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| **CONCEPT NOTES** |

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# **Concept Notes by SportSuite**

The aim is to organise a project around the **topic of disability in sport**. In Italy as in other EU countries, specific projects have been active for several years to allow people with disabilities to play sports and experiences positive moments of aggregation. Accordingly, the aim would be to relate different experiences at European level, identifying best practices and promoting exchanges of information, know-how, experiences between subjects with similar goals and methodologies.

**Interested Organisations:**

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| Vrije Universiteit Brussel – Belgium | Veerle De Bosscher |
| Portuguese Swimming Federation - Portugal | Antonio Jose Silva |
| UISP | Marco Celi |
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The aim is to organise a project around the **topic of women in football**. The theme of women's football has recently become very important, also in relation to the media exposure of the world championships in France. In parallel with the growth and success of adult professional women's football, the proposal include to deepen the debate on the diffusion of women's football in the younger age groups (girls and young girls) and as a real alternative to the most wide-spread sport and as an engine of integration and fight against gender bias.

**Interested Organisations:**

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| Vrije Universiteit Brussel – Belgium | Veerle De Bosscher |
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The aim is to organise a project around the **topic of dual career in sport**. In all professional sports the topic of "post career" is often underestimated. In fact, in the face of a small minority of top-level athletes who are able to reinvest and carefully plan their "second life" once their racing career is over, there is a vast array of athletes who often struggle to reinvent themselves and embrace new experiences positively, that give a meaning to everyday life far from the playground and that may be able to generate benefits for the community.

**Interested Organisations:**

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| Faculty of Sport, University Union - Nikola Tesla | Ivana Parcina |
| Ulster University | Kyle Ferguson |
| Sport and Technology\* | Rene Wijlens |
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**\****Depending on particular goals*



# **Concept Note by Victoris (SportMundi)**

The aim of this project is to **promote youth physical activity and reduce drop out**. SportKompas is a scientific based orientation tool for kids of 8-10 years old to guide them to the sports that best fit to them, based on their skills and what they like. This is recognised as a validated and valuable method to get more kids into the right sportsclubs whilst reducing the rate of drop-outs. SportKompas consists of 3 test packages: I DO (15 physical tests on movement skills), I LIKE (web animation to discover which sports kids like) and I AM (survey about motivation and personal context). Additional test packages can be added on the digital platform; likewise, personalised and group reports can be generated, data analyses can be made against standard or custom benchmarks, results of re-testing can be followed-up over time.

**Interested Organisations:**

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| Portuguese Swimming Federation - Portugal | Antonio Jose Silva |
| UISP | Marco Celi |
| Sport and Technology\* | Rene Wijlens |

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*\*Combined in part with exergames.*

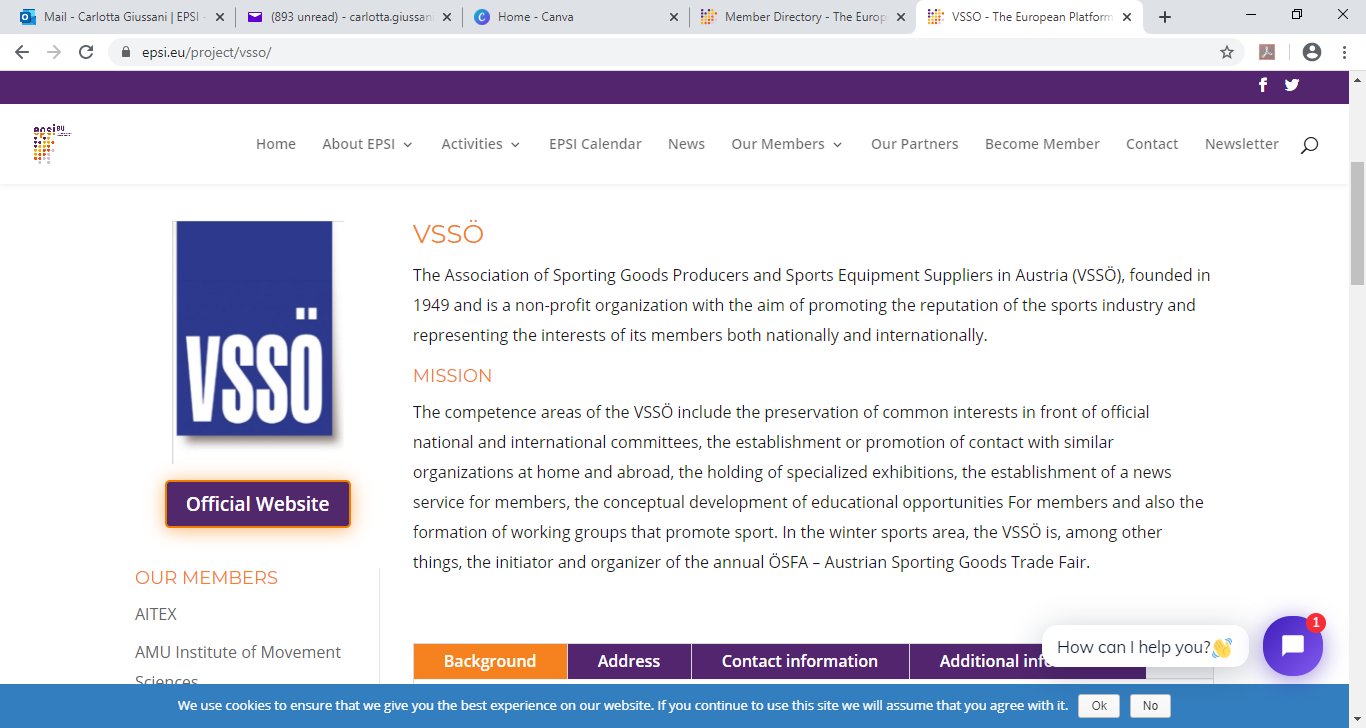
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# **Concept Note by Kajaani University of Applied Sciences**

