



Master Team

Healthy Lifestyle for All Ages with the Master Team
Erasmus+ Sport Small Scale Partnerships Project 101090999

- EPAG (EXERCISE PROGRAM FOR ALL AGES) REPORT -
With practical activities



**Co-funded by
the European Union**



Healthy Lifestyle for All Ages with The Master Team (Master Team)

Project No: 101090999 — ERASMUS-SPORT-2022-SSCP

© 2024, Active Sports Club - Türkiye, Beyond the Obstacles (Oltre gli Ostacoli) - Italy,
University of Murcia - Spain, İzmir Buca Atatürk Sports High School – Türkiye



Co-funded by
the European Union

Disclaimer: Funded by the European Union. Views and opinions expressed are however those of the authors only and do not necessarily reflect those of the European Union or European Education and Culture Executive Agency (EACEA). Neither the European Union nor the granting authority can be held responsible for them.

INTRODUCTION

EPAG (Exercise program for all ages) is a work program implemented in the Erasmus+ Sport - Small-Scale Partnerships Project numbered 101090999 and named Healthy Lifestyle for All Ages with The Master Team (Master Team). The program includes physical, social and digital skills activities for sedentary elderly individuals (including those with limited mobility and disabilities) for 10 months. It included simple physical activities, bocce and similar game activities, picnics, use of digital health tools and chats. The activities were facilitated by volunteer physical education teachers, sports coaches active in various branches and "Master Team" members consisting of former athletes. The activities were implemented in Italy, Spain and Turkey under the coordination of the project partners. A training module called EwE (Exercise with the elderly) was created in cooperation with the facilitator groups and Master Team members to be used in EPAG activities. This module was used as a guide in EPAG practises and activities were carried out in accordance with the characteristics of each country and locality. EwE is a pilot training program that includes sample practises and was uploaded to the Funding & Tender Opportunities Portal as the 7th deliverable of the project on April 30, 2024. EwE is a theoretical training module prepared with the support of past practices on physical activity with sedentary elderly people; EPAG is a "how we did it" presentation that includes the implementation processes of this module. Therefore, the EPAG report reflects 10-month implementation experiences with visual elements.

EPAG, which consists of activities directly targeting elderly individuals, included mostly sedentary individuals over the age of 65, people with limited mobility and disabled elderly people. Due to these characteristics, the activities were carried out using methods suitable for the results analysed within the scope of EwE. The methodology implemented in accordance with the target group included quality planning, preparation and expertise. The planning phase was completed under the leadership of experts and sports trainers from the University of Murcia and Buca Atatürk Sports High School, which are also partners in the project. The preparation processes were carried out by Oltre gli Ostacoli (Beyond Obstacles Association) and Aktif Spor Kulübü (Active Sports Club), with local and international coordination. The implementation was supported by experts included in each partner organization of the project. In order to prepare elderly participants for the activities, readiness surveys, health checks and a detailed information process were implemented. The

educators, experts, Master Team members and participants who carried out the activities went through an adaptation process during the preparation period. Areas in various retirement homes, easily accessible sports halls and open-air spaces were used as working spaces. The working methods were analysed within the scope of EwE and communicated to the activity implementers of the partner organizations. The implementers included local characteristics and the profiles of the participants in these analyses and also included their own expertise and competences in the program. These expertise were used in conjunction with elements such as experience, motivation, risk analysis, technical analysis. In line with the risk analyses, support was provided by the project volunteer health workers called the Volunteer Health Team (VHT) before and during the activities.

Activities were conducted on technical issues in a scope and intensity appropriate to the participant age group. Methods such as slow movement, group dynamics, freedom to move autonomously in line with personal profile, pulse and breathing control, physical activities including game forms, especially bocce, post-activity evaluation and group dynamics studies were used. Exercises were started at a low tempo, challenging movements were avoided until the body warmed up and rest periods were kept relatively long. The tempo was gradually increased in a controlled manner in accordance with the level and the activities were completed with a decreasing tempo at the end. The physical capacities and health conditions of the participants were taken into consideration in the planning and implementation of the program. Variety was provided by using different movements as much as possible in each work session. Participants were informed in advance to use sportswear appropriate for weather conditions. In order to control hydration, participants were encouraged to consume sufficient amounts of water. Methods such as music, vocal participation in some movements, dance figures, pair and group activities were also used to ensure that the exercises were fun and motivating. The rhythm of the music playing in the background during the activity was ensured to support the elderly in adapting to the exercise. Special attention was paid to eye contact in order to ensure that each participant adapts to the activity, prevents possible personal discomfort, reduces risks, and increases feelings of trust and interest. Group dynamics were increased through conversations held after the work. In the last month of the program, volunteer work groups were formed among the participants for sustainability purposes. Participants were supported by the project management in terms of clothing, materials, and equipment.

EPAG (Exercise program for all ages) activities



EPAG (Exercise program for all ages) activities



EPAG (Exercise program for all ages) activities



EPAG (Exercise program for all ages) activities



EPAG (Exercise program for all ages) activities



EPAG (Exercise program for all ages) activities



Bocce activities within the scope of EPAG



Social activities within the scope of EPAG



Social activities within the scope of EPAG



Social activities within the scope of EPAG










SETTIMANA EUROPEA DELLO SPORT
23-30 SETTEMBRE 2024
l'Associazione di Volontariato
"Oltre gli Ostacoli" - Benevento
organizza
2° TORNEO PROMOZIONALE NAZIONALE di BOCCE PARALIMPICHE "OPEN"
23-24 settembre 2024



Master Team ile Aktif Ol!
"Healthy Lifestyle for All Ages with The Master Team" (101090999) isimli proje kapsamında, yerel "Master Team" koordinatörü Aysel Ongan eşliğinde 50 yaş ve üzerindeki kadınlar için egzersiz etkinliği

➔ Tarih: 26 Eylül 2024
➔ Saat: 08:30 - 10:30
➔ Yer: Altın Kent Sitesi, Fener-Altınoluk
➔ Organizasyon: Aktif Spor Kulübü
➔ İletişim: aktifgncik@gmail.com

EUROPEAN WEEK OF SPORT
#BEACTIVE
23 - 30 September










#BEACTIVE
EUROPEAN WEEK OF SPORT
Co-funded by
the European Union

Master Team
Rione Santa Maria degli Angeli - Piazza B. Croce 4/5 82100 Benevento
infoline 342/7729541 e.mail: associazione.oltreagliostacoli@gmail.com
IBAN: IT67P0760115000000013735824

