



Quality assurance report



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Quality assurance report for Erasmus+ FiTeens project

Quality management is an essential part to ensure the project implementation is successful, the set objectives are achieved, and the project results are sustainable. Quality management is a process that has been carried out continuously, during the whole life cycle of the project.

During the project lifetime both internal and external evaluation methods were used to ensure the quality of the FiTeens project results and activities.

Concerning these internal evaluation methods some questionnaires were distributed among partners to provide feedback regarding project implementation, workflow design, partners' satisfaction and partnership communication, as well as identification of areas for improvement and design recommendations for better performance.

One of the main aspects that were evaluated during the project were the different transnational meetings. After each of these transnational project meetings, participants had to complete a questionnaire in order to provide answers to following four questions on a scale from 1 to 10.

1. How effective do you find the face-to-face meetings in terms of information sharing and decision-making? (1-not effective at all; 10-very effective)
2. How would you rate the quality of the meeting agendas and time management during the meetings? (1-low quality; 10-high quality)
3. How well do you believe the meetings facilitate collaboration and engagement among project partners? (1-not well at all; 10-very well)
4. How valuable do you find the discussions and outcomes of the face-to-face meetings in relation to the project's progress? (1-not valuable at all; 10-very valuable)

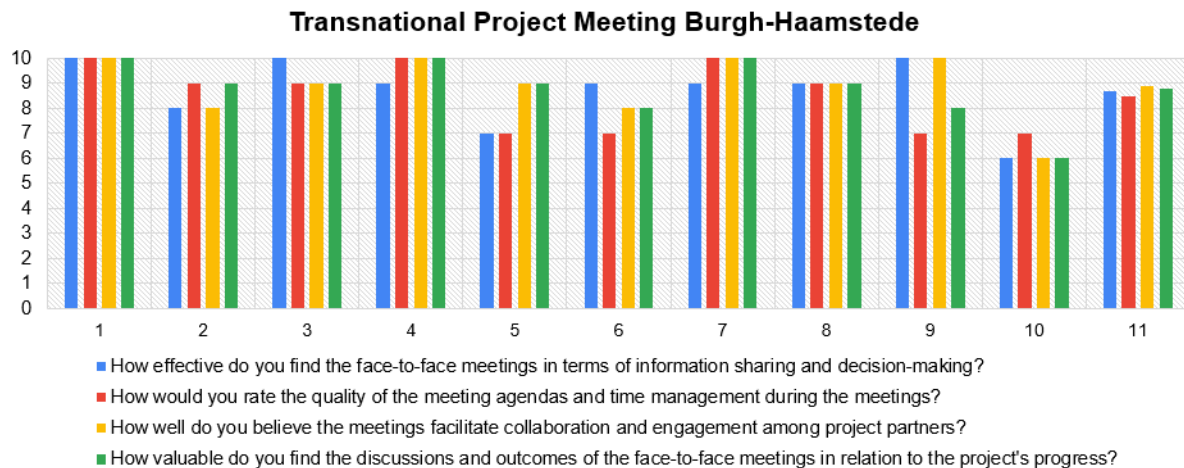
There was also fifth open-ended question as follows:

5. What recommendations do you have for improving the quality and effectiveness of future face-to-face meetings?

During the project, there were three transnational project meetings, each of which was evaluated by all partners attending.

I. Transnational Project Meeting Burgh-Haamstede

In total, 11 participants provided answers to four questions.



Summary for the open-ended question is as follows: the meeting was very effective, and it was crucial to discuss the topics related to the creation of app contents.

