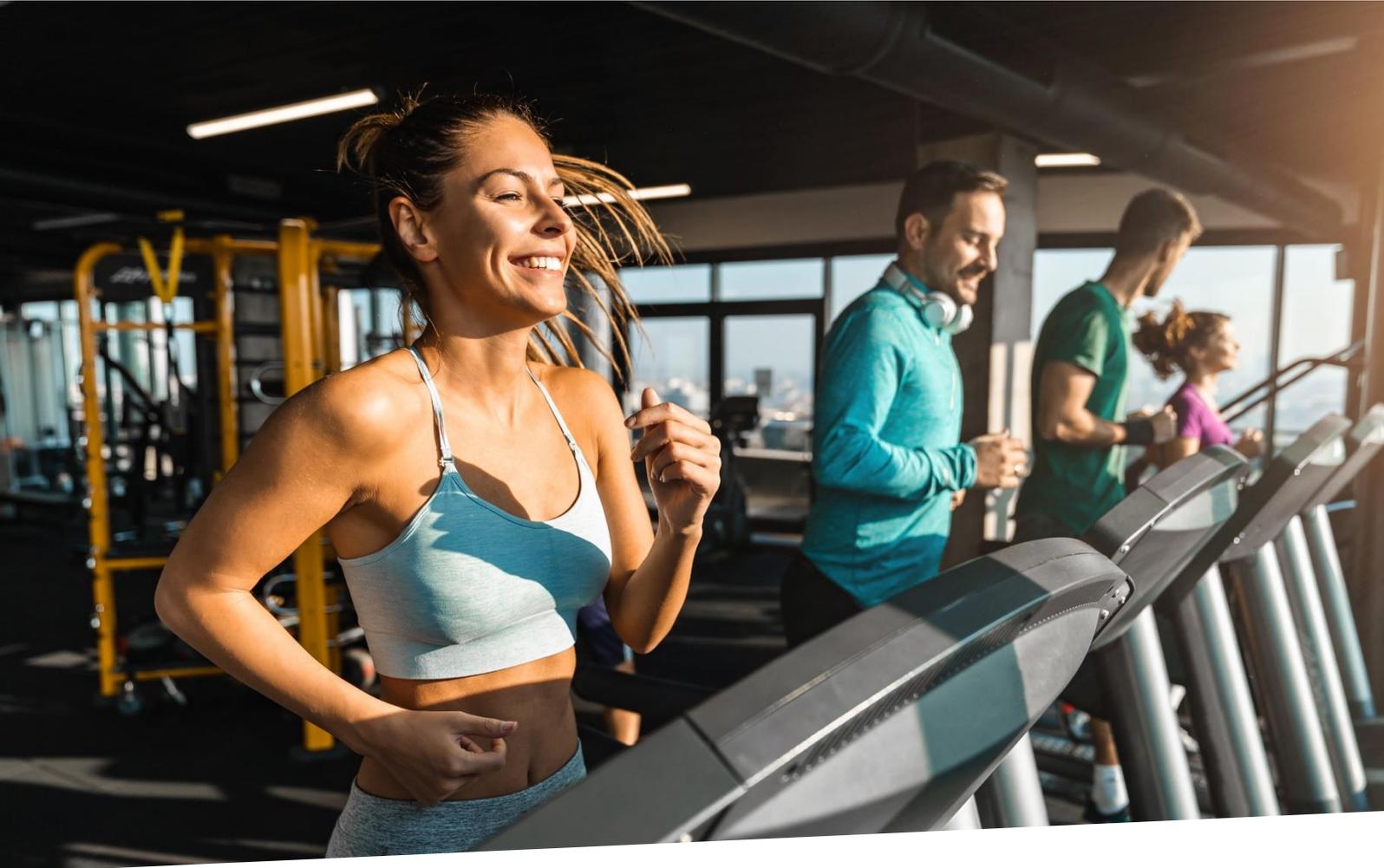




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SEARCH project - Sport Education for Active and Responsible Citizenship through Health caring is aimed at training young European citizens and at concretely proposing an intervention to organize different realities related to the dissemination of culture and sport. The project aims at increasing young people's awareness of the importance of sports-related issues, potentially resulting in behaviour focused on well-being, inclusion and full citizenship.

Enhancing sports education has to be a key objective for every administration: it is enough to consider the highly negative impact of sedentary life in modern society. Besides the human drama linked to the emergence of diseases related to bad habits and little movement, a poor propensity for motor education entails high social costs as people who get sick need care and support from the national health system. We are not simply talking about increasing the space for motor activity, but about intervening systemically in spreading a culture which embraces sport and all its values in order to have a long-term economic response in saving public spending.

