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Extended report
2nd Transnational meeting
24th & 25th of April 2023

**FITeens - Promoting physical activity and healthy habits in
sedentary teenagers**

2021-1-ES01-KA220-SCH-000027761



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**MINUTES of
2nd Transnational meeting
24th & 25th of April 2023
FITeens - Promoting physical activity and healthy habits in
sedentary teenagers
2021-1-ES01-KA220-SCH-000027761**

Project partners

- P1.** Universidad de Zaragoza
- P2.** Stichting Kenniscentrum Pro Work
- P3.** Instituto Politecnico de Santarem
- P4.** Tartu Ulikool
- P5.** Innoventum OY
- P6.** Jaitek Tecnología y Formación S.L.

Minutes of meeting

See below the agenda of the meeting, the topics addressed, and the presentations of contents.



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FITeens - Promoting physical activity and healthy habits in sedentary teenagers

2021-1-ES01-KA220-SCH-000027761

2nd Transnational meeting

24th & 25th of April 2023

Online meeting link:

https://teams.microsoft.com/l/meetup-join/19%3a9CMd7jjUuEcpQ_ow7N9XEa77CvC83DUG-9YxZ1VxOI01%40thread.tacv2/1681895483677?context=%7b%22Tid%22%3a%223f227dba-f3f4-4544-b314-c6efd30e0d00%22%2c%22Oid%22%3a%22f1e301a0-d843-44ab-8d76-9942a7c539c2%22%7d

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Meeting Agenda – Monday, 24th of April 2023		
9:00	Welcome!	Prowork
9:15	R1 FITeens toolkit Presentation of the content created and pending tasks (last translations and creation of flipbooks in all languages)	Unizar
10:15	R2 FITeens App Presentation of the current state of the application (app structure, visual aspect and badges) Presentation of the different health related elements.	Innoventum
11:30	Break	
12:00	R3 FITeens digital in-service Training for PE teachers Presentation of the platform and its modules. Discussion of the different modules structure and content	Jaitek
13:00	Lunch break	
14:30	Impact plan and impact exercise	Prowork
15:00	Dissemination Discussion about dissemination activities (Social media, congresses, newsletters, etc.) Dissemination plan and reporting tools (dissemination log)	IPS
15:45	Project's website Pending translations and incorporation of different project news	Innoventum



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16:30	Social hiking guided by ProWork colleagues.	
19:00	Dinner	

Meeting Agenda – Tuesday, 25th of April 2023		
9:00	Welcome!	Prowork
9:15	Project management and reporting	Unizar
10:15	Other issues <ul style="list-style-type: none">• Discussion about next online and transnational meetings• Quality assurance• Future steps	Unizar
12:30	End of the meeting	



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Some pictures of the meeting:



FITeens Project

2021-1-ES01-KA220-SCH-000027761



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2nd Transnational meeting
24th & 25th of April 2023



FOUNDATION KNOWLEDGE CENTRE PRO WORK
BURGH-HAAMSTEDDE, ZEELAND, THE NETHERLANDS



www.pro-work.nl

FITEENS

Promoting physical activity and healthy
habits in sedentary teenagers

Dissemination Plan... Discussing Ideas

FI Teens Project



Project partners

P1. Universidad de Zaragoza



Universidad
Zaragoza

P2. Stichting Kenniscentrum Pro Work



jaitek

P3. Instituto Politecnico de Santarem

inn^oventum

P4. Tartu Ülikool

P5. Innoventum OY

POLITÉCNICO
DE SANTARÉM



P6. Jaitek Tecnología y Formación S.L.