II. Transnational Project Meeting Zaragoza

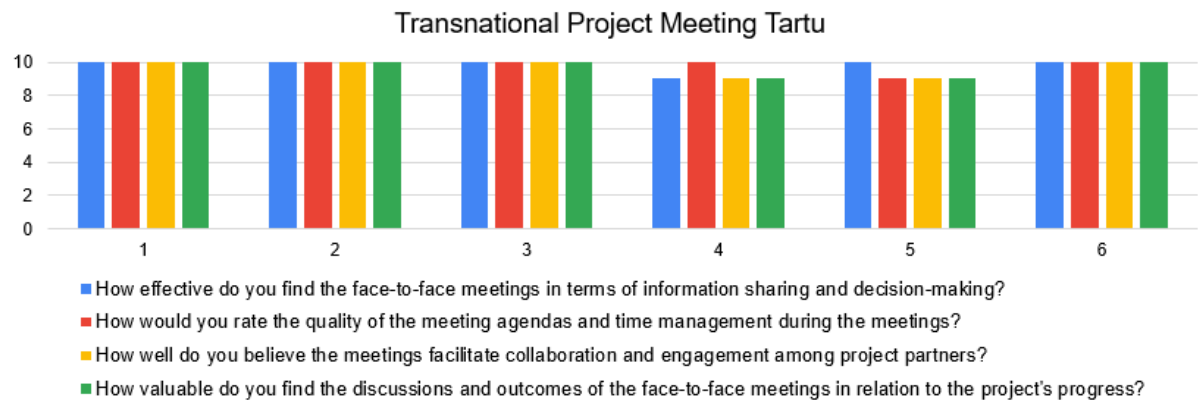
In total, 11 participants provided answers to four questions.



Summary for the open-ended question is as follows: overall, the participants were satisfied with the meeting. There were some concerns about the meeting technology who participated via web-based platform. However, this was a face-to-face meeting and most of the participants were there in person.

III. Transnational Project Meeting Tartu

In total, 6 participants provided answers to four questions.



Summary for the open-ended question is as follows: everything was in high quality.

PROJECT TRAINING

During the project period, there was also one FiTeens training in Rio Maior. There were six questions on scale from 1 to 10.

In total, 9 participants provided answers to these questions:



There were also two open-ended questions:

1. In your opinion, what was the added value of this event?

Summary of answers: participants identified several key aspects that added value to the event, including the exchange of experiences and knowledge among partners from diverse backgrounds, strengthening personal and institutional relationships. The well-organized cultural program provided an enriching experience, fostering closeness among partners and enhancing collaboration potential for future projects. Face-to-face interaction facilitated easier

communication and deeper personal connections, further benefiting the working relationship among participants.

2. Please share your thoughts and experiences regarding the quality of the face-to-face training you received. What aspects stood out to you, positively or negatively, and how do you think it could be improved?

Summary on answers: participants generally found the face-to-face training to be positive, highlighting aspects such as engaging activities, social programs, and informative workshops. Some suggested improvements included addressing project-related issues more directly, providing clearer communication through emails, and allocating more time for practical activities and training sessions, particularly regarding the project's outcomes and app usage. Overall, the training was perceived as successful.

Moreover, in order to check the quality of the different project's results developed and the users' satisfaction, several external evaluation methods were also used. Partners developed a questionnaire that was completed both by partners and different Physical Education teachers in order to check the quality of the different results created during the project's lifetime.

The questionnaire contained the following questions:

- 1. How clear and comprehensive was the content of the FITeens toolkit? (Scale: 1-5)**

Average score: 4.78

- 2. How would you rate the overall quality of the content within the toolkit, including its accuracy and depth of information? (Scale: 1-5)**

Average score: 4.67

- 3. How effective do you think the toolkit is in enhancing the PE curriculum? (Scale: 1-5)**

Average score: 4.33

- 4. How user-friendly did you find the FITeens app? (Scale: 1-5)**

Average score: 4.67

- 5. How relevant do you think the training content is? (Scale: 1-5)**

Average score: 4.67

- 6. Overall, how satisfied were you with the training program? (Scale: 1-5)**

Average score: 4.67

7. Overall, how relevant and impactful do you find the FITeens project results (toolkit, app, and digital training) on enhancing teaching practices and students' PE experience? Please rate on a scale of 1-5, where 1 is 'Not at all relevant/impactful' and 5 is 'Extremely relevant/impactful'

Average score: 4.67

The partners were also asked to provide answers to following open-ended questions:

1. How could the toolkit be improved?

Answers: the only considerations were that more specific strategies to PE lessons (adapted to PE curriculum) could be added and more multimedia content could be added.

2. In what ways do you think the app can benefit students' learning and engagement in PE?

Answers: gamification, increase the understanding about healthy lifestyles.

3. Did you encounter any issues with the app functionality? If so, please describe.

Answers: there were no issues with the app.

4. Suggestions for app enhancements:

Answers: only the language could be improved a bit

5. What aspects of the training do you think are most beneficial?

Answers: variety, different resources, simple information.

6. Were there any topics or areas not covered in the training that you believe should be included?

Answers: stress management, consequences of unhealthy habits.

7. Do you have any additional suggestions for future projects or improvements to the current resources?

Answers: to further develop the smartphone application.