The aim of **Smart Gym and Exergaming** project is to galvanise children and young people (and their families) to move by utilizing modern technology (digital sport /exergaming), to produce new information of exergaming in multilateral networks, to measure performance of exergaming and to develop new exergames by using mobile phone. Currently, physical activity is low among children and youth, worldwide. In Smart Gyms it is possible to play digital sport games (exergames) and have exercise and fun. Exergames have good prospects to motivate people (from all age groups) to be more physically active whilst compounding sport and technology in a new way to get new innovations to promote healthier life style. The target group includes children, youth, muncipalities, staff and students of university.

**Interested Organisations:**

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| Sport and Technology | ReneWijlens |
| UISP | Marco Celi |
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# **Concept Note by** **Association of Sporting Goods Producers and Sports Equipment Suppliers in Austria (VSSO)**

The aim is to organise a project around the **topic of vocational training in the Sport Goods Industry/Business.** This will include a mapping to identify the current educational methods and its key structural elements in the sporting goods industry across Europe. This is to acquire data in order to help categorise VET trainings courses and individual sporting

goods providers in different countries and sport, as well as to establish a system to maintain an exchange information between VET facilities in future.

**Interested Organisations:**

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The aim ofthe project is related to better comprehend the market share of **E-Bikes and accident statistics** among EU members**.** Accordingly, its objective is to develop measurements like safety trainings, online tutorials, introducing trainings for a safer usage of E-Bikes and showing elderly people that it is an attractive alternative to the car with a great added value being daily movement which also have a positive influence on the health systems on top. This is strictly link with climate change and sustainable alternatives of mobility being top priorities on European level and in many national member states. Beside with the positive influence of urban mobility, e-bikes are opening new fields in tourism and attracting new target groups for biking: elderly people.

