, implementation and evaluation of HEPA policies throughout the EU. **Transferability** This publication will be useful and relevant to all EU MS as they will be able to identify the perceived barriers and facilitators of fitness assessment.
Please describe the <u>tasks</u> leading to the production of the intellectual output and the applied methodology.	**Tasks** • Search data on the perceived barriers and facilitators of fitness assessment by teachers and adolescents: a mixed methods systematic review • Data analysis • Discussion of data between partners • Development of publication content • Publication in peer-reviewed scientific journal **Methodology** A scientific publication will be developed to present and disseminate the perceived barriers and facilitators of fitness assessment. Data on the perceived barriers and facilitators of fitness assessment will be presented as figures and tables according to statistical standardized and adjusted procedures.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	A total of 6 people (2 from each active partner), 3 managers and 3 researchers will be involved in this output. All of them will be scientific researchers with experience in developing scientific research and writing scientific papers. These researchers have several published papers in international scientific journals.
Media	Publication in international scientific journal Promotion on project website Promotion on partners' websites Promotion on social media

Output number	IO3.3.
Output's title and type	**Title:** Paper 3 (secular trends of fitness in European adolescents: systematic review) **Type:** Study
Start and end date	**Start date:** M3 **End date:** M10
Leading organisation	Faculty of Human Kinetics (FMH)
Participating organisation(s)	Technical University of Munich (TUM) University of Montenegro (UoM)
Language(s)	English
Output description (including its form, impact and transferability)	**Form** A publication will be developed to present the results from the secular trends of fitness in European adolescents using a systematic review of the literature. Tables and figures will be included to present the data in an accessible way and the methodology and results will be described before a discussion of the main conclusions from the study. **Impact** This publication will allow the identification of the secular trends of fitness in European adolescents in order to obtain a more accurate picture of the trends of fitness in youth and better understand this indicator of HEPA. This Intellectual Output will enable improved design, implementation and evaluation of HEPA policies

	throughout the EU. **Transferability** This publication will be useful and relevant to all EU MS as they will be able to identify the secular trends of fitness.
Please describe the tasks leading to the production of the intellectual output and the applied methodology.	**Tasks** • Search data on the secular trends of fitness in European adolescents • Data analysis • Discussion of data between partners • Development of publication content • Publication in peer-reviewed scientific journal **Methodology** A scientific publication will be developed to present and disseminate the secular trends of fitness in European adolescents. Data on the secular trends of fitness in European adolescents will be presented as figures and tables according to statistical standardized and adjusted procedures.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	A total of 6 people (2 from each active partner), 3 managers and 3 researchers will be involved in this output. All of them will be scientific researchers with experience in developing scientific research and writing scientific papers. These researchers have several published papers in international scientific journals.
Media	Publication in international scientific journal Promotion on project website Promotion on partners' websites Promotion on social media

Output number	IO3.4.
Output's title and type	**Title:** European fitness report **Type:** Report
Start and end date	**Start date:** M11 **End date:** M12
Leading organisation	Faculty of Human Kinetics (FMH)
Participating organisation(s)	Technical University of Munich (TUM) University of Montenegro (UoM)
Language(s)	English
Output description (including its form, impact and transferability)	**Form** A report will be developed to synthesise the main findings of the work produced and their implications for the following phases of the project. This report will present the results from diagnosis of best practices for assessing and monitoring fitness, the perceived barriers and facilitators of fitness assessment and the secular trends of fitness in European adolescents. This report will also be used as part of the dissemination strategy and will give opportunity to access knowledge for those who cannot access scientific published papers. **Impact** This Intellectual Output will disseminate the progress and results of the WP3, summarising the publications and will enable improved design, implementation and evaluation of HEPA policies throughout the EU. This report will be essential to the development of the training module, the toolkit and the concept of the monitoring system itself. **Transferability** This Intellectual Output will have high visibility as a reference for the state of the art in fitness assessment and will advocate for the implementation of the standardised monitoring system for fitness throughout the EU. This publication will be useful and

	relevant to all EU MS as they will be able to better understand fitness assessment, monitoring and levels.
Please describe the tasks leading to the production of the intellectual output and the applied methodology.	**Tasks** • Review results from Paper 1, Paper 2 and Paper 3 • Identify the key results and main conclusions to be disseminated widely through the report, as well as the implications for the following WPs • Writing the report • Editing the report • Peer-review of the report • Dissemination and promotion of report **Methodology** A diagnosis final report will be developed through collaboration between all partner MS. Partners will identify the key results and conclusions from the overall project so far and develop the content of the report. The diagnosis final report will be disseminated and promoted and used for advocacy and education of relevant stakeholders and the public.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	Professor Adilson Marques will supervise this output and due to the specificity and amount of the tasks required, 7 people will assist them. In total 8 staff will be involved in this task, 7 managers or researchers form the active partners and 1 administrative.
Media	Available on project website Promotion on partners' websites Promotion on social media

Output number	IO4.1.
Output's title and type	**Title:** Toolkit to assess fitness **Type:** Pedagogical materials + IT tools
Start and end date	**Start date:** M11 **End date:** M16
Leading organisation	Fundación Universidad Isabel I (FUI1)
Participating organisation(s)	Sports Union of Slovenia (SUS) University of Montenegro (UoM) Aristotle University of Thessaloniki (AUTH)
Language(s)	English, Portuguese, German, Slovene, Greek, Montenegrin, Spanish
Output description (including its form, impact and transferability)	**Form** Electronic toolkit that will include the tools, findings, recommendations and tips for physical education teachers to assess fitness. **Impact** This Intellectual Output will support physical education teachers and countries to assess and monitor fitness in the school context. This resource will ultimately help to generate valid, reliable and comparable data that can be used to design, implement and evaluate effective HEPA policies across Europe. **Transferability** The toolkit will be designed for use across the EU. The recommendations and resources that will be included will be specifically chosen so that they are relevant and practical for all EU MS and teaching contexts.
Please describe the tasks leading to the production of the intellectual output and the	**Tasks** • Develop the content of the toolkit using information on the studies of best practices and implementation barriers and facilitators of fitness assessment • Collate findings, tools, resources to provide guidance, tips and

applied methodology.	recommendations for inclusion in the toolkit • Create an action plan for MS to implement the toolkit recommendations • Produce web based clips/short movies with support material for fitness assessment • Publish the toolkit online and develop an easy online access and wide dissemination of the resources **Methodology** Development of the content of the toolkit will draw from the methodology and results of the literature review and identification of the monitoring framework. Scientific information, infographics, template design and videos will be developed in an integrated way to create a clear and appealing toolkit that is practical and easy for all physical education teachers and EU MS to use.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	For this output 9 staff members will be assigned (3 from AUTH and 2 from each of the other active partner), including 4 managers and 5 researchers. This team will use the expertise from FUI1, which is an organization specialized in distance learning with vast experience in website and online content development, and AUTH, specialized in digital technologies and informatics.
Media	Available on project website Promotion on partners' websites Promotion on social media

Output number	IO4.2.
Output's title and type	**Title:** Manual of standardized fitness assessment **Type:** Guidelines + Pedagogical materials
Start and end date	**Start date:** M11 **End date:** M16
Leading organisation	Fundación Universidad Isabel I (FUI1)
Participating organisation(s)	Aristotle University of Thessaloniki (AUTH)
Language(s)	English, Portuguese, German, Slovene, Greek, Montenegrin, Spanish
Output description (including its form, impact and transferability)	**Form** Physical and electronic manual that will include the rationale, guidelines, recommendations and tips for physical education teachers to assess fitness. **Impact** This Intellectual Output will support physical education teachers and countries to assess and monitor fitness in the school context. This resource will ultimately help to generate valid, reliable and comparable data that can be used to design, implement and evaluate effective HEPA policies across Europe. **Transferability** The manual will be designed for use across the EU. The guidelines and recommendations that will be included will be specifically chosen so that they are relevant and practical for all EU MS and teaching contexts.
Please describe the <u>tasks</u> leading to the production of the intellectual output and the applied methodology.	**Tasks** • Develop the content of the manual using information on the studies of best practices and implementation barriers and facilitators of fitness assessment • Collate findings to provide guidance, tips and recommendations for inclusion in the manual • Create an action plan for MS to implement the manual recommendations • Publish the manual online and develop an easy online access and wide

	dissemination of the resources **Methodology** Development of the content of the manual will draw from the methodology and results of the literature review and identification of the monitoring framework. Scientific information, infographics and template design will be developed in an integrated way to create a clear and appealing manual that is practical and easy for all physical education teachers and EU MS to use.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	For this output 6 staff members will be assigned (3 from AUTH and 3 from FUI1), including 2 managers, 3 researchers and 1 administrative. This team will use the expertise from FUI1, which is an organization specialized in distance learning with vast experience in website and online content development, and AUTH, specialized in digital technologies and informatics.
Media	Available on project website Promotion on partners' websites Promotion on social media

Output number	IO5.1.
Output's title and type	**Title:** International database with the collected fitness data **Type:** Database
Start and end date	**Start date:** M28 **End date:** M29
Leading organisation	Technical University of Munich (TUM)
Participating organisation(s)	Faculty of Human Kinetics (FMH) Association for the Development of Youth Sports (ADDJ) Sports Union of Slovenia (SUS) Aristotle University of Thessaloniki (AUTH) University of Montenegro (UoM) Fundación Universidad Isabel I (FUI1)
Language(s)	English
Output description (including its form, impact and transferability)	**Form** Fitness data acquired as part of this project will be published as an open access database in the project website. **Impact** Inclusion of the data collected as part of this project in an open access database will improve and strengthen reporting on fitness data in Europe. It will contribute to monitoring efforts among national and international organizations and provide MS with a common framework, definitions and instruments. All EU MS will be able to view the data and make improved information based HEPA policy decisions. **Transferability** This Intellectual Output will provide information in an indicator of HEPA that is poorly explored and will ensure the availability of the data to all EU MS and other relevant stakeholders.
Please describe the <u>tasks</u> leading to the production of the intellectual output and the applied methodology.	**Tasks** • Assemble the collected data • Verify data • Upload data • Advocate for use of the data **Methodology** Collected data will be cleaned, verified and integrated in a single database. The newly updated database will be promoted to MS and through advocacy and education activities to encourage use of the data.
Number and	Considering the importance and scale of this task, 23 staff members (7 managers, 9

profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	researchers, 6 teachers and 1 administrative staff) will be appointed for the completion of this output. Physical educations teachers will have an important role in establishing a bridge between the project and the schools in each country. While, the researchers will develop and monitor the collection process.
Media	Available on project website Promotion on partners' websites Promotion on social media

Output number	IO5.2.
Output's title and type	**Title:** International and country specific reports on fitness **Type:** Report
Start and end date	**Start date:** M30 **End date:** M31
Leading organisation	Technical University of Munich (TUM)
Participating organisation(s)	Faculty of Human Kinetics (FMH) Association for the Development of Youth Sports (ADDJ) Sports Union of Slovenia (SUS) Aristotle University of Thessaloniki (AUTH) University of Montenegro (UoM) Fundación Universidad Isabel I (FUI1)
Language(s)	English, Portuguese, German, Slovene, Greek, Montenegrin, Spanish
Output description (including its form, impact and transferability)	**Form** International and country specific reports will be developed to synthesise the main findings of WP5. These reports will present the current fitness levels in European adolescents. This report will also be used as part of the dissemination strategy and will give opportunity to access knowledge for those who cannot access scientific published papers. **Impact** This Intellectual Output will disseminate the progress and results of the WP5 and will enable improved design, implementation and evaluation of HEPA policies throughout the EU. **Transferability** This Intellectual Output will have high visibility as a reference for the current fitness levels in European adolescents. This publication will be useful and relevant to all EU MS as they will be able to better understand country specific and international fitness levels.
Please describe the tasks leading to the production of the intellectual output and the applied methodology.	**Tasks** • Data analysis • Writing the reports • Editing the reports • Peer-review of the reports • Dissemination and promotion of reports **Methodology** International and country specific reports will be developed through collaboration between all partner MS. The reports will be disseminated and promoted and used for advocacy and education of relevant stakeholders and the public.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher',	A total of 16 people (3 from FMH and AUTH and 2 from the other active partners) all managers or researchers will be assigned to this output. Each country will have its own report and the partner organization from that country will be responsible for its accomplishment.

'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	
Media	Available on project website Promotion on partners' websites Promotion on social media

Output number	IO5.3.
Output's title and type	**Title:** Paper 4 (fitness of European adolescents: original scientific article) **Type:** Study
Start and end date	**Start date:** M30 **End date:** M31
Leading organisation	Technical University of Munich (TUM)
Participating organisation(s)	Faculty of Human Kinetics (FMH) University of Montenegro (UoM)
Language(s)	English
Output description (including its form, impact and transferability)	**Form** A publication will be developed to present the results on the fitness of European adolescents collected using the assessment tools identified as best practices and used to elaborate the toolkit. Tables and figures will be included to present the data in an accessible way and the methodology and results will be described before a discussion of the main conclusions from the study. **Impact** This publication will allow the identification the fitness levels of European adolescents in order to obtain a more accurate and updated picture of fitness levels in European youth and potentially improve resource allocation both at regional and national levels and better understand this indicator of HEPA. This Intellectual Output will enable improved design, implementation and evaluation of HEPA policies throughout the EU. **Transferability** The publication will be useful and relevant to all EU Member States as they will be able to see updated data on youth fitness levels that more accurately reflects the actual situation.
Please describe the <u>tasks</u> leading to the production of the intellectual output and the applied methodology.	**Tasks** • Data analysis • Discussion of data between partners • Development of publication content • Publication in peer-reviewed scientific journal **Methodology** A scientific publication will be developed to present and disseminate the fitness levels of European adolescents. Data on the fitness levels in European adolescents will be presented as figures and tables according to statistical standardized and adjusted procedures.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	A total of 6 staff members (2 from each active partner) will be involved in this output. All of them will be scientific researchers with experience in developing scientific research and writing scientific papers. These researchers have several published papers in international scientific journals.
Media	Publication in international scientific journal Promotion on project website Promotion on partners' websites

	Promotion on social media

Output number	IO6.1.
Output's title and type	**Title:** Platform use guidelines/manual **Type:** Guideline
Start and end date	**Start date:** M13 **End date:** M14
Leading organisation	Aristotle University of Thessaloniki (AUTH)
Participating organisation(s)	Faculty of Human Kinetics (FMH) Fundación Universidad Isabel I (FUI1)
Language(s)	English, Portuguese, German, Slovene, Greek, Montenegrin, Spanish
Output description (including its form, impact and transferability)	**Form** An electronic manual that will include the rationale, guidelines, recommendations and tips for using the online platform. **Impact** This Intellectual Output will support users of the platform to understand and take advantages of its features. This guideline will help to access data on fitness and use the platform. **Transferability** The manual will be designed for use across the EU. The guidelines will be applicable to every resource of the platform.
Please describe the tasks leading to the production of the intellectual output and the applied methodology.	**Tasks** • Develop the content of the manual • Publish the manual online and develop an easy online access and wide dissemination of the resources **Methodology** Development of the content of the manual will be directed from the user perspective.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	A total of 4 staff members, 3 managers and 1 administrative staff will perform this output. The guidelines will be written by the three managers and they will be supported by the administrative staff.
Media	Available on project website Promotion on partners' websites Promotion on social media

Output number	IO6.2.
Output's title and type	**Title:** Online platform **Type:** IT tools
Start and end date	**Start date:** M10 **End date:** M14
Leading organisation	Aristotle University of Thessaloniki (AUTH)
Participating organisation(s)	Faculty of Human Kinetics (FMH) Fundación Universidad Isabel I (FUI1)
Language(s)	English, Portuguese, German, Slovene, Greek, Montenegrin, Spanish
Output description (including its form, impact and transferability)	**Form** A platform will be created where physical education teacher can insert data regarding fitness and information on that data and individualize fitness reports will be available. **Impact** The platform will enable physical education teachers to have reports on their

	students' fitness and students to have individualized reports on their fitness levels. Additionally, this platform will be the basis for the open access database that will be available to all EU MS and other relevant stakeholders and provide information on fitness as an indicator of HEPA. **Transferability** The website will publish information that will be relevant to all EU MS as the aim of the project is to ultimately design a standardised monitoring framework to be used by all EU MS. A range of stakeholders will also be able to learn from the results of the project and this is a key component of the dissemination plan. This resource will ultimately help to generate valid, reliable and comparable data that can be used to design, implement and evaluate effective HEPA policies across Europe.
Please describe the tasks leading to the production of the intellectual output and the applied methodology.	**Tasks** • Develop the platform • Pre-test the online platform • Make available online the intellectual outputs **Methodology** Development of the platform. Specific methodology will be used to present the relevant information developed by the project team.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	A total of 10 staff members, 3 managers and 7 researchers will perform this output. Staff members form AUTH will lead and act as researchers and informatics specialist (technicians) together with FUI1 staff. Staff members form FMH will support and control the quality of the output.
Media	The online platform itself Available on project website Promotion on partners' websites Promotion on social media

Output number	IO6.3.
Output's title and type	**Title:** Standardized health-related fitness report **Type:** Report
Start and end date	**Start date:** M28 **End date:** M31
Leading organisation	Aristotle University of Thessaloniki (AUTH)
Participating organisation(s)	Faculty of Human Kinetics (FMH) Fundación Universidad Isabel I (FUI1)
Language(s)	English, Portuguese, German, Slovene, Greek, Montenegrin, Spanish
Output description (including its form, impact and transferability)	**Form** A health-related fitness report will be developed to provide physical education teachers and students with individualized information on their fitness levels. **Impact** This Intellectual Output will disseminate and educate physical education teachers and students on their health-related fitness levels. **Transferability** This Intellectual Output will be useful and relevant to physical education teachers and students from all MS as they will be able to better understand fitness levels and will be educated in health-related fitness.
Please describe the tasks leading to the production of the intellectual output and the	**Tasks** • Develop the standardized health-related fitness report • Editing the standardized report • Peer-review of the standardized report • Making the report available as a resource in the online platform

applied methodology.	**Methodology** A standardized health-related fitness report will be developed to inform teachers and students regarding fitness levels.
Number and profile of staff involved ('manager', 'teacher/trainer/ researcher', 'technician', 'administrative staff'). Please justify it and link it to concrete tasks.	A total of 10 staff members, 3 managers and 7 researchers will perform this output. Staff members form AUTH will lead and act as researchers and informatics specialist (technicians) together with FUI1 staff. Staff members form FMH will support and control the quality of the output.
Media	Available on the online platform Promotion on project website Promotion on partners' websites Promotion on social media

F.6. Multiplier sport events

Please describe:

- each multiplier sport event separately (national and transnational conferences, seminars, events sharing and disseminating the intellectual outputs implemented by the project).

Please copy-paste the table as many times as necessary.

Please make sure that the same numbers of events are stated in the detailed budget table (excel) by each budget line.

Note: transnational project meetings (consortium meetings and meetings between project partners hosted by one of the participating organisations for implementation and coordination purposes) DO NOT belong to this category. They are supported via the budget category 'Transnational Project Meetings'.

Event number	1.1.
Event's title and type	European Fitness Monitoring System, a health tool for European schools
Start and end date	May 2020
Venue	Lisbon, Portugal
Leading organisation	Faculty of Human Kinetics (FMH) Association for the Development of Youth Sports (ADDJ)
Participating organisation(s)	EUFITMOS participating schools and others, represented by their PE teachers and coordinators, students, researchers, and national education and sport policy-makers.
Intellectual output(s) covered	Multiplier sport event I report.
Event description	In each partner country, a similar event will be held. The event will be a one-day seminar on the importance of fitness for health. Invited speakers will talk about the importance of fitness monitoring as a way to monitor adolescents' health. The seminar will present the project, its activities and contributions to professional and scientific communities as well as for and public health. The event will be attended by those responsible for education in each country, organizations representing physical education professionals, parents' representatives, and the teachers and principals of the schools where the data collection will be done.
Media	For the event, local and national sport related media will be invited to conduct footage and follow the event. The national partners will also be responsible to disseminate in the respective social media and internet website.

