

## FICHA DE PROJETO – Projetos aprovados

<b>Acrónimo:</b>	ESA
<b>Designação do projeto (PT/EN):</b>	<b>ESA "Enriched Sport Activities Program"</b>
<b>Código do projeto:</b>	<b>579661-EPP-1-2016-2-IT-SPO-SCP</b>
<b>Objetivo principal:</b>	<p>The project “ESA – Enriched Sport Activities Program” (project ESA) addresses the objective of social values of sport, in particular health, physical fitness, social inclusion and improvement of sport motivation, by implementing an intervention program to carry out through the involvement of children typically developing and with special needs as well as their parents.</p> <p>9 partner organizations from Italy, Turkey, Portugal, Croatia, Lithuania, Spain and Germany are involved in creating and establishing a collaboration that will end up in the creation of several outcomes all aims at improving social inclusion, equal opportunities and psycho-physical well being in typical and atypical children through sport and physical activity participation in combination with cognitive tasks oriented to improve executive functions as working memory, planning and inhibition processes in children.</p>
<b>Entidade financiadora/Programa de financiamento:</b>	ERASMUS+
<b>Região de intervenção:</b>	-
<b>Custo total elegível:</b>	<b>43442,00€</b>
<b>Apoio financeiro da União Europeia:</b>	34753,00€
<b>Apoio financeiro público nacional/regional:</b>	8689,00€
<b>Taxas de financiamento:</b>	80%
<b>Entidade beneficiária:</b>	<b>ESDRM – IPSANTAREM: PARCEIRO Centro Universitário Sportivo Palermo - Coordenador</b>
<b>Investigador Responsável:</b>	<b>Carlos Manuel Marques da Silva – ESDRM</b>

<b>Parceiros:</b>	Escola Superior Desporto Rio Maior; AEVA-Associação para a Educação e Valorização da Região de Aveiro; Ankara Universitesi-Turkey; Lietuvos Sporto Unviversitetas-Lithuania; Splitu Kinezioloski Fakultet-Croatia; Technische Universität München - Germany; Universidad de Murcia-Spain; Universita Degli Studi di Palermo-Italy
<b>Equipa:</b>	Carlos Silva, Carla Borrego, Nuno Loureiro, Eduardo Teixeira, Diogo Monteiro
<b>Data da aprovação:</b>	21/10/2016
<b>Data de início:</b>	01/01/2017
<b>Data da conclusão:</b>	<b>30/12/2019</b>
<b>Domínio científico e subárea científica:</b>	Erasmus+ Sport program of the European Commission
<b>Resumo (objetivos, atividades e resultados esperados) - em PT e/ou EN:</b>	<p>One of the main impact of the project is to create a networking among participating organisations in order to develop and implement educational models. To this aim the implementation of the Cloud system through the www page (<a href="http://www.esaprogram.eu">www.esaprogram.eu</a>, <a href="http://esaprogram.eu/cloud">http://esaprogram.eu/cloud</a> ) was key element to provide immediate data, information, knowledge and techniques to apply according to a standardized operating procedure (SOP) system previously defined by the Technical Expert Group (TEG) and shared among all the participating organizations.</p> <p>From beginning of the project Evidence-Based Practice (EBPCA) exercise program for children and adolescents with typical development and special needs has been start to developed and it has been implemented on the 900/1000 involved pupils, on the coaches who developed the needed skills and on the pupils families.</p> <p>According to the ESA Program aims, the TEG (Technical Expert Group) in charge with the Thematic Area 2 (TA2- cognitive functioning, sport motivation, social inclusion, equal opportunities and special needs) is focusing on a systematic literature review to provide the current evidence on the effects of PA programmes on enhancing children's and adolescents' motivation towards physical activity. Additionally, SOPs (Standard Operating</p>

Procedures) have been defined to select tests able to predict and monitor cognitive, social and motivational growth in a population target of children (6–14 years) living across Europe. The age range from 6–14 years was chosen because children's PA levels are acknowledged to decrease over this stage, with higher rates of drop-out in girls' population, but also because this is a critical phase to address precautionary intervention programs aimed at stimulating an active lifestyle able to prevent inactivity.

Starting from previous successful experiences, the TEG has implemented: (1) the Enriched Sport Activities (ESA) Program by adapting and enlarging previous successful experiences such as PMA and exercise intervention trainings [5]; (2) a Parent Education Program to train parents on cognitive, motivational and social benefits deriving from regular PA in childhood and establish educational models and strategies to improve participation in PA by their children. ESA is an integrated sport program in which 27 sessions of warm up in sport activities for typical children, such as soccer, track and field, swimming, basketball, handball and APA (Adapted Physical Activities) for children with special needs are enriched by cognitive tasks aimed at improving executive functions as working memory, shifting and inhibition processes. The Parent Education Program is composed of four sessions that will be carried out for each group of parents (10–12 max group members). The aim is to provide, encourage and improve parents' strategies aimed at supporting motivation towards PA in their children. During "ESA Parent Education Program" the parents will be involved in group discussions about how to provide their children a climate characterized by high levels of support and patience, not to judge negative manifestations or the expression of negative affect concerning their children's sport performances, to encourage children to choose what they are more interested in and to choose what kind of sport activity is the

	<p>best for their psycho-physic wellness. Next step is the administration of the ESA Program and the Parent Education. To sum up, ESA Program aims at implementing guidelines to enhance cognitive abilities, motivation and participation in sport activities as natural and enjoyable instruments of growth. The final goal is to stimulate global development in children with typical development and special needs [10]. However, the main limitation of the program study is the future generalizability of the findings regarding the population with special needs because only two groups with special needs (children with Asthma and children with Down Syndrome) participate in the project. So, in the future the sample with special needs need to be enlarged.</p>
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