



IN COMMON SPORTS + FIT, FOOD
AND FUN FOR ELDERLY!
2021 - 2023

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Final Report 2021-2023



OLYMPICS 4 ALL

IN COMMON SPORT +: Fit, Food and Fun for Elderly!
2021-2023

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Introduction

The present report resumes the data from the In Common Sport+: Fit, Food and Fun for Elderly considering data up to the year 2023. Therefore, the present document will contain a report about the results of the Project in these three last years, in the different countries implemented.

It should be considered that in 2021, we faced the COVID-19 pandemic, which led us to a confinement during several months. This situation, in addition to limiting the mobility of our participants due to confinement, prevented the development of all activities, particularly training sessions. Consequently, changes in the physical condition and body composition of our participants were documented as result of this confinement.

The document is divided in two parts with the first analyzing the Physical Fitness results and the second the agreement of the participants in the adapted games and rules.

Participants

In the first year, 2021, 100 men and 293 women participated in this Project. In the second year, more 31 men and 76 women were added to the group. In the last year, the men were 115 and women 358. Therefore, almost 500 elderly people with a mean age of 71 years old were included in the training and evaluation sessions. Table 1 presents the distribution of the sample by country and by sex according to the project years.

Table 1. Distribution of the sample by country and sex (number of participants).

		Spain	Portugal	Slovenia	Bulgaria	Hungary	Italy	Total
Female	2021	67	32	5	59	54	76	293
	2022	62	40	85	61	47	74	369
	2023	53	39	105	63	33	65	358
Male	2021	20	38	0	2	9	31	100
	2022	21	44	21	2	9	34	131
	2023	19	36	25	2	12	21	115

As observed in Table 1, the highest participation in all countries are females. Among all the countries, Slovenia exhibited the largest increase in participants throughout the 3 years of implementation of the project.

Table 2 presents the anthropometrical characteristics of the total sample in the three years of Project, in accordance with height, weight, fat mass, Body Mass Index (BMI), waist and hip circumference and waist to hip index (WHI).

Table 2. Anthropometrical characteristics of the total sample in the three years of Project.

Moments/ Countries	Age (years)	Height (cm)	Weight (kg)	Fat (%)	BMI (kg/m ²)	Waist (cm)	Hip (cm)	WHI
M1	71,4 (5,3)	160,4 (8,4)	72,0 (13,8)	34,0 (7,8)	28,0 (4,5)	95,6 (14,2)	107,1 (32,5)	0,9 (0,1)
Spain	73,4 (6,3)	154,9 (6,7)	71,7 (14,3)	33,8 (6,5)	29,4 (4,1)	98,7 (17,3)	104,3 (17,0)	1,0 (0,2)
Portugal	71,9 (5,2)	163,4 (8,8)	72,9 (11,4)	31,2 (7,7)	27,3 (3,4)	94,1 (10,4)	102,0 (6,6)	0,9 (0,1)
Slovenia	68,8 (4,6)	167,6 (7,7)	76,0 (5,7)	37,3 (5,1)	27,1 (2,5)	97,4 (10,1)	114,4 (6,3)	0,9 (0,1)
Bulgaria	72,2 (4,5)	158,9 (7,2)	75,6 (12,5)	40,2 (7,0)	30,6 (5,8)	99,0 (13,6)	114,5 (11,6)	0,9 (0,1)
Hungary	70,3 (4,6)	162,4 (7,0)	71,9 (17,9)	36,8 (5,9)	27,0 (3,7)	98,8 (11,9)	109,9 (10,2)	0,9 (0,1)
Italy	69,6 (4,7)	162,3 (8,8)	69,6 (12,7)	30,5 (7,6)	26,4 (4,0)	90,0 (13,5)	106,4 (58,6)	0,9 (0,1)
M2	71,0 (5,5)	161,3 (8,5)	73,2 (12,8)	33,0 (8,5)	28,1 (4,3)	93,6 (12,4)	104,6 (11,6)	0,9 (0,1)
Spain	74,4 (4,5)	155,1 (6,6)	69,0 (9,5)	32,4 (6,3)	29,1 (3,2)	92,5 (13,8)	104,1 (13,8)	0,9 (0,1)
Portugal	71,8 (5,6)	163,3 (9,2)	72,6 (11,8)	30,0 (7,8)	27,4 (3,8)	91,4 (10,2)	100,4 (7,2)	0,9 (0,2)
Slovenia	71,2 (6,8)	164,7 (7,9)	78,5 (14,8)	31,9 (9,0)	28,8 (4,6)	96,8 (11,9)	106,4 (10,7)	0,9 (0,1)
Bulgaria	72,2 (4,5)	158,9 (7,1)	75,3 (12,5)	38,5 (6,4)	30,1 (5,3)	99,2 (13,2)	113,8 (11,5)	0,9 (0,1)
Hungary	69,9 (4,6)	162,2 (7,1)	73,8 (11,4)	38,6 (6,9)	27,9 (3,6)	93,9 (9,7)	106,1 (8,7)	0,9 (0,1)
Italy	69,2 (4,6)	162,5 (8,7)	69,5 (12,2)	29,8 (8,8)	26,2 (4,0)	89,4 (11,9)	99,4 (10,4)	0,9 (0,1)
M3	70,8 (5,6)	161,2 (8,1)	71,9 (13,1)	33,3 (8,1)	27,8 (4,4)	92,7 (12,9)	104,9 (11,0)	0,9 (0,1)
Spain	74,4 (4,5)	155,8 (6,7)	69,1 (11,4)	31,5 (7,2)	28,3 (4,1)	95,0 (11,8)	106,4 (11,7)	0,9 (0,1)
Portugal	71,2 (5,9)	161,9 (8,9)	69,4 (13,2)	30,4 (7,3)	26,8 (3,3)	89,7 (14,9)	100,5 (8,1)	0,9 (0,1)
Slovenia	71,1 (6,7)	163,7 (5,8)	75,8 (12,8)	35,8 (7,8)	28,3 (4,4)	92,2 (11,5)	105,2 (8,9)	0,9 (0,1)
Bulgaria	72,1 (4,6)	158,8 (7,2)	74,9 (13,9)	38,1 (6,7)	30,0 (5,6)	98,3 (13,6)	113,7 (12,4)	0,9 (0,1)
Hungary	70,3 (3,8)	164,5 (8,1)	75,2 (13,1)	36,6 (6,8)	27,6 (4,2)	93,9 (10,8)	105,4 (9,0)	0,9 (0,1)
Italy	69,1 (4,6)	162,9 (8,2)	69,2 (12,5)	29,8 (8,3)	26,0 (3,9)	89,2 (12,0)	100,4 (9,7)	0,9 (0,2)
All moments	71,0 (5,5)	161,0 (8,4)	72,4 (13,2)	33,4 (8,2)	28,0 (4,4)	93,9 (13,2)	105,5 (20,3)	0,9 (0,1)

cm – centimeters; kg – kilograms; % - percentage; kg/m²- kilograms per square meter; WHI – waist to hip index

In general, the weight of the participants remains stable all over the three period of practice, with a slightly decrease from the year 2021 to 2023. Considering figure 1, it is possible to observe that in Portugal and Bulgaria, decreases in the weight were observed among years; in Spain there were a drop between 2021 to 2022 and a maintained value to the last year; Slovenia experienced an increase from 2021 to 2022 and then a drop in weight; Hungary increased among years; and Bulgaria and Italy were the most regular regarding weight values. However, it should be noted that the participants were not always the same among years.

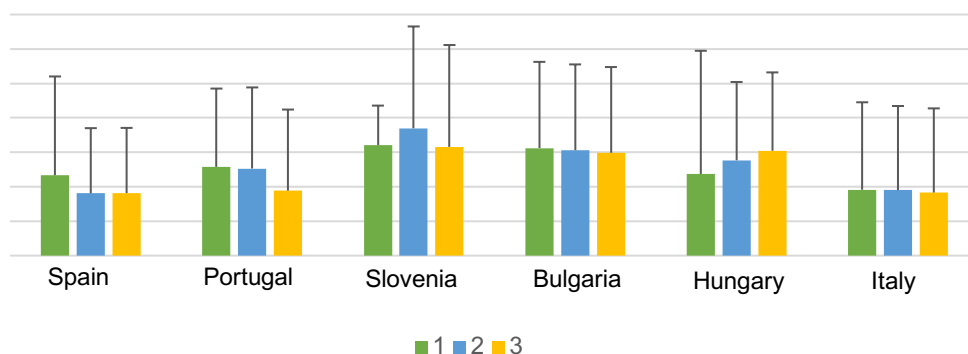


Figure 1. Weight comparison among years considering each country.

Considering the fat percentage (figure 2), we could observe that Spain, Portugal and Italy were the countries that registered the lower mean values, around 30%. Bulgaria and Hungary were the countries that presented the most alarming values, between 35 and 40%.

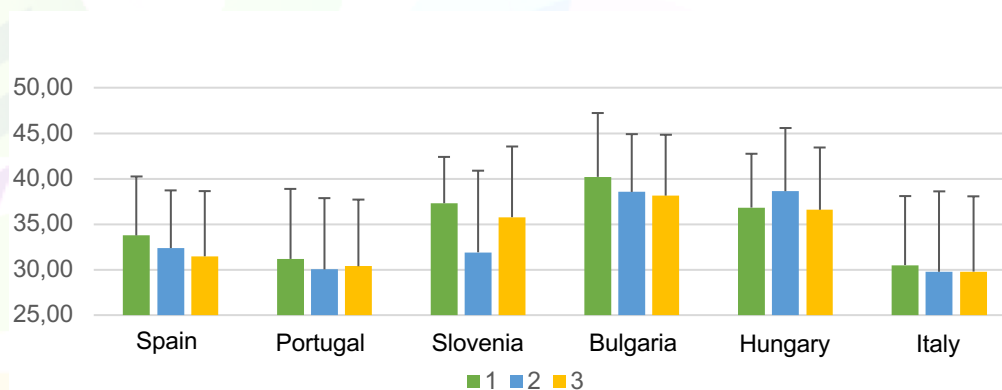


Figure 2. Fat percentage comparison among years considering each country.