Event number	1.2.
Event's title and type	European Fitness Monitoring System, a health tool for European schools
Start and end date	May 2020, May 2020
Venue	Munich, Germany
Leading organisation	Technical University of Munich (TUM)
Participating organisation(s)	EUFITMOS participating schools and others, represented by their PE teachers and coordinators, students, researchers, and national education and sport policy-makers.
Intellectual output(s) covered	Multiplier sport event I report.
Event description	In each partner country, a similar event will be held. The event will be a one-day seminar on the importance of fitness for health. Invited speakers will talk about the importance of fitness monitoring as a way to monitor adolescents' health. The seminar will present the project, its activities and contributions to professional and scientific communities as well as for and public health. The event will be attended by those responsible for education in each country, organizations representing physical education professionals, parents' representatives, and the teachers and principals of the schools where the data collection will be done.
Media	For the event, local and national sport related media will be invited to conduct a footage and follow the event. The national partners will also be responsible to disseminate in the respective social media and internet website.

Event number	1.3.
Event's title and type	European Fitness Monitoring System, a health tool for European schools
Start and end date	May 2020, May 2020
Venue	Ljubljana, Slovenia
Leading organisation	Sports Union of Slovenia (SUS)
Participating organisation(s)	EUFITMOS participating schools and others, represented by their PE teachers and coordinators, students, researchers, and national education and sport policy-makers.
Intellectual output(s) covered	Multiplier sport event I report.
Event description	In each partner country, a similar event will be held. The event will be a one-day seminar on the importance of fitness for health. Invited speakers will talk about the importance of fitness monitoring as a way to monitor adolescents' health. The seminar will present the project, its activities and contributions to professional and scientific communities as well as for and public health. The event will be attended by those responsible for education in each country, organizations representing physical education professionals, parents' representatives, and the teachers and principals of the schools where the data collection will be done.
Media	For the event, local and national sport related media will be invited to conduct a footage and follow the event. The national partners will also be responsible to disseminate in the respective social media and internet website.

Event number	1.4.
Event's title and type	European Fitness Monitoring System, a health tool for European schools
Start and end date	May 2020, May 2020
Venue	Thessaloniki, Greece
Leading organisation	Aristotle University of Thessaloniki (AUTH)
Participating organisation(s)	EUFITMOS participating schools and others, represented by their PE teachers and coordinators, students, researchers, and national education and sport policy-makers.

Intellectual output(s) covered	Multiplier sport event I report.
Event description	In each partner country, a similar event will be held. The event will be a one-day seminar on the importance of fitness for health. Invited speakers will talk about the importance of fitness monitoring as a way to monitor adolescents' health. The seminar will present the project, its activities and contributions to professional and scientific communities as well as for and public health. The event will be attended by those responsible for education in each country, organizations representing physical education professionals, parents' representatives, and the teachers and principals of the schools where the data collection will be done.
Media	For the event, local and national sport related media will be invited to conduct a footage and follow the event. The national partners will also be responsible to disseminate in the respective social media and internet website.

Event number	1.5.
Event's title and type	European Fitness Monitoring System, a health tool for European schools
Start and end date	May 2020, May 2020
Venue	Podgorica, Montenegro
Leading organisation	University of Montenegro (UoM)
Participating organisation(s)	EUFITMOS participating schools and others, represented by their PE teachers and coordinators, students, researchers, and national education and sport policy-makers.
Intellectual output(s) covered	Multiplier sport event I report.
Event description	In each partner country, a similar event will be held. The event will be a one-day seminar on the importance of fitness for health. Invited speakers will talk about the importance of fitness monitoring as a way to monitor adolescents' health. The seminar will present the project, its activities and contributions to professional and scientific communities as well as for and public health. The event will be attended by those responsible for education in each country, organizations representing physical education professionals, parents' representatives, and the teachers and principals of the schools where the data collection will be done.
Media	For the event, local and national sport related media will be invited to conduct a footage and follow the event. The national partners will also be responsible to disseminate in the respective social media and internet website.

Event number	1.6.
Event's title and type	European Fitness Monitoring System, a health tool for European schools
Start and end date	May 2020, May 2020
Venue	Burgos, Spain
Leading organisation	Fundación Universidad Isabel I (FUI1)
Participating organisation(s)	EUFITMOS participating schools and others, represented by their PE teachers and coordinators, students, researchers, and national education and sport policy-makers.
Intellectual output(s) covered	Multiplier sport event I report.
Event description	In each partner country, a similar event will be held. The event will be a one-day seminar on the importance of fitness for health. Invited speakers will talk about the importance of fitness monitoring as a way to monitor adolescents' health. The seminar will present the project, its activities and contributions to professional and scientific communities as well as for and public health. The event will be attended by those responsible for education in each country, organizations representing physical education professionals, parents' representatives, and the teachers and principals of the schools where the data collection will be done.
Media	For the event, local and national sport related media will be invited to conduct a

	footage and follow the event. The national partners will also be responsible to disseminate in the respective social media and internet website.

Event number	2.1.
Event's title and type	European Fitness Monitoring System, a health tool for European schools
Start and end date	November 2022, November 2022
Venue	Lisbon, Portugal
Leading organisation	Faculty of Human Kinetics (FMH) Association for the Development of Youth Sports (ADDJ)
Participating organisation(s)	EUFITMOS participating schools and others, represented by their PE teachers and coordinators, students, researchers, and national education and sport policy-makers.
Intellectual output(s) covered	Multiplier sport event II report.
Event description	The event will be a one-day seminar. The preliminary results of the project will be presented at the event. These results will be reviewed by experts to understand their significance for public health. A discussion will be opened between the specialists and the participants, to analyse measures to promote fitness, with the aim of improving the health and quality of life of adolescents.
Media	For the event, local and national sport related media will be invited to conduct a footage and follow the event. Pictures and testimonies from participants and activities will be taken as well as the video footage of the event to upload in the EUFITMOS webpage. The national partners will also be responsible to disseminate in the respective social media and internet website.

Event number	2.2.
Event's title and type	European Fitness Monitoring System, a health tool for European schools
Start and end date	November 2022, November 2022
Venue	Munich, Germany
Leading organisation	Technical University of Munich (TUM)
Participating organisation(s)	EUFITMOS participating schools and others, represented by their PE teachers and coordinators, students, researchers, and national education and sport policy-makers.
Intellectual output(s) covered	Multiplier sport event II report.
Event description	The event will be a one-day seminar. The preliminary results of the project will be presented at the event. These results will be reviewed by experts to understand their significance for public health. A discussion will be opened between the specialists and the participants, to analyse measures to promote fitness, with the aim of improving the health and quality of life of adolescents.
Media	For the event, local and national sport related media will be invited to conduct a footage and follow the event. Pictures and testimonies from participants and activities will be taken as well as the video footage of the event to upload in the EUFITMOS webpage. The national partners will also be responsible to disseminate in the respective social media and internet website.

Event number	2.3.
Event's title and type	European Fitness Monitoring System, a health tool for European schools
Start and end date	November 2022, November 2022
Venue	Ljubljana, Slovenia
Leading organisation	Sports Union of Slovenia (SUS)
Participating	EUFITMOS participating schools and others, represented by their PE teachers and

organisation(s)	coordinators, students, researchers, and national education and sport policy-makers.
Intellectual output(s) covered	Multiplier sport event II report.
Event description	The event will be a one-day seminar. The preliminary results of the project will be presented at the event. These results will be reviewed by experts to understand their significance for public health. A discussion will be opened between the specialists and the participants, to analyse measures to promote fitness, with the aim of improving the health and quality of life of adolescents.
Media	For the event, local and national sport related media will be invited to conduct a footage and follow the event. Pictures and testimonies from participants and activities will be taken as well as the video footage of the event to upload in the EUFITMOS webpage. The national partners will also be responsible to disseminate in the respective social media and internet website.

Event number	2.4.
Event's title and type	European Fitness Monitoring System, a health tool for European schools
Start and end date	November 2022, November 2022
Venue	Thessaloniki, Greece
Leading organisation	Aristotle University of Thessaloniki (AUTH)
Participating organisation(s)	EUFITMOS participating schools and others, represented by their PE teachers and coordinators, students, researchers, and national education and sport policy-makers.
Intellectual output(s) covered	Multiplier sport event II report.
Event description	The event will be a one-day seminar. The preliminary results of the project will be presented at the event. These results will be reviewed by experts to understand their significance for public health. A discussion will be opened between the specialists and the participants, to analyse measures to promote fitness, with the aim of improving the health and quality of life of adolescents.
Media	For the event, local and national sport related media will be invited to conduct a footage and follow the event. Pictures and testimonies from participants and activities will be taken as well as the video footage of the event to upload in the EUFITMOS webpage. The national partners will also be responsible to disseminate in the respective social media and internet website.

Event number	2.5.
Event's title and type	European Fitness Monitoring System, a health tool for European schools
Start and end date	November 2022, November 2022
Venue	Podgorica, Montenegro
Leading organisation	University of Montenegro (UoM)
Participating organisation(s)	EUFITMOS participating schools and others, represented by their PE teachers and coordinators, students, researchers, and national education and sport policy-makers.
Intellectual output(s) covered	Multiplier sport event II report.
Event description	The event will be a one-day seminar. The preliminary results of the project will be presented at the event. These results will be reviewed by experts to understand their significance for public health. A discussion will be opened between the specialists and the participants, to analyse measures to promote fitness, with the aim of improving the health and quality of life of adolescents.
Media	For the event, local and national sport related media will be invited to conduct a footage and follow the event. Pictures and testimonies from participants and activities will be taken as well as the video footage of the event to upload in the EUFITMOS webpage. The national partners will also be responsible to disseminate in the respective social media and internet website.

Event number	2.6.
Event's title and type	European Fitness Monitoring System, a health tool for European schools
Start and end date	November 2022, November 2022
Venue	Burgos, Spain
Leading organisation	Fundación Universidad Isabel I (FUI1)
Participating organisation(s)	EUFITMOS participating schools and others, represented by their PE teachers and coordinators, students, researchers, and national education and sport policy-makers.
Intellectual output(s) covered	Multiplier sport event II report.
Event description	The event will be a one-day seminar. The preliminary results of the project will be presented at the event. These results will be reviewed by experts to understand their significance for public health. A discussion will be opened between the specialists and the participants, to analyse measures to promote fitness, with the aim of improving the health and quality of life of adolescents.
Media	For the event, local and national sport related media will be invited to conduct a footage and follow the event. Pictures and testimonies from participants and activities will be taken as well as the video footage of the event to upload in the EUFITMOS webpage. The national partners will also be responsible to disseminate in the respective social media and internet website.

F.7. Exceptional costs

(to be filled in only if applicable)

If you include any 'Exceptional costs' items (e.g. subcontracting or purchase of goods and services) in the detailed budget table, please justify all of them here in this section and link each of them to the respective project activity they have to support/fulfil.

Subcontracting

Due to the national dimension of this project and the objective to reach target populations such as physical education teachers, adolescents and their families, this project as the need for translating experts.

The translators will be involved in several intellectual outputs translation, more precisely:

- IO2.2. Factsheet of best practices
- IO2.3. Factsheet of barriers and facilitators of fitness assessment
- IO2.4. Factsheet of secular trends of fitness levels of adolescents
- IO4.1. Toolkit to assess fitness
- IO4.2. Manual of standardized fitness assessment
- IO5.2. International and country specific reports on fitness
- IO6.1. Platform use guidelines/manual
- IO6.2. Online platform
- IO6.3. Standardized health-related fitness report

The translation of these outputs will allow the above mentioned target populations to better understand the intellectual outputs and to be more involved in the project during and after its lifetime.

F.8. Overview of all activities

Please make sure that the same numbers of activities are stated in the detailed budget table (excel) by each budget line.
Please add lines if necessary.

No.	Activity (including Transnational Project Meetings, Intellectual Outputs and Multiplier Sport Events)	Venue (including Transnational Project Meetings, Intellectual Outputs and Multiplier Sport Events)	Start date	End date	Target group(s)	Description of activity
T1.1.	EC grant and consortium agreement	n/a	01/2020	01/2020	All project partners	EC grant and consortium agreement to officially start the project.
T1.2.	Organisation of meetings	n/a	(1) 02/2020 (2) 07/2020 (3) 02/2021 (4) 08/2012 (5) 03/2022	(1) 02/2020 (2) 07/2020 (3) 02/2021 (4) 08/2012 (5) 03/2022	All project partners	Organisation of meetings in collaboration with the participating organisations where the respective meeting will be held, including discussion of relevant issues, planning and evaluation of WPs
T1.3.	Overall coordination and project management	n/a	01/2020	12/2022	All project partners	To manage, coordinate and develop the project. This includes the application to the ethics committee of the project study protocol to receive authorisation to carry out the data collection.
T1.4.	Assessment of progress towards objectives	n/a	01/2020	12/2022	All project partners	Assessing the progress towards the objectives of the project regularly in order to manage tasks and adjust planning if necessary.
T1.5.	Accounting/financial controlling	n/a	01/2020	12/2022	All project partners	Control the accounting/financial dimension of the project and ensuring proper governance and management of the budget.
T1.6.	Ensuring the overall quality of the project	n/a	01/2020	12/2022	All project partners	Ensuring quality management by overseeing activities and timely execution.
T1.7.	Interim technical report and final	n/a	(1) 06/2021 (2) 12/2022	(1) 06/2021 (2) 12/2022	All project partners	The interim and final technical reports will include the evaluation from the first half and end of the project, and

	technical report					will indicate both successes to date and any issues or challenges faced. The evaluation process will include: monitoring of implementation (project meetings, project phases, management, risks); outputs (deliverables); outcomes (dissemination and quality); and evaluation reports.
T1.8. **IO1.1.**	EUFITMOS project report	n/a	12/2022	12/2022	All project partners; EU MS; EC; WHO; HEPA Europe; scientific community	Write the final project reports where the activities will be described which will allow to understand whether the outcomes of the project met the needs of partner MS and other stakeholders after its final completion. The evaluation will include an assessment to analyse whether the project achieved the expected deliverables, and outcomes.
T2.1.	Dissemination plan	n/a	02/2020	02/2020	All project partners	Elaboration of the dissemination plan that should define the communication procedures and assessment indicators.
T2.2. **IO2.1.**	Project dissemination tools	n/a	03/2020	12/2022	All project partners; EU MS; HEPA Europe; scientific community; EU citizens	Creation and exploitation of the project logo, project leaflet, project website and project social medial channels should be published and used as the main project communication channels
T2.3. **MSE I**	Multiplier sport event I	Lisbon, Portugal; Munich, Germany; Thessaloniki, Greece; Podgorica, Montenegro; Ljubljana, Slovenia; Madrid, Spain	05/2020	05/2020	All project partners; each national stakeholders and community	Preparation and presentation of the project for each national stakeholders and community. This event will be performed in each participating country.
T2.4. **IO2.2. IO2.3. IO2.4.**	Factsheets	n/a	02/2021	04/2021	All project partners; EU MS; HEPA Europe; scientific community; EU citizens	Elaboration and publication of the factsheets about the results obtained within different media channels
T2.5.	Mid-term and final dissemination reports	n/a	(1) 06/2021 (2) 12/2022	(1) 06/2021 (2) 12/2022	All project partners	Writing and editing the mid-term and final dissemination reports. This evaluation will determine the overall dissemination capacity of the project and achievement of

						dissemination goals.
T2.6. **MSE II**	Multiplier sport event II	Lisbon, Portugal; Munich, Germany; Thessaloniki, Greece; Podgorica, Montenegro; Ljubljana, Slovenia; Madrid, Spain	11/2022	11/2022	All project partners; European stakeholders (EU MS; EC; HEPA Europe; scientific community)	Preparation and presentation of the project results for the European stakeholders. This event will be performed in each participating country.
T3.1.	Analysis protocol	n/a	02/2020	02/2020	FMH; TUM; UoM	Develop an analysis protocol to guide and systematize the analysis procedures and search strategy. This will be used in Paper 1, Paper 2 and Paper 3.
T3.2.	Fitness batteries inventory	n/a	03/2020	06/2020	All project partners	Make an inventory of the existing and former fitness batteries for assessing fitness in youth used in the European countries.
T3.3. **IO3.1.**	Paper 1	n/a	03/2020	08/2020	All project partners; HEPA Europe; scientific community; WHO	Write paper 1 on the diagnosis of best practices for assessing and monitoring fitness.
T3.4. **IO3.2.**	Paper 2	n/a	03/2020	10/2020	All project partners; HEPA Europe; scientific community; WHO	Write paper 2 on the perceived barriers and facilitators of fitness assessment by teachers and adolescents: a mixed methods systematic review.
T3.5. **IO3.3.**	Paper 3	n/a	03/2020	10/2020	All project partners; HEPA Europe; scientific community; WHO	Write paper 3 on the secular trends of fitness in European adolescents: systematic review.
T3.6. **IO3.4.**	European fitness report	n/a	11/2020	12/2020	All project partners; EU MS; EC; WHO; HEPA Europe; scientific community	Develop a diagnosis report to synthesise the main findings of the work produced and their implications for the following phases of the project.
T4.1.	Training module	n/a	11/2020	04/2021	All project partners	Definition and elaboration of the contents of the training module to be available to physical education teachers.
T4.2. **IO4.1.**	Toolkit	n/a	11/2020	04/2021	All project partners; physical education	Creation of the toolkit to assess fitness. The toolkit will be composed by a set of instructions and digital materials concerning the fitness battery to help the teachers in its

					teachers	implementation.
T4.3. **IO4.2.**	Manual of standardized fitness assessment	n/a	11/2020	04/2021	All project partners; physical education teachers	Creation of the manual of standardized fitness assessment. The manual will correspond to the guidelines for using the fitness battery.
T4.4.	National workshops	n/a	05/2021	11/2021	Physical education teachers	Implementing the national workshops for physical education teachers (E-learning training module). This training module will help in the implementation of the basis for the monitoring network which is fitness assessment in schools.
T5.1.	Data collection sites	n/a	09/2021	09/2021	All project partners	Select the sites for data collection. This includes identifying the sites and establishing contact with schools and physical education teachers to collect data.
T5.2.	Data collection	To be defined in T5.2.	10/2021	03/2022	All project partners; physical education teachers	Collect data in the designated sites, applying the fitness battery.
T5.3. **IO5.1.**	Database	n/a	04/2022	05/2022	All project partners; WHO; HEPA Europe; scientific community	Assemble the database. Inclusion of the data collected as part of this project in an open access database will improve and strengthen reporting on fitness data in Europe.
T5.4. **IO5.2.**	International and country specific reports	n/a	06/2022	07/2022	All project partners; EU MS; EC; WHO; HEPA Europe	Analyse the data and produce information on findings to be disseminated through international and country specific reports.
T5.5. **IO5.3.**	Paper 4	n/a	06/2022	07/2022	All project partners; HEPA Europe; scientific community; WHO	Write paper 4 on the fitness of European adolescents: original scientific article.
T6.1. **IO6.2.**	Online platform	n/a	10/2020	02/2021	All project partners; EU MS; HEPA Europe; scientific community; WHO; EU citizens	Develop the online platform. This includes coding and web design of the platform components.
T6.2. **IO6.1.**	Platform use guidelines/manual	n/a	01/2021	02/2021	All project partners; EU MS; HEPA Europe;	Elaborate the platform use guidelines/manual. This will be an electronic manual that will include the rationale, guidelines, recommendations and tips for using the online

					scientific community; WHO; EU citizens	platform. Development of the content of the manual will be directed from the user perspective.
T6.3.	Pre-test	n/a	02/2021	02/2021	AUTH; FMH; FUI1	Pre-test the online platform.
T6.4.	Maintenance of the online platform	n/a	03/2021	12/2022	AUTH; FMH; FUI1	Maintenance of the online platform. This includes leading with problems and errors, but also adjusting the platform to users feedback.
T6.5. **IO6.3.**	Standardized health-related fitness report	n/a	04/2022	11/2022	All project partners; EU citizens (adolescents and their families)	Elaboration of the standardized health-related fitness report. A health-related fitness report will be developed to provide physical education teachers and students with individualized information on their fitness levels.
T6.6.	Availability of IOs	n/a	02/2021	12/2022	All project partners; EU MS; HEPA Europe; scientific community; WHO; EU citizens	Make available online the intellectual outputs. This includes making available in the platform the intellectual outputs form the project.
TPM 1	Meeting 1	Lisbon, Portugal	02/2020	02/2020	All project partners	Two days meeting. The EUFITMOS programme will be presented in Lisbon. The project kick-off meeting will involve all project partners. During the meeting the partners will be acquainted. The project timeline, work packages and milestones will be discussed in detail, the formal procedures of the funding of the project will be explained and the next steps of the project conduct will be set and communicated in detail.
TPM 2	Meeting 2	Ljubljana, Slovenia	07/2020	07/2020	All project partners	Two days meeting. Analyse the work done for the dissemination of the project through the creation of the logo, leaflets, website and social media. Start the joint discussion of the protocol for the diagnosis of good practices and of the work related to the literature reviews.
TPM 3	Meeting 3	Thessaloniki, Greece	02/2021	02/2021	All project partners	Two days meeting. This meeting will be important to analyse the work done in the diagnosis of good practices, and realize what remains to be done to end the WP. With the information already collected, the training module (WP4) will begin to be prepared for teachers.
TPM 4	Meeting 4	Podgorica, Montenegro	06/2021	06/2021	All project partners	Three days meeting for the preparation of the different partners in data collection and the study of the EUFITMOS project in each country.

