

FitBack

- **Programa:** Erasmus +
- **Acción:** Sports
- **Fechas:** 1/1/20 30/6/22
- **Coordinación:** University of Ljubljana (Eslovenia)
- **Socios:** Tartu Ülikool (Estonia), Univerzitet U Beogradu (Serbia), Magyar Diak sport Szovetseg (Hungría), Universidad de Granada (España), Faculdade de Motricidade Humana (Italia), European Physical Education Association, Sveučilište U Zagrebu Kineziološkifakultet (Croacia), Liikunnan Ja Kansanterveyden, Edistämisaatio Likes (Finlandia), Libera Università di Bolzano (Italia).
- **Descripción:**

Focusing on physical fitness, the FitBack project will address the need identified by the EC to overcome difficulties in physical activity monitoring. In accordance with European HEPA policies' recommendations, it will also extend and deepen the cooperation at transnational EU level and share information and exchange best practices of physical fitness monitoring systems developed across Europe.

The purpose of the project is to prepare a multilingual web platform FitBack that will provide feedback on the different components of physical fitness of an individual child/adolescent, and contain key information for the establishment of a national, regional or local system for monitoring physical fitness. By creating such a platform, we aim to bridge gaps between European political recommendations and the current state of affairs, and improve cross-talk between sectors (education, health, sport). Furthermore, the European network for the support of development of systems for monitoring physical fitness of children and adolescents at local, regional, national and European levels that will be established through this project will allow examination of population trends, the effects of national policies and interventions, and enable the prediction of future trends. Therefore, the project has two vital parts addressed to different target groups:

1. The FitBack online application for adolescents, parents, teachers, physicians and coaches will provide user-friendly graphical report containing information on the physical fitness of an individual based on the appropriate reference values.
2. Info point on the FitBack web platform for policy makers on local, regional and national level will contain essential information about establishing systems for the monitoring of physical fitness of children and adolescents. To gather feedback on the usefulness of both essential parts of project, we will conduct multiplier sport events with target groups in partners' countries.