The waist circumference means values were around 100 cm (Figure 3). Considering that values of up to 88 cm for women and 106 cm for men are often indicated benchmarks for health, these average values of 100 cm in waist circumference should be regarded as alarming and a significant focus for improving the health of the participants. As positive aspect, when looking at the averages (and not individual cases), at least this project allowed for the subjects not to increase this value as they advanced in age.

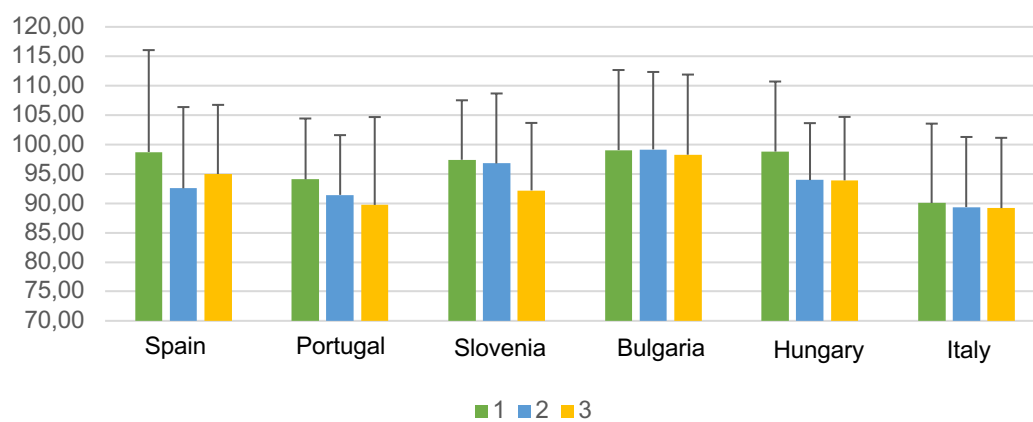


Figure 3. Waist circumference comparison among years considering each country.



Physical Fitness

The following section presents the results of the physical fitness evaluations from the participants countries over a three-year span. This program employed a range of tests, including Handgrip strength and the Senior Fitness Test components, for a comprehensive understanding of the degree of changings in muscle strength, cardiorespiratory capacity, balance and flexibility. The objective was to gain insights into the impact of the project structured intervention on the health and fitness of older adults. The subsequent results provide valuable insights into the progress and benefits achieved by the participants during the program.

The results for the handgrip strength test (handgrip dynamometer) and Senior Fitness Test battery are presented on tables 3 and 4 and in the figures 4 to 13. In general, over the years, it was possible to report an increase in some strength indicators for the lower (chair stand test) and upper limbs (arm curl test) - table 3.

Table 3. Results of the Handgrip for the right and left hand, the chair stand test, arm curl and the two-minute step for 1 and 2 minutes for the three years (moments).

Moments/ Countries	Handgrip Right (kg)	Handgrip Left (kg)	Chair Stand Test (repetitions)	Arm Curl (repetitions)	Chair sit and reach right (cm)	Back Scratch Right (cm)
M1	31,25 (15,44)	31,32 (15,45)	16,27 (6,02)	20,30 (5,36)	2,82 (10,25)	-6,15 (15,30)
Spain	31,01 (14,01)	31,36 (13,15)	14,57 (3,91)	17,65 (3,55)	-1,00 (9,97)	-19,34 (16,11)
Portugal	47,94 (21,01)	47,88 (21,05)	17,56 (5,02)	20,99 (4,71)	1,64 (13,11)	-8,45 (13,32)
Slovenia	22,40 (6,39)	18,40 (6,54)	26,00 (2,35)	30,80 (6,26)	14,80 (7,66)	0,60 (6,88)
Bulgaria	18,44 (4,96)	17,48 (4,90)	14,74 (3,23)	23,59 (5,64)	3,18 (6,52)	8,84 (7,31)
Hungary	27,19 (10,42)	27,83 (10,62)	14,83 (3,44)	18,67 (3,63)	5,37 (10,94)	-3,96 (8,16)
Italy	30,93 (8,56)	31,33 (8,71)	18,12 (8,86)	20,60 (5,91)	4,56 (8,95)	-4,02 (13,07)
M2	29,33 (9,77)	28,79 (10,01)	17,06 (4,35)	21,40 (5,27)	3,27 (11,01)	-4,69 (12,85)
Spain	27,58 (7,62)	27,21 (7,34)	14,85 (3,57)	19,26 (4,27)	-2,31 (8,09)	-18,30 (12,95)
Portugal	35,00 (10,07)	35,65 (9,85)	16,68 (4,50)	19,94 (4,04)	1,96 (13,77)	-6,59 (8,99)
Slovenia	29,90 (10,11)	28,58 (11,17)	17,85 (3,75)	21,86 (6,35)	4,46 (10,70)	-4,03 (8,89)
Bulgaria	20,56 (4,75)	19,50 (4,60)	15,44 (3,83)	26,52 (5,57)	3,66 (7,98)	8,27 (7,16)
Hungary	27,78 (8,23)	27,15 (8,12)	16,96 (3,85)	21,73 (3,73)	7,62 (9,50)	-2,23 (8,85)



Italy	32,74 (9,77)	32,44 (9,32)	19,32 (4,70)	20,31 (3,74)	4,74 (12,37)	-1,85 (12,06)
M3	29,62 (11,52)	29,61 (11,82)	18,03 (4,63)	23,99 (6,33)	5,20 (31,15)	-2,48 (11,49)
Spain	28,72 (7,95)	28,19 (7,86)	18,46 (4,45)	22,76 (4,75)	-2,69 (11,31)	-10,60 (13,62)
Portugal	33,64 (9,06)	33,47 (10,00)	16,75 (3,32)	19,96 (3,40)	7,81 (11,06)	-4,91 (10,63)
Slovenia	28,61 (8,33)	29,42 (8,76)	19,73 (5,36)	31,75 (6,43)	6,74 (8,05)	-2,51 (8,07)
Bulgaria	20,52 (4,82)	19,58 (5,56)	15,75 (4,56)	25,91 (6,66)	1,37 (7,07)	9,17 (7,33)
Hungary	29,09 (9,55)	28,94 (10,00)	16,44 (2,78)	21,11 (3,81)	7,20 (9,88)	-3,41 (10,49)
Italy	34,87 (17,08)	35,51 (16,62)	19,94 (4,63)	22,04 (3,59)	3,14 (6,94)	-1,86 (8,49)
All moments	30,01 (12,31)	29,83 (12,50)	17,13 (5,05)	21,90 (5,85)	3,77 (19,95)	-4,41 (13,31)

kg – kilograms; cm – centimeters; M1 – moment 1; M2 – moment 2; M3 – moment 3

It was also observed improvements in the cardiovascular capacity, two-minute step test and six-minute walk tests (table 4), and in flexibility - chair sit and reach right and back scratch right (table 3). Conversely, agility (eight-foots up and go) results increased from 2021 to 2022 but decreased from 2022 to 2023.

Table 4. Results of the chair sit and reach right, back scratch right, Up and Go and Six-minute walk for the three years (moments).

Moments/ Countries	Eight-foot Up and go (seconds)	Six Minute Walk test (meters)	Two minutes step test	
			1 ^o minute (knee touches)	Total (knee touches)
M1	5,29 (1,10)	534,41 (93,28)	57,52 (25,21)	109,92 (48,40)
Spain	5,76 (1,01)	524,76 (52,72)	38,61 (8,19)	76,02 (17,89)
Portugal	5,03 (1,25)	614,34 (70,46)	49,79 (11,20)	97,79 (20,67)
Slovenia	4,55 (0,22)	642,20 (63,75)	53,80 (8,44)	106,00 (12,73)
Bulgaria	5,43 (1,29)	475,84 (74,69)	71,95 (17,92)	127,97 (40,29)
Hungary	5,31 (1,07)	550,67 (100,68)	100,16 (16,44)	190,73 (41,91)
Italy	5,02 (0,82)	513,65 (97,90)	44,44 (12,19)	86,75 (20,79)
M2	5,11 (1,07)	548,12 (107,97)	63,53 (27,00)	122,98 (53,13)
Spain	6,01 (0,94)	565,10 (96,51)	40,56 (16,38)	78,14 (30,23)
Portugal	4,68 (0,93)	662,02 (102,38)	90,59 (16,88)	180,24 (33,39)



Slovenia	5,03 (1,12)	551,43 (110,58)	46,28 (9,78)	90,69 (17,37)
Bulgaria	5,63 (1,15)	472,03 (76,00)	79,65 (16,91)	141,27 (32,44)
Hungary	4,81 (0,64)	520,56 (79,80)	105,29 (15,50)	207,96 (36,87)
Italy	4,63 (0,76)	522,31 (86,76)	50,75 (10,66)	99,51 (21,57)
M3	6,73 (28,26)	572,53 (125,72)	83,03 (25,33)	157,76 (49,26)
Spain	5,84 (0,98)	543,97 (75,42)	81,39 (21,57)	162,88 (42,85)
Portugal	4,67 (0,84)	652,51 (82,20)	90,59 (22,03)	165,89 (51,96)
Slovenia	4,73 (0,84)	636,60 (137,57)	95,81 (15,42)	177,89 (35,88)
Bulgaria	5,71 (1,43)	472,18 (94,04)	87,68 (19,88)	153,03 (34,52)
Hungary	4,85 (0,60)	632,65 (75,34)	106,78 (18,75)	212,49 (35,72)
Italy	5,57 (4,16)	522,91 (137,06)	51,17 (18,75)	104,49 (20,12)
All moments	5,69 (16,16)	551,99 (111,10)	68,03 (28,02)	130,35 (54,18)

kg – kilograms; cm – centimeters; M1 – moment 1; M2 – moment 2; M3 – moment 3

Figures 4 to 12 express the comparison between years in each country, considering the tests performed.