TPM 5	Meeting 5	Munich, Germany	03/2022	03/2022	All project partners	Two days meeting. TUM will host the last meeting to collect the final information for the last report and refine the dissemination and exploitation strategy for the last multiplier sport event in each country.

PART G – Quality of the project team and cooperation arrangements

G.1. Project team

Please describe:

- the participation of people with expertise in appropriate fields such as sport policy and/or practice (training, competitions, coaching, etc.), with academic expertise as well as their ability to reach out wider audiences,
- the division of their responsibilities and tasks.

Please list all the staff involved.

Faculdade de Motricidade Humana (FMH)

Adilson Marques, PhD, MPH

Assistant professor at the Faculty of Human Kinetics, University of Lisbon. He was physical education teacher for 9 years, in public schools, and coach in scholar sport programs. His main research interest is the study of health promotion, correlates of physical activity, fitness and physical education. He has published more than 100 international peer-reviewed original articles, is author and coauthor of 10 books and is author of 18 book chapters.

He has been an investigator in several research projects: Promoting active travel to school in Europe – ACTS, Eramus Plus Sport; Health, lifestyle and fitness in adults and older adults from Amazonas – SEVAAI; team member of Health Behaviours in School Aged Children (HBSC); Models of Child Health Appraised (MOCHA); Positive Youth Development (executive director of the Portuguese team); Research Project on Children´s Lifestyles.

He is a reviewer for several scientific journals in the field of sport science and health promotion. For 6 years he was member of the board of the Portuguese Society of Physical Education, and recently was appointed as assistant director for the National Physical Activity Promotion Program at the Portuguese Ministry of Health.

João Martins, PhD

Expert of didactics in teaching in physical education (PE). He is assistant professor at FMH (University of Lisbon) and Faculty of Physical Education and Sport (Lusophone University). Researcher at the Development Unit on Education and Training, Institute of Education (University of Lisbon). Researcher from the FMH/Universidade de Lisboa team in the EUPEO project - European Physical Education Observatory, Erasmus Plus Sport - 590560-EPP-1-2017-1-PT-SPO-SCP (383.893 euros; Researcher from the FMH/Universidade de Lisboa team in the in the PHYLIT – Physical Literacy project, Erasmus Plus Sport - 590844-EPP-1-2017-1-UK-SPO-SSCP (50.254 euros). AIESEP Young Scholar Award (AIESEP 2018 WC). His main research focuses on the following areas: the role of PE and school in promoting healthy and active lifestyles and the correlates of physical activity. Currently, he is co-leading a research team studying the development of Physical Education at Sintra's municipality primary schools, motor competence and promotion of healthy lifestyles.

Miguel Peralta, MS

PhD student in Education Sciences, specialized in Health Promotion. Author and co-author of several international peer-reviewed original articles and book chapters in the field of sport sciences, sports medicine and public health. His main research interests are the study of physical activity and health promotion, the correlates of physical activity and fitness and health. He was a Physical Education teacher for two years and currently is a member of the CIPER research team in the Faculty of Human Kinetics as a researcher.

Association for the Development of Youth Sports (ADDJ)

Bruno Rosa, MS

He is finishing his PhD in Educational Psychology. He worked as a sports manager with responsibility in several funded and non-funded projects, mostly related with sports and physical activity promotion and

education and training, in Municipality Sports Institute of Barcelona City Council (Spanish public local government), Portuguese Institute of Sports and youth (Portuguese national government), Portuguese Karate Federation (national federation), Luso-Ilyrian Institute for Human Development (NGO) and the Portuguese Professional Football Players' Union (professional association) and the General-Directorate of Health (Portuguese national government). He works as half-time University assistant professor since 2009. He's author and co-author of several scientific and technical papers related with sports ethics, sports pedagogy, sports promotion and sports management. He's a certified coach of karate (grade 2 in 4) and judo (grade 1 in 4). At ADDJ, he's working as a sports monitor (karate and childhood kinetics) and project and education and training manager since 2014.).

Romero Santiago, Bch

He is a teacher of physical education in a private school. At ADDJ he is founder, current vice president and member of the executive board. He's the co-creator of the pedagogical model of the ADDJ and the technical director of the activities scheduled throughout the year, as well as the competitions events developed. In addition, he manages the structure of the ADDJ tennis school at the Colina do Sol Tennis Club, taking responsibility for the other coach's management and training. He's certified as a coach of tennis (grade 2 in 4) and basketball (grade 2 in 4).)

Technical University of Munich (TUM)

Yolanda Demetriou, PhD

Her research is located in the field of sport and education science. The synthesis of systematic reviews along with the design and evaluation of intervention studies enable her to establish evidence-based findings relating to the competencies students should develop through physical education. Her current research deals with the promotion of students' physical literacy and analyses the role and effects of the health-related fitness knowledge that students should gain within physical education. She studied sport science, pedagogics and psychology at the University of Freiburg (Magister Artium). Subsequently, she was an academic assistant at the Institute of Sports Science at the Eberhard Karls University, Tübingen and received a PhD in 2012. She has been a professor of educational science in sport and health at TUM since 2014.

David Sturm

He examines the effects of physical education lessons based on self-determination theory on 6th grade girls' physical activity during and outside of class.

He studied Science Education with Emphases on Mathematics and Physical Education for Teaching Profession for Secondary School Education at the Ludwig-Maximilians-University and Technical University Munich and graduated in 2018 by State Examination. In 2016, he started as student research assistant to support the team in diverse research projects gaining an insight in academic research, which leads him to an employment as research assistant and PhD student at the professorship.

Sports Union of Slovenia (SUS)

Mojca Markovic

She has strong project management skills. She is a project manager of Move Transfer II (2019-2020) and Move Transfer (2017-2018). She has been involved in projects such as European Fitness Day, Active School Communities, School to Move and Physical Literacy. She also was the coordinator of the international NowWeMove campaign. As a coach and a former elite basketball player she has insight and expertize in the field of sport on all levels. She is a member of Executive Committee of Sport Club Sentvid - Ljubljana and Head of Basketball Department of SC Sentvid - Ljubljana, a sport club with over a century of tradition.

Miha Kobe

He is a physical education teacher in public schools and a coach in scholar sport programs. Besides rich experience from Slovenian school system he is an expert in the field of sport as he is a basketball coach for over a decade working with youth of all age categories. He was organizer of local events and activities for national projects Wind in Your Hair and Slovenia in Movement. He is a member of Executive Committee of Basketball Club Orli Postojna.

Aristotle University of Thessaloniki (AUTH)

Thrasyvoulos Tsiatsos, PhD

He is currently faculty member at Computer Science Department, Aristotle University of Thessaloniki, Greece. His research interests include Networked Virtual Learning Environments, Computer Uses in

Education, Evaluation methods of Internet Learning Environments and Open and Distance Education using Multimedia and Internet Technologies. He has published more than 200 papers in Journals and in well-known refereed conferences and he is co-author in 4 books. He has been a PC member and referee in various international journals and conferences. Furthermore, he was conference chair in International Conference on Interactive Mobile Communication, Technologies and Learning (IMCL2014 and IMCL2015). He has participated in numerous EU-funded R&D projects related to the integration of Virtual Learning Environments in education and training and currently he is coordinating two Erasmus+ Sport projects.

Stella Douka, PhD

She is Associate Professor in the Department Physical Education and Sport Science of Aristotle University of Thessaloniki, Greece. Her research interests are Physical education, Dance, Sociology of Sport and Leisure, event management and teaching sports through e-learning. She has published more than 130 papers in Journals and in well-known refereed conferences and she is co-author in 3 books. She is responsible coordinator ECTS for her department and also member of the curriculum development committee. She is also involved in numerous sport and cultural event organizing committees.

University of Montenegro (UoM)

Stevo Popovic, PhD

He is the current Dean of Faculty for Sport and Physical Education, University of Montenegro and the Vice-Dean of Research and International Relations, University of Montenegro.

Yang Zhang, PhD

He joins the Faculty for Sport and Physical Education, University of Montenegro in 2018. His main responsibilities include lead research at the newly established Diagnostic Centre at Podgorica. Prior to joining the University of Montenegro, he was a coach for the Chinese Badminton Association – Zhejiang Jiaxing Branch. During his previous time in academia he taught various courses in the areas of nutrition, fitness and applied physiology. He has conducted research in the areas of thermoregulation, work physiology, and meta-analysis. Originally from Jiaxing, China, Yang Zhang earned his Bachelor's from Shanghai University of Sport. In 2011 he graduated with his PhD from the University of Alabama in Human Performance.

Fundación Universidad Isabel I (FUI1)

Marcos López Flores, PhD

He is professor of Exercise Physiology at University Isabel I, where he is also in charge of the Sports Department and the Erasmus Department. Project Manager for several international projects, among which is YODA Mentors project. Expert in Project Evaluation at EU level and for the National Internationalisation Agency (SEPIE), in matters of Erasmus + Sport and KA2. Through the sports service is responsible for the management and promotion of comprehensive health in various groups through specific action programs. He has experience in planning exercise programs for specific groups and is responsible for the management of healthy physical activities within the University Isabel I. His research topic is Sleep and Exercise, and physical activity with disabled people. In this project, Dr. López-Flores will play the role of Project Manager and researcher.

Alba Mayor Villalaín, PhD

She is PhD in Sports Science, Physical Education and Healthy Physical Activity. Her doctoral thesis "Sport Projects Center as a means of promoting activity in Galician schools: Treatment from a gender prespective" won the mention of Cum Laude. For the development of her Doctoral Thesis, she had the support from the Xunta de Galicia, who provided the access to the educational centers supported by public funds involved in her study. During the Doctorate studies she stayed at the University of Limerick (Ireland), where she impregnated and collaborated with the Get Ireland Active plan, as well as was a participant in the PEPAYS Ireland FORUM 2017. This stay was financed through the INDITEX-UDC Help 2017. Currently, she works as a teacher at the University of Isabel I de Burgos in Physical Activity and Sports Sciences Degree, and she is also a teacher in the Professors Master, Tutor in the Professional internships and Master's Thesis related to good practices in Physical Education and the promotion of active lifestyles. In this project, Dr. Mayor will play the role of Researcher.

G.2. CVs of the key project team members

Please copy-paste the table as many times as necessary.

Position in project	Project manager & local manager		
Surname, First name	Marques, Adilson		
Organisation	Faculty of Human Kinetics (FMH), University of Lisbon		
Position/Category	University Professor		
Telephone	+351 / 962843264		
Email	amarques@fmh.ulisboa.pt	**Website**	www.fmh.ulisboa.pt/pt/

WORK EXPERIENCE (please include all relevant positions):

Since 2009 – Professor at Faculty of Human Kinetics, University of Lisbon.
Since 2016 – Team member of the National Program for Physical Activity Promotion, developed by the General-Directorate of Health (Portuguese Health Public National Body).
Since 2018 – Board member of the Pedagogic Council of the Faculty of Human Kinetics, University of Lisbon.
2014-2015 – Board member of the Portuguese Society of Physical Education.
2014-2015 – Board member of the Pedagogic Council of the National School of Public Health, New University of Lisbon.
2011-2013 – Scientific coordinator of the Laboratory of Pedagogy of the Faculty of Human Kinetics, University of Lisbon.
2001-2009 – Physical education teacher.

Associated editor of BMC Public Health
Editorial member for Journal of Sport Pedagogy and Research
Editorial member for Pediatric Dimensions
Reviewer for Mayo Clinic Proceedings
Reviewer for Archives of Obesity
Reviewer for Journal of Sports Research
Reviewer for American Journal Health Behavior
Reviewer for Women and Health
Reviewer for Arquivos Brasileiros de Cardiologia

EDUCATIONAL BACKGROUND (please detail all relevant studies):

2018 – PhD in Sport Science. University of A Coruna.
2016 – Master in Public health. National School of Public Health, New University of Lisbon.
2014 – Post-doc in International Health. Institute of Hygiene and Tropical Medicine, New University of Lisbon.
2010 – PhD in Education Science (Health-related physical activity). Faculty of Human Kinetics, Technical University of Lisbon.
2009 – Postgraduate in Data Analysis in Social Sciences (Statistic). Lisbon University Institute.
2004 – European Master in Physical Education. Faculty of Human Kinetics, Technical University of Lisbon.
2001 – Bachelor in Physical Education. Superior School of Education, Polytechnic Institute of Setúbal.

Selected publications

Marques, A., Peralta, M., Sarmento, H., Loureiro, V., Gouveia, E. R., & Matos, M. G. (2019). Prevalence of risk for exercise dependence: a systematic review. Sports Medicine, 49(2), 319-330. DOI: 10.1007/s40279-018-1011-4

Martins, J., **Marques, A.**, Loureiro, N., Carreiro da Costa, F., Diniz, J., Gaspar de Matos, M. G. (2019). Trends and age-related changes of physical activity among Portuguese adolescent girls from 2002-2014: Highlights from the health behavior in school-aged children study. Journal of Physical Activity and Health. DOI: 10.1123/jpah.2018-0092

Teixeira, P., **Marques, A.**, Lopes, C., Sardinha, L. B., & Mota, J. (2019). Prevalence and preferences of self-reported physical activity and nonsedentary behaviors in Portuguese adults. Journal of Physical Activity and Health. DOI: 10.1123/jpah.2018-0340

Gouveia, E. R., Gouveia, B. R., Ihle, A., Kligel, M., **Marques, A.**, & Freitas, D. L. (2019). Balance and mobility relationships in older adults: A representative population-based cross-sectional study in Madeira, Portugal. Archives of Gerontology and Geriatrics, 80, 65-69. DOI: 10.1016/j.archger.2018.10.009

Marques, A., Matos, M. G., Machado, M., Naia, A., & Mota, J. (2018). The prevalence of overweight and obesity in adolescents from 1988 to 2014: results from the HBSC Portuguese survey. Portuguese Journal of Public Health. DOI: 10.1159/000493987

Marques, A., Peralta, M., Martins, J., Loureiro, V., Cortés Almanzar, P, & Matos, M. G. (2018). Few European adults are living a healthy lifestyle. American Journal of Health Promotion. DOI: 10.1177/0890117118787078

Marques, A., Peralta, M., Gouveira, E., Gómez Chávez, F., & González Valeiro, M. (2018). Physical activity buffers the negative

relationship between multimorbidity, self-rated health and life satisfaction. Journal of Public Health, 40(3), e328–e335. DOI:10.1093/pubmed/fdy012

Marques, A., Peralta, M., Samento, H., Martins, J., & González Valeiro, M. (2018). Associations between vigorous physical activity and chronic diseases in older adults: a study in 13 European countries. European Journal of Public Health, 28(5), 950-955. DOI: 10.1093/eurpub/cky086

Marques, A., Santos, D. A., Hillman, C., & Sardinha, L. B. (2017). How does academic achievement relate to cardiorespiratory fitness, self-reported physical activity and objectively reported physical activity: a systematic review in children and adolescents aged 6–18 years. British Journal of Sports Medicine, 52(16), 1039. DOI: 10.1136/bjsports-2016-097361

Marques, A., Peralta, M., Naia, A., Loureiro, N., & Matos, M. G. (2018). Prevalence of adult overweight and obesity in 20 European countries, 2014. European Journal of Public Health, 28(2), 295-300. DOI: 10.1093/eurpub/ckx143

Marques, A., Santos, D. A., Peralta, M., Sardinha, L. B., & González Valeiro (2018). Regular physical activity eliminates the harmful association of television watching with multimorbidity. A cross-sectional study from the European Social Survey. Preventive Medicine, 109, 28-33. DOI: 10.1016/j.ypmed.2018.01.015

Marques, A., Naia, A., Branquinho, C., & Matos, M. G. (2018). Adolescents' eating behaviors and its relationship with family meals, body mass index and body weight perception. Nutrición Hospitalaria, 35(3), 550-556. DOI: 10.20960/nh.1540

Marques, A., Hillman, C., & Sardinha, L. (2018). Physical activity, aerobic fitness and academic achievement. In B. Bernal-Morales (Ed.), Health and academic achievement (pp. 235-256). London: IntechOpen. ISBN: 978-1-78923-731-3

Peralta, M., Martins, J., Gómez Chávez, F., Cortés Armanzar, P., & **Marques, A.** (2018). Self-rated wellbeing and physical activity associations in European older adults. European Journal of Sport Science, 18(7), 1038-1044. doi: 10.1080/17461391.2018.1469672. DOI: 10.1080/17461391.2018.1469672

Peralta, M., Martins, J., Guedes, D., Sarmento, H., & **Marques, A.** (2018). Socio-demographic correlates of physical activity among European older people. European Journal of Ageing, 15, 5-13. DOI: 10.1007/s10433-017-0430-7

Marques, A., Santos, T., Martins, J., Matos, M. G., & González Valeiro, M. (2018). The association between physical activity and chronic diseases in European adults. European Journal of Sport Science, 18(1), 140-149. DOI: 10.1080/17461391.2017.1400109

Sardinha, L. B., **Marques, A.**, Minderico, C., & Ekelund, U. (2017). Cross-sectional and prospective impact of reallocating sedentary time to physical activity on children's body composition. Pediatric Obesity, 12(5), 373-379. DOI: 10.1111/ijpo.12153

Marques, A., Peralta, M., Martins, J., Matos, M. G., & Browson, R. (2017). Cross-sectional and prospective relationship between physical activity and chronic diseases in European older adults. International Journal of Public Health, 62(4), 495-502. DOI: 10.1007/s00038-016-0919-4

Marques, A., Mota, J., Gaspar, T., & Matos, M. G. (2017). Associations between self-reported fitness and self-rated health, life-satisfaction and health-related quality of life among adolescents. Journal of Exercise Science & Fitness, 15(1), 8–11. DOI: 10.1016/j.jesf.2017.03.001

Marques, A., González, M., Martins, J., Fernández-Villarino, M., & Carreiro da Costa, F. (2017). Relación entre la actividad física de los adolescentes y la de madres/padres. Revista de Psicología del Deporte, 26(1), 145-156.

