

ANNEX I

1. NAME OF THE BENEFICIARY:

Consejería de los Jóvenes y del Deporte de la Junta de Extremadura (Regional Ministry for Youth and Sports of Extremadura)

2. NUMBER AND NAME OF THE PROJECT:

EAC/21/2009/203 – S²-PORT

3. AREA OF INTERVENTION:

Health and physical activity

4. SPECIFIC OBJECTIVE(S):

- Joint reflection, among different territorial levels and between different actors of civil society, on how to design a methodology to introduce physical activity as a new lifestyle to prevent disease
- Identification of relevant practices and testing of suitable European experiences, in the field of sport and the use of sport as a means for prevention and healthy aging
- Development of a Holistic Methodology based on Sportive practices as a substitute of medical assistance and palliative care and promoting a more physically active daily life
- The holistic methodology should reach the practicality and become a useful tool for all kind of organizations and entities involved in the promotion of Healthy Aging.

5. DETAILED DESCRIPTION OF THE PROJECT:

S²-PORT will develop a holistic methodology that can easily be adapted and implemented by different public authorities, and increase the level of awareness. It will support networking and exchange of relevant practices between the relevant actors in the field of healthy and active ageing, i.e., the sport sector and other civil society organisations, public authorities (regional and local) in order to strengthen the contribution of the sport sector to healthier lifestyles.

6. ACTIVITIES TO BE COMPLETED AS PART OF THE PROJECT:

The purposes of the projects are to develop support material for policy makers to gather resources and transfer technical knowledge to practices for health enhancing physical activity; to harmonize a holistic methodology for assessing and monitoring Exercise Referrals among different European systems; to analyse and summarise comparative international data from different European systems for developing support material for stakeholders; to make available and disseminate this material

among stakeholders via seminars, conferences and website; and to promote links with other international networks

7. PARTNERS OF THE NETWORK:

- Regional Ministry for Youth and Sports of Extremadura (ES)
- University of Kent (UK)
- Pirkanmaan ammattikorke a houlu OY- Dirkanmaan University of Applied Sciences Ltd. (FI)
- Active Institute (DK)
- Foundation for Research & Technology (GR)
- CONI Servizi Spa (IT)
- Observatory E-Medin (IT)
- Business Development Friesland (NL)

8. ARRANGEMENTS FOR EVALUATION / SUPERVISION DURING THE OPERATION:

The coordinator of each work package will keep close contact with the project coordinator and will communicate the dates of the beginning of the activities and the progress of the tasks. The work package coordinator will also have to prepare a report every five months about the progress of the project as well as a final report.

Three times throughout the project, the Management Committee will meet. The objectives of these meetings are the general review, the monitoring and the evaluation of the project. The obtained results will be quantified up to the moments of the meeting and conclusions will serve as a basis for the development of the activities for the next period.

Concerning the validation of the project Holistic Methodology, it will be completed by representatives of beneficiaries, stakeholders and the target public. The aim is to detect deficiencies and potential improvements in the material, contents, tools and Holistic Methodology. The aim of this phase of the project is also to modify any detected deficiencies and integrate the improvements into the Holistic Methodology as such.

9. EXPECTED RESULTS AND THEIR USE:

Via the wide-spread dissemination of the project on European level, the project will increase the capacity of all relevant actors to respond to the challenges of physical activity and healthy ageing and to start up their own programmes and strategies.

The promotion of physical activity is a fundamental component of public health work and the methodology developed in the project will help to increase the awareness and reality of this. Also the project, as a program that aims at sportive practices as a substitute of medical assistance and palliative care, will have a positive impact on the health and quality of life of senior citizens.

10. EXPECTED DURATION OF THE PROJECT ACCORDING TO THE PRELIMINARY WORK PLAN

01/01/2010 to 31/03/2011

11. BUDGET:

Total budget of the project:	288.219,48 €
Of which EU grant:	230.575,58 €
Rate of EU funding:	80,00 %.

12. CONTACT:

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