

PROJECT PRESENTATIONS

Intelligent Digital Services for Supporting the European Fitness Monitoring System (i4EUFITMOS)

Overview:

i4EUFITMOS is an innovative Erasmus+ Sport project (Project No. 101185245), co-funded by the European Commission through the European Education and Culture Executive Agency (EACEA). The project's full title is "Intelligent Digital Services for Supporting the European Fitness Monitoring System." It is part of the ERASMUS-SPORT-2024 action under the topic "Encouraging healthy lifestyles for all."

Building on the legacy of the earlier EUFITMOS initiative, the i4EUFITMOS project aims to broaden the scope and scale of the European Fitness Monitoring System. It is deeply rooted in promoting health-enhancing physical activity (HEPA), especially among young people, and aligns with both the EU Physical Activity Guidelines and the Council Recommendation on HEPA.

Key Objectives:

- To achieve wide-scale, standardized implementation of the EUFITMOS fitness battery across Europe.
- To collect and disseminate comparable, valid, and reliable physical fitness data as an indicator of physical activity levels.
- To enhance the EUFITMOS online platform by integrating intelligent digital services that support data collection, analysis, dissemination, and policy development.
- To encourage innovation and digital transformation in the sport and fitness monitoring sectors.

Main Activities:

One of the central pillars of the i4EUFITMOS project is digitalization. The project will expand the EUFITMOS platform through:

- A new data upload interface for PE teachers.
- Real-time infographic generation for stakeholders.
- An intuitive chat-based interface to engage the general public.
- A module for exporting open fitness datasets to researchers.

These improvements are aimed at transforming the platform into a cutting-edge, user-friendly hub for fitness data and policy analysis.

Target Groups:

i4EUFITMOS focuses on the following primary audiences:

- Children and youth, who will be the main subjects of physical fitness monitoring.
- Physical Education (PE) teachers, who are essential for implementing and collecting data.
- Researchers and young scientists, who will benefit from open access to structured data.

Secondary target groups include policymakers and the general public, who can use fitness insights for policy planning and public awareness.

Partnership & Coordination:

The project involves a strong consortium of seven partners from across Europe:

- Aristotle University of Thessaloniki (Greece) – coordinator
- University of Lisbon (Portugal)
- Sports Union of Slovenia (Slovenia)
- German Association of Sports Teachers (Germany)
- Northern Greece Physical Education Teachers Association (Greece)
- University of Montenegro (Montenegro)
- Albanian of Sports Sciences Association (Albania)

Project Duration and Budget:

Start Date: 1 December 2024
Duration: 36 months
Funding Programme: Erasmus+ Sport
Funding Agency: European Education and Culture Executive Agency (EACEA)
Total Grant: €400,000 (lump sum)

Relevance and Impact:

i4EUFITMOS directly supports EU-wide goals of improving public health through sport and physical activity. By digitizing fitness data collection and providing advanced analytical tools, it empowers stakeholders with actionable insights. This project stands as a model for how technology can reinforce public policy and community wellness through strategic data use and collaboration.

Keywords:

Health-enhancing physical activity, Fitness data, Digital innovation, Analytics, Mobile applications, Intelligent services, PE monitoring, HEPA.



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Bojan Masanovic is a teacher and research at the University of Montenegro, currently hold Associate Professor position and serves as Vice-Dean for International Relations at Faculty for Sport and Physical Education. Various mobility grants enabled him to gain huge experience as a guest lecturer in Spain, Croatia, Turkey, the Czech Republic, Hungary and France. He has more than 10 years of experience in scientific research, with a particular focus on the planning, implementation and evaluation of studies dealing with health and exercise, which also includes clinical trials. As a scientist in the field of sports science, he uses knowledge to improve the sports industry at large. To date, he is the author and co-author of more than 100 peer-reviewed articles in multidisciplinary journals, including those with a high Impact Factor. Editor-in-chief, review editor, guest editor and Ad-Hoc reviewer roles performed in more than 20 international peer-reviewed journals indexed in Web of Science core collection. He has a strong background in project activities, because he coordinated or participated in several national and European projects and represented Montenegro in five COST actions. The University of Montenegro honored him with the Award for achieved results and contribution to the development of scientific research, artistic and professional work at the Faculty of Sports and Physical Education for 2019. Also, the Albanian Association of Sports Sciences (ASSA) honored him with the Award for outstanding contribution to the development of education and sports sciences in Albania through scientific research for the year 2022. In June 2022, he was promoted as the head of the CEEPUS network named "Education, training and research in the multidisciplinary field of sports sciences" in which 13 European universities participate.