Handgrip strength, figure 4 and 5 (Handgrip test), highlight that Portuguese results as the greatest values in both right and left hands, but we could also observe that except in Bulgaria, the mean value was near 40kg. Nevertheless, in this specific country, only 2 men participated in the program, explaining the lower mean values.

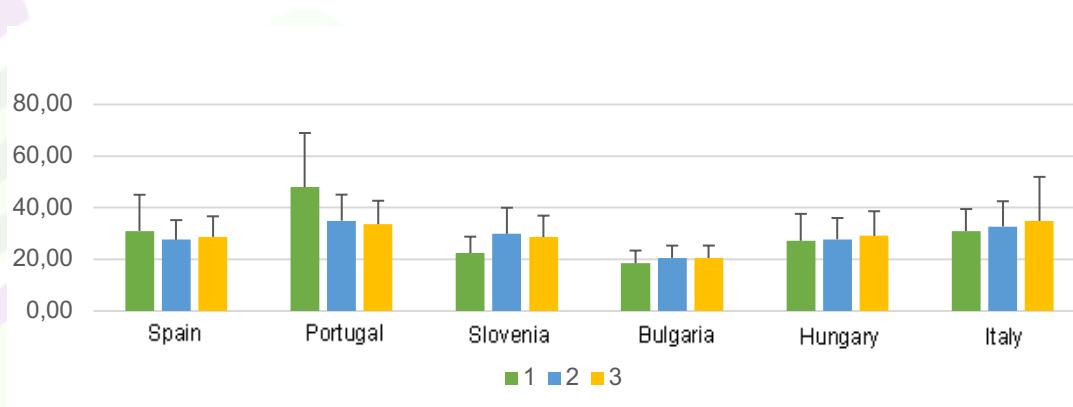


Figure 4. Handgrip for the right hand among years considering each country.

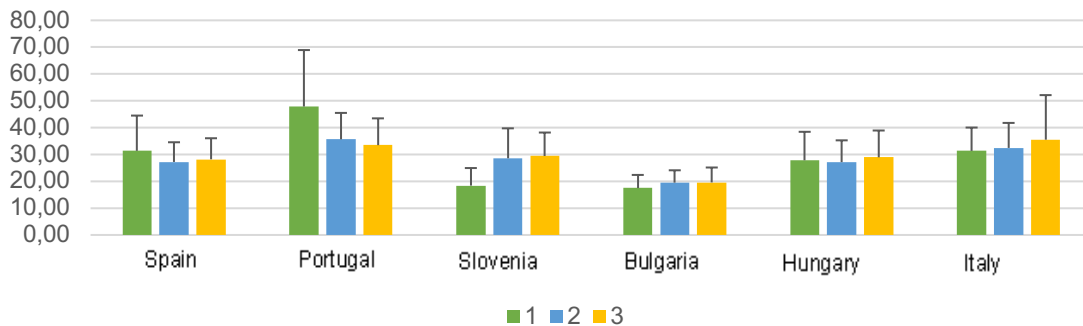


Figure 5. Handgrip for the right hand among years considering each country.

Figure 6 exposes the values of the chair stand test for the six countries evaluated along the three years of Project. In general, results present an increase over the years, noticing that the program allowed elderly people to increase their lower limb strength and resistance. The decrease in the result of this test in Slovenia from the first to the second year may be explained by the COVID-19 confinement and because Slovenia experienced a significant increase in participants, decreasing its mean value, especially since the increase was primarily among females, who typically have less strength capacity.

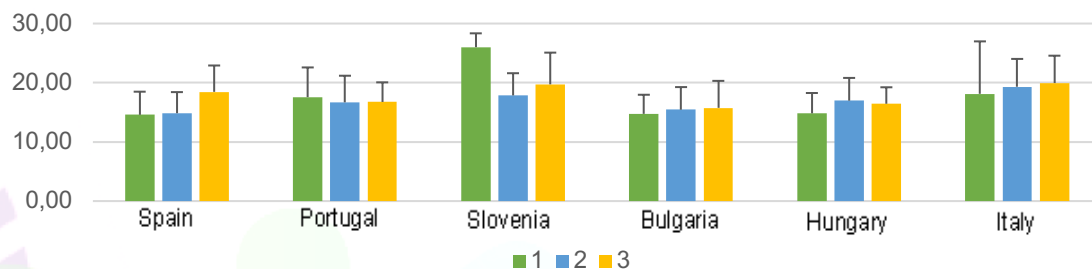


Figure 6. Chair stand test results comparison among years considering each country.

Similarly, in general, the arm curl test appears to show an increase over the years (Figure 7). This finding, on one hand, underscores the importance of physical exercise practice at these ages for better health reflected in daily activities. On the other hand, it reinforces the idea that even at these ages, it is possible to increase muscular endurance levels.

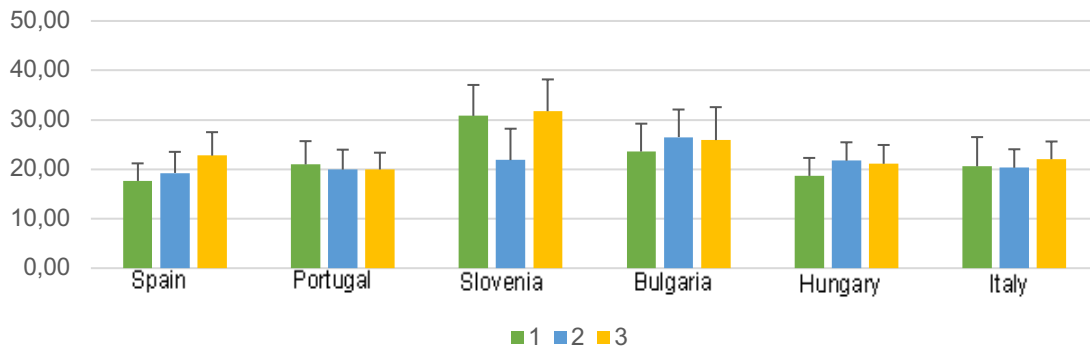


Figure 7. Arm curl results comparison among years considering each country.

Regarding flexibility, clear improvements have been observed over the years, both in the lower limbs (sit and reach) and the upper limbs (back scratch), as noticed in table 3.

When observing the results by country (figure 8), it was possible to notice that Spain presents the lowest values, but the other countries reached mean positive results on the chair sit and reach test, which means that the great majority of the elderly people included in this Project reach their feet with their leg extended.

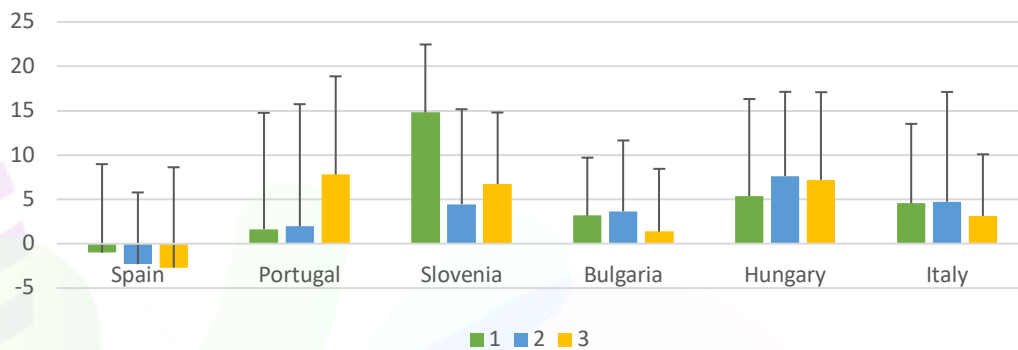


Figure 8. Chair sit and reach test results comparison among years considering each country.

Considering the upper limbs (figure 9), only Bulgaria presented positive results in the three consecutive years and Slovenia in the 2021. Nevertheless, the other countries it appears that there has been an improvement in the flexibility of the upper limbs over these three years.

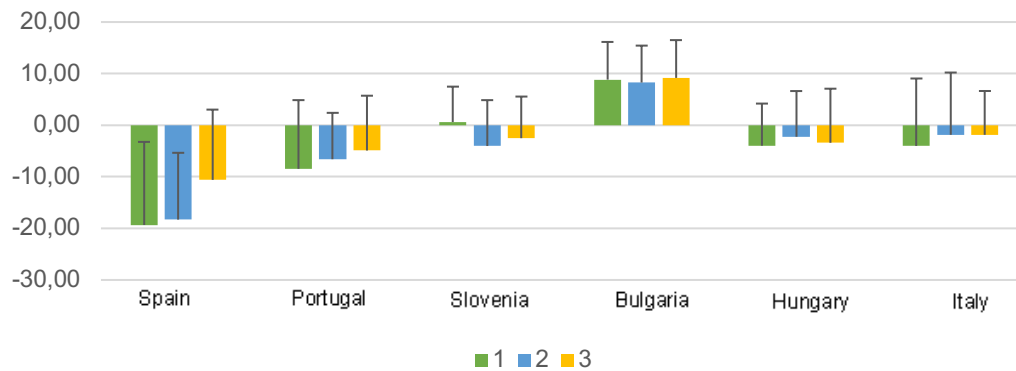


Figure 9. Back scratch results comparison among years considering each country.

