



NEWSLETTER

Final SUGAPAS conference in The Hague

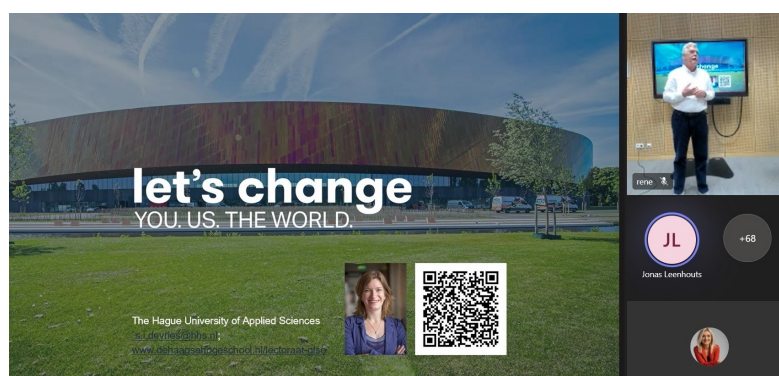
On November 11 the third Multiplier Sport Event took place in The Hague. The beautiful and modern Sportcampus Zuiderpark, part of the University of Applied Sciences of The Hague (THUAS), was the perfect location for our final Conference on Technology Enhanced Physical Education. The event was organized by our local partner, Games for Health Europe.

Thanks to the hybrid format of the conference people from all over the world could attend. The program did not just feature our partners and information about SUGAPAS but also three guest speakers from THUAS.



After a short presentation on the aims of the SUGAPAS project by the project leaders from the Lithuanian Sports University, our partners from the Aristotle University of

Thessaloniki gave an introduction on Battle4Health, the Sugapas Steps Tracker, our Massive Open Online Course and the Observatory. The Spanish team from the Universidad Católica de Murcia demonstrated the expert evaluation which showed the overall positive feedback of the developed application.



Highlight and last item of the agenda before the lunch break were the local guest speakers who introduced the audience to several projects using technology to improve peoples amount of physical activity and their lifestyle.

After lunch all participants - online and on site - could take part in a workshop by ASVÖ and get some ideas on how to use the SUGAPAS tools at school. The final part of the conference outlined the dissemination of our project. Between the single program points very interesting and fruitful discussions on technology and sports arose.



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And the winner is ...

From October 1 until October 31 we held our Battle4Health competition. The task was to collect as many points as possible in our game during this period of time. Almost 200 teenagers took part with a major part of players coming from Cyprus, Spain and Greece.



The winners were identified in two different age categories - one for the 12 - 15 years olds, the second one for 16 - 18 years old participants. Our final Conference on Technology Enhanced Physical Education offered the perfect occasion to announce our winners.

In the younger age group the 14 year old Cypriot „Evangelos“ won the day. In the age group of the 16 - 18 years old „Matha“ from Greece achieved the highest amount of

points in October. Both players took part in our conference and expressed their affection for the game. The winners were awarded with the smartwatch „Fitbit Charge 5“.

SUGAPAS presented at Sport Forum in Lithuania

On December 1st our partner, the Lithuanian Sports University organized the largest Sports Forum in Lithuania and the Baltic States for the fourth time. About 300 people registered for the Sports Forum, around 200 persons took part in the International Conference which took place one day later.

This year, lecturers, academics, experts and sports practitioners from Italy, the United Kingdom, Belgium, Sweden and Lithuania gave plenary presentations. Among speeches about Biomedical and Social sciences, for example coaching, Physical Education, physical activity, sports management, an introduction to SUGAPAS was given as well. The speech on SUGAPAS Project activities, titled "Valuable Novel Educational Tools of SUGAPAS Project to Support Healthier Lifestyles of Adolescents", received high interest in the auditorium.



Project conclusion in The Hague

The time of our project is coming to an end in December. On the day before our final conference, November 10 we had our last Transnational Project Meeting discussing our accomplishments and summing up and organising what still has to be done.

With the Covid Pandemic in 2020 right at the beginning of our project and several Lockdowns following we had a quite rough start. A major part of the meetings had to be held online and only this year, in March, we finally had the chance to meet face-to-face in Luxembourg. We still enjoyed the time working together very much and are proud of all the things we accomplished together.



As for now, there are more than 1200 persons playing the game „Battle4Health“ we developed and using the SUGAPAS Steps Tracker to measure their daily physical activities. An only slightly lower number of people created an account in our Massive Open Online Course to expand their knowledge on physical activity, a healthy nutrition and a healthy lifestyle. In our evaluation independent experts rated our applications and tools positive and helpful to change students' knowledge and behaviour concerning a healthy lifestyle.

However even though our project is officially reaching its end, all SUGAPAS tools and platforms will be available for at least three years after the project. In our local organisations we will keep working with and promoting our applications as they prove to be an effective, easily accessible and easily usable method to educate about a healthy lifestyle.

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