FITeens Project - Dessimination

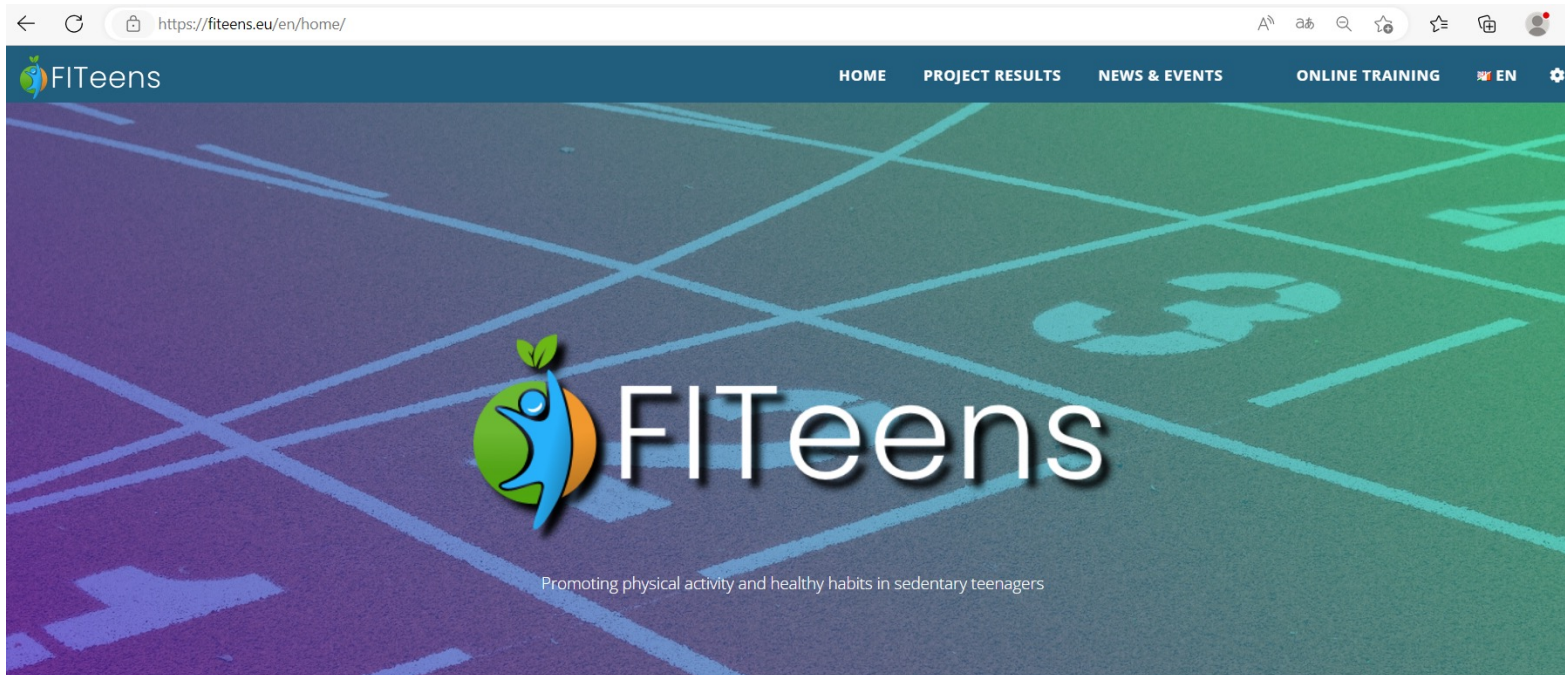
What we have so far...



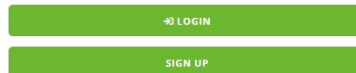


FITeens Project - Dessimation

What we have so far...



WELCOME!





FITeens Project - Dessimination

What we have so far...



FITeens Project

@fiteensproject5745 7 subscritores 11 vídeos

Mais acerca deste canal >

Subscrever

INÍCIO

VÍDEOS

PLAYLISTS

CANAIS

ACERCA DE



Carregamentos ▶ Reproduzir todos



Sedentary recreational screentime

20 visualizações • há 5 meses



The importance of a healthy diet

15 visualizações • há 5 meses



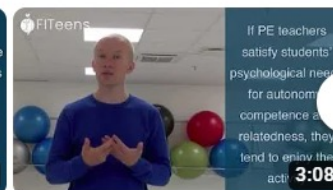
Motivation as a key to physical activity promotion

24 visualizações • há 5 meses



Alcohol consumption

25 visualizações • há 6 meses



Physical activity promotion from Physical Education...

33 visualizações • há 6 meses



FITeens Project - Dessimination

What we have so far...



The project

FITeens is a project co-funded by Erasmus+ that aims to raise awareness among young people about the importance of adopting an active and healthy lifestyle. In the same way, the project aims to provide physical education teachers with health education resources, materials and examples so that they can implement them in their own lessons.



Project results

FITeens toolkit

One of the main obstacles to the implementation of programs and activities on physical activity and other healthy habits in schools is the lack of teachers' health education training. Therefore, this result will consist of a complete set of tools, resources and activities to help teachers promote different healthy habits in their lessons.

FITeens application

Technologies are increasingly used in the school environment. Through these technologies, a greater participation and motivation of students can be achieved. Therefore, a mobile application will be created for young people, containing resources to improve different healthy habits in a playful way.

