

# EUFITMOS NEWSLETTER

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**i4EU**   
**FITMOS**

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## Intelligent Digital Services for Supporting the European Fitness Monitoring System

Erasmus+ Sport funded project which aims to continue and extend the work done in the project European Fitness Monitoring System (EUFITMOS).

## Brief presentation of the project

The i4EUFITMOS (Intelligent Digital Services for Supporting the European Fitness Monitoring System) project builds on the foundation of the successfully completed European Fitness Monitoring System (EUFITMOS) project, which ended in 2022.

EUFITMOS was delivered in four phases:

- a diagnosis of existing fitness monitoring systems, the development of educational and training resources (including a fitness battery, toolkit, and training module),
- the collection of fitness data across partner countries,
- and the creation of the EUFITMOS online platform to store and analyze data.

The project produced valuable, sustainable resources: the EUFITMOS fitness battery, a comprehensive teacher training module and toolkit, and a digital platform housing fitness data from 4,965 children and adolescents aged 9 to 18 across seven European countries.

i4EUFITMOS aims to ensure broader and more consistent implementation of the EUFITMOS fitness battery across Europe and to further develop the online platform with intelligent digital tools.



The initiative directly addresses key EU priorities, including improving the quality of work in education and sport, fostering cross-sector and transnational collaboration, and enabling transformation through digital innovation.

## New project logo, website and social media profiles!

The representatives of the consortium partners have approved the new project logo, selected for its simplicity and visual connection to the previous EUFITMOS project.

In addition, the new project website has been launched and is available at <https://eufitmos.eu>.

The project can also be followed on social media via its official:

Facebook: [@eufitmos](#)

Instagram: [@i4eufitmos](#)

LinkedIn: [@i4eufitmos-project](#)



These tools will enhance data collection, analysis, and reporting, making fitness data more accessible and usable by stakeholders such as PE teachers, researchers, and policy-makers. The goal is to establish comparable, valid, and reliable physical fitness data as a core indicator of HEPA (Health-Enhancing Physical Activity) at the EU level.

i4EUFITMOS also seeks to strengthen communication and dissemination efforts to increase stakeholder engagement, including education and health authorities. The project will expand EUFITMOS implementation into new countries, support digital transformation of data management, and facilitate decision-making and policy development.

### Project Objectives:

- O1:** Conduct a needs assessment to identify fitness data gaps and raise stakeholder awareness.
- O2:** Enhance data availability by analyzing trends (temporal, regional, age, gender) and addressing inequalities.
- O3:** Improve digital access to data through upgraded online platforms and mobile applications.
- O4:** Strengthen cooperation and build a virtual community of practice for PE teachers and researchers to share knowledge and best practices.

i4EUFITMOS ultimately seeks to harmonize fitness monitoring across Europe, empower educators and researchers, and support evidence-based HEPA policies through digital innovation and collaborative networks.

# i4EUFITMOS Project Kicks Off with an Introductory Online Meeting

On Friday, 31 January, the i4EUFITMOS partners had their first online meeting.

Building on the success of the EUFITMOS project, which established an European system for monitoring youth physical fitness as an indicator of Healthy Physical Activity (HEPA), the new initiative aims to

further enhance fitness assessment and analysis.

The introductory meeting provided an opportunity for project partners to connect, review the timeline, delegate responsibilities, and schedule the first in-person meeting, set for late February in Greece.



## First Interactive Meeting In Thessaloniki!

On Friday, 28 February, as part of the i4EUFITMOS project, the first international project meeting took place in Thessaloniki, Greece, bringing together representatives of all partner organizations involved in the project.

Following the opening address, each partner introduced their organization and the experts participating in the project. This was followed by a review of the work

completed so far, with a focus on project management, needs analysis, dissemination, and communication.

In the next part of the meeting, partners developed a dissemination plan and a quality assurance plan for the project's implementation. Discussions also took place regarding the organization of multiplier sports events, which will be held in all partner countries.



# Meeting of the Internal Focus Group

On Monday, 5 May, an online meeting of the i4EUFITMOS project's internal focus group brought together representatives from all partner organisations.

Co-funded by the Erasmus+ Sport programme, the group's main objective is to help shape the project's future direction, particularly in developing digital services and functionalities to improve the processing and management of data collected through the EUFITMOS fitness testing protocol.

