



OLYMPIC GAMES and MULTIPLIER SPORTS EVENT

OLYMPIC GAMES AND OTHER COMPETITIONS MULTIPLIER SPORTS EVENTS



PARTNERSHIP



IN COMMON SPORTS 2018 - 2020



Intergenerational Competition As Motivation For Sports and Healthy Lifestyle Of Senior Citizens

IN COMMON SPORTS (INtergenerational COMpetition As MOtivation For Sport And Healthy Lifestyle Of Senior Citizens) is a *three year project* financed within the scope of the European programme **Erasmus+ Sport**, which *promotes active lifestyle in senior citizens bringing them closer to sport activities*. The project is based on the results evidenced by the 2015 Intergenerational Olympics Project, financed by the Erasmus Programme as well.

Main objectives of the project are the diffusion of the sporting practice, among the less assiduous segments of the physical exercise (in the specific case people of advanced age) and the development of effective strategies for the promotion of healthy lifestyles in the population.

In particular, the aim of the project is to *analyze how much the motivational factor*, associated with a sports competition, affects in *conducting regular exercise* in the elderly population.

The project includes a series of *integrated actions*, ranging from research, to the dissemination of good practices, to the actual sports promotion through the organization of sports competitions dedicated to the over 60s, but open to inter-generational exchange.

Duration:

January 2018 - December 2020

Total cost:

€ 321.762,80

EU total contribution:

€ 316.986,00

Funding programme:

Erasmus+ (Key Action Sport)

PARTNERSHIP

Coordinator:

- Municipality of Vila Nova de Cerveira (PT)

Partners:

- Polytechnic Institute of Viana do Castelo (PT)
- Municipality of Cesena (IT)
- University of Vigo (ES)
- Municipality of Aksakovo (BG)
- Zöldpont Egyesület es Szerkesztőseg (HU)



DISSEMINATION ACTIVITY

N. PUBLICATIONS and STUDIES

CONGRESS and AWARDS

0 0

1 2

3 0

3 0

0 0



www.olympics4all.eu

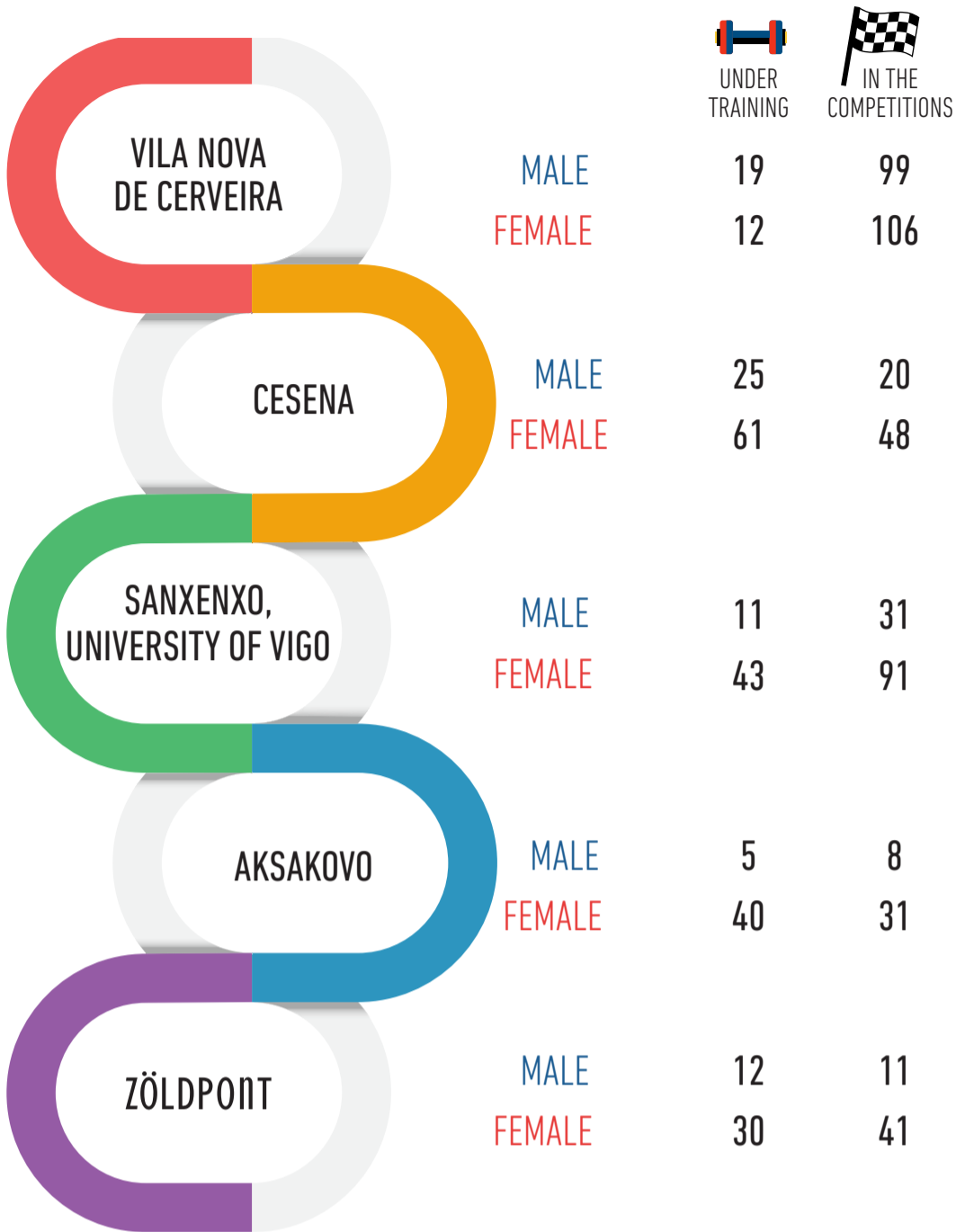
investimento.adl@cm-vncerveira.pt • (+351) 251708020