In general, it was observed an improvement from 2021 to 2022 in agility but a decrease in its performance from 2022 to 2023. When analyzing by country, it is perceived these results were mainly due to the Bulgarian and Italian groups. In other countries, the results seem to be better specially from 2022 to 2023 (figure 10).

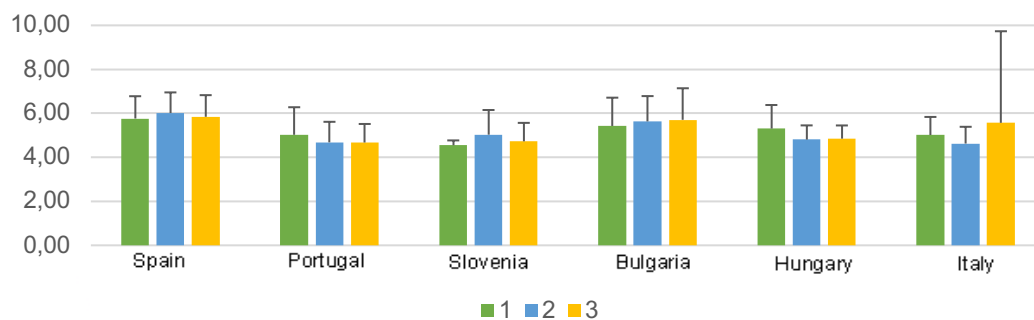


Figure 10. Eight-foot up and go test results comparison among years considering each country.

In figures 11 and 12 are presented the results for the two tests focused on the aerobic capacity evaluation. As observed in table 4, in general, the mean values of both tests increased over the years, strengthened the idea that even at these ages, this kind of physical exercise and competitive programs could really improve aerobic capacity.

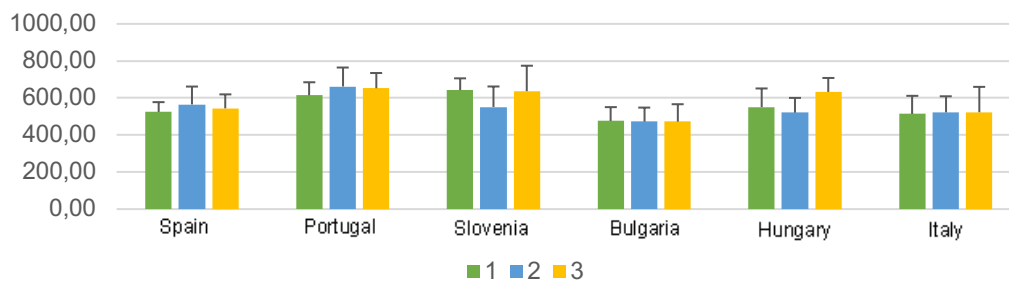


Figure 11. Six-minute walk test results comparison among years considering each country.

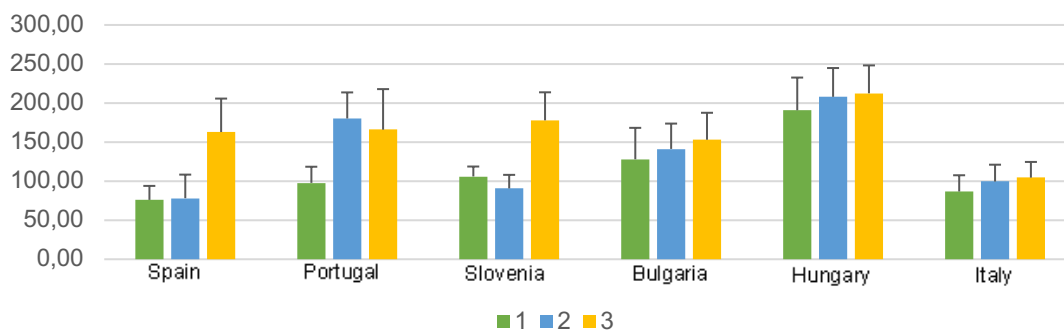


Figure 12. Two-minute step test results comparison among years considering each country.

Physical Fitness Conclusions

Throughout the three years period of the project, we reached nearly 500 elderly individuals with an average age of around 70 years. Most of these participants were women, forming the groups across the six different countries.

The used battery of tests clearly showed that the adapted games and the proposed activities could really improve the health of the aged population, improving their physical capacities.

There are variations in the results by country that can be influenced by the fact that different countries may have different starting points and varying levels of improvement over the three years. It's important to note that external factors, such as the COVID-19 pandemic and the number of program participants, can influence the results. However, despite variations, the program appears to have a positive



impact on the health and fitness of elderly individuals in all participating countries like:

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Strength: The program shows an overall increase in strength among the elderly participants over the three years. This is particularly evident in the Handgrip strength test, chair stand test, arm curl test and indirectly in the first minute of the step test. These improvements are observed across most of the participating countries.

Cardiovascular Capacity: The two-minute step test and six-minute walk test results indicate an overall increase in cardiovascular capacity among the elderly participants. This suggests that the program has a positive impact on the cardiovascular fitness of the participants with a continuum increasing over the years.

Agility: Agility results show some fluctuations over time, mainly driven by the performance of the Bulgarian and Italian groups. However, other countries show more consistent or even improved in agility over time.

Flexibility: The program has also contributed to improved flexibility among the elderly. Both the chair sit and reach test and the back scratch test show improved flexibility, with varying degrees of improvement across different countries. Spain appears to have the lowest flexibility values.

These multi-years intervention based on adapted sports games in elderly, from different European countries, has revealed positive trends in their physical fitness and wellbeing. Strength, cardiovascular capacity, agility and flexibility, have all improved over the three-year period, showcasing the benefits of these structured exercise programs for elderly individuals. While there are variations among countries and some fluctuations, the overall trajectory is one of enhanced health and fitness, demonstrating the potential for the project in the active aging development.



Participants satisfaction with the Adapted Games

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In this section, we will present the findings and insights derived from the focus group discussion that aimed to gauge participants' perspectives on Adapted Games program, particularly focusing on sports ball games. The data collection was made through a semi structured group interviews following the best practices for these methodology (Appendix A: Focus Group Guidelines).

The feedback we received from the participants is instrumental in shaping the program to align better with their interests and needs. Our discussion encompassed a wide array of topics, from the overall satisfaction with the program to the specific aspects that were rated on a scale of 0 to 10 were depending on the question, 0 may mean very dissatisfied and 10 is very satisfied or 0 illustrates the most negative experience and 10 the most positive experience.

The main point was to have an insight into participants' past experiences with ball sports, how they view playing these games as a group, and the barriers they face in participating. It was also explored the motivation factors needed to boost group involvement and the potential role of adapted rules in encouraging participation.

As the data are explored is intent to be more highlight what the participants liked, what areas need improvement, and their thoughts on adapting sports ball game rules. The results/discussion will be presented separated by the questions of the focus group.

1. What did you think of the program? Could you tell me the degree of satisfaction with respect to the physical exercise program in which you participate?

In general, participants express a high level of satisfaction with the physical exercise program, with an overall average rating of 9.5 out of 10 (as shown in Figure 13).

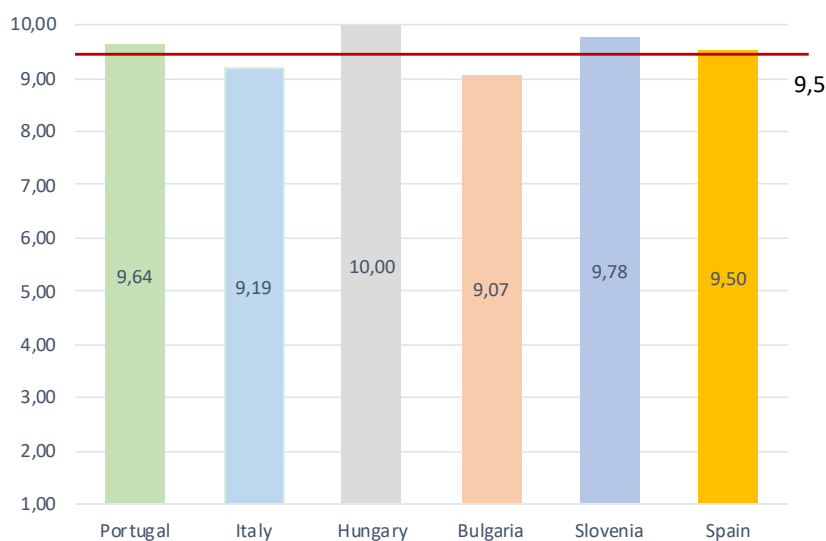


Figure 13. Degree of satisfaction with respect to the physical exercise program.

Italy and Bulgaria are the only countries that fall slightly below the average values. However, it is important to emphasize that their satisfaction rates remain notably high, both exceeding the 9-point threshold.

2. In a scale of 0 to 10, do you rate the following aspects of the program.

2.1. Being with people.

In the overall assessment, participants from Portugal, Bulgaria, and Spain stood out as the countries where the value of social interaction was most highly appreciated, with all of them surpassing the mean average score of 9.3 (figure 14).