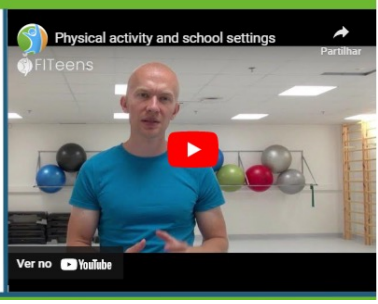
FITeens in-service training



After the initial online project meeting, the first transnational meeting took place in **Zaragoza** last October. There, the partners discussed the development of the first output, the **FITeens toolkit**, and agreed on the future necessary steps for its finalisation.

At the moment, the entire content of the document has been finalised and is being **reviewed** by different teachers and experts in the field of **Physical Education** to ensure its quality and usefulness. After this review, the final version will be created, giving it an attractive visual appearance.

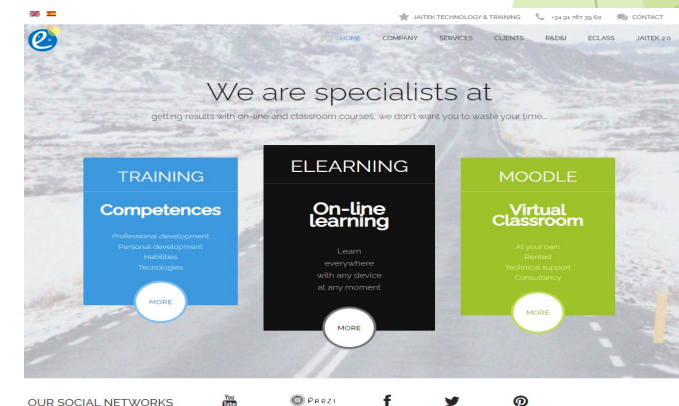
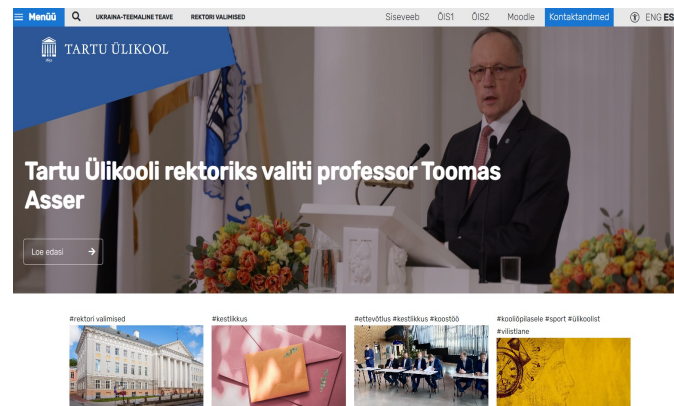
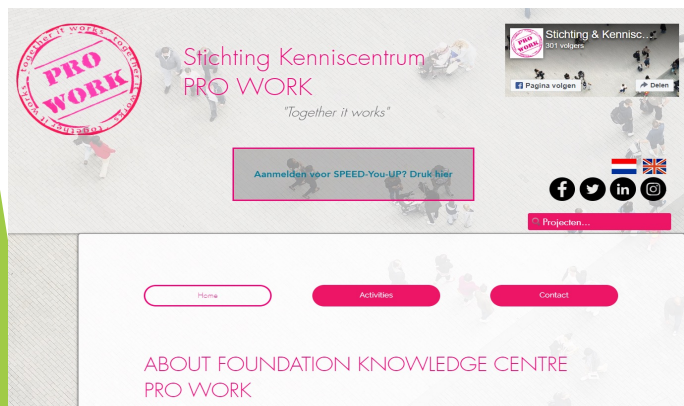
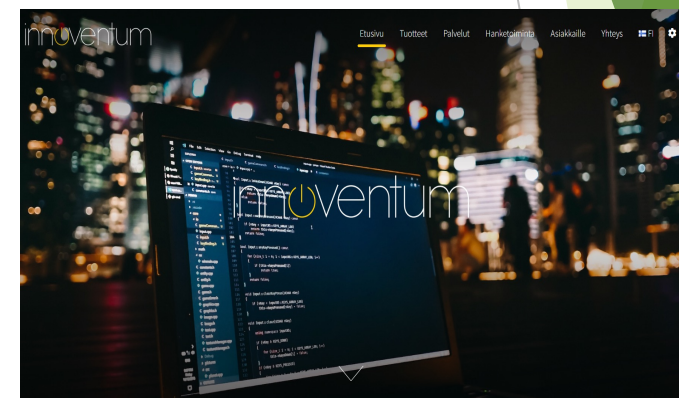
At the same time, the creation of the **mobile application** and the different contents and gamification **badges** that will be incorporated into it has also begun.