Marques, A., Gómez, F., Martins, J., Catunda, R., & Sarmento, H. (2017). Association between physical education, school-based physical activity, and academic performance: a systematic review. Retos, 31, 316-320.

Position in project	Researcher		
Surname, First name	Martins, João		
Organisation	Faculty of Human Kinetics (FMH), University of Lisbon		
Position/Category	University Professor		
Telephone	+351 / 962485266		
Email	jmartins@fmh.ulisboa.pt	**Website**	www.fmh.ulisboa.pt/pt/

WORK EXPERIENCE (please include all relevant positions):

Since 2016 – Co-cordinator for the Laboratory of Pedagogy participation in the 'The Fitschool [Fitescola] plataform for promoting physical activity and fitness in physical education' It is a national CPD programme on physical fitness for physical educators. http://fitescola.dge.mec.pt/HomeTestes.aspx

2017-2019 – Teacher trainer of the Laboratory of Pedagogy, in partnership with the General-Directorate of Education (Ministry of Education), for the professional development training at a national level on 'The Fitschool [Fitescola] plataform for promoting physical activity and physical fitness in physical education', involving more than 200 physical education teachers. Site: http://fitescola.dge.mec.pt/HomeTestes.aspx

Since 2014 – Researcher Institute of Education - University of Lisbon.

Since 2011 – Professor in Faculty of Human Kinetics, University of Lisbon.

Since 2011 – Professor at Faculty of Physical Education and Sport, Lusophone University of Humanities and Technologies.

Since 2015 – Member of the Scientific committee of the Laboratory of Pedagogy of the Faculty of Human Kinetics, University of Lisbon.

2016 – Consultant for building a summer school about the theme "Physical Education and sport for democracy and human rights". For: Council of Europe, Enlarged Partial Agreement on Sport (EPAS) and the

International Olympic Academy (IOA). March and April. Strasbourg, France.
2008-2009 – Physical education teacher in primary and secondary school
2006-2008 – Coordinator of sport summer camps (Sintra Municipality)

EDUCATIONAL BACKGROUND (please detail all relevant studies):

2015 – PhD in Education Sciences, speciality in Physical Education. Faculty of Human Kinetics, University of Lisbon.
2018 – Postgraduate in Epidemiology. Medical School, University of Lisbon.
2012 – Master in Physical Education Teaching. Faculty of Human Kinetics, Technical University of Lisbon.
2011 – Postgraduate in Data Analysis in Social Sciences (Statistic). Lisbon University Institute.
2008 – Bachelor in Sport Sciences. Faculty of Human Kinetics, Technical University of Lisbon.

Selected publications

Martins, J., Cabral, M. Elias, C., Nelas, R., Rosa, V., Sarmento, H., Marques, A., & Nicola, P. (2019, in press). Physical activity recommendations for health: knowledge and perceptions among college students. Retos. Accepted on March 20th 2019

Martins, J., Marques, A., Loureiro, N., Carreiro da Costa, F., Diniz, J., Gaspar de Matos, M. (2019, in press). Trends and age-related changes of physical activity among Portuguese adolescent girls from 2002 to 2014: Highlights from the Health Behaviour in School-aged Children study. Journal of Physical Activity and Health. DOI: 10.1123/jpah.2018-0092

Quitério, A., **Martins, J.**, Onofre, M., Costa, J., Rodrigues, J., Gerlach, E., Scheuer, C., Herrmann (2018, In Press). MOBAK – Assessment in primary physical education: Exploring basic motor competences in six-year old Portuguese children. Perceptual and Motor Skills. Accepted in 10/9/2018

Marques, A., Peralta, M., **Martins, J.**, Loureiro, V., Almanzar, P., Gaspar de Matos, M. (2018). Few european adults are living a healthy lifestyle. American Journal of Health Promotion. DOI: 10.1177/0890117118787078

Martins, J., Anacleto, F., Ramos, M., Torrado, P., Marques, A., Carreiro Da Costa, F. (2018). Estilos de vida e atividade física: Identificação de perfis das representações e práticas de lazer em adolescentes [Lifestyles and physical activity: Clusters of leisure time activities representations and patterns among adolescents]. Revista Iberoamericana de Psicología del Ejercicio y el Deporte, 13(2), 251-260. http://www.riped-online.com/index.php/riped/article/view/406/390

Marques, A., Peralta, M., Sarmento, H., **Martins, J.**, González, M. (2018) Associations between vigorous physical activity and chronic diseases in older adults: a study in 13 European countries. European Journal of Public Health. DOI: 10.1093/eurpub/cky086

Marques, A., Peralta, M., **Martins, J.**, Gouveia, E., González, M. (2017). Cross-sectional and prospective relationship between low-to-moderate-intensity physical activity and chronic diseases in older adults from 13 European countries. Journal of Aging and Physical Activity. DOI: 10.1123/japa.2017-0403

Martins, J., Marques, A., Peralta, M., Palmeira, A., & Carreiro da Costa, F. (2017). Correlates of physical activity in young people: A narrative review of reviews. Implications for physical education based on a socio-ecological approach. Retos, 31, 292-299. https://recyt.fecyt.es/index.php/retos/article/view/53505

Marques, A., Gómez, F., **Martins, J.**, Catunda, R., Sarmento, H. (2017). Association between physical education, school-based physical activity, and academic performance: a systematic review. Retos, 31, 316-320.

Marques, A., Peralta, M., **Martins, J.**, Sarmento, H., Routen, A., & Carreiro da Costa, F. (2016). Psychosocial correlates of organized physical activity in Portuguese urban youth. Motriz: Revista de Educação Física, 22(4), 327-334. DOI: 10.1590/S1980-6574201600040017

Martins, J., Marques, A., Rodrigues, A., Sarmento, H., Onofre, M., & Carreiro da Costa, F. (2018). Exploring the perspectives of physically active and inactive adolescents: How does physical education influence their lifestyles? Sport, Education & Society, 23(5), 505-519. DOI: 10.1080/13573322.2016.1229290

Martins, J., Marques, A., Sarmento, H., & Carreiro da Costa, F. (2015). Adolescents' perspectives on the barriers and facilitators of physical activity: a systematic review of qualitative studies. Health Education Research, 30(5), 742-755. DOI:10.1093/her/cyv042 FI (2015): 1.667

Martins, J., Marques, A., & Carreiro da Costa, F. (2015). Narraciones de adolescentes con estilos de vida activos y sedentarios / Narratives of adolescents with an active and sedentary lifestyle. Revista Internacional de Medicina y Ciencias de la Actividad Física y el Deporte, 15(58), 223-244. DOI: http://dx.doi.org/10.15366/rimcafd2015.58.003

Marques, A., **Martins, J.**, Sarmento, H., Rocha, L., & Carreiro da Costa (2015). Do the students know the physical activity recommendations for health promotion? Journal of Physical Activity & Health, 12, 253-256. DOI: 10.1123/jpah.2013-0228

Marques, A., Sallis, J., **Martins, J.**, Diniz, J., & Carreiro da costa, F. (2014). Correlates of urban children's leisure-time physical activity and sedentary behaviors during school days. American Journal of Human Biology, 26(3), 407- 412.

Marques, A., **Martins, J.**, Diniz, J., Ramos, M., Yazigi, F., Onofre, M., & Carreiro da Costa, F. (2014). The correlates of meeting physical activity recommendations: A population-based cross-sectional study. European Journal of Sport Science, 14(S1), S462-S470. DOI: 10.1080/17461391.2012.713008

Martins, J. & Marques, A. (2015). Escola, educação física e aptidão física. Estudo de investigação-ação. [School, physical education and physical fitness. An action-research study] SaarbrÜcken: Novas Edições Acadêmicas [ISBN 978-613-0-15821-7]

Position in project	Researcher
Surname, First name	Peralta, Miguel
Organisation	Faculty of Human Kinetics (FMH), University of Lisbon
Position/Category	PhD Student

Telephone	+351 / 930541728		
Email	mperalta@fmh.ulisboa.pt	**Website**	www.fmh.ulisboa.pt/pt/

WORK EXPERIENCE (please include all relevant positions):

Since 2017 – PhD candidate in Education Sciences at Faculty of Human Kinetics, University of Lisbon.
Since 2017 – Researcher at CIPER, Faculty of Human Kinetics, University of Lisbon.
Since 2018 – Researcher at ISAMB, Faculty of Medicine, University of Lisbon.
Since 2018 – Master degree in Public Health at National School of Public Health, New University of Lisbon
Since 2019 – Researcher at ERASMUS+ Sport project: Promoting active travel to school in Europe (ACTS) [603249-EPP-1-2018-1-DE-SPO-SCP]
Since 2019 – Researcher at CISP, National School of Public Health, New University of Lisbon

Reviewer for American Journal Health Behavior.

EDUCATIONAL BACKGROUND (please detail all relevant studies):

2018 – Postgraduate in Data Analysis in Social Sciences (Statistic). Lisbon University Institute.
2015 – Master in Physical Education Teaching. Faculty of Human Kinetics, Technical University of Lisbon.
2013 – Bachelor in Sport Sciences. Faculty of Human Kinetics, Technical University of Lisbon.

Selected publications

Marques, A., **Peralta, M.**, Sarmento, H., Loureiro, V., Gouveia, E. R., & Matos, M. G. (2019). Prevalence of risk for exercise dependence: a systematic review. Sports Medicine, 49(2), 319-330. DOI: 10.1007/s40279-018-1011-4

Marques, A., **Peralta, M.**, Martins, J., Loureiro, V., Cortés Almanzar, P, & Matos, M. G. (2018). Few European adults are living a healthy lifestyle. American Journal of Health Promotion. DOI: 10.1177/0890117118787078

Peralta, M., Ramos, M., Lipert, A., Martins, J., & Marques, A. (2018). Prevalence and trends of overweight and obesity in older adults from 10 European countries from 2005 to 2013. Scandinavian Journal of Public Health. DOI: 10.1177/1403494818764810

Marques, A., **Peralta, M.**, Gouveira, E., Gómez Chávez, F., & González Valeiro, M. (2018). Physical activity buffers the negative relationship between multimorbidity, self-rated health and life satisfaction. Journal of Public Health, 40(3), e328–e335. DOI:10.1093/pubmed/fdy012

Marques, A., **Peralta, M.**, Samento, H., Martins, J., & González Valeiro, M. (2018). Associations between vigorous physical activity and chronic diseases in older adults: a study in 13 European countries. European Journal of Public Health, 28(5), 950-955. DOI: 10.1093/eurpub/cky086

Marques, A., **Peralta, M.**, Naia, A., Loureiro, N., & Matos, M. G. (2018). Prevalence of adult overweight and obesity in 20 European countries, 2014. European Journal of Public Health, 28(2), 295-300. DOI: 10.1093/eurpub/ckx143

Marques, A., Santos, D. A., **Peralta, M.**, Sardinha, L. B., & González Valeiro (2018). Regular physical activity eliminates the harmful association of television watching with multimorbidity. A cross-sectional study from the European Social Survey. Preventive Medicine, 109, 28-33. DOI: 10.1016/j.ypmed.2018.01.015

Peralta, M., Martins, J., Gómez Chávez, F., Cortés Armanzar, P., & Marques, A. (2018). Self-rated wellbeing and physical activity associations in European older adults. European Journal of Sport Science, 18(7), 1038-1044. doi: 10.1080/17461391.2018.1469672. DOI: 10.1080/17461391.2018.1469672

Peralta, M., Martins, J., Guedes, D., Sarmento, H., & Marques, A. (2018). Socio-demographic correlates of physical activity among European older people. European Journal of Ageing, 15, 5-13. DOI: 10.1007/s10433-017-0430-7

Marques, A., **Peralta, M.**, Martins, J., Matos, M. G., & Browson, R. (2017). Cross-sectional and prospective relationship between physical activity and chronic diseases in European older adults. International Journal of Public Health, 62(4), 495-502. DOI: 10.1007/s00038-016-0919-4

Martins, J., Marques, A., **Peralta, M.**, Palmeira, A., & Carreiro da Costa, F. (2017). Correlates of physical activity in young people: A narrative review of reviews. Implications for physical education based on a socio-ecological approach. Retos, 31, 292-299.

Marques, A., **Peralta, M.**, Martins, J., Catunda, R., Matos, M. G., & Saboga Nunes, L. (2016). Associations between physical activity and self-rated wellbeing in European adults: A population-based, cross-sectional study. Preventive Medicine, 91, 18-23. DOI: 10.1016/j.ypmed.2016.07.021

Marques, A., Martins, J., **Peralta, M.**, Catunda, R., & Saboga Nunes, L. (2016). European adults' physical activity socio-demographic correlates: a cross-sectional study from the European Social Survey. PeerJ, 4:e2066. DOI: 10.7717/peerj.2066

Marques, A., **Peralta, M.**, Martins, J., Sarmento, H., Routen, A., & Carreiro da Costa, F. (2016). Psychosocial correlates of organized physical activity in Portuguese urban youth. Motriz, 22(4), 327-334. DOI: 10.1590/S1980-6574201600040017

Marques, A., Maldonado, I., **Peralta, M.**, & Santos, S. (2015). Exploring psychosocial correlates of physical activity among children and adolescents with spina bífida. Disability and Health Journal, 8(1), 123-129. DOI: 10.1016/j.dhjo.2014.06.008.

Position in project	WP leader, researcher
Surname, First name	Avelar Rosa, Bruno
Organisation	Association for the Development of Youth Sports (ADDJ)
Position/Category	Education and Training and Project Manager

Telephone	+351 / 926060485		
Email	bruno.ibe@gmail.com	**Website**	www.addj.pt

WORK EXPERIENCE (please include all relevant positions):
Since 2017 – Member of the staff responsible for the development of the National Program for the Physical Activity Promotion developed by the General-Directorate of Health (Portuguese Health Public National Body). 2018 – Project manager in the Faculty of Human Kinetics, University of Lisbon. 2016-2017 – Education and Training Department Director in SJPF - Portuguese Professional Football Players' Union (Professional Association). 2015-2017 – Assistant Professor in Europeia University (Laureate International Universities group, Private Higher Education, Lisbon, Portugal). Since 2014 – Monitor, Project and Education and training manager in ADDJ (Sport Association, Lisbon, Portugal). 2014-2016 – Officer in Luso-Illyrian Institute for Human Development (iLIDH) (NGO), project and education and training manager responsible for ethics in sport area. 2011-2014 – Coach Education Director in the Portuguese Karate Federation (National Sport Federation, Portugal). 2010-2011 – Officer in Education and Training Department in the Portuguese Sport Institute (Portuguese Sport Public National Body). 2009-2015 – Assistant Professor in the Polytechnic Institute of Viseu. 2006-2009 – Officer in the Sports Promotion Department of the Barcelona Sports Institute of the Barcelona City Council (Spanish Sport Public Local Body, Barcelona, Spain).
EDUCATIONAL BACKGROUND (please detail all relevant studies):
Bachelor in Sports Sciences, Faculty of Human Kinetics, University of Lisbon, Portugal (Erasmus student in Ghent University, Belgium, during one semester). Postgraduate in Childhood Kinetics, University of Barcelona, Spain. Postgraduate in Sports Management. University of Barcelona, Spain. Advanced studies in Physical Education and Sport: Didactics and Professional Development. University of Barcelona, Spain. PhD candidate in Educational Psychology, University of Girona, Spain. Certified Karate and Judo coach.

Position in project	Researcher		
Surname, First name	Santiago, Romero Miguel		
Organisation	Association for the Development of Youth Sports (ADDJ)		
Position/Category	Vice-President		
Telephone	+351 / 962946741		
Email	romeromiguelsantiago@gmail.com	**Website**	www.addj.pt

WORK EXPERIENCE (please include all relevant positions):
2014-2018 – Sports monitor in Elementary Schools. Since 2012 – Technical Manager in Colina do Sol Tennis Club (Lisbon, Portugal). Since 2006 – Physical Education teacher in Instituto de Ciências Educativas (Odivelas, Portugal). Since 2004 – Vice-president in ADDJ (Lisbon, Portugal). Since 2003 – Tennis Coach and Coordinator of several projects in Elementary Schools (Lisbon, Portugal). 2003-2004 – Physical Education teacher in Public Elementary School in Olivais (Lisbon, Portugal). 2003 – Tennis coach in Real Club de Tennis de Barcelona (Spain) Since 1999 – Tennis coach (Clube de Ténis Colina do Sol, Ginásio Alto do Duque, Real Sport de Massamá (Portugal).
EDUCATIONAL BACKGROUND (please detail all relevant studies):
Bachelor in Sports Sciences. Faculty of Human Kinetics, University of Lisbon. Certified tennis coach. Portuguese Tennis Federation, United States Professional Tennis Association and Federation of Catalonia. Certified basketball coach.

Position in project	WP leader, local manager
Surname, First name	Demetriou, Yolanda
Organisation	Technical University of Munich (TUM)
Position/Category	University Professor

Telephone	+49 / 8928922200		
Email	yolanda.demetriou@tum.de	**Website**	www.sportpaedagogik.sg.tum.de/team/

WORK EXPERIENCE (please include all relevant positions):

Since 2014 – Tenure Track Professorship (W2) "Educational Science in Sport and Health". Technical University of Munich.
03/2016-04/2016 – Visiting Professor at the University of Bath, UK.
Since 2015 – Vice president for youth promotion of the German Association of Sport Science.
2007 – 2014 – Academic Assistant. Institute of Sports Science Eberhard Karls University of Tübingen.

EDUCATIONAL BACKGROUND (please detail all relevant studies):

2012 – PhD in Sports Science. University of Tübingen Institute of Sports Science
2001 to 2005 – Magister Artium Studies in Sport Science, Pedagogics, and Psychology at the Albert Ludwigs University of Freiburg (Magister Artium) Degree

Selected publications

Demetriou, Y., Reimers, A. K., Hebestreit, A., Schlund, A., Niessner, C., Schmidt, S., Finger, J., Mutz, M., Völker, K., Vogt, L., Woll, A., & Bucksch, J. (2019). Germany's 2018 Report Card on Physical Activity for Children and Adolescents. German Journal of Exercise and Sport Research. doi:10.1007/s12662-019-00578-1

Demetriou, Y., Vondung, C., Buscksch, J., Schlund, A., Schulze, C., Knapp, G., Coen, S., Puil, L. & Reimers, A. K. (2019). Interventions on children's and adolescents' physical activity and sedentary behaviour: protocol for a gender-sensitive systematic review. Systematic Reviews, 8, 65. doi: 10.1186/s13643-019-0963-2.