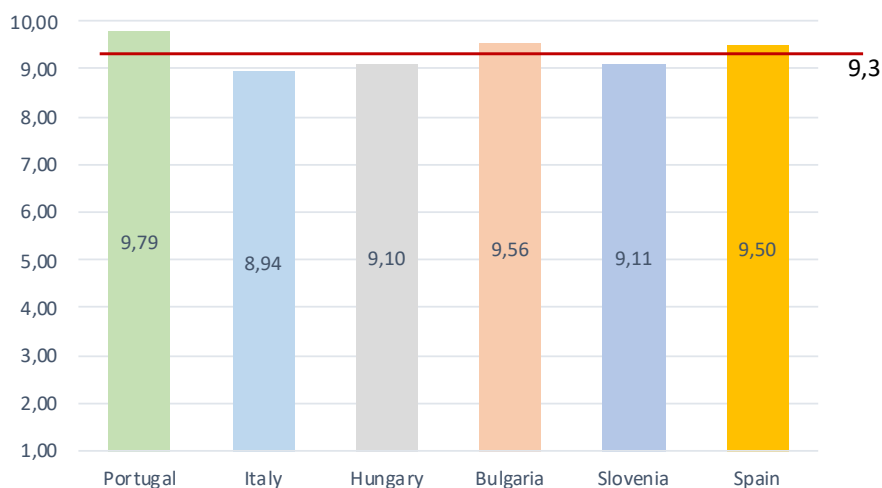


Figure 14. Degree of satisfaction with Being with people during the physical exercise program.

Conversely, participants from the other participant countries rated this factor lower, with Italian participants, in particular, attaching less significance to it (8.94). These distinctions may be attributed to cultural differences, community resources and individual perspectives of the program contribution to their daily living. Nonetheless, by examining the total sample mean value, it becomes evident that the program has made a significant contribution to fostering social interactions.

2. In a scale of 0 to 10, do you rate the following aspects of the program.

2.2. The effect on my health.

Evaluating the participants' perceptions of the program's impact on their health, Spain exhibited a unanimous consensus, while Hungary and Slovenia displayed mean scores exceeding 9.5, as indicated in figure 15.

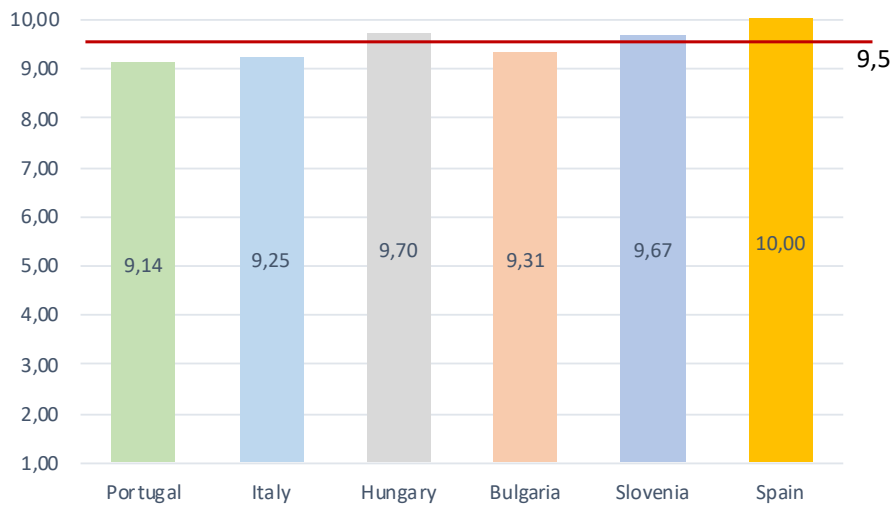


Figure 15. Degree of perception of the effect of the program on personal health.

Portugal recorded the lowest score, yet it maintained an average rating above 9.1, in line with Italy and Bulgaria. Given that self-reported health is a significant metric for assessing and comprehending an individual's subjective experiences and their influence on quality of life, since these results highlight that participants' shared acknowledgment of the program's impact on their health.

2. In a scale of 0 to 10, do you rate the following aspects of the program.

2.3. The professionals.

Overall, the participants expressed an exceptionally high level of satisfaction with the professionals involved in the program, demonstrating an impressive average rating of 9.7 points. The highest ratings were observed in Spain, Hungary, and Portugal as shown figure 16.

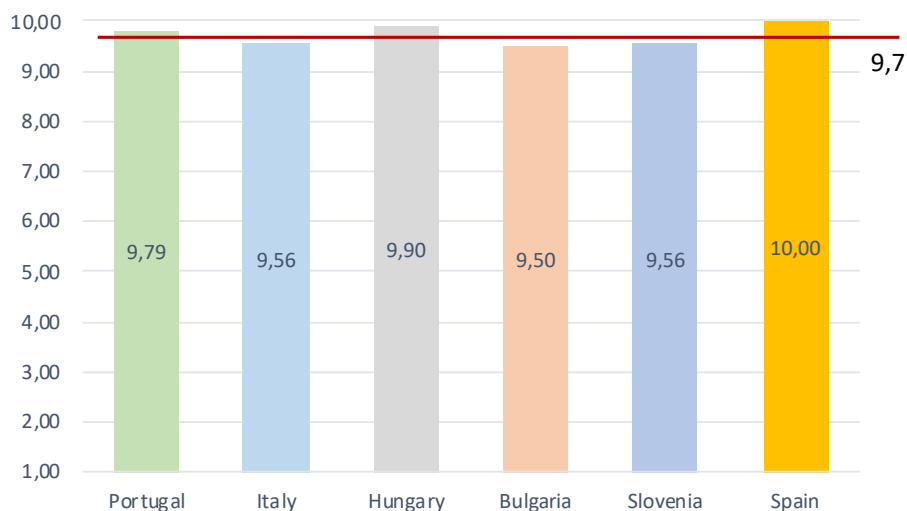


Figure 16. Degree of satisfaction with the program professionals

2. In a scale of 0 to 10, do you rate the following aspects of the program.

2.4. The facilities we use.

When assessing the participants' satisfaction with the program facilities, it becomes evident that Spain and Slovenia were the standout countries, being the only ones to achieve an impressive rating above 9 points (figure 17).

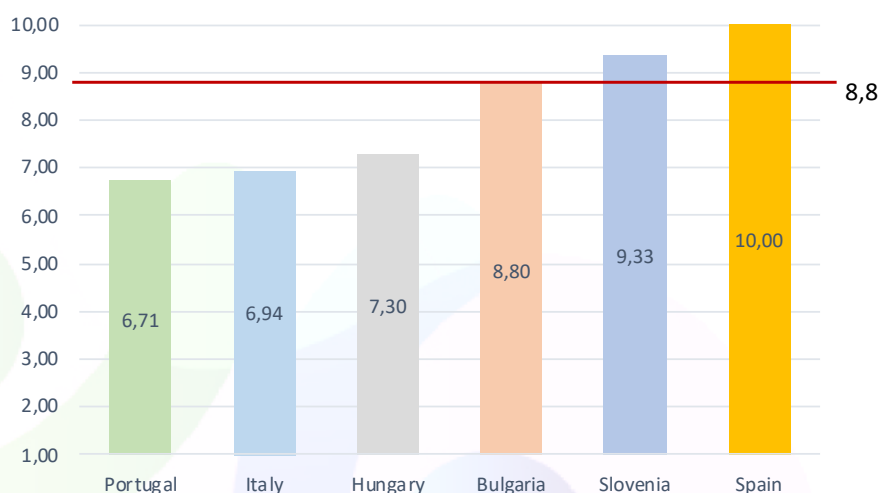


Figure 17. Degree of satisfaction with the program facilities

Conversely, in the remaining countries, there is a clear imperative to enhance the conditions of the activity venues, particularly in Portugal, Italy, and Hungary.



Notably, Portugal and Italy displayed mean ratings of 6.8, indicating a pressing need for the improvement of sports facilities where the program is developed. In an active aging setting, these facilities play a vital role in supporting and motivating older adults to maintain physical, mental, and social engagement, promoting overall well-being and social connections.

2. In a scale of 0 to 10, do you rate the following aspects of the program.

2.5. Sports games.

With a mean average rating of 8.7 points, it can be reasonably inferred that the program's sports games were exceptionally well-received by the participants (figure 18).

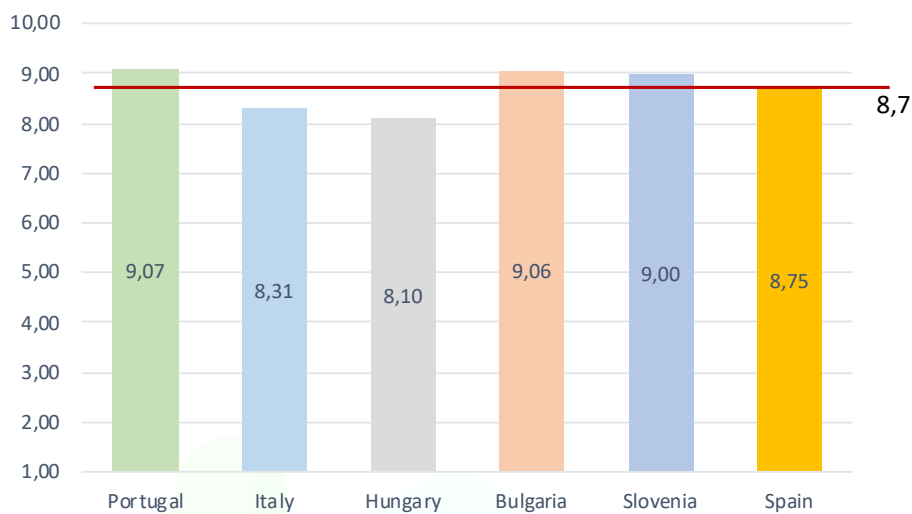


Figure 18. Degree of satisfaction with the program sports games

However, when considering specific countries, a nuanced picture emerges. Portugal, Bulgaria, and Slovenia exhibited mean values, reflecting an exceedingly high level of satisfaction with the sports games included. On the other hand, Hungary and Italy demonstrated mean ratings below the 8.7-point threshold. The case of Hungary's lower rating was previously identified and thoroughly explored during the focus group discussions. Participants were asked to articulate their perspectives on the question, "Why do you think Hungary's perception of the sports





games differs from that of the other participating countries?" These dialogues revealed that the Hungarian group's unique perception may be attributed to their prior experiences and cultural background. It became evident that they have a greater inclination towards individual sports, which significantly influenced their perception of the program's sports games.