FITeens Project - Dessimination

What we have so far...





FITeens Project - Dessimination

What we have so far...



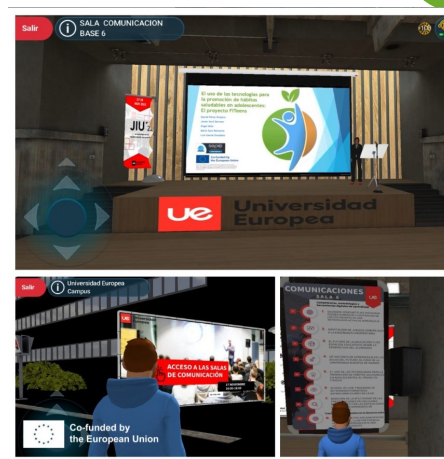
fiteens_eu Today, 24th February, we have presented the FITeens project at the II Congresso Internacional CIEQV. The presentation included the project's concept as well as the different results that will be developed before its completion.

7 sem Ver tradução

gojiya_8094 Send pic @yoga_legends_ 7 sem Responder

👍👍👍 Gostos: filiperodriguesig e 27 outras pessoas
FEVREIRO 24

Adiciona um comentário... Publicar

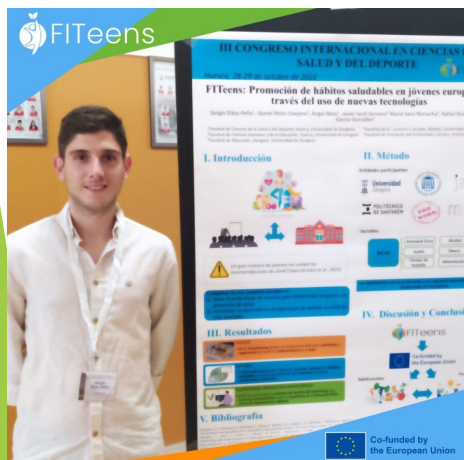


fiteens_eu Yesterday, 17th November, we presented the FITeens project at the XVII Jornadas Internacionales de Innovación Universitaria.

The event was held in the metaverse and we had the chance to present the project's concept and the different results that will be developed before its completion.

👍👍👍 Gostos: filiperodriguesig e 31 outras pessoas
NOVIEMBRE 16, 2022

Adiciona um comentário... Publicar



fiteens_eu Last 28th October, we presented the FITeens project at the III Congreso Internacional en Ciencias de la Salud y del Deporte. Our poster presentation included the project's consortium and concept as well as the different results that will be developed before its completion.

👍👍👍 Gostos: jose_f_rodrigues e 28 outras pessoas
NOVIEMBRE 2, 2022

Adiciona um comentário... Publicar



fiteens_eu Yesterday, we had the chance to present the FITeens project in the XXXIV AISOC International Congress (<https://aisoc.info/>) in Huesca es

We presented the project's concept as well as the different results that will be developed before its completion.

17 sem Responder

👍👍👍 Gostos: jose_f_rodrigues e 53 outras pessoas
JUNHO 17, 2022

Adiciona um comentário... Publicar



FITeens Project - Dessmination

Ideas for the future...

01

Facebook
Instagram

Continue to feed social networks,
website and newsletter, whenever
new content emerges...

... special attention to Facebook
and Instagram

02

Website

03

Youtube

04

Newsletters



FITeens Project - Dessimination

Ideas for the future...



More visible presence on the partners website and social networks (instagram and facebook):

- Place a news/post on the website of each institution (equal model for all partners), with a link to the website and social networks of the project;
- Possibility to make a brief project video/slide show (promotional and results)
- ???



FITeens Project - Dessimination

Ideas for the future...

06

Project
Presentation
Events

More presence on technical and scientific events:

- 3 to 5 presentations per partner, especially university institutions;
- 1 to 3 sessions of presentation of the project, results, tools and application in schools (for teachers and for students);
- ???