Praça do Município, 4920-284 Vila Nova de Cerveira

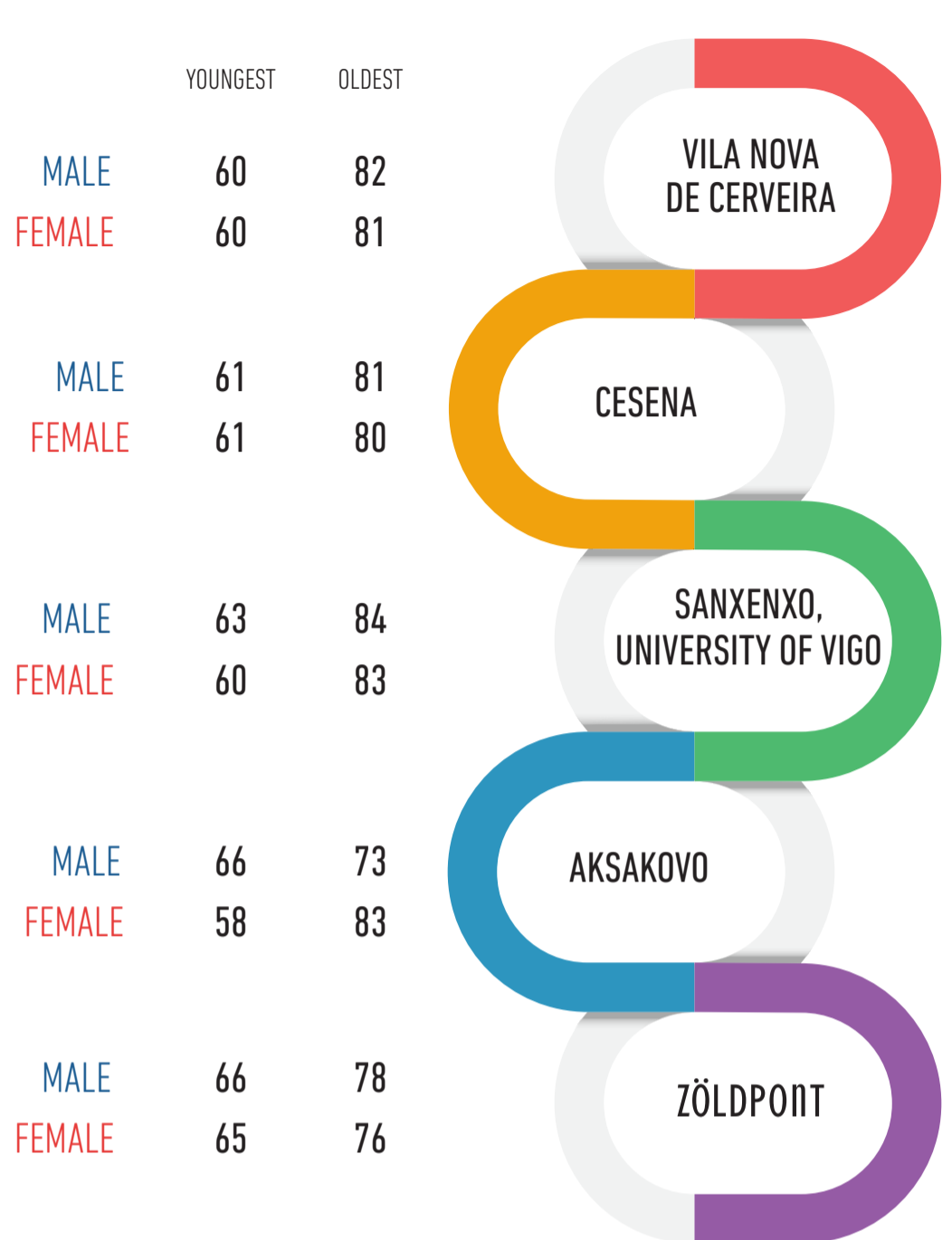


Numbers of PARTICIPANTS

male/female split under training and in the competitions

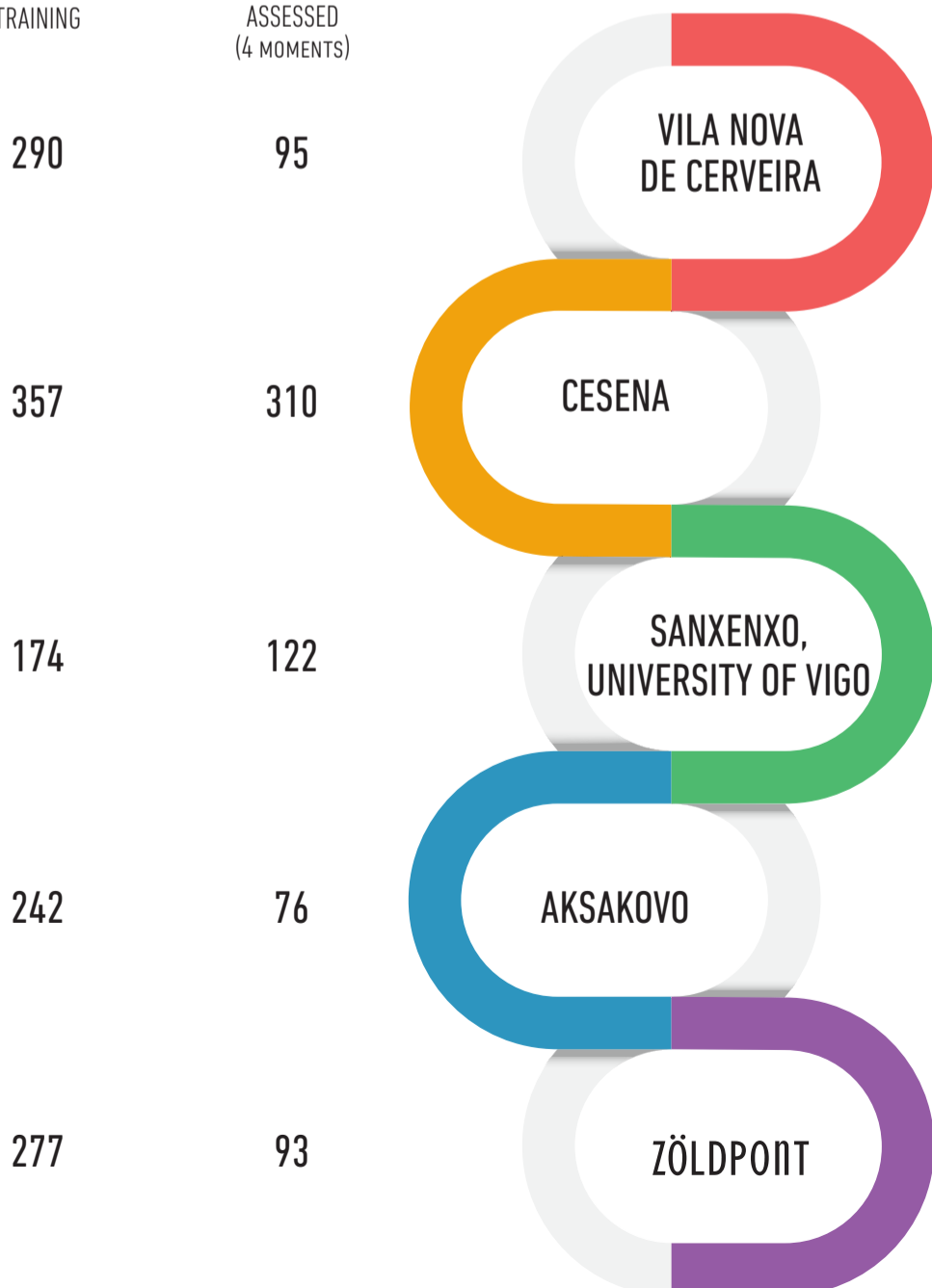


AGE of the Youngest and of the Oldest (under training)



TRAINING and ASSESSMENTS

HOURS OF TRAINING PARTICIPANT ASSESSED (4 MOMENTS)



STAFF Involved

MANAGER TEACHERS/ RESEARCHERS OTHER/ STAFF

