

InCommon Sports

Intergenerational Competition As Motivation For Sport And Healthy Lifestyle Of Senior Citizens

Eu code:
2017-2356/001-001

Start date:
1st January 2018

Duration:
3 years

Total cost:
€ 321,762.80

EU total contribution:
€ 316,986

Eu Contribution to the Municipality of Cesena:
€ 67,989

Own contribution of the Municipality of Cesena:
€ 1,120

Funding programme:
Erasmus+ (Key Action Sport)



Comune di Cesena

PARTNERSHIP

Coordinator:

- Municipality of Vila Nova de Cerveira (PT),

Partners:

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

OBJECTIVES

IN COMMON SPORTS 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 Municipality of Cesena is member of a partnership of five countries of the European Union, together with the Municipality of Vila Nova de Cerveira (PT), the Polytechnic Institute of Viana de Castelo (PT), University of Thessalies (EL) the Municipality of Aksakovo (BG) and the Hungarian private company Zöldpont Egyesület es Szerkesztőség.

The IN COMMON SPORTS project is based on the results evidenced by the 2015 Intergenerational Olympics Project, financed by the Erasmus Programme as well. Based on these results and their ageing challenges, the consortium of partners have the aim, to deepen the knowledge of the motivational factors for the continuous practice of physical exercise in the elderly population and the impact of the "Intergenerational Olympics" competition on the physical and mental fitness of the elderly.

ACTIONS

- Establish a transnational cooperation network, in the field of sport, between, local, regional, and national stakeholders to promote grassroots sport in the elderly and vulnerable groups, and to develop, identify, promote and share good practices;
- Carry out the longitudinal study "Physical fitness and cognitive performance of the aged population – planned competition as additional motivation for active life style";
- Test and implement the concept of Intergenerational Olympics as tool for integration vulnerable groups in sport, by organizing Intergenerational sport competitions in each one of the partner countries;

- Creation of a guide with the survey of good local practice of physical activity programs for senior citizens

- Disseminate this guide in local private and public organizations with all the information and tools necessary for their replication;

- Design of physical activity programs adjusted to the critical parameters of physical fitness detected in the study in order to prevent loss of functional mobility that affects the quality of life, loss of autonomy and independence of the elderly people.

EXPECTED RESULTS

The project will allow to publish a study on the benefits of physical activity on the physical and cognitive well-being of people over 60 years of age, and to verify the validity of motivational leverage, associated with the objective of a competition, on the propensity to perform physical exercise regular, in the population of this age group. Moreover, thanks to the dissemination actions that will be carried out in the form of intergenerational sports competitions, the project will promote in the cities involved the concept of active and healthy lifestyles as a foundation for a better quality of life, opening the opportunity to attract more and more people to the regular practice of a sport. Finally, the data collected will allow the presentation of the project results at European level contributing to the definition of strategies and policies on sports promotion.



**OLYMPICS
ALL**

IN COMMON SPORTS
2018-2020

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