The mean ratings of Italy's participants may not have been as prominent, but the lower average values can likely be attributed to their initial experiences with the sports games. Notably, due to Italy's active participation in the Portugal competition and the subsequent emphasis on focused training in specific sports games such as football, volleyball, and basketball, the trainer's field notes reflected a heightened sense of enthusiasm and motivation among the participants. It's worth mentioning that both Italy and Hungary recorded lower scores in terms of the facilities available for playing the sports, which may also have contributed to their comparatively lower satisfaction levels.

These insights allow us to comprehend that participants' previous experiences, cultural backgrounds and expectation play a pivotal role in shaping their preferences and perceptions, contributing to the diversity in their acceptance of the sports games within the program.

2. In a scale of 0 to 10, do you rate the following aspects of the program.

2.6. The competitions.

Analyzing the results, it becomes evident that Hungary scored the lowest, a factor that may be attributed to the previously mentioned cultural factors and preference for individual sports (figure 19).

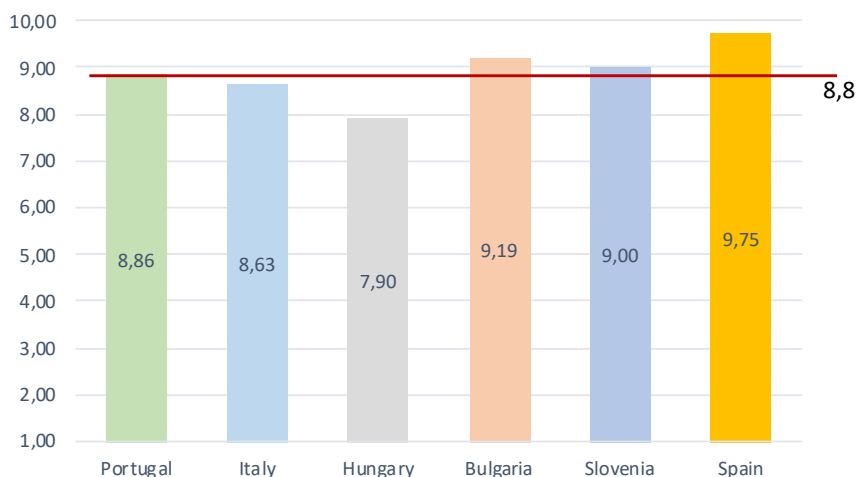


Figure 19. Degree of satisfaction with the competition

Conversely, Bulgaria, Slovenia, and Spain exhibited exceptional satisfaction levels with the competition, all scoring 9.0 or higher, while Portugal and Italy reported mean values that closely align with the overall mean. These results in Portugal and Italy may be associated with dissatisfaction related to the sports facilities available to them, potentially influencing their overall experience.

3. Satisfaction with the program

The results underscore the program's outstanding success, revealing a remarkable satisfaction level among participants, as reflected in the mean overall rating of 9.7 (figure 20).

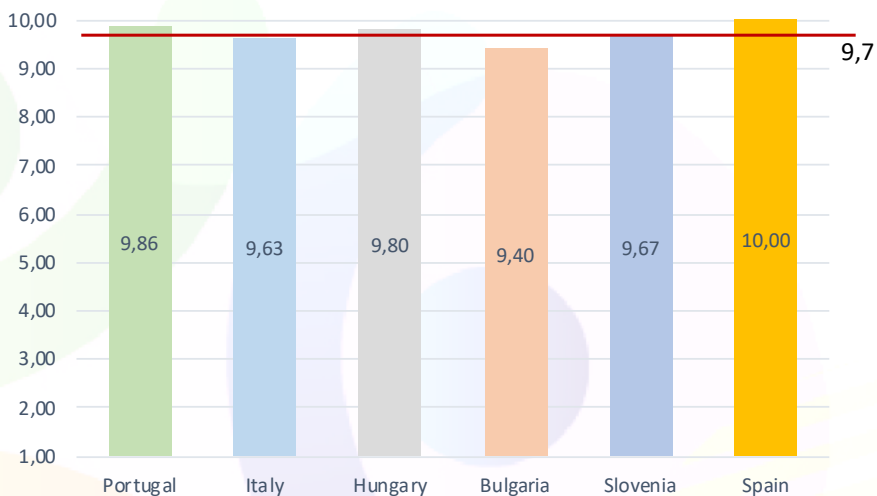


Figure 20. Degree of satisfaction with program



The following discussion presents a comprehensive overview of the insights gathered from a focus group that take place in all participant countries, concerning the engagement of project participants. These parts explore participants' prior experiences, preferences, perceived barriers, and motivations for participating in collective sports ball games activities. By understanding the perspectives of the participants is intended to provide a clear understanding of the key points emphasized by the participants to offer valuable guidance for creating engaging and fulfilling ball sports programs for elders.

BULGARIA

These insights provide valuable information on the experiences and perspectives of participants in Bulgaria and underscore the importance of tailored sports ball games for active aging, several key points can be highlighted:

Previous Experience with ball sports game: Participants had diverse experiences with ball sports games in their earlier years. Many played dodgeball during childhood, while others engaged in handball, basketball, volleyball, and other group activities in school when they were youth.

Ball sports game appropriate for their group: The participants in Bulgaria showed a preference for playing dodgeball, volleyball, and basketball as a group. Additionally, they appreciated games that included exercises for various parts of the body, emphasizing the importance of holistic fitness.

Barriers to Participation: The main barriers reported by older individuals regarding sports ball games included: 1. a fear of the ball; 2. physical limitations, and 3. individual characteristics.

Motivation Factors: Participants expressed that the primary motivation for their involvement in sports ball games was the competitive spirit during the games. The competitive aspect added excitement and enthusiasm to their participation.

Importance of Adapting Rules: All participants agreed that adapting the rules of sports ball games was crucial for their engagement. They found that modified rules tailored to their age and physical abilities were the most suitable approach.



Suggestions for Rule Improvements: The participants generally found the current project's sports ball game rules to be suitable. They did not have specific suggestions for changes, indicating that the existing rules were well-received.

Key Takeaways: Overall, the participants found sports ball games to be highly attractive for elderly individuals, primarily due to the emotions and excitement experienced during the games. The adapted rules were deemed appropriate for their age group. The social interactions and contacts established through these activities were considered essential. Furthermore, the participants reported feeling in excellent physical condition after engaging in these games, contributing to their overall satisfaction.

SPAIN

Based on the responses and insights gathered from the participants in Spain, and underscore the importance of tailored sports ball games for active aging, the following key points can be highlighted:

Previous Experience with ball sports game: Participants in Spain had diverse experiences with ball sports games before the project, including football, basketball, handball, tennis, and volleyball. Some participants also engaged in alternative games like billiards and marbles. However, a few did not have much experience due to starting work at a young age.

Ball sports game appropriate for their group: Participants enjoyed playing a variety of ball sports as a group, including volleyball, football, basketball, petanque, beach volleyball, tennis, and more. This demonstrated their enthusiasm for team-based sports.

Barriers to Participation: Participants identified various barriers to practicing sports ball games, including age, individual health conditions (such as injuries or conditions like arthritis), and the inability to practice these sports daily. Some felt that the lack of suitable facilities was a significant hindrance to their participation.

Motivation Factors: To encourage greater involvement in sports ball games, participants expressed a desire for more frequent competitions, suggesting monthly events, more ball games, and additional practice and competition days.



Importance of Adapting Rules: Participants highlighted the importance of adapting the rules for older individuals to make sports ball games more accessible. They believed that without rule adaptations, many would be unable to participate.

Suggestions for Rule Improvements: Overall, participants found the current project's sports ball game rules to be adequate. In the case of volleyball, some suggested more passing among players.

Key Takeaways: The participants expressed a strong connection to the program, and their primary request was for more frequent competitions. They appreciated the program's focus on sports and games such as volleyball, basketball, handball, and boccia. Their enthusiasm for the program was evident in their responses.

ITALY

The experiences and perspectives of participants in Italy emphasize important considerations for the aging population's sports participation, following the highlighted key points:

Previous Experience with ball sports game: Many Italian participants had not played ball sports for many years due to a lack of time and opportunities. While they had childhood experiences with football, tennis, basketball, and volleyball, they no longer engage in team games due to reduced performance and concerns about injury.

Ball sports game appropriate for their group: Participants in Italy mentioned basketball, volleyball, and handball as ball games they associate with group play. However, they expressed reservations about these sports due to the risk of injury, especially among male athletes. During the project, they engaged in volleyball, handball, basketball, and bocce, along with preparatory exercises involving the ball.

Barriers to Participation: Age was identified as the primary obstacle for older individuals to participate ball sports. Participants felt that reduced reflexes, mobility, osteoporosis, and increased injury risk due to inactivity were significant concerns.

Motivation Factors: To encourage greater involvement in ball games, participants proposed measures like non-optional participation, tiered tournaments, non-



competitive propaedeutic games, specific warm-up routines, and emphasizing factors beyond competition.

Importance of Adapting Rules: Participants unanimously agreed on the importance of adapting rules to make ball games accessible to everyone and reduce the risk of falling. However, there were some differing opinions, with a minority finding facilitative rules demotivating.