**Interested Organisations:**

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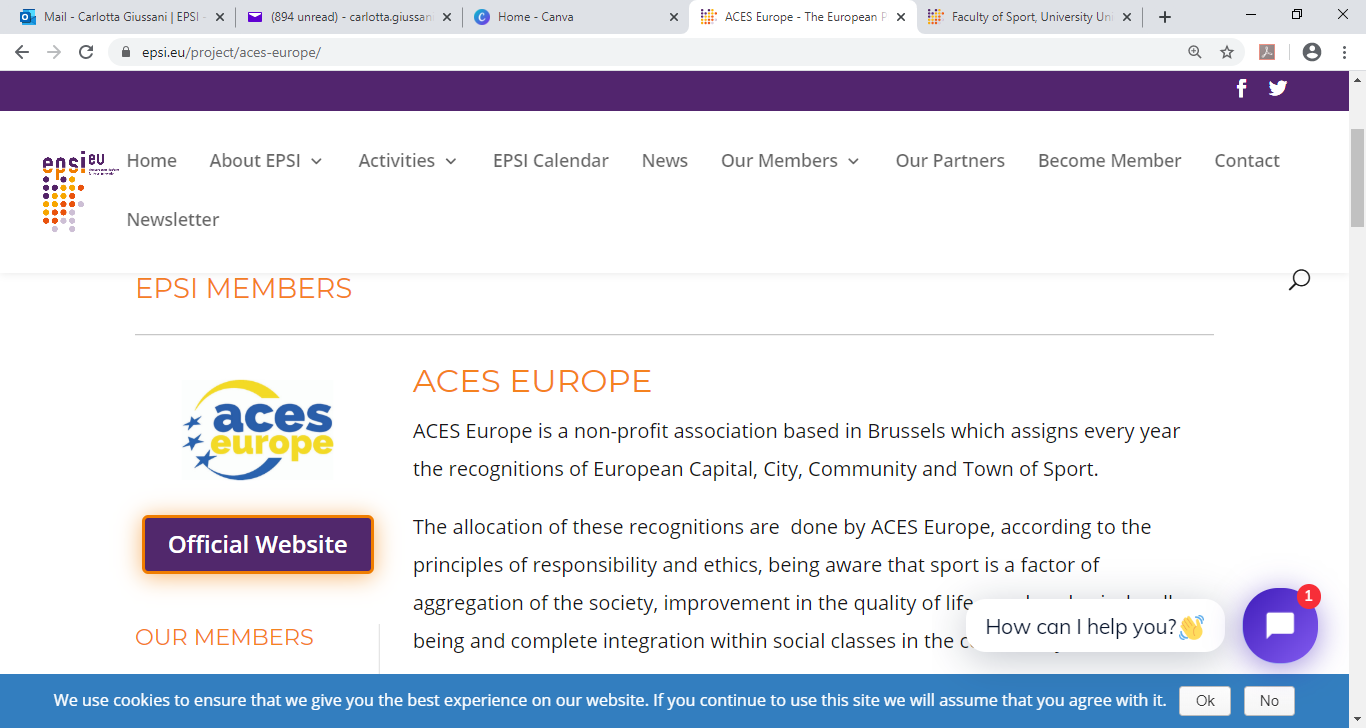
# **Concept Note by University Union Nikola Tesla, Faculty of Sport**

The aimofthe project **I want to Exercise: Exercise Program for young people with disabilities** is to determine the quantity of children with disabilities in primary and secondary schools in Belgrade and to offer them such a program. In addition to the expected health effects, this type of training will allow this segment of the population to be included in physical education and sports, increasing their self-confidence at the same time. It allows children with disabilities to engage in physical activities and sports within their limitations. In particular, this project will target pupils with special needs from elementary and secondary schools of Belgrade and other interested parties. In merit, it proposes to combine exercises on POWER PLATE and OCTAN, together with swimming, for people with disabilities and muscle diseases.

**Interested Organisations:**

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| Portuguese Swimming Federation - Portugal | Antonio Jose Silva |
| UISP | Marco Celi |
| Sport and Technology\* | Rene Wijlens |
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*\*Please also note synergies with: Fit2GoProject*