10º CONGRESSO
SOCIEDADE CIENTÍFICA DE PEDAGOGIA DO DESPORTO

INTERVENÇÃO PEDAGÓGICA NO CONTEXTO PÓS-PANDEMICO:
DA EXPERIÊNCIA VIVIDA AOS NOVOS DESAFIOS

27 E 28 DE ABRIL 2023
ESCOLA SUPERIOR DE EDUCAÇÃO | POLITÉCNICO DO PORTO

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10º CONGRESSO DA SOCIEDADE CIENTÍFICA DE PEDAGOGIA DO DESPORTO
Intervenção Pedagógica no Desporto em Contexto Pós-
pandémico: Da Experiência Vivida aos Novos Desafios

27 e 28 de abril de 2023
Escola Superior de Educação
Politécnico do Porto

P. PORTO

ESCOLA
SUPERIOR
DE EDUCAÇÃO

Inscrição

UNIVERSIDADE da MADEIRA

FUNCHAL
PÓR O FUNCHAL SEMPRE À FRENTE

Psicologia do Desporto

XXIV Jornadas da Sociedade Portuguesa de
Psicologia do Desporto

14 a 16 de setembro de 2023

CIDESD
INTERNATIONAL CONGRESS 2023

WELCOME PROGRAMME ABSTRACTS WHERE TO STAY REGISTER

**CIDESD
INTERNATIONAL
CONGRESS**
11 TO 13 OCT 2023

REGISTER NOW

CIDESD 2023 aims to provide a good opportunity for delegates to join, share, learn from and contribute to the most recent advances in Sports, Exercise and Health Sciences in a professional and social context.

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FITeens Project - Dessimination

Ideas for the future...

07



Project
Publications

- Papers
- Books
- Seminars for university students and teachers;
- Seminars for PE teachers and other sport professionals (trainers, fitness instructors, etc);
- Dessimintion with collaboration of professionals associations, especially of Physical Education;
- ???

Short-term joint staff training events



2 people per partner. A minimum total of 12 participants

2 travelling days + 3 days of training. **June 19th to 23rd 2023**

19 e 23 travel

Formação 20 a 22 - horário - 1 Staff; 1 PE

Rio Maior, Portugal



The Importance of physical Activity and Healthy habits

Project Concept

FI Teens application

Partners will try the application and give feedback

Toolkit, online methodologies, resources and tools

Project Content

Thank you!



FITeens project



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Quality perceptions of the partners regarding the general management of the project:

- a. On a scale of 1-10 (from '1-not satisfied at all' to '10-very satisfied'), how satisfied are you with the communication and coordination between project partners?
- b. On a scale of 1-10 (from '1-not effectively at all' to '10-very effectively'), how effectively do you believe the project is being managed in terms of meeting deadlines and accomplishing goals?
- c. On a scale of 1-10 (from '1-not well at all' to '10-very well'), how well do you think the project's resources are being allocated and utilized?
- d. On a scale of 1-10 (from '1-not confident at all' to '10-very confident'), how confident are you in the leadership and decision-making capabilities of the project management team?

Open question: What aspects of the general project management do you think could be improved, and why?

Quality perception of the results (toolkit and application at this time, and digital in-service training in the near future):

- a. On a scale of 1-10 (from '1-not satisfied at all' to '10-very satisfied'), how satisfied are you with the current toolkit and application in terms of functionality and user experience?
- b. On a scale of 1-10 (from '1-not well at all' to '10-very well'), how well do you believe the toolkit and application align with the project's goals and objectives?
- c. On a scale of 1-10 (from '1-not confident at all' to '10-very confident'), how confident are you in the scalability and adaptability of the toolkit and application as the project progresses?
- d. On a scale of 1-10 (from '1-not likely at all' to '10-very likely'), how likely are you to recommend the toolkit and application to others in your industry?

Open question: What suggestions do you have for enhancing the quality of the toolkit, application, and future digital in-service training?

Quality perception of the face-to-face meetings:

- a. On a scale of 1-10 (from '1-not effective at all' to '10-very effective'), how effective do you find the face-to-face meetings in terms of information sharing and decision-making?
- b. On a scale of 1-10 (from '1-low quality' to '10-high quality'), how would you rate the quality of the meeting agendas and time management during the meetings?
- c. On a scale of 1-10 (from '1-not well at all' to '10-very well'), how well do you believe the meetings facilitate collaboration and engagement among project partners?
- d. On a scale of 1-10 (from '1-not valuable at all' to '10-very valuable'), how valuable do you find the discussions and outcomes of the face-to-face meetings in relation to the project's progress?

Open question: What recommendations do you have for improving the quality and effectiveness of future face-to-face meetings?