Suggestions for Rule Improvements: Participants provided feedback on rule adjustments for various sports, such as lower and bigger basketball baskets, softer basketballs, and zoning in basketball to reduce contact. For handball, they discussed playing in areas and avoiding aggressive physical contact.

Key Takeaways: Participants highlighted the significance of preserving health while introducing team sports and making rule changes to reduce the risk of falling. They emphasized the importance of freedom of choice in participation and called for the project to continue due to its perceived benefits.

HUNGARY

Based on the responses and insights gathered from the participants in Hungary, the following key points highlighted the apprehensions and motivations related to sports ball games:

Previous Experience with ball sports game: Participants fewer experiences with ball sports, mainly played during high school and some continued playing regularly into their 40s. However, sports ball games are not the first option and currently some participants currently engage in sports like tennis, table tennis, and teaching their grandchildren ball game skills.

Ball sports game appropriate for their group: Football, volleyball, sitting volleyball, and related exercises were the main ball games that participants played during the project. Additionally, they mentioned petanque and other ball games played on sports days and competitions.

Barriers to Participation: The main barriers identified by participants include a long hiatus from playing ball games (since high school), resulting in slower movements and concerns about injuries. Participants expressed fear of injuries due to the faster and less controlled movements involved in ball games.



Motivation Factors: Participants emphasized the importance of easy rules and exercises, a positive atmosphere during training, and the establishment of regular training habits. They believed that a supportive environment and regular practice could boost motivation.

Importance of Adapting Rules: Participants overwhelmingly supported the adaptation of rules for ball games, indicating that they could not play with regular rules. They specifically mentioned the need to avoid physical contact, such as in volleyball.

Key Takeaways: While participants found ball games fun, they did not necessarily associate them with health improvement in the same way as their regular training. Their primary concerns were the perceived risks and potential for injuries associated with ball games. Participants also expressed resistance to new sports like football, volleyball, basketball, and handball. They viewed these sports as unfamiliar and posed a higher risk of injury. The fear of faster and uncontrolled movements was a significant concern, especially given their underlying health issues.

SLOVENIA

Based on the responses and insights gathered from the participants in Slovenia, these insights offer an understanding and can guide the adaptation and improvement, following the next key points:

Previous Experience with ball sports game: Participants indicated that they had not played ball sports in a long time. However, during their school years, they normally play dodgeball, and some had experience with football and volleyball.

Ball sports game appropriate for their group: The main ball games mentioned by the participants were basketball and volleyball. There was a consensus that football and basketball were less favored due to the rapid pace of play and physical contact involved. Participants found volleyball to be better adapted to their preferences, mainly because it lacked physical contact. They also mentioned enjoying a modified version of basketball in which obstacles were set up for the players to navigate.

Barriers to Participation: Elderly participants identified several barriers, including mobility issues, pain, and reduced strength. They noted that the rules of the games



in the project, which limit fast movements, made participation more manageable. Additionally, they mentioned the psychological barrier of feeling old and unfit.

Motivation Factors: Two key motivation factors were highlighted by participants. The first was competition, such as keeping score, creating a league, or competing with people from different locations. The second was the prospect of receiving prizes for winning or for participation. Even small rewards, like candy, were seen as gratifying and motivating.

Importance of Adapting Rules: Participants had differing views on whether adapting the rules of sports ball games was important. Some felt that adapted rules made the games more accessible, particularly for older or less fit individuals. Others believed that adapted rules made the games too easy, reducing the challenge. These group also suggest specific points to address for basketball, implementing a version without physical contact and shooting from a standing position.

Key Takeaways: Participants highly valued the social aspect of the project, particularly the opportunity to make new friendships. They also emphasized the positive impact of the activities on their general well-being and how they felt. Most participants expressed a strong desire for the project to continue, as it provided a unique and affordable opportunity for them to engage in these activities.

PORTUGAL

These insights provide valuable perspectives on the preferences and needs of older individuals in Portugal, were participants emphasized the importance of social interaction and customization in motivating seniors to engage in sport ball games emerging the following key points:

Previous Experience with ball sports game: Participants in Portugal had varied experiences with ball sports before the project, manly men participants. Some had experience with individual sports such as dancing, hiking, tennis, and ping pong. Others mentioned playing collective sports like basketball, volleyball, football, and boccia in the past.

Ball sports game appropriate for their group: Basketball and volleyball were common collective sports mentioned by participants. Some participants also mentioned boccia, football, handball, and petanque as games they see playing in





a group. It was noted that not all athletes felt comfortable playing every game, especially those not adapted for seniors.

Barriers to Participation: The intensity of basketball was considered a minor challenge for some participants, but not a significant barrier. In the case of volleyball, a few participants mentioned difficulties with ball placement but did not see it as a major obstacle. Interestingly, no significant barriers were identified within this group.

Motivation Factors: Participants highlighted the importance of more frequent meetings with other groups to engage in games and socialize. They expressed a desire for increased interaction between group members, such as conviviality and snacks. Promoting group socialization and customized sports equipment were seen as motivation boosters.

Importance of Adapting Rules: The entire group agreed that adapting the rules of sports games was an important factor in engaging seniors. They believed that adapting the rules facilitated participation in sports. However, some participant expressed concerns that adapting the rules might negatively impact more active elders. In the same perspective, participants suggested extending the playing time for football, as they found it too short. Overall, most participants felt that the rules for the games in the project were fine, but there were requests not to change the rules too frequently and to ensure uniformity of rules among different municipalities.

Key Takeaways: All the issues discussed during the meeting were considered important for the group. This indicates that various aspects of the program, from barriers to motivation factors, were valued by the participants.



Participants comments regarding satisfaction with the Adapted Games

30

Previous Experience with ball sports game:

"I have a nephew who plays football and I play football with him, I like it a lot because I've been playing it since I was a child, I was part of a team in middle school." (ML)

"I never liked ball games but with the group I got to know I..." (BE)

"Hockey netball volleyball but here in Italy I didn't have the chance, tennis and squash when I was in Belgium but lately. Before the project I didn't play any ball sports." (JS)

"With ball very few sports. When my daughter was a child, I used to play beach tennis at the beach with her. In the group it's more difficult there's not always the chance, this year there's little chance because we're always outdoors, too much frenzy." (GV)

"I played a lot of ball as a child, it's the only thing you could catch up on as a child, in high school played a lot, then when finished school it was more difficult." (SB)

"Can we also consider table football? I think of tennis, basketball volleyball. But in recent years nothing." (CB)

"Lately nothing, back (20 years ago) football and tennis. Now nothing." (MR)

"Football five-a-side an basketball, lately little or nothing because of the need to find a team, the level and performance has decreased." (AM)

"football until the age of 60." (RM)

"Nothing..." (RB)

"Years ago..." (WG)

"When I was younger basketball and golf, now nothing." (MD)

"I agree nothing." (CB)



Ball sports game appropriate for their group:

31

"I can think of basketball, volleyball and handball (sports we've played) the one I think most suitable is volleyball because there is no contact and it curbs any impetuosity of other participants, especially males." (SB)

All agree (mediator)

"I would like basketball more but when playing with men there is more risk." (JS)

"It would be nice to play with others at least if you don't change the rules, play zone and avoid risk." (SB)

"Also divided men women the problems of agonism and contact persist." (FS)

"I got a ball on my face on my glasses, I don't like team games and it's a dangerous sport." (VL)

"I'd like to do them all but contact is a limiting factor." (SB)

"Basketball handball volleyball, the one most suitable for us. For me is handball because you give everyone the opportunity to advance and play as a team, where you can excel is basketball because it brings out your propensity to play and your game plan." CB

"The one on co-ordination with tennis balls, it develops co-ordination and attention, it's not a team sport but it's a preparatory activity, the others are enjoyable although there are very different levels of skill skill and attention." (MD)

"Volleyball because is the one with less contact" (MR)

"Volleyball, without physical contact it helps and you get more or less everyone involved. (MG)

"Besides developing attention and moving hand joints, propaedeutic activity with tennis balls, for competition basketball attracts more. (CB)

Barriers to Participation:

"Fear of injury, due to osteoporosis." (BG)

The obstacle is age." (SB)

"Reduced mobility and reflexes, with age it gets worse, so the physical part in general." (BG)





“Lack of a team...” (MD)

“Lack of a team...” (RM)

“You can't do what you did 40 years ago anymore even if we want to break the world, you have to know how to split the moments, fear of getting hurt, you're no longer trained, obstacle greater training, age and fear of getting hurt.” (CB)

“Women want to play less.” (EP)

“Inability to play something you are no longer capable of, you struggle and you lose the desire, lack of training, we are no longer capable, before you become good enough to have fun it takes you months.” (MD)

“The levels are lower for everyone....” (AM)

The physical component is crucial, there is no longer the possibility to be as competitive as before. With constant and more continuous training this could change but it's not certain.” (WG)

“The intensity factor of the game in basketball, although not considering a barrier, is a factor that requires a little more effort.” (GL)

“Some difficulty in throwing the ball from one field to another in volleyball” (HL)

“More meetings with the other groups to perform games and allow to talk and know another people, more interactions between the group, such as snacks conviviality.” (AP)

Motivation Factors:

“To encourage team games, we should play more frequently, thus starting to become familiar with them.” (VL)

“We need to insist a little more and force ourselves to participate.” (MM)

“A little more warm-up to avoid injuries.” (EB)

“Preparatory exercises, getting familiar with the ball, prehension and coordination.” (SB)

“Those who are better play more, those who are unfamiliar stay out and don't have fun.” (JB)

“Make tournaments divided into levels.” (VL)





“Balls of different sizes.” (BL)