Demetriou, Y., Bachner, J. Reimers, K. A. & Göhner, W. (2018). Effects of a sports-oriented primary school on students' physical literacy and cognitive performance. Journal of Functional Morphology and Kinesiology, 3, 37, doi.org/10.3390/jfmk3030037

Aubert, S., Barnes, J. D., Abdeta, C., Nader, P. A., Adeniyi, A. F., Aguilar-Farias, N., Tenesaca, D. S. A., Bhawra, J., Brazo-Sayavera, J., Cardon, G., Chang, C.-K., Nyström, C. D., **Demetriou, Y.**, … & Tremblay, M. S. (2018). Global Matrix 3.0 Physical Activity Report Card grades for children and youth: results and analysis from 49 countries. Journal of Physical Activity and Health, 15(Suppl 2).

Schüller, I., & **Demetriou, Y.** (2018). Physical activity interventions promoting social competence at school: A systematic review. Educational Research Review. 25, 39-55, doi.org/10.1016/j.edurev.2018.09.001

Marzi, I., Demetriou, Y. & Reimers, A. K. (2018). Social and physical environmental correlates of independent mobility in children: a systematic review taking gender differences into account. International Journal of Health Geographics, 17, 24. doi: 10.1186/s12942-018-0145-9

Reimers, A. K., Schoeppe, S. **Demetriou, Y.**, & Knapp, G. (2018). Physical activity and outdoor play of children in public playgrounds – Does gender and social environment matter? International Journal of Environmental Research and Public Health. 15, 1356, doi: 10.3390/ijerph15071356

Bucksch, J., Alfes, J., **Demetriou, Y.**, & Aue, K. (2016). Theoriegeleitete Entwicklung von Interventionsmaterialien zur Reduzierung von Sitzzeiten im familiären Kontext. Gesundheitswesen, 78(08/09), A19. doi: 10.1055/s-0036-1586529

Alfes, J., Bucksch, J., Aue, K., & **Demetriou, Y.** (2016) Reduzierung von Sitzzeiten bei Kindern–ein systematisches Review (Reducing sedentary behaviour in children – A systematic review). Bundesgesundheitsblatt - Gesundheitsforschung – Gesundheitsschutz, 1-9.

Demetriou, Y., Gorden, S., Thiel, A., & Höner, O. (2015). The effects of school-based physical activity interventions on students' health-related fitness knowledge: A systematic review. Educational Research Review, 19-40. doi: 10.1016/j.edurev.2015.07.002

Demetriou, Y., Sudeck, G., & Höner, O. (2014). Indirekte Gesundheitseffekte des Unterrichtsprogramms „HealthyPEP": Ergebnisevaluation unter Berücksichtigung der Programminhalte und des Implementierungsgrades im Sportunterricht (Indirect health effects of the „HealthyPEP" lessons: Outcome evaluation under the consideration of the programme content and the programme implementation in physical education). Sportwissenschaft, 44, 86-98. 10.1007/s12662-014-0324-1

Demetriou, Y., & Höner, O. (2012). Physical activity interventions in the school setting: A systematic review. Psychology of Sport and Exercise, 13, 186-196. doi: 10.1016/j.psychsport.2011.11.006

Höner, O., & **Demetriou, Y.** (2014). Effects of a health-promotion programme in sixth grade German students' physical education. European Journal of Sport Science, 14, 341-351. doi: 10.1080/17461391.2012.704080

Position in project	Researcher		
Surname, First name	Sturm, David		
Organisation	Technical University of Munich (TUM)		
Position/Category	Researcher		
Telephone	+49 / 8928924783		
Email	david.sturm@tum.de	**Website**	www.sg.tum.de/en/sportpaedagogik/team/research-assistants/david-sturm/

WORK EXPERIENCE (please include all relevant positions):

Since 2018 – Academic Assistant, Technical University of Munich, Associate Professorship of Educational Science in Sport and Health
2016 – 2018 – Student Academic Assistant, Technical University of Munich, TUM Department of Sport and Health Sciences
He examines the effects of physical education lessons based on self-determination theory on 6th grade girls' physical activity during and outside of class.
He studied Science Education with Emphases on Mathematics and Physical Education for Teaching Profession for Secondary School Education at the Ludwig-Maximilians-University and Technical University Munich and graduated in 2018 by State Examination. In 2016, he started as student research assistant to support the team in diverse research projects gaining an insight in academic research, which leads him to an employment as research assistant and PhD student at the professorship.

EDUCATIONAL BACKGROUND (please detail all relevant studies):

Since 2018, PhD student, Technical University of Munich, Associate Professorship of Educational Science in Sport and Health
2018 – Science Education with Emphases on Mathematics and Physical Education for Teaching Profession for Secondary School Education at the Ludwig-Maximilians-University and Technical University Munich; State Examination.

Position in project	WP leader, local manager		
Surname, First name	Markovic, Mojca		
Organisation	Sports Union of Slovenia (SUS)		
Position/Category	Project manager and expert adviser		
Telephone	+386 / 41601155		
Email	mojca.markovic@sportna-unija.si	**Website**	www.sportna-unija.si

WORK EXPERIENCE (please include all relevant positions):

Since 2015 – Project manager for Sports Union of Slovenia.
Since 2017 – Secretary for international affairs and sport infrastructure at Sports Union of Slovenia:

- Project manager of international project Move Transfer (applicant SUS; E+sport 2016) & Move Transfer II (applicant SUS; E+sport 2018).
- Coordination and national management of the international projects European Fitness Day (applicant: ISCA; E+sport Ewos 2016), Active School Communities (applicant BGBeActive; E+sport 2016), School To Move (E+sport 2017), Physical Literacy (E+sport 2017), Defining skills and competences for sport to act as a tool for development of people and society in Europe (E+ sport 2018), Network for Basketball Clubs (E+ sport 2018), Basket4all (E+ Sport 2018).
- Coordination of international campaign Now We Move 2017 - 2019 (Move Week, No Elevators Day, European Fitness Day)
- Manager of SUS sports infrastructure 2015 – 2019.
- Project manager of national projects Wind in Your Hair 2015 - 2019, Slovenia in Move 2016 - 2019, Nature-friendly sports camps for children 2015 -2018, Beach Stars 2016 - 2019, For Healthy Fun 2015 & 2018
- Lecturer at national Congress of Sport for All, Ljubljana 2017, at seminars and workshops 2016 – 2018.

Roles:

- Member of the Executive committee of Sports Union of Slovenia (2013 – 2016)
- Head of basketball department of sports club Športno društvo Šentvid – Ljubljana
- Member of the Executive committee of sports club Športno društvo Šentvid – Ljubljana
- Euroleague Basketball Delegate

Other experience:

- Organization of Fiba Europe 3on3 tournaments, Ljubljana, 2013.
- Project manager of International basketball camp Boki Nachbar 2017 – 2019.
- Organization of various sports events and sports camps (basketball, streetball, tennis, beach volley, aerobics etc.) 2011 – 2019.
- Organization of a seminar for trainers and experts in the field of sport for all, Ljubljana 2014.

Coaching basketball:

- Head coach of the women's senior team ŽKD Ježica and U15, U17, U19 teams ŽKD Ježica;
- Head coach of U14 national team of Slovenia at tournament Slovenia Ball 2016 and 2017 (winners of the tournament);
- Coach at the International basketball camp 'Boki Nachbar' (2010 - 2019);

- Coach at the International basketball camp 'Goran Dragic' (2014, - 2019);
- Coach at the International basketball camp of Basketball assotiation of Slovenia (2015-2017);
- Individual work with young talented basketball players,
- Coaching recreational group of adults (sport for all);

As a basketball player: member of the national basketball team of Slovenia (65 official games in senior category); Awards 'Golden basketball from Basketball Federation of Slovenia' and 'Silver basketball from Basketball Federation of Slovenia', 7 titles of the national champions of Slovenia and 7 titles of the Slovenian Cup winner, both senior category; competing several years in FIBA Euroelague and Fiba EuroCup.

EDUCATIONAL BACKGROUND (please detail all relevant studies):

2006 – Bachelor's degree in civil engineering. Faculty of civil and geodetic engineering, University of Ljubljana.

Selected publications

Markovič, M., Krauberger, N., Saje, M., Planinc, I., & Bratina, S. (2013). Non-linear analysis of pre-tensioned concrete planar beams. Engineering structures, [COBISS.SI-ID 5969249].

Markovič, M., Saje, M., Planinc, I., & Bratina, S. (2012). On strain softening in finite element analysis of RC planar frames subjected to fire. Engineering structures, 2012, [COBISS.SI-ID 5905761].

Position in project	Researcher		
Surname, First name	Kobe, Miha		
Organisation	Sports Union of Slovenia (SUS)		
Position/Category	Expert adviser		
Telephone	+386 / 31376128		
Email	miha.kobe@mail.com	**Website**	www.sportna-unija.si

WORK EXPERIENCE (please include all relevant positions):

Since 2018 – Physical Education teacher at Ledina Grammar School (public high school).
2017-2018 – Physical Education teacher at Elementary School Prestranek (public school).
Teacher for after curricullum hours (2 p.m. – 5 p.m.)
Trainer at school camps
Mentor of Riding a bike exam
2012-2017 – Employed as Basketball coachfor young girls at WBC Ježica Ljubljana.
Basketball coach for girls from U11 until U17.
Basketball coach for beginners (U9).
Coordinator of Basketball school for girls (21 schools).
Project manager of event Basketball Day Ježica.
Project manager for local basketball league for beginners in Ljubljana.
2011-2012 – Project manager and coach at project Healthy Lifestyle
Substitution Physical Education teacher
Trainer at school camps
2004-2011 – Swimming trainer for youth
Basketball coach for young players

Roles:
- Member of the Executive committee of Basketball club Orli Postojna (since 2017)

Other experience:
- Project manager for local sport events Wind in Your Hair 2014 - 2016
- Coach at basketball camp Basketball Federation of Slovenia
- Organization of basketball tournaments 2017 – 2019
- Basketball coach for young players at BC Orli Postojna 2017 - present

As a basketball player: member of the national basketball team of Slovenia U20 – winners of European Championship 2000; over 20 years of active playing career.

EDUCATIONAL BACKGROUND (please detail all relevant studies):

2011 – Bachelor's degree in Physical Education. Faculty of sport, University of Ljubljana.

Position in project	WP leader, local manager

Surname, First name	Tsiatsos, Thrasyvoulos		
Organisation	Aristotle University of Thessaloniki (AUTH)		
Position/Category	Assistant Professor/Researcher		
Telephone	+30 / 002310998990		
Email	tsiatsos@csd.auth.gr	**Website**	http://users.auth.gr/~tsiatsos/

WORK EXPERIENCE (please include all relevant positions):

He is currently faculty member at Computer Science Department, Aristotle University of Thessaloniki, Greece. His research interests include Networked Virtual Learning Environments, Computer Uses in Education, Evaluation methods of Internet Learning Environments and Open and Distance Education using Multimedia and Internet Technologies. He has published more than 200 papers in Journals and in well-known refereed conferences and he is co-author in 4 books. He has been a PC member and referee in various international journals and conferences. He has participated in R&D projects and worked as researchers in the area of ICT in education. The last five years he has participated in the following projects, that are relevant to the current proposal (in two of them he was Scientific Responsible of the project for his University):

Since 2019 – Learning Technologies Expert at IMPACT (Developing Communities of Practice to Maximize the Usability and Impact of Clean Sport Education in Europe) Erasmus+ Sport project (603388-EPP-1-2018-1-UK-SPO-SCP)

Since 2019 – Present: Learning Technologies Expert at HALT (Halting Harassment and Abuse in Sports using Learning Technologies) Erasmus+ Sport project (603479-EPP-1-2018-1-EL-SPO-SCP)

Since 2018 – Learning Technologies Expert at GAME (A serious Game Approach in Mitigating Performance Enhancement culture in youth) Erasmus+ Sport project

Since 2017 – Project coordinator at GOAL (Gamified and Online Activities for Learning to Support Dual Careers of Athletes) Erasmus+ Sport project.

2017 – Present: Project coordinator at C4BIPS (Massive Open Online Course for Basketball Injury Prevention Strategies) Erasmus+ Sport project.

2015 – Scientific Responsible of the project: Organization of "International Conference on Interactive Mobile Communication Technologies and Learning (IMCL 2015)"

2015 – Writer of a book concerning the Design and Development of Internet Learning Environments (in Greek).

2014 – Scientific Responsible of the project: Organization of "International Conference on Interactive Mobile Communication Technologies and Learning (IMCL 2014)".

2013-2015 – Scientific Responsible for AUTH in the project "ESIENCE: rESeau maghrébIn de laboratoirEs à distaNCE / Network remote laboratories in Maghreb countries (Morocco, Algeria and Tunisia)." + 530341-TEMPUS-1-2012-1-FR-TEMPUS-JPCR. The project objective is to utilize technology of remote laboratories in Maghrebian countries (Morocco, Algeria and Tunisia).

2010-2013 – E-internationalization for collaborative learning-EICL. 159327-TEMPUS-1-2009-1-AT-TEMPUS-SMGR.

2013-2015 – Participation in the project "Augmentation of the Support of Patients suffering from Alzheimer's Disease and their caregivers" as part of the Operational Programme "Education and Lifelong Learning" National Strategic Reference Framework NSRF 2007-2013 ACTION "ARISTEIA II".

2013 – Participation in the project: "Hellenic academic open courses - Development and sale of digital educational content from universities and TEI Open academic courses - institutional actions".

EDUCATIONAL BACKGROUND (please detail all relevant studies):

2016 – Certificate in ICT in Open Online Education, Hellenic Open University (Greece).

2003 – PhD Diploma of Computer Engineering and Informatics. Department of Patras University (Greece).

2000 – Master Degree in Computer Science and Technology. Computer Engineering and Informatics Department of Patras University (Greece).

1998 – Graduation from the Computer Engineering and Informatics Department of Patras University (Greece).

Selected publications

Balaouras, P., Gatzonis, M., Tsimpanis, K., Apostolidis, H., & **Tsiatsos, T.** (2018). Towards an online video platform for MOOCs. Multimedia Tools and Applications, 77(10), 12749-12775.

Terzidou, T., **Tsiatsos, T.**, & Apostolidis, H. (2018). Architecture and interaction protocol for pedagogical-empathic agents in 3D virtual learning environments. Multimedia Tools and Applications, 77(20), 27661-27684.

Michailidis, N., Kapravelos, E., & **Tsiatsos, T.** (2018). Interaction Analysis for Supporting Students' Self-Regulation during Blog-based CSCL Activities. Journal of Educational Technology & Society, 21(1), 37-47.

Mavridis, A., & **Tsiatsos, T.** (2017). Game-based assessment: investigating the impact on test anxiety and exam performance. Journal of Computer Assisted Learning, 33(2), 137-150.

Tsiatsos T., Douka S., Politopoulos N., Stylianidis P. (2017) Massive Open Online Course for Basketball Injury Prevention Strategies (BIPS). Interactive Mobile Communication, Technologies and Learning, 612-622.
Tsiatsos, T., Douka, S., Politopoulos, N., Stylianidis, P. Ziagkas, E., Zilidou, V. (2017). Gamified and Online Activities for Learning to Support Dual Career of Athletes (GOAL). In M. Auer, T, Tsiatsos (Eds.), Interactive Mobile Communication, and Learning. IML 2017. Advances in Intelligent Systems and Computing. Springer:
Zilidou, V., Douka, S., Ziagkas. E., Romanopoulou, E., Politopoulos, N., **Tsiatsos, T.**, Stylianidis, P. (2017). Interactive Mobile Communication, Technologies and Learning, 668-678.
Terzidou, T., **Tsiatsos, T.**, Miliou, C., & Sourvinou, A. (2016). Agent Supported Serious Game Environment. IEEE Transactions on Learning Technologies, 9(3), 217-230.
Konstantinidis, A., Papadopoulos, P. M., **Tsiatsos, T.**, & Demetriadis, S. (2011). Selecting and evaluating a learning management system: a Moodle evaluation based on instructors and students. International Journal of Distance Education Technologies (IJDET), 9(3), 13-30.Andreas, K., **Tsiatsos, T.**, Terzidou, T., & Pomportsis, A. (2010). Fostering collaborative learning in Second Life: Metaphors and affordances. Computers & Education, 55(2), 603-615.

Position in project	Researcher		
Surname, First name	Douka, Stella		
Organisation	Aristotle University of Thessaloniki (AUTH)		
Position/Category	Associate Professor		
Telephone	+30 / 2310996000		
Email	sdouka@phed.auth.gr	**Website**	

WORK EXPERIENCE (please include all relevant positions):

She obtained her Diploma and her PhD from the department of Physical Education and Sport Science of Aristotle University of Thessaloniki (Greece). Her research interests are Physical education, Greek traditional dances, History of dance, Physiological and Psychological benefits of dance and Sociology of Sport and Leisure. She is responsible coordinator ECTS for her department and also member of the curriculum development committee.
She has published more than 130 papers in Journals and in well-known refereed conferences and she is co-author in 2 books. She has been a PC member and referee in various international journals and conferences. She is also involved in numerous sport and cultural event organizing committees.
Since 2018 – Terpsichore (Transforming Intangible Folkloric Performing Arts into Tangible Choreographic Digital Objects) Project, funded under – H2020-EU.1.3.3. - Stimulating innovation by means of cross-fertilisation of knowledge. Her role is co-ordinator and scientific manager of AUTH team.
Since 2017 – GOAL Erasmus+ Sport project on Dual Career. Her role is scientific co-ordinator.
Since 2017 – C4BIPS Erasmus+ Sport project. Her role is Quality Assurance Manager.
Since 2013 – Participation in the project "Augmentation of the Support of Patients suffering from Alzheimer's disease and their caregivers" as part of the Operational Programme "Education and Lifelong Learning" National Strategic Reference Framework NSRF 2007-2013 ACTION "ARISTEIA II".
2013 - 2015 – Participation in the project "ESIENCE – rESeaumaghrébIn de laboratoirEs à distaNCE / Network remote laboratories in Maghreb countries (Morocco, Algeria and Tunisia)." + 530341-TEMPUS-1-2012-1-FR-TEMPUS-JPCR.
2010-2013 – E-internationalization for collaborative learning-EICL. 159327-TEMPUS-1-2009-1-AT-TEMPUS-SMGR.
2011 – Creation of supporting materials for teaching Pedagogical Greek traditional dances. Pedagogical Institute/Ministry of Education
2008 – Euroteens Project/ Education of foreign students in Physical activities.
2003-2008 – Reform program of undergraduate studies for the improvement of the quality education provided. Employers opinions on current demands from the department of physical education and sport sciences' graduates, funded by the Research Committee of the Aristotle University of Thessaloniki.
2006-2007 – The history of football clubs of Thessaloniki / Greece, funded by the Research Committee of the Aristotle University of Thessaloniki.

EDUCATIONAL BACKGROUND (please detail all relevant studies):

PhD In Physical Education and Sport Science. Department of Physical Education and Sport Science, Aristotle University of Thessaloniki.
Degree in Physical Education and Sport Science. Department of Physical Education and Sport Science, Aristotle University of Thessaloniki.

Selected publications:

Tsiatsos T., **Douka S.**, Politopoulos N., Stylianidis P. (2017) Massive Open Online Course for Basketball Injury Prevention Strategies

(BIPS). Interactive Mobile Communication, Technologies and Learning, 612-622.
Tsiatsos, T., **Douka, S.**, Politopoulos, N., Stylianidis, P. Ziagkas, E., Zilidou, V. (2017). Gamified and Online Activities for Learning to Support Dual Career of Athletes (GOAL). Interactive Mobile Communication, Technolog Technology's Role on Physical Activity for Elderly People
Tsiatsos, T., **Douka, S.**, Mavridis, A., Tegos, S., Naddami, A., Zimmer, T., & Geoffroy, D. (2015). "Evaluation Plan and Preliminary Evaluation of a Network of Remote Labs in the Maghrebian Countries". International Journal of Online Engineering (iJOE).
Zilidou, V., **Douka, S.**, Ziagkas. E., Romanopoulou, E., Politopoulos, N., Tsiatsos, T., Stylianidis, P. (2017). Interactive Mobile Communication, Technologies and Learning, 668-678.