INNOVATIVE ASPECTS

Creating a perspective for changing future behavioural patterns by teaching to live a healthy life and constantly practise sport means changing the approach to sport of children and their parents. Sport is at the same time both forerunner and innovator, unlike other disciplines that need a long time to develop skills. Sports education can help increasing precociously skills and by expanding them. In other words, skills that young people can then imitate and enlarge to other areas of reality: an orderly, systematic effort that leads to certain results and no matter at what level, the degree of satisfaction is so elevated that it always coincides with well-being. This is the innovative theme because practicing physical activity means leaving an existential dimension often corresponding to conditions of boredom, suffering and discomfort. Recharging your physical batteries allows facing several situations in real life, with much more strength by guaranteeing physical and mental wellbeing. A study carried out by researchers at the World Health Organization (WHO 2016-2018) and published on the Lancet Global Health journal showed how this issue must start to give rise to serious concern. It is well known that physical inactivity implies a higher risk of cardiovascular disease, stroke, colon cancer, breast cancer, type II diabetes. The alarm has been raised by the author of the study, Regina Guthold: *"unlike other important global health risks, sedentary lifestyle is not decreasing and over a quarter of all adults are not reaching the recommended levels of physical activity for good health"*.



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Speaking on these points means completely changing the approach to sport, well-being and to proper nutrition of children and parents. We want to create an innovative perspective that, through different methodological approaches, means changing the general approach to sport, by teaching to live a healthy life, constantly practising sport.

The project **SEARCH - Sport Education for Active and Responsible Citizenship through Health caring** copes with the issue of education to sport for a psycho-physical well-being of the individuals in their present but also in their future lives.

The other innovative plans are:

▪ **FROM A TECHNOLOGICAL POINT OF VIEW**

Teachers and sports tutors can follow the e-learning lessons with a maximum degree of flexibility. They will always be available online and each of the attendants will have in any time the possibility to access and consult this resource. The platform will contain not only the modules, but also experiences, good practices and all the information which can be shared at national and international level with the European partners. Young people may download the APP directly on their smartphones in order to receive constant "alerts", being updated on their activities and food consumption.

▪ **FROM AN EDUCATIONAL POINT OF VIEW**

E-learning training for adults and via the APP for young people, aims at representing a new approach to teaching technologically advanced, with the awareness that the tool that is increasingly embracing every aspect of this era is the "becoming". The materials will always be freely accessible and available in order to make the understanding of the topics even easier.

SEARCH PROJECT EU ADDED VALUE

Traditions, culture, values and history of a community must represent an added value for this project to go on growing constantly. Every single project partner is both a producer and an added value. IUL, the adult institute E-C-C in Wurnitz, the National University of Ireland in Galway and the Akadimaiko Diadikto Company in Athens will deal respectively with the 4 outputs: E-Learning Course, Search Open Portal, Handbook and Mobile Application. The following institutes: Integra of Velenje, les Mayorazgo of Malaga and Ozel Kumluca Sinav Egitim Kurumu of Antalya Kumluca will be active subjects in terms of intellectual outputs, experimentation, sport meetings, spreading and valorisation of the project. Italy, Slovenia, Austria, Spain, Turkey, Ireland and Greece, seven states which cooperates for realistic and achievable goals, using skills and good practices of each person involved. From the time it was created, the European Union has been a force of positive change based on the principle of continuous improvement. SEARCH - Sport Education for Active and Responsible Citizenship through Health caring therefore aims at coping with the challenges that our continent has to face with a long-term approach, based on cooperation between States and on the enhancement of local excellences.

PROJECT DESIGN:

PHASE 1 • FIRST ON LINE TEST • From January 2021

Students will access our platform to take a multiple-choice test on health and wellness issues.

PHASE 2 • TRAINING • January – December 2021

▪ The children will have the opportunity to download an APP created by the "Greek Academic Network" (GUnet) based in Athens. The APP will feature levels, games and objectives focused on sport and health.

▪ Teachers, sports tutors and coaches will be trained through 5 90-minutes e-learning modules, each of them divided into 9 10-minute segments. In turn, teachers, sports tutors and coaches will talk and discuss the topics with the children.

PHASE 3 • SECOND ON LINE TEST • December 2021

Children from schools and sports clubs will once again access the SEARCH OPEN PORTAL platform to take the second test after their training carried out during the year.

STEP 4 • PUBLICATION OF RESULTS

At the end of the three phases, a handbook representing the project, its results and any possible new scenario will be implemented.