The discussion was based on feedback from a questionnaire sent to physical education teachers and sports coaches across participating countries, focusing on data input, export, visualisation, analysis, and other proposed innovations.



In the next two months, practical dissemination workshops will be held to collect further feedback from educators and coaches, which will support the refinement of upcoming project steps.

## Introduction of the i4EUFITMOS Project consortium

The i4EUFITMOS project is carried out by a consortium of seven partner organisations that have united their expertise to successfully achieve the project's objectives by the end of 2027.

### Aristotle University of Thessaloniki (AUTH)

The lead and coordinating institution of the project is **Aristotelio Panepistimio Thessaloniki** (Aristotle University of Thessaloniki, Greece), which will ensure the smooth progress and implementation of the process.

The Aristotle University of Thessaloniki (AUTH) is the largest university in Greece



ARISTOTLE  
UNIVERSITY OF  
THESSALONIKI

and the Balkans, established in 1925 and located in the heart of Thessaloniki. Named after the philosopher Aristotle, it encompasses 11 faculties and 41 schools, offering a wide range of undergraduate, postgraduate, and doctoral programs



across disciplines such as humanities, sciences, engineering, health sciences, law, and the arts.

AUTh serves over 88,000 students and employs approximately 2,700 faculty members. The main campus spans 230,000 square meters in central Thessaloniki, with

## Other partner organisations are:

### Faculty of Human Kinetics, University of Lisbon,

The Faculty of Human Kinetics (Faculdade de Motricidade Humana – FMH) is part of the University of Lisbon and a leading institution in Portugal for education and research in human movement, sport sciences, physical education, and rehabilitation. Established in 1940, FMH offers undergraduate, master's, and doctoral programs, with a strong focus on



interdisciplinary approaches to health, performance, and well-being. It is actively involved in international research projects and partnerships, particularly within the Erasmus+ framework, and provides English-taught courses for international students.

### Sports Union of Slovenia

The Sports Union of Slovenia (Športna unija Slovenije – ŠUS) is a national organization that brings together over 170 sports clubs and associations across Slovenia. Established in 1991, it serves as the umbrella organization for sport for all, with a strong focus on recreational sports, physical education, and the promotion of a healthy



lifestyle. Its mission is to ensure access to physical activity for people of all ages, abilities, and social backgrounds, while also developing sports programs for all generations and promoting physical activity at the local level.

### German Association of Physical Education Teachers

The Deutscher Sportlehrerverband (DSLTV), or German Association of Physical Education Teachers, is the national professional association representing physical education (PE) teachers and sports educators in Germany. Founded to support and promote the



professional interests of PE teachers, the DSLTV is committed to enhancing the quality of physical education in schools, advocating for the value of sport and movement in educational settings, and providing professional development opportunities. It actively engages in

educational policy, curriculum development, and interdisciplinary collaboration, aiming to strengthen the role of physical activity in the broader context of health, education, and youth development.

The DSLV is organized into regional branches across Germany and works in cooperation with other national and international bodies in the field of sport and education.

## Northern Greece Physical Education Teachers' Association

The Northern Greece Physical Education Teachers' Association (EGVE) is a professional and scientific organization representing over 9,000 PE teachers, mainly from Macedonia and Thrace. Founded in 1954, EGVE promotes professional development, organizes national and international events, and publishes Greece's first journal on physical education.



It actively participates in European projects like Erasmus+, and works closely with academic, governmental, and sports institutions to promote physical activity and quality PE across all age groups.

## University of Montenegro

The University of Montenegro is the largest and leading public higher education institution in Montenegro. Established in 1974, it is based in the capital city, Podgorica, and comprises numerous faculties and institutes covering a wide range of academic disciplines. The university offers undergraduate, master's, and doctoral programs, and is actively involved in scientific research and international cooperation, particularly



through Erasmus+, Horizon Europe, and other European frameworks. It plays a key role in the development of higher education and innovation in Montenegro, with a growing focus on quality assurance, internationalization, and alignment with the European Higher Education Area.

## Albanian Sports Science Association

The Albanian Sports Science Association (ASSA) is a non-governmental organization based in Tirana, founded in 2012. It promotes sports science, physical activity, and health through research, education, and international collaboration. ASSA organizes conferences, seminars, and projects, including Erasmus+ initiatives like



EUFITMOS and the SUNRISE study. It also publishes the European Journal of Human Sports and Exercise and works with national and international partners to advance physical activity and sports science in Albania.