Position in project	Researcher		
Surname, First name	Stylianidis, Panagiotis		
Organisation	Aristotle University of Thessaloniki (AUTH)		
Position/Category	PhD Candidate / Researcher		
Telephone	+30 / 2310991935		
Email	pastylia@csd.auth.gr	**Website**	http://switch.csd.auth.gr/

WORK EXPERIENCE (please include all relevant positions):

Panagiotis Stylianidis, MSc, is a PhD Candidate and a Junior Researcher at AUTH, where he also studied Informatics (Bachelor) and ICT in Education (Master). His main interests are in the field of web development, distance learning, educational evaluation and mobile learning. Thus, he has experience in mobile learning devices and applications development and evaluation.
(2013-2014) IT support in the project "Education of Immigrant & Repatriate Students"
(2014-2017) System administrator and IT support for the project "Augmentation of the support of Patients suffering from Alzheimer's Disease and their caregivers"
He is participating in various Erasmus+ Sport projects supporting technical development and evaluation:
Since 2019 – Learning Technologies Expert at IMPACT (Developing Communities of Practice to Maximize the Usability and Impact of Clean Sport Education in Europe) Erasmus+ Sport project (603388-EPP-1-2018-1-UK-SPO-SCP)
Since 2019 – Learning Technologies Expert at HALT (Halting Harassment and Abuse in Sports using Learning Technologies) Erasmus+ Sport project (603479-EPP-1-2018-1-EL-SPO-SCP)
Since 2017 – December 2018: Learning Technologies Expert at C4BIPS (MASSIVE OPEN ONLINE COURSE FOR BASKETBALL INJURY PREVENTION STRATEGIES) Erasmus+ Sport project (579910-EPP-1-2016-1-EL-SPO-SSCP)
Since 2018 – Learning Technologies Expert at GAME (A serious Game Approach in Mitigating Performance Enhancement culture in youth) Erasmus+ Sport project (590613-EPP-1-2017-1-EL-SPO-SCP)
Since 2017 – Present: Learning Technologies Expert at GOAL (GAMIFIED AND ONLINE ACTIVITIES FOR LEARNING TO SUPPORT DUAL CAREERS OF ATHLETES) Erasmus+ Sport project (579793-EPP-1-2016-2-EL-SPO-SCP).

EDUCATIONAL BACKGROUND (please detail all relevant studies):

2013 – Master of Science, Computer Science Department, Faculty of Science, Aristotle University of Thessaloniki.
2011 – Degree in Computer Science, Computer Science Department, Faculty of Science, Aristotle University of Thessaloniki.

Selected publications:

Barkoukis, V., Tsiatsos, T., Lazuras, L., Ypsilanti, A., Politopoulos, N., **Stylianidis, P**., Ziagkas, E., Loukovitis A. (2018). A serious Game Approach in Mitigating performance Enhancement culture in youth. In Interactive Collaborative Learning (ICL), 2018 International Conference on (to appear). Springer, Cham.
Sereti, M., Mavropoulou, A., **Stylianidis, P**., Politopoulos, N., Tsiatsos, T., Douka, S. (2018). Design, Creation and Evaluation of TEAM, A Serious Game for Teamwork Development. In Interactive Collaborative Learning (ICL), 2018 International Conference on (to appear). Springer, Cham.
Stylianidis, P., Politopoulos, N., Tsiatsos, T., Douka, S. (2018). Design, Development and Evaluation of a MOOC Platform to Support Dual Career of Athletes (GOAL Project). In Interactive Collaborative Learning (ICL), 2018 International Conference on (to appear). Springer, Cham.
H. Apostolidis, **P. Stylianidis**, & Th. Tsiatsos (2014). Anxiety Awareness in Education: A Prototype Biofeedback Device. In Karagiannidis Ch., Politis P., &Karasavvidis I. Research on e-Learning and ICT in Education.
Apostolidis, H.; **Stylianidis, P**. (2014), "Designing a mobile bio-feedback device to support learning activities," in Interactive Mobile Communication Technologies and Learning (IMCL), 2014 International Conference on, vol., no., pp.189-194, 13-14.
Katmada, A.; Chatzakis, M.; Apostolidis, H.; Mavridis, A.; **Stylianidis, P**., "An Adaptive Serious Neuro-game using a Mobile version of a Bio-feedback device. " in Interactive Mobile Communication Technologies and Learning (IMCL), 2015 International Conference
Stylianidis, P., "Mobile learning: open topics; conception and design of a learning framework" in Interactive Mobile Communication Technologies and Learning (IMCL), 2015 International Conference

Apostolidis H., **Stylianidis P**., & Tsiatsos Th. (2014). Mobile adaptation of a prototype bio-feedback device. 8th International Conference on Interactive Mobile Communication Technologies and Learning, IMCL2014, Thessaloniki, Greece.
H. Apostolidis, **P. Stylianidis**, & Th. Tsiatsos (2014). Augmenting the Educational Process Using a Prototype Bio-Feedback Device for Anxiety Awareness. In Karagiannidis Ch., Politis P., & Karasavvidis I. Research on e-Learning and ICT in Education.

Position in project	Researcher		
Surname, First name	Politopoulos, Nikolaos		
Organisation	Aristotle University of Thessaloniki (AUTH)		
Position/Category	PhD Candidate / Researcher		
Telephone	+30 / 2310996000		
Email	npolitop@csd.auth.gr	**Website**	http://switch.csd.auth.gr/

WORK EXPERIENCE (please include all relevant positions):

Nikolaos Politopoulos, MSc, is a PhD Candidate and a Junior Researcher at AUTH, where he also studied Informatics (Bachelor) and ICT in Education (Master). His main interests are in the field of games, distant education, physical interfaces, CSCL, web development and educational evaluation. He has experience in learning technologies development and evaluation.
He is participating in various Erasmus+ Sport projects supporting technical development and evaluation:
Since 2019 – Learning Technologies Expert at IMPACT (Developing Communities of Practice to Maximize the Usability and Impact of Clean Sport Education in Europe) Erasmus+ Sport project (603388-EPP-1-2018-1-UK-SPO-SCP).
Since 2019 – Learning Technologies Expert at HALT (Halting Harassment and Abuse in Sports using Learning Technologies) Erasmus+ Sport project (603479-EPP-1-2018-1-EL-SPO-SCP)
Since 2018 – Learning Technologies Expert at GAME (A serious Game Approach in Mitigating Performance Enhancement culture in youth) Erasmus+ Sport project (590613-EPP-1-2017-1-EL-SPO-SCP).
2017-2018 – Learning Technologies Expert at C4BIPS (MASSIVE OPEN ONLINE COURSE FOR BASKETBALL INJURY PREVENTION STRATEGIES) Erasmus+ Sport project (579910-EPP-1-2016-1-EL-SPO-SSCP).
Since 2017 – Learning Technologies Expert at GOAL (GAMIFIED AND ONLINE ACTIVITIES FOR LEARNING TO SUPPORT DUAL CAREERS OF ATHLETES) Erasmus+ Sport project (579793-EPP-1-2016-2-EL-SPO-SCP).

EDUCATIONAL BACKGROUND (please detail all relevant studies):

2015 – Master of Science, Computer Science Department, Faculty of Science, Aristotle University of Thessaloniki.
2013 – Degree in Computer Science, Computer Science Department, Faculty of Science, Aristotle University of Thessaloniki.

Selected publications:

Sereti, M., Mavropoulou, A., Stylianidis, P., **Politopoulos, N.,** Tsiatsos, T., Douka, S. (2018, September). Design, Creation and Evaluation of TEAM, A Serious Game for Teamwork Development. In Interactive Collaborative Learning (ICL), 2018 International Conference on (to appear). Springer, Cham.
Stylianidis, P., **Politopoulos, N**., Tsiatsos, T., Douka, S. (2018, September). Design, Development and Evaluation of a MOOC Platform to Support Dual Career of Athletes (GOAL Project). In Interactive Collaborative Learning (ICL), 2018 International Conference on (to appear). Springer, Cham.
Barkoukis, V., Tsiatsos, T., Lazuras, L., Ypsilanti, A., **Politopoulos, N.,** Stylianidis, P., Ziagkas, E., Loukovitis A. (2018, September). A serious Game Approach in Mitigating performance Enhancement culture in youth. In Interactive Collaborative Learning (ICL), 2018 International Conference on (to appear). Springer, Cham.
Michailidis, N., Chondrouli, V., Katmada, A., & **Politopoulos, N**. (2015, November). Examining the interrelation between Interaction Analysis and Learning Styles in blog-based collaborative learning activities: The case of the GI AN. T. toolkit. In Interactive Mobile Communication Technologies and Learning (IMCL), 2015 International Conference on (pp. 106-110). IEEE.
Politopoulos, N., Tsiatsos, T., Grouios, G., & Ziagkas, E. (2015, November). Implementation and evaluation of a game using natural user interfaces in order to improve response time. In Interactive Mobile Communication Technologies and Learning (IMCL), 2015 International Conference on (pp. 69-72). IEEE.

Position in project	Researcher		
Surname, First name	Chaldogeridis, Agisilaos		
Organisation	Aristotle University of Thessaloniki (AUTH)		
Position/Category	PhD Candidate / Researcher		
Telephone	+30 / 2310996000		
Email	achaldog@csd.auth.gr	**Website**	http://switch.csd.auth.gr/

WORK EXPERIENCE (please include all relevant positions):

Agisilaos Chaldogeridis, MSc, is a PhD Candidate and a Junior Researcher at AUTH, where he also studied Informatics (Bachelor) and ICT in Education (Master). His main interests are mainly in the field of cognitive training supported by Information and Communication Technologies, and also in web and mobile apps development, distance learning and educational evaluation. Thus, he has experience in electronic cognitive training and applications development and evaluation.
Since 2018 – Tutor in Informatics at private college.
Since 2016 – Software developer and analyst (Employee in private sector).
2014-2016 – Freelancer software developer (Web applications).
2013-2015 – System administrator and IT support for the project "Augmentation of the support of Patients suffering from Alzheimer's Disease and their caregivers".2012-2015 – Developer and IT support in the project "Diapolis: Education of Immigrants & Repatriate Students".

EDUCATIONAL BACKGROUND (please detail all relevant studies):

2012 – Master of Science, Computer Science Department, Faculty of Science, Aristotle University of Thessaloniki.
2010 – Degree in Computer Science, Computer Science Department, Faculty of Science, Aristotle University of Thessaloniki.

Selected publications:

Apostolidis H., Politopoulos N., Stylianidis P., **Chaldogeridis A.,** Stavropoulos N., Tsiatsos T., (2017). Instructional Mirroring Applied In Basketball Shooting Technique, International Conference on Interactive Mobile Communication, Technologies and Learning.

Chaldogeridis A., Politopoulos N., Tsiatsos T., (2017). Designing Exergames for Working Memory Training using MaKey MaKey, International Conference on Interactive Mobile Communication, Technologies and Learning. (Accepted).

Chaldogeridis A., (2015). Cognitive Training & Information and Communication Technologies. IMCL 2015.

Karakostas A., Tsiatsos T., Karathanasi E., **Chaldogeridis A**., Tsolaki M. (2015). Enhancing speech skills of people suffering from dementia through computer-based cognitive exercises. Mediterranean Conference on Neurodegenerative Diseases.

Chaldogeridis A., Kyropoulou K., Malegiannaki A., Nikolaidou E., Tsiatsos T. (2015). Implementing Cognitive Exercises Electronic Form for Supporting Patients with Alzheimer's Disease: The Greek Case. "Innovations in Gerotechnology for the Diagnosis and Treatment of Dementia", Magda Tsolaki, Ioannis Tarnanas, Panagiotis Bamidis, Leontios Hadjileontiadis (Ed.), IGI Global, 2014.

Chaldogeridis, A., & Tsiatsos, T. (2015). Electronic Cognitive Exercises. In M. Khosrow-Pour (Ed.), Encyclopedia of Information Science and Technology, Third Edition (pp. 1016-1022). Hershey, PA: Information Science Reference. doi:10.4018/978-1-4666-5888-2.ch096.

Chaldogeridis A., Tsiatsos T., Gialaouzidis M., Tsolaki M. (2014). Comparing Data from a Computer Based Intervention Program for Patients with Alzheimer's Disease. HCII (17) 2014: 258-266.

Position in project	WP leader, local manager		
Surname, First name	Popovic, Stevo		
Organisation	University of Montenegro (UoM)		
Position/Category	Vice-Dean of Research & Dean of Faculty for Sport and Physical Education		
Telephone	+382 / 20414255		
Email	stevop@ac.me	**Website**	www.ucg.ac.me

WORK EXPERIENCE (please include all relevant positions):

Since 2018 – Associate Professor, Faculty for Sport and Physical Education, University of Montenegro, Narodne omladine bb, MNE – 81400 Niksic.
Since 2015 – Dean, Faculty for Sport and Physical Education, University of Montenegro, Narodne omladine bb, MNE – 81400 Niksic.
2014-2015 – Vice-Dean of Research and International Relations, Faculty for Sport and Physical Education, University of Montenegro, Narodne omladine bb, MNE – 81400 Niksic.
2013-2018 – Assistant Professor, Faculty for Sport and Physical Education, University of Montenegro, Narodne omladine bb, MNE – 81400 Niksic.
2011-2012 – Post-doctoral Fellow, Faculty of Sport, University of Ljubljana, Gortanova 22, SLO – 1000 Ljubljana.
2008-2013 – Teaching Assistant, Faculty for Sport and Physical Education, University of Montenegro, Narodne omladine bb, MNE – 81400 Niksic.
2008-2010 – Teaching Assistant, Faculty of Sport and Physical Education, University of Novi Sad, Lovcenska 16, SRB – 21000 Novi Sad.

EDUCATIONAL BACKGROUND (please detail all relevant studies):

2011 – PhD in Sport Management, Center for Sport Management, University of Novi Sad.
2009 – Master of science in Sport Management, Center for Sport Management, University of Novi Sad.
2003 – Bachelor of science in Physical Education and Football. Faculty of Sport and Physical Education.

Selected publications:

Popovic, S. (2017). Local Geographical Differences in Adult Body Height in Montenegro. *Montenegrin Journal of Sports Science and Medicine*, 6(1), 81–87.

Grasgruber, P., **Popovic, S.**, Bokuvka, D., Davidovic, I., Hrebickova, S., Ingrova, P., Potpara, P., Prce, S., Stracarova, N. (2017). The mountains of giants: An anthropometric survey of male youths in Bosnia and Herzegovina. *Royal Society Open Science*, 4: 161054. http://dx.doi.org/10.1098/rsos.161054

Popovic, S., Arifi, F., & Bjelica, D. (2017). Standing Height and its Estimation Utilizing Foot Length Measurements in Kosovan Adults: National Survey. *International Journal of Applied Exercise Physiology*, 6(2), 1-7.

Bjelica, D., **Popovic, S.**, Doina Tanase, G., & Gardasevic, J. (2017). Dependence of Female Ball in Handball Repulsion on the Pressure within This Sport. *Acta Kinesiologica*, 11(s1), 67- 72.

Arifi, F., Bjelica, D., Sermaxhaj, S., Gardasevic, J., Kezunovic, M., & **Popović, S.** (2017). Stature and its Estimation Utilizing Arm Span Measurements in Kosovan Adults: National Survey. *International Journal of Morphology*, 35(3), 1161-1167.

NCD Risk Factor Collaboration (2017). Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128·9 million children, adolescents, and adults. *Lancet*, 390 (10113), 2627-2642. doi: 10.1016/S0140-6736(17)32129-3

Maksimovic, N., Matic, R., Tovilovic, S., **Popovic, S.**, Maksimovic, B., & Opsenica, S. (2017). Quality of services in fitness centres: importance of physical support and assisting staff. *South African Journal for Research in Sport, Physical Education and Recreation*, 39(3), 67- 78.Bjelica, D., Idrizovic, K., **Popovic, S.**, Sisic, N., Sekulic, D., Ostojic, Lj., Spasic M., & Zenic, N. (2016). An Examination of the Ethnicity-Specific Prevalence of and Factors Associated with Substance Use and Misuse: Cross-Sectional Analysis of Croatian and Bosniak Adolescents in Bosnia and Herzegovina. *International Journal of Environmental Research and Public Health*, 13(10), 968; doi:10.3390/ijerph13100968.

Novak, D., **Popovic, S.,** Emeljanovas, A., Mieziene, B., & Kristicevic, T. (2016). Are Family, Neighbourhood and School Social Capital Associated with Psychological Distress Among Lithuanian High-School Students? A Cross-Sectional Study. *International Journal of Sport Management, Recreation & Tourism*, 23(d), 75-89.

Popovic, S., Bjelica, D., Tanase, G.D., & Milasinovic, R. (2015). Body Height and Its Estimation Utilizing Arm Span Measurements in Bosnian and Herzegovinian Adults. *Montenegrin Journal of Sports Science and Medicine*, 4(1), 29-36.

Joksimovic, A., Jezdimirovic, M., Smajic, M., Stankovic, D., **Popovic, S.,** & Tomic, B. (2015). Biochemical Profile of Serbian Youth National Soccer Teams. *International Journal of Morphology*, 33(2), 483-490.

Popovic, S., Bjelica, D., Georgiev, G., Krivokapic, D. & Milasinovic, R. (2016). Body Height and its Estimation Utilizing Arm Span Measurements in Macedonian Adults. *Anthropologist*, 24(3), 737-745.

Jaksic, D., Lilic, S., **Popovic, S.**, Matic, R. & Molnar, S. (2014). Application of a More Advanced Procedure in Defining Morphological Types. *International Journal of Morphology*, 32(1), 112- 118.

Hadzic, R., Bjelica, D., Georgiev, G., Vujovic, D. & **Popovic, S.** (2014). Anthropometrical Characteristics of Subjects in Predicting Technique Achievements of Basic Turn In Alpine Skiing. *International Journal of Morphology,* 32(1), 232-240.

Popovic, S., Bjelica, D., Jaksic, D. & Hadzic, R. (2014). Comparative Study of Anthropometric Measurement and Body Composition between Elite Soccer and Volleyball Players. *International Journal of Morphology*, 32(1), 267-274.

Quanjer, P.H., Capderou, A., Mazocioglu, M.M., Aggarwal, A., **Popovic, S.**, Datta Banik, S., Tayie, F.A.K., Golshan, M., Ip, M.S.M., Zelter, M. (2014). All-age relationship between arm span and height in different ethnic groups. *European Respiratory Journal*, 44(4), 905-912.

Bogdanovic, Z., Smajic, M., Jaksic, D., Milosevic, Z., Obradovic, B., Gogic, A., Vidakovic, H. M., Ljubisavljevic, M., Draskovic, V., Visnjic, S., Mekic, H., Stankovic, R., Ivancic, G., & **Popovic, S.** (2014). Lumbar and Abdominal Muscles Isometric Potential in Volleyball Cadets. *International Journal of Morphology*, 32(3), 1036-1042.

Popovic, S., Bjelica, D., Molnar, S., Jaksic, D. & Akpinar, S. (2013). Body Height and Its Estimation Utilizing Arm Span Measurements in Serbian Adults. *International Journal of Morphology*, 31(1), 271-279.