“Not necessarily the game, play more preparatory games.” (SB)

“With the game comes competitiveness.” (BG)

“Give importance to what we need at a certain age, taking time away from this for ball games reduces the useful time, if there was more time maybe we would do both, but having two hours it would be better to concentrate on classic training which is more useful at our age.” (JG)

“I got to know people by doing team games, we started talking, greeting each other, as far as socialising is concerned I got to know people by doing team games.” (SB)

“Motivate the girls to participate by dividing them up, (...), if you put females and males together to play as a team, mixing it up. If you try to motivate them with a game that is feasible in my opinion you would succeed. (CB)

“I don't know what you should do, I get bored playing ball with people I see from time to time, we don't know how to play that sport well. Mixing men and women is part of the solution because it incentivizes, the narcissism of the man can help, but there is always the component of risk. Volleyball people participated.” (MD)

“Work on individual and not group motivation.” (EP)

“Work on the small you can get out of even those who have less.” (CB)

“More suitable structures, if you don't have the structures you struggle.” (WG)

“We've abandoned the idea of team sports, we need to recover that kind of mentality, made friends, you're healthy, don't lose the fun.” (MD)

“competitive men and women is difficult.” (EP)

Importance of Adapting Rules:

“You don't have the skills you used to have, they are necessary.” (AM)

“I don't have a problem, we play by the classic rules” (RM)

“Agree to simplify the rules.” (UB)

“In relation to your age it's not a problem to make mistakes, in the meantime you try, but if in your head you are not motivated in something you don't believe in, if at



the start I get my wings clipped, and I do something I don't believe in I start off demotivated.” (CB)

“For me is necessary and it's fair because we are not all on the same level” (FG)

“I've found people fooling around to find a way to throw the part out. Adaptation is important to stimulate everyone to play.” (CB)

“People who have never played volleyball will never play volleyball if they don't adapt.” (AM)





Conclusions regarding participants satisfaction with the Adapted Games

The different focus groups discussions with older adults in Bulgaria, Hungary, Italy, Spain, Slovenia, and Portugal provided valuable insights into their engagement with sports ball games. Participants had diverse prior experiences with ball sports games during their youth, including football, volleyball, basketball, and tennis. However, many had reduced their participation in these sports over the years. In these age groups, volleyball was a popular choice due to its adaptability and lower physical contact, while the need for adapted rules for other sports was emphasized. Age-related physical limitations, fear of injury, and perceived lack of skill were common barriers to participation. It was also expressed a desire for more opportunities for friendly competition and interaction with peers, suggesting organized events and leagues as motivators.

The adaptation of rules was generally viewed positively, making sports ball games more accessible and enjoyable for older individuals with a need for limiting contact and zoning in basketball. The social aspect and positive impact on well-being were highly valued outcomes, fostering friendships to active aging.

These findings underscore the importance of tailored sports programs that cater the needs and preferences of older adults allowing opportunities for socialization, and wellbeing as essential elements for successful engagement in sports.

The adapted games rules were a success addressing barriers and emphasizing the positive aspects of participation, allowing a better understanding that sports programs based in competition and sports ball games can contribute significantly to enhancing the lives of older individuals in these countries. Customization, flexibility, and socialization are vital in promoting active aging through sports ball games for elderly.

Final statement

The current information as well as previous produced partial reports have been analyzed and presented to several national and international conferences at both European and World level. Furthermore, the global analysis and an appropriated study under a three years follow-up design will be performed and submitted to





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publication. Complete database will be available for further research for scientific community.



Instituto Politécnico de Viana do Castelo
Escola Superior
de Desporto e Lazer



JAVNI ZAVOD ZA ŠPORT
NOVA GORICA



Appendix A: Focus Group Guidelines



Focus group Guidelines

Characteristics of Focus Group Interviews

– **Participants:**

- Carefully recruited from the elder participant in the adapted games training;
- 2 to 3 group of 8 participants;
- Similar types of people in the group – gender and age.

– **Environment:**

- Comfortable without noises or distractions;
- Circle seating, where all can see each other;
- Tape recorded the focus group for further analyses

– **Moderator profile:**

- Skillful in group discussions;
- Use the pre-determined questions to guide the group interview;
- Creates permissive environment as much of the success of group interviewing can be attributed to the development of this open environment.
- Introduces the group discussion following the categorization: (1) Welcome, (2) Overview of the topic (3) Ground rules and (4) First question.



Beginning the Focus Group Discussion

The first moments in focus group discussion are critical. The moderator must create a thoughtful, permissive atmosphere, provide ground rules, and set the tone of the discussion.

EXAMPLE:

Good evening and welcome to our session. Thanks for taking the time to join us to talk about our project regarding adapting collective ball games for people above 60 years old. My name is XXXXXXXXXX and assisting me is XXXXXXXXXX. As you know we are both with the XXXXXX (name of the organization) partner in the project: IN COMMON SPORTS +: fit, food and fun for elderly! We want to know what you like, what you don't like, and how the program might be improved in the ball games played in the project. We are having discussions like this with several groups around the participant countries.

You were invited because you have participated in our physical activity program, so you're familiar with the activities and adaptations that we want to implement to adjust ball games for the elderly.

There are no wrong answers but rather differing points of view. Please feel free to share your point of view even if it differs from what others. Keep in mind that we're just as interested in negative comments as positive comments, and at times the negative comments are the most helpful.

You've probably noticed the microphone. We're tape recording the session because we don't want to miss any of your comments. People often say very helpful things in these discussions, and we can't write fast enough to get them all down. We will be on a first name basis tonight, and we won't use any names in our reports. You may be assured of complete confidentiality. The reports will go back to the project discussion group, without any identification of the participants to help plan future programs and develop adapted games for elderly people.

Well, let's begin. We are going to give you a paper form that represent the opinion to the first 3 questions. Then you are going to say you names for several times during the group discussion to help us remember each other's names when transcribing the interview. At all time, it is important to speak one-at-the-time. Let's find out some more about each other by going around the table. Tell us your name, where you live and please say that agree with the tape recording.



Note Taking

- Note taking is a primary responsibility of the assistant moderator
- The moderator should not be expected to take written notes during the discussion.
- Anticipate that others will use your field notes. Field notes sometimes are interpreted days or weeks following the focus group when memory has faded. Consistency and clarity are essential.
- Field notes contain different types of information. It is essential that this information is easily identified and organized.
- Field notes will contain statements that illustrate an important point of view. Listen for sentences or phrases that are particularly enlightening or eloquently express a particular point of view. Place name or initials of speaker after the quotations. Usually, it is impossible to capture the entire quote. Capture as much as you can with attention to the key phrases. Use three periods ... to indicate that part of the quote was missing.
- Typically participants will talk about several key points in response to each question. These points are often identified by several different participants. Sometimes they are said only once but in a manner that deserves attention. At the end of the focus group the assistant moderator will share these themes with participants for confirmation.
- Sometimes the moderator may not follow-up on an important point or seek an example of a vague but critical point. The assistant moderator may wish to follow-up with these questions at the end of the focus group.
- Occasionally the assistant moderator will discover a new concept. A light will go on and something will make sense when before it did not. These insights are helpful in later analysis.
- Make note of factors which might aid analysis such as passionate comments, body language, or non-verbal activity. Watch for head nods, physical excitement, eye contact between certain participants, or other clues that would indicate level of agreement, support, or interest.

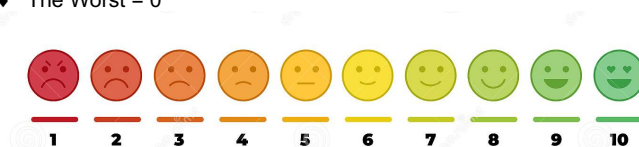


Questions:

(the interviewer must ask the questions and guarantee that all participants have the opportunity to speak and freely give their opinion)

To answer to the first three questions, you have to rate in a scale between 0 -10 where ten represents the most positive experience, and zero illustrates the most negative experience.

- ◆ Extremely Good = 10
- ◆ Very Good = 8
- ◆ Good = 6
- ◆ Not Bad = 5
- ◆ Bad = 3
- ◆ The Worst = 0



1. What did you think of the program? Could you tell me the degree of satisfaction with respect to the physical exercise program in which you participate? (answer in the paper to 0-10 scale)

2. In a scale of 0 to 10, do you rate the following aspects of the program.
 1. Being with people. 0-10
 2. The effect on my health. 0-10
 3. The professionals. 0-10
 4. The facilities we use. 0-10
 5. Sports games. 0-10
 6. The competitions. 0-10

3. In a scale from 0 to 10, in that 0 is very dissatisfied and 10 is very satisfied, how do you rank the project?

4. Think back and before this project, what were the ball sports games you had played? (Make sure that all participants talk about the main ball games experienced)

5. Considering the games played with ball, what were those you see playing as a group?





6. What is the main barrier that older people have to surpass to practice sports ball games?
7. What is the main motivation factor that we need to implement to our group be more involved in sports ball games?
8. Do you think that adapting the rules of sports ball games is an important factor for elders be more involved in this kind of sports?
9. What do you think that must be improved in the project sports ball games rules?
10. Of all the things we discussed, what were the most important?
11. THE MEDIATOR MUST PERFORM A BRIEF ORAL SUMMARY AND ASK THE QUESTION: Is this an adequate summary?
12. As you know we want to identify what you like, what you don't like, and how the rules of the sport ball implemented during the program might be improved. Have we missed anything? There is something that you want to say?

Bibliography

Krueger, R.A. (2002). Designing and Conducting Focus Group Interviews.





Responses to Focus Group Discussion



Rate in a scale between 0 -10 where ten represents the most positive experience, and zero illustrates the most negative experience.