Popovic, S., Akpinar, S., Jaksic, D., Matic, R. & Bjelica, D. (2013). Comparative Study of Anthropometric Measurement and Body Composition between Elite Soccer and Basketball Players. *International Journal of Morphology*, 31(2), 461-467.

Bednarik, J., Andreff, W., **Popovic, S.**, Jaksic, D., Kolar, E. & Jurak, G. (2013). Financial Taxonomy of Non-Governmental Sports Organisations. Kinesiology, 45(2), 241-251. Performance. Sport Mont Journal, 17:91-92.

Bjelica, D., **Popovic, S.**, Kezunovic, M., Petkovic, J., Jurak, G., & Grasgruber, P. (2012). Body Height and Its Estimation Utilizing Arm Span Measurements in Montenegrin Adults. *Anthropological Notebooks*, 18(2), 69–83.

Akpinar, S., **Popovic, S.**, & Kirazci, S. (2012). Transfer of learning on a spatial memory task between the blind and sighted people. *Collegium Antropologicum*, 36(4), 1211–1217.

Hadzic, R., Bjelica, D., Vujovic, D. & **Popovic, S.** (2012). Influence of Motor Abilities on Quality of Performing Technical Elements in alpine Skiing. *Technics Technologies Education Management*, 7(4), 1641-1645.

Kezunovic, M., Bjelica, D., & **Popovic, S.** (2013). Comparative study of surgical treatment with acromioclavicular luxation. *Vojno-sanitetski pregled*, 70(3), 292-297.

Position in project	Researcher		
Surname, First name	Zhang, Yang		
Organisation	University of Montenegro (UoM)		
Position/Category	Researcher		
Telephone	+382 / 20414255		
Email	Yzhang68@bama.ua.edu	**Website**	www.ucg.ac.me

WORK EXPERIENCE (please include all relevant positions):

Since 2018 – Present Technical Associate, Diagnostic Centre for Faculty of Sports and Physical Education, University of Montenegro
Since 2016 – Consulting Coach, Chinese Badminton Association Zhejiang Jiaxing Branch
2012-2016 – Coach, Chinese Badminton Association Zhejiang Jiaxing Branch
2011-2012 – Visiting Assistant Professor, Saint Ambrose University

EDUCATIONAL BACKGROUND (please detail all relevant studies):

2011 – PhD Human Performance (Exercise Science). University of Alabama.
2008 – Master in Human Performance (Exercise Science). University of Alabama.
2006 – Bachelor in Exercise and Sport Science. Shanghai Institute of Physical Education

Selected publications

Zhang Y. (2019) Paper Selection Leads to a Misleading Conclusion: Updated Evidence of Ice Slurry Ingestion on Endurance Performance. Sport Mont Journal, 17:91-92.

Zhang Y. (2019) Optimizing Ice Slurry Ingestion for Endurance Performance in the Heat: A Meta-Analysis. Journal of Anthropology of Sport and Physical Education, 3:3–8.

Davis JK, Laurent CM, Allen KE, Zhang Y, Stolworthy NI, Welch TR, Nevett ME. (2017) Influence of Clothing on Thermoregulation and Comfort During Exercise in the Heat. Journal of Strength and Conditioning Research, 31:3435-3443.

Zhang Y Davis JK, Casa DJ, Bishop PA. (2015) Optimizing Cold Water Immersion for Exercise-Induced Hyperthermia: A Meta-Analysis. Medicine & Science in Sports & Exercise, 47:2464-2472.

Zhang Y, Balilionis G, Casaru CM, Schumacker RE, Neggers YH, Curtner-Smith MD, Richardson MT, Green JM, Bishop PA. (2015) Effect of Menthol on Respiratory and Perceptual Responses to Exercise in Firefighter Protective Gear. Montenegrin Journal of Sports Science and Medicine, 4:29-34.

Zhang Y, Coca A, Casa DJ, Antonio J, Green JM, Bishop PA. (2015) Caffeine and Diuresis During Rest and Exercise: A Meta-Analysis. Journal of Science and Medicine in Sport, 18:569-74.

Zhang Y, Carter SJ, Schumacker RE, Neggers YH, Curtner-Smith MD, Richardson MT, Green JM, Bishop PA. (2014) Effect of Caffeine on Fluid Balance During Exercise in the Heat and During Recovery. South African Journal of Sports Medicine, 26:43-47.

Zhang Y, Nepocatych S, Katica CP, Collins AB, Casaru C, Balilionis G, Sjökvist J, Bishop PA. (2014) Effect of Half Time Cooling on Thermoregulatory Responses and Soccer-Specific Performance Tests. Montenegrin Journal of Sports Science and Medicine, 3:17-22.

Bishop PA, Balilionis G, Davis JK, **Zhang Y.** (2013) Ergonomics and Comfort in Protective and Sport Clothing: A Brief Review. Journal of Ergonomics, S2:005.

Zhang Y, Balilionis G, Casaru C, Geary C, Schumacker RE, Neggers YH, Curtner-Smith MD, Richardson MT, Bishop PA, Green JM. (2014) Effects of Caffeine and Menthol on Cognition and Mood During Simulated Firefighting in the Heat. Applied Ergonomics, 45:510-514.

Davis JK, Bishop PA, **Zhang Y**, Green JM, Casaru C, Orrick KD, Curtner-Smith MD, Richardson MT, Schumacker RE. (2012) Fluid Balance, Thermal Stress, and Post Exercise Response in Women's Islamic Athletic Clothing. European Journal of Applied Physiology, 112:725-34.

Zhang Y, Bishop PA, Green JM, Richardson MT, Schumacker RE. (2010) Evaluation of a Carbon Dioxide Personal Cooling Device for Workers in Hot Environments. Journal of Occupational and Environmental Hygiene, 7: 389-96.

Pritchett RC, Bishop PA, **Zhang Y**, Pritchett KL, Green JM. (2010) Evaluation of Artificial Sweat in Athletes with Spinal Cord Injuries. European Journal of Applied Physiology, 109:125-31.

Zhang Y, Bishop PA, Casaru C, Davis JK. (2009) A New Hand Cooling Device to Enhance Firefighter Heat Strain Recovery. Journal of Occupational and Environmental Hygiene, 6:283-8.

Green JM, **Zhang Y**, Bishop PA, Pritchett RC, Kerr KL, Laurent CM, Davis JK. (2007) Session RPE Following Interval and Constant Resistance Cycling in Hot and Cool Environments. Medicine & Science in Sports & Exercise, 39:2051-7.

Position in project	WP leader, local manager
Surname, First name	López Flores, Marcos
Organisation	Fundación Universidad Isabel I / University Isabel I
Position/Category	Chief of the Sport Services / European Projects

Telephone	+34 / 6624 475 670		
Email	marcos.lopez@ui1.es	**Website**	www.ui1.es

WORK EXPERIENCE (please include all relevant positions):

2014-till 2018. Deporte Profesional: Servicies, Events and Education, Corp. Manager.
2014-till now. Honorific Collaborator of the Physical Education and Sports Sciences Department, University of León.
2015-till now. Exercise Physiology professor, Sports Science Degree (University Isabel I, Spain)
2015-2018. Sports Science Research Chief (University Isabel I, Spain)
2017-till now. European Projects Chief (Fundación Universidad Isabel I, Spain)
2018-till now. Sports Department Chief (University Isabel I, Spain)
2017-till now. European Projects Chief (Fundación Universidad Isabel I, Spain)
2018-till now. Key Action 2 Evaluator Expert (SEPIE: Internationalization of Education National Agency, Spain)
2019-till now. Chief of the line of Research "Applied Technologies and Gamification on the field of Biotechnology, Health and Sports Sciences" bellowing to the ICTs Research Group (Universidad Isabel I, Spain)
2019-till now. Project Manager of Young Ordinary and Disabled sports' Athletes' Mentors (Y.O.D.A. Mentors), EU Project Founded 603092-EPP-1-2018-1-IT-SPO-SCP (Fundación Universidad Isabel I, Spain)

EDUCATIONAL BACKGROUND (please detail all relevant studies):

Graduated in Sports Sciences (University of León, Spain)
Master in "Innovation and Research in the Sport Sciences field" (University of León, Spain)
PhD, Sports Sciences (Biomedicine Research Institute of León, Spain)
Languages: English (C1), Italian (B1), Russian (A), Spanish (MT).

Selected publications

2016-04-10,12 López-Flores, M.; Suárez-Iglesias, D.; Rodríguez-Marroyo, J.A.; Villa Vicente, J.G. Prevention of sedentary lifestyle by running initiation: impact in aerobic physical condition and quality of sleep. III Congreso Internacional de Prevención de Lesiones Deportivas, Universidad Católica de Murcia.

2016-04-10,12 López-Flores, M.; Suárez-Iglesias, D.; Rodríguez-Marroyo, J.A.; Villa Vicente, J.G. Comparing between activity bracelets Actigraph-GRX3® and Fitbit-Flex® in the register indicators about the quality of sleep. III Congreso Internacional de Prevención de Lesiones Deportivas, Universidad Católica de Murcia.

2016-04-10,12 Suárez-Iglesias, D., López-Flores, M., Díaz-García, C., Rodríguez-Marroyo, J.A., Villa Vicente, J.G. Freeletics© Method or how HIIT and calistenia combination impove physical conditions in inactive students. III Congreso Internacional de Prevención de Lesiones Deportivas, Universidad Católica de Murcia.

2016-06-15,17 Rubiera Hidalgo, M.; García-Ochoa Gómez, I. ; Gutiérrez Fuentes, M.T. ; López- Flores, M. ; Villa Vicente, J. G. Blow darts recreational training programme for people with SCI: effects on respiratory function. EUCAPA 2016- European Congress of Adapted Physical Activity, European Federation of Adapted Physical Activity. Olomouc, Rep. Checa.

2016-11-9,11 Dopico-Magadán, P.; Aparicio Miguel, Y. ; Solís Cienfuegos, I. ; Cembranos del Castillo, M. ; López-Flores, M. ; Alijas García, C. Nursing evaluation and complementary tests in pediatric emergency department at the Hospital de León. I Congreso Internacional y III Nacional de Enfermería y Salud: Tiempo de Enfermería. Asociación Española de Enfermería y Salud, León.

2016-12-16,17 López-Flores, M., Belando, N., Abadía, O., García Morilla, S. ; Heredia Elvar, J.R.; Pareja Blanco, F. ; Sánchez-Sánchez, J. ; Martín Rivera, F. ; Rodríguez-Fernández, A. Training effects by repeated sprints in straight line with direction changes in young football players. VI Simposio Internacional de Actualizaciones en Entrenamiento de la Fuerza. Facultad de Ciencias de la Actividad Física y del Deporte de la Universidad Politécnica de Madrid, Madrid.

2017-03-23,24 Dopico-Magadán, P; Aparicio Miguel, Y.; Solís Cienfuegos, I.; Cembranos del Castillo, M.; López-Flores, M. "Analgesia durante procesos dolorosos". IX Encuentro de Investigación en Enfermeria. Soria, Soria.

2017-03-23,25 Rodríguez-Fernández, A.; Sánchez-Sánchez, J.; Villa del Bosque, M.; López-Flores, M.; Villa Vicente, J.G. High intensity training effects (SSGs más HIT) in football players recovery capacity. V International Congress on Team Sports. Universidad Pablo de Olavide. Sevilla, Sevilla.

2017-05-16 Dopico-Magadán, P.; Aparicio Miguel, Y.; Pérez García, I.; Alijas García, C.; López- Flores, M. Epidemiology and medical practices in the pediatric emergency department. Trabajo Fin de Residencia de la Especialidad en Pediatría. León.

2018 Raya-González, J.; Rodríguez-Fernández, A.; López-Flores, M.; Abadía, O.; Castillo, D. "Differences in the raiting of perceived exertion between friendly and official matches in young elite soccer players". Soccer. The physical and cultural effects of the world´s most popular sport. Nova Science Publishers, Inc. 1 February. ISBN: 978-1-53613-221-2.

Castillo, D., Raya-González, J.; López-Flores, M.; Rodríguez-Fernández, A.; Abadía, O.. "Efecto del entrenamiento en la efectividad de las acciones técnicas en futbolistas alevines a infantiles". XIV Congreso Internacional de Ciencias del Deporte y la Salud. Universidad de Vigo. Pontevedra, Pontevedra. 3-5 de mayo de 2018.

Castillo, D., Raya-González, J.; López-Flores, M.; Rodríguez-Fernández, A.; Abadía, O.. "Asociación de la percepción subjetiva del esfuerzo entre futbolistas y entrenador en categorías alevín e infantil". XIV Congreso Internacional de Ciencias del Deporte y la Salud. Universidad de Vigo. Pontevedra, Pontevedra. 3-5 de mayo de 2018.

Castillo, D., De la Torre, I., Rodríguez-Fernández, A., López-Flores, M., Sánchez- Sánchez, J., Raya-González, J.."Comparación de

las demandas físicas de un juego reducido y un partido oficial en jugadores juveniles (sub 19) de élite".ICTS. VI International Conference in Team Sports. Universidad Pablo de Olavide. Sevilla, Sevilla. 22-24 de Marzo de 2018.
Rodríguez-Fernández, A., Raya-González, J., Castillo, D., Lopez-Flores, M., García, Y., Sánchez Sánchez, J.."Efecto de la fatiga originada por un test RSA con cambio de dirección en la fuerza explosiva de jugadoras de baloncesto".ICTS. VI International Conference in Team Sports. Universidad Pablo de Olavide. Sevilla, Sevilla. 22-24 de Marzo de 2018.
Castillo, D., De la Torre, I., Rodríguez-Fernández, A., López-Flores, M., Sánchez- Sánchez, J., Raya-González, J.."Comparación de las demandas físicas de un juego reducido y un partido oficial en jugadores juveniles (sub 19) de élite".ICTS. VI International Conference in Team Sports. Book of Abstracts, Universidad Pablo de Olavide. ISBN: 978-84-09-01017-2
Rodríguez-Fernández, A., Raya-González, J., Castillo, D., Lopez-Flores, M., García, Y., Sánchez Sánchez, J.."Efecto de la fatiga originada por un test RSA con cambio de dirección en la fuerza explosiva de jugadoras de baloncesto". Book of Abstracts, Universidad Pablo de Olavide. ISBN: 978-84-09-01017-2
López-Flores, M., Nieto Luque, R., Costa Moreira, O., Suárez Iglesias, D., Villa Vicente, J.G. (2018) Effects of Melatonin on Sports Performance: A Systematic Review. Journal of Exercise Physiology Online 21(5):121-138.
Suárez Iglesias, D., Rodríguez-Fernández, A., Rodríguez-Marroyo, J.A., López-Flores, M., Villa Vicente, J.G. (2019) Recreational water skiing in people with paraplegia: A study of three cases. Revista Internacional de Medicina y Ciencias de la Actividad Fisica y del Deporte X(X). ISSN: 1577
López-Flores, M., Suárez Iglesias, D., Rodríguez-Fernández, A., Rodríguez-Marroyo, J.A., Villa Vicente, J.G. (Aceptada-Pendiente de Publicación) Reliability of Fitbit Flex® on the sleep parameters cuantification. Revista Ciencia, Cultura y Deporte X(X). ISSN: 16965043.

Position in project	Researcher		
Surname, First name	Mayor Villalaín, Alba		
Organisation	Faculty of Health Sciences, University Isabel I		
Position/Category	Professor and Researcher		
Telephone	+ 34 / 947671731		
Email	alba.mayor@ui1.es	**Website**	www.ui1.es

WORK EXPERIENCE (please include all relevant positions):

Since 2018 – Professor and Researcher. Universidad Isabel I.
2015-2016 – Teacher, Fundación Universidade da Coruña.
2014-2016 – Sports Coordinator, Colegio Hijas de Jesús de Coruña.

EDUCATIONAL BACKGROUND (please detail all relevant studies):

PhD, Sports Sciences. University of Coruña, Spain.
Post-degree studies in "Teaching and languages". Foundation University of Coruña , Spain.
Graduated in Sports Sciences. University of Coruña, Spain.

Selected publications

Mayor, A., Cantero, P., Fernández, MaÁ., Toja, B. y González, M. (2016). Conditions that must fulfil a school to be a promoter of active lifestyles in students. Gymnasium.1 - 2, 1 - 12.
Cantero, P., **Mayor, A**., Fernández, MaÁ., Toja, B. y González, M. (2017). Promoting active lifestyles at school: practice of physical activity, age and gender, Gymnasium, 2 (2), 1 - 8.

G.3. Cooperation arrangements

Please describe:

- the involvement of an appropriate mix of complementary participating organisations with the necessary profile, experience and expertise to successfully deliver all aspects of the project,
- why the selected partners are best suited to participate in this European project,
- the distribution of responsibilities and tasks demonstrating the commitment and active contribution of all participating organisations.

Most of the partners have worked together before this project, in diverse contexts including Erasmus+ funded projects. Therefore, this innovative project is applied from a well-established group of experts with significant passion and enthusiasm for promoting HEPA and physical fitness. This ensures that the working relationships within the project are well established, and that the group is already able to work collaboratively and proficiently, maintaining a professional attitude and a culture of honesty, respect and mutual support.
The distribution of tasks has been allocated according to the experience and commitment of project partners during the project development. All partners have worked on the project application and showed a strong interest during the preparation phase. Their active participation is ensured in several types of activities, such as meetings, networking, communication and dissemination.
Another important component is that all project partners have advocacy experience at the national and European levels. Overall, the cross-sector and diversity of competences, experience and expertise nature defining this partnership will allow a successfully deliver of all aspects of the project.
The project team's capacity to reach out wider audiences and more specifically to the local schools will be ensured based on the already existing collaboration with the schools within this project. Additionally, every WP is assigned a leader from a different country based on his/her expertise. All steps of the project will be nevertheless carried out in every partner country.
All partners are involved in at least 2 of the 6 WPs as well as in dissemination and management, demonstrating their commitment and active contribution. Leadership of the 6 WPs has been allocated to different partners to ensure realistic dissemination of workload and at the same time active involvement of all partners across activities. The specific contributions of each partner are described in detail in section F.1.
In conclusion, this project team is ideally suited to cover the wide range of topical areas, combining the expertise from science, policy and practice from across the European Region, which is required for a successful delivery of this project and for reaching its objectives, which are of highest relevance for the supporting the implementation of the EU fitness monitoring system.

Faculty of Human Kinetics (FMH)

The FMH is characterised by experience in leading research projects and also the participation in previous Erasmus+ Sport projects qualifies FMH for the successful conduct of this application.
Adilson Marques will be this project coordinator (WP1). He will also lead the WP3 in collaboration with Yolanda Demetriou from TUM, which deals with the diagnosis of best practices in fitness assessment. Their scientific expertise will help the team to assess good practices in fitness across Europe, using rigorous scientific criteria.

Association for the Development of Youth Sports (ADDJ)

Bruno Avelar Rosa from the ADDJ will lead the WP2 and work together with SUS in the communication and dissemination of the project. The ADDJ is an association that develop projects with a strong educational component and especially aimed at young people. ADDJ has previous experience in Erasmus+ projects and the HR involved has great experience in Erasmus+ Sport project through other organizations.

Technical University of Munich (TUM)

The TUM as experience in leading and participating in previous Erasmus+ Sport projects. Additionally, TUM and FMH have a history of cooperation in previous projects, including Erasmus+ Sport funded.
Yolanda Demetriou from TUM will lead WP5 and work together with FMH, SUS, AUTH and UoM in the data collection. The experience of TUM and Yolanda Demetriou in research project will be an important aspect to the success of the WP.

Sports Union of Slovenia (SUS)

SUS is the largest sports organization in Slovenia connecting different sports organizations in the country. Their common goal is to promote healthy lifestyle and active use of leisure time. Mojca Markovic is the leading person of the organization that will lead WP4 (education and training) in this project, working closely together with ADDJ, AUTH and UoM. SUS has been accredited by the Ministry of Education in Slovenia to deliver certified (and compulsory) non-formal training programmes in their fields of expertise and is therefore well placed to ensure the proper validation/recognition also of the current training programme in the national system. Through non-formal education, SUS educates over 500 certified trainers in the field of sport and recreation. SUS offers additional education opportunities and trainings by organizing various seminars, conferences, forums and congresses on topics in the field of sport for all and healthy lifestyle. Because of this SUS will bring experience, share knowledge with the other participating organizations and contribute to the success of the project.

Aristotle University of Thessaloniki (AUTH)

AUTH is the largest university in Greece and has experience as the leading organization and partner organization of several international projects, including Erasmus+ Sport. The Department of Physical Education and Sports Science and the School of Informatics form AUTH will be participating in this project. Thrasyvoulos Tsiatsos from AUTH will lead WP6 focused on the online platform. The experience and knowhow in programing, informatics and designing online applications will be crucial for the success of the project and guarantees quality of the informatics outcomes. In WP6 AUTH will work together with FMH.

University of Montenegro (UoM)

UoM is the only public university in the country and has been active in most of the European Union (EU) funded programs recently, especially TEMPUS program. Stevo Popovic from UoM will support other partner organizations in WP4 and WP5. Their experience in education and training and scientific research are important aspects for the success of the WP directly involved and of the project overall.

Fundación Universidad Isabel I (FUI1)

Sports, physical activity, physical education, and the promotion of a healthy lifestyles are a hallmark of the FUI1. As it is an institution with a strong vocation for online training, it presents all the characteristics for the implementation of a distance learning program for teachers. Marcos López Flores is a sport scientist with expertise in online training. This experience will be very important to lead WP4 which is related to education and training.

A successful European funding will significantly help in the task to promote HEPA in EU and develop fitness monitoring as an important indicator of HEPA in adolescents. Furthermore, the key outcomes by this collaborative partnership will result in a significantly strengthened evidence base to support investment and intervention in programmes for supporting increased participation in HEPA across the EU member states and build a network for monitoring fitness.

G.4. Partner Countries

(to be filled in only if applicable)

If applicable, describe the extent to which the involvement of participating organisation from a Partner Country[7] brings an essential added value to the project.

NOTE: please note the difference between the Partner Countries and partner organisations. Please read the footnote 1 (below) thoroughly.

Considering the total of Erasmus+ Sport approved by the European Commission since 2014, there was only 1 project approved (e.g. 579799-EPP-1-2016-2-HR-SPO-SCP) with participation of a Montenegrin institution as full partner (e.g. the National Paralympic Committee). In this way, having a Montenegro institution involved is EU valued added because the innovative promotion of their inclusion in sport European affairs. Complementary, it also will bring information related with youth health status in a partner country that is not

[7] For the definition of Partner Countries, please see the Erasmus+ Programme Guide, Part A, 'Eligible Countries': http://ec.europa.eu/programmes/erasmus-plus/resources/programme-guide_en

included in the WHO physical activity factsheets or in the Sport and Physical Activity Sport Eurobarometer.
By the other hand, University of Montenegro (UoM) is a very prestigious institution and will give an important contribution to the project development, through the intervention of important senior researchers in the field that will collaborate in the project.
In relation with the topic of the project, it is also important to affirm that will be the first time that will be implemented a systematic approach for physical fitness analysis in the country, which will help in the spread of this model approach for measuring the health of Montenegrins youth.

PART H – Impact and dissemination

H.1. Quality control of final outcomes

Describe the measures planned for evaluating the project outcomes and ensuring the quality of project (including indicators).

On an overall level, the coordinating organization (Faculty of Human Kinetics) will be responsible for risk management and quality control at every level, this includes:

- Evaluate the progress of the project
- Evaluating periodically the status of the indicators of achievement and the outcomes
- Measuring the project success and its progress against objectives and milestones

Quality control of final outcomes will be measured accordingly to the outcomes indicators. The evaluation structure of the project will be based in 3 levels of quality control:

Process level
Process evaluation will be the responsibility of the organization leading WP1 (project management and coordination) This will include evaluation of project implementation through meetings where project progress will be discussed and evaluated by all partner organisations. Measurements will include evaluation forms to be filled-in by all participants and discussions to review progress during each meeting.

Output level
Output evaluation will be completed by both the organization leading WP1 (project management and coordination) and the organization leading the WP where the output is from. This will include evaluation of timely execution and completion, quality and user-friendliness (when applicable) of each project output. The project outputs susceptible to this evaluation are described in F.5.

Outcome level
All the participating organizations will be responsible by the outcome evaluation. This evaluation includes adequate dissemination and assessment of the quality of the project outcomes accordingly to the outcome indicators. The final outcomes of the project and the outcomes indicators by WP are listed below:

WP	Outcome	Outcome indicator
3	Identification of the best practices, the barriers and the facilitators in fitness assessment for the standardization of the monitoring system for EU	• Papers 1 and 2 finalized • Factsheets 1 and 2 finalized
3	Identification of the secular trends in the fitness levels of European adolescents	• Paper 3 finalized • Factsheet 3 finalized
4	Manual and toolkit for standardized fitness assessment across EU	• Manual and toolkit available online (website)
4	National workshops for physical education teachers (E-learning training module)	• Number of participants in the E-learning module
5	Availability of comparable and reliable data on fitness	• Data integrated in the international database • Database published online
6	Availability of the online platform	• Platform published online
6	Dissemination of the standardised fitness monitoring system in the EU	• Number of MS using the toolkit and manual • Number of downloads of scientific publications
6	Implementation of the standardised fitness monitoring system in the EU	• Number of MS implementing standardised monitoring system

The interim final technical report will include the interim and final evaluation respectively. These reports will

be composed, in the quality control domain, by the above evaluations (process, output and outcome), the financial report and the self-evaluation of project partners.

H.2. Expected impact of the project

Please describe:

- the potential impact of project on participants and participating organisations
  - during the project lifetime,
  - after the project lifetime,
- the potential impact of project outside the organisations and individuals directly participating in the project, at local, regional, national and/or European level,
- how will you measure the previously mentioned impacts (including indicators).

The potential impact of project on participants and participating organisations

During the project lifetime

The impact during the project lifetime is mainly to analyse the existing practices in the fitness assessment of the European adolescents. Teachers and stakeholders will have a real and current notion of the fitness levels of European adolescents. In addition, they will also know what are the main barriers and facilitators of assessing adolescents' fitness levels in schools. With this knowledge teachers can take an appropriate pedagogical action to improve the difficulties associated with fitness assessment.

The project also provides teachers with in service training, which is to help them to stay on current with the new fitness assessment practices.

As the data will be collected in a standardized way, it will be possible to make comparative analyses, to perceive the differences among countries and identify those that need more investment for the improvement of the adolescents' fitness level.

It is important to point out that, in relation to their partners, it is expected that they increase capacity and autonomy in monitoring fitness in their respective countries.

Additionally, on the projects webpage, the information, knowledge and techniques and material will be freely accessible to everybody. Also, the experiences gained within this project, the local networks developed will increase the expertise of all participating partners and will enable further work within this field.

After the project lifetime

The platform of the project will have a potential impact after the projects' lifetime and will be available for the professional and scientific communities to use the data. Teachers will continue to have access to the toolkit and sport scientists will have access to the data for scientific purposes.

Furthermore, very European Citizens can easily visit the EUFITMOS platform and can discover the aims of the project, the contact information of the project team, reports, statistics, research papers, the intervention programme and all designed and applied material.

The potential impact of project outside the organisations and individuals directly participating in the project, at local, regional, national and/or European level

The potential impact of the project outside the organisations is the implementation of log-term good practices for fitness' assessment in European schools. The project guidelines are focus on fitness' assessment aimed to promote health-related fitness. Consequently, the above-mentioned guidelines will allow to raise awareness concerning the need to educate teachers and adolescents on the benefits of having good fitness levels.

The EUFITMOS project has the potential to have a positive impact at a local, regional, national and European level as it will provide the necessary information of good practices as well as the tools for greater intervention in health-related fitness.

The data collection of adolescents from 5 European countries is expected to have impact in each country, teachers and adolescents involved in the project. Furthermore, through the platform the project will provide guidance and tool kits for teachers, schools, in Europe and beyond, to help them to assess fitness levels of adolescents. Overall, the desired impact is to ignite a process hopefully leading to the inclusion of the EUFITMOS intervention programme to promote fitness into the wider European debate on sport policies and

make of it a real policy option to be considered by those stakeholders interested in increasing the room for, and quality of, fitness levels among adolescents.

How will you measure the previously mentioned impacts (including indicators)
Impacts during the project lifetime

- **Impact:** Increase teamwork among EU MS to exchange best practices and knowledge on fitness assessment.
  Measurement indicators: Number of countries that work closely in this project.
  Level of participation: European level

- **Impact:** Increase ability for assessing adolescents' fitness levels at school settings.
  Measurement indicators: Number of countries with capacity to assess fitness levels.
  Level of participation: European, country level, and regional

- **Impact:** Up to date fitness database of European adolescents.
  Measurement indicators: Availability of recent data of adolescents' fitness levels.
  Level of participation: European, country level, and regional

- **Impact:** Increased awareness of the importance of a standardized fitness assessment monitoring in EU MS that were not involved in the project.
  Measurement indicators: Number of EU MS informed about the project methodology.
  Level of participation: Country level and regional.

Impacts after the project lifetime

- **Impact:** The continuity of monitoring fitness by each of EUFITMOS partners.
  Measurement indicators: Number of EUFITMOS partners that continue to monitor adolescents' fitness level.
  Level of participation: Local, regional, country level, and European

- **Impact:** Capacity for fitness monitoring in EU MS.
  Measurement indicators: Number of countries with the capacity to monitor adolescents' fitness level.
  Level of participation: Country level

- **Impact:** More up to data fitness database.
  Measurement indicators: Availability of update data of adolescents' fitness level.
  Level of participation: Regional, country level, European

- **Impact:** Increase awareness of the importance of a standardized fitness assessment for fitness monitoring
  Measurement indicators: Number of countries informed about the project aims, methodology and results.
  Level of participation: Regional

H.3. Dissemination

Please describe:

- the dissemination plan and measures aimed at sharing the outcomes of project within and outside the participating organisations,
- the plans for ensuring the sustainability of project showing its capacity to continue having an impact and producing results after the EU grant has been used up,
- if relevant, the extent to which materials, documents and media produced will be made freely available and promoted through open licences.

Dissemination will start from the beginning of the project and will be based on a continuous interaction with the stakeholders. Target groups and media will be discussed in the dissemination strategy and work plan designed by the project. Actions carry out to ensure that the results and outputs of the project will be made available to stakeholders. Dissemination channels will be selected according to the audience, target groups and the specific messages to be communicated. Dissemination will be scheduled with major events to increase reach and impact.

The dissemination plan and measures aimed at sharing the outcomes of project within and outside the participating organisations

Concrete measures of dissemination will be: website, platform, toolkit, seminars in each country, newsletters, social media (Facebook, Instagram), interviews and articles in local, national and international media and scientific manuscripts. The stakeholders of the project act as a valuable source of information and provide access to working life organizations through their networks. Partners will use this plan in their own countries. Partnership will make sure that articles about the project will appear on a current basis in their websites, networks, publications, they will advertise for participation in the project activities.
The partners agreed that an entire WP2 had to be dedicated to dissemination as this project is focused on creating a mechanism by which empirical evidence can be generated on the value and feasibility of adolescents' fitness assessment. As the methodology and the data generated will be of significant benefits in informing policy on adolescents' fitness levels, it is of high importance that this work is very effectively shared across the EU.
As mentioned before, the dissemination tasks will be:

- Elaboration of the dissemination plan that should define the communication procedures and assessment indicators.
- Creation and exploitation of the project dissemination tools. Project logo, project leaflet, project website and project social medial channels should be published and used as the main project communication channels.
- Project presentation for each national stakeholders and community.
- Publication of the factsheets about the results obtained within different media channels.
- Publication of the results of the scientific papers published in peer review journals.
- Elaboration of the mid-term and final dissemination reports.
- Project results' presentation for the European stakeholders.

The plans for ensuring the sustainability of project showing its capacity to continue having an impact and producing results after the EU grant has been used up

As EUFITMOS is aiming to establish a monitoring process of adolescents' fitness levels by European countries, it will build a plan and take actions during project implementation to ensure the highest possibility to become sustainable and accessible. In detail:

- Partners will engage in dialogue with the respective national Ministry of Education and sport to promote and explore a strategy for nationwide periodic EUFITMOS-based assessments.
- A number of professional development actions will be designed, based on specific deliverables, namely dissemination events.
- Establish partnerships (national and international) to fund the EUFITMOS experience.

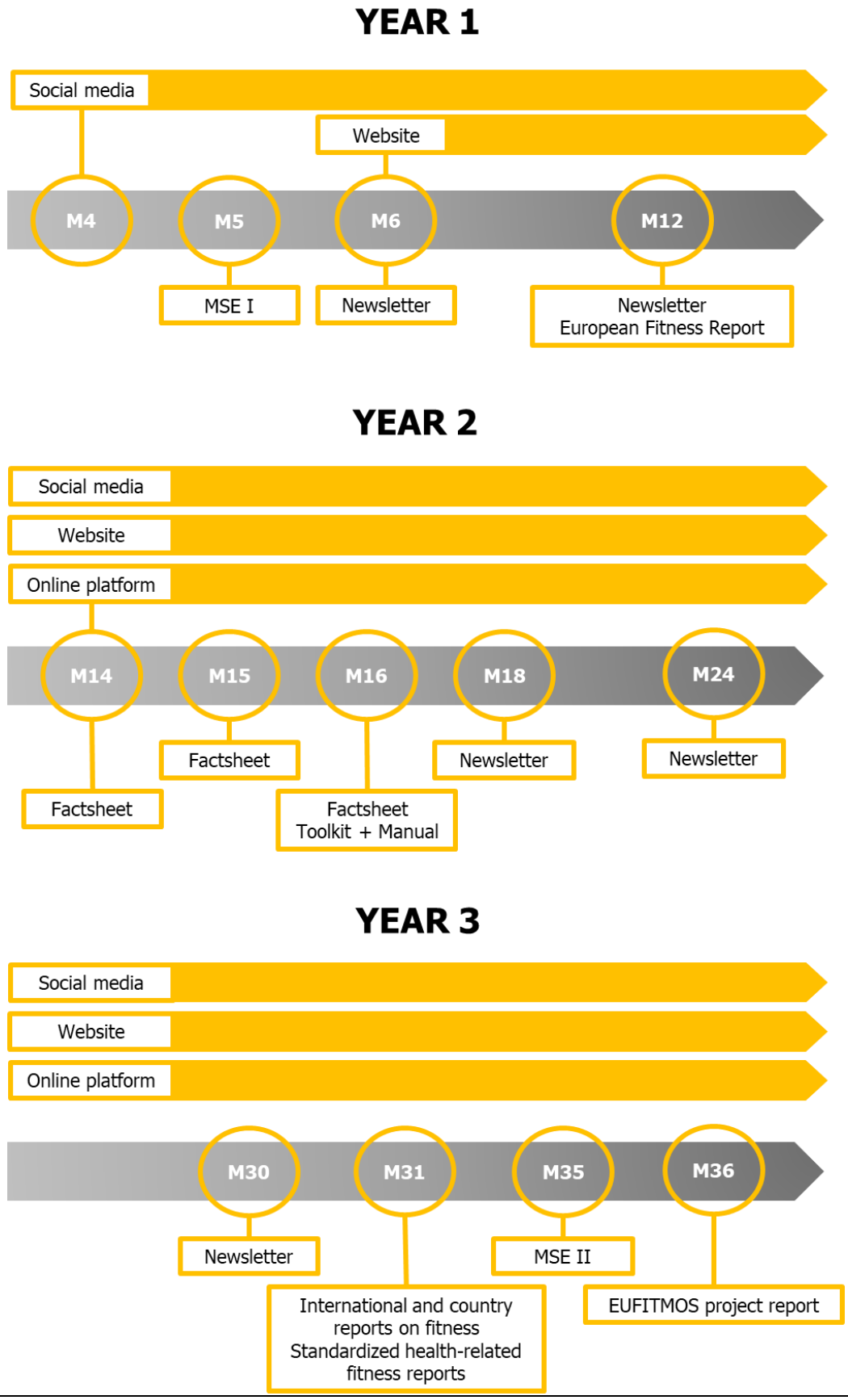
The extent to which materials, documents and media produced will be made freely available and promoted through open licences

The EUFITMOS platform will be active even after the end of the project. All documents and data collected under EUFITMOS will be available on the platform. The idea of creating a dynamic platform where physical education teachers can put the data is perhaps one of the most innovative aspects of EUFITMOS. The data will be available through an open access system so that the professional and scientific community can access the data and use it in the production of reports and scientific articles.
A platform with these features is innovative and will provide constant monitoring of European adolescents' fitness levels.

Summary of target groups and expected benefits from dissemination

Target groups	Reason for dissemination	Dissemination measures	Expected benefits
Policy- and decision makers (including EC, WHO, HEPA Europe; EU MS) in the education and health sectors	Awareness Understanding Informed decision Monitoring	Website Online platform Papers Factsheets Newsletters	Use fitness and an HEPA indicator. Be aware and understand the project results. Making better use of the project results. Taking into account project results for decision making purposes and to influence policymaking.
Physical education teachers	Involvement Awareness Monitoring	Website Online platform Factsheets Workshops Toolkit Manual Newsletters	Be involved in implementing a monitoring network for fitness in schools. Awareness regarding the assessment of fitness in schools. Build capacity to assess fitness in schools. Educate youth in fitness.
European adolescents	Awareness Understanding	Website Online platform Social media	Be aware and understand the importance of fitness. Acknowledge and understand their fitness levels. Recognize/identify the project and the monitoring network.
European citizens (families of the adolescents)	Awareness Understanding	Website Online platform Social media	Be aware and understand the importance of fitness. Acknowledge and understand the fitness levels of their children. Recognize/identify the project and the monitoring network
Scientific community	Understanding Involvement	Website Online platform Papers Newsletters	Better understand fitness levels in Europe. Encourage to develop further R&D projects on fitness and HEPA. Encourage to investigate the use fitness as an HEPA indicator in other age groups (e.g. adults, older adults).

Dissemination timeline



CHECK LIST

Before submitting your application form online, please make sure it fulfils the eligibility criteria listed in the Erasmus+ Programme Guide and check that:

- □ you have used the official sport application form (eForm + 3 compulsary annexes, namely the Project Description, Detailed Budget Table and the Declaration of Honour).
- □ all relevant fields in the application form have been completed.
- □ the application form has been completed using one of the official languages of the Erasmus+ Programme Countries and the whole application form is submitted in one language only.
- □ you have annexed all the relevant documents:
  - □ the Declaration of Honour signed by the coordinator's legal representative mentioned in the application.
  - □ the Detailed Budget Table.
  - □ the Project Description.
- □ all participating organisations have uploaded the documents to give proof of their legal status in the Participants' Portal (for more details, see the section "Selection Criteria" in Part C of the Erasmus+ Programme Guide).
- □ you are complying with the deadline published in the Erasmus+ Programme Guide.
- □ you have saved or printed a copy of the completed form for yourself.

NOTE: using own templates/documents is forbidden and can result in the rejection of the whole application. You can only use the templates published with the concrete sport call for proposals for the respective year.