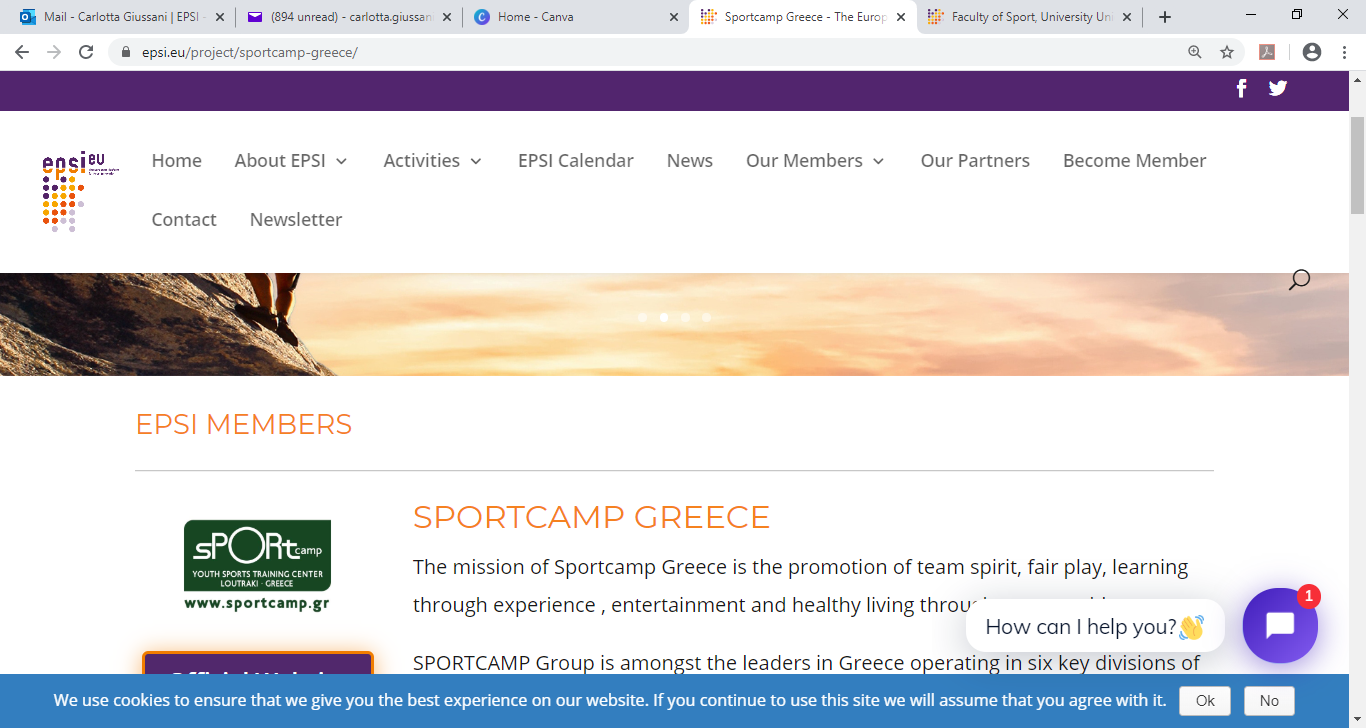


# **Concept Note by ACES Europe**

The aim is to create a project revolving around the **topic of IT technology/innovation and sport.** This will aim to create an App/Tool aimed at generating the social and financial return of investment emerged from the sport and physical activity sector at the municipality/city levels. For the local governments this kind of information is essential to appropriately check/manage their investment whilst assessing how to invest/defend financial revenues in future. The idea is that the app/tool will be able generate an algorithm depending on the events, number of participants, tourism attraction, and any other relevant parameters to identify the social and financial return of investment. Hence, this will be able to compare different parameters to achieve the standards of quality to become social and financial profitable, and the aim is for the app to being commercially viable/sellable in future.

**Interested Organisations:**

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| Ulster University | Kyle Ferguson |
| Portuguese Swimming Federation - Portugal | Antonio Jose Silva |
| Sport and Technology\* | Rene Wijlens |
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\* *Depending on the focus*

# **Concept Note by Sport Camp Greece**

The project **“Ancient Greek Sports Academy”** aims at educating the international youth about the Games of Ancient Greece, the sports they involve and the values they convey, thus providing them with an integrated educational and sports training program, designed around the sports and the procedures of the authentic ancient Greek Games. This project aims to effectively convey the values and the legacy of the various Ancient Greek Games to the European Youth.

**Interested Organisations:**

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| Faculty of Sport, University Union - Nikola Tesla | Ivana Parcina |
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# **Concept Note by Italian e-Sport Association (ITeSPA)**

The aim is to organise a project aimed at proposing the **first Mediterranean Championship Series of e-sport.** This is expected to be a two/three day international competition event that includes the Mediterranean sea’s organisations recognised by the International E-sport Federation (IESF). The project will include the training for the referees of the

competition which has international recognition of the IESF. Side-events will include concerts, exhibitions, sponsor/merchandising stands and game simulators. Furthermore, the Mediterranean E-Sport Executive Summit is also expected to take place during the timeframe of the event.

**Interested Organisations:**

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| European Cultural and Sport Organization | Valerio di Tommaso |
| Portuguese Swimming Federation - Portugal | Antonio Jose Silva |
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# **Concept Notes by MATISSA**

The aim is to organise a project using **kickboxing as a tool to promote social inclusion and active life-styles** among youth at risk of social exclusion. The aim is to organise a series of kickboxing classes/training – 2 times a week - with a group of socially excluded youth aged between 15 and 26 years old (from Brussels). The kickboxing activities aim to be delivered at the CUBE in Brussels.

**Interested Organisations:**

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The aim is to organise a project called **Urban Sport Tour Event**. This project takes inspiration from the [Urban Street Dance](https://www.brussels.be/urban-street-dance) event organised by Matissa every year. Indeed, it aims to organise an event (outside the EU week of sport) on the street of Brussels which includes key typologies of urban sport (i.e. skateboarding, park our etc..) as an increasing number of urban sport are embedded in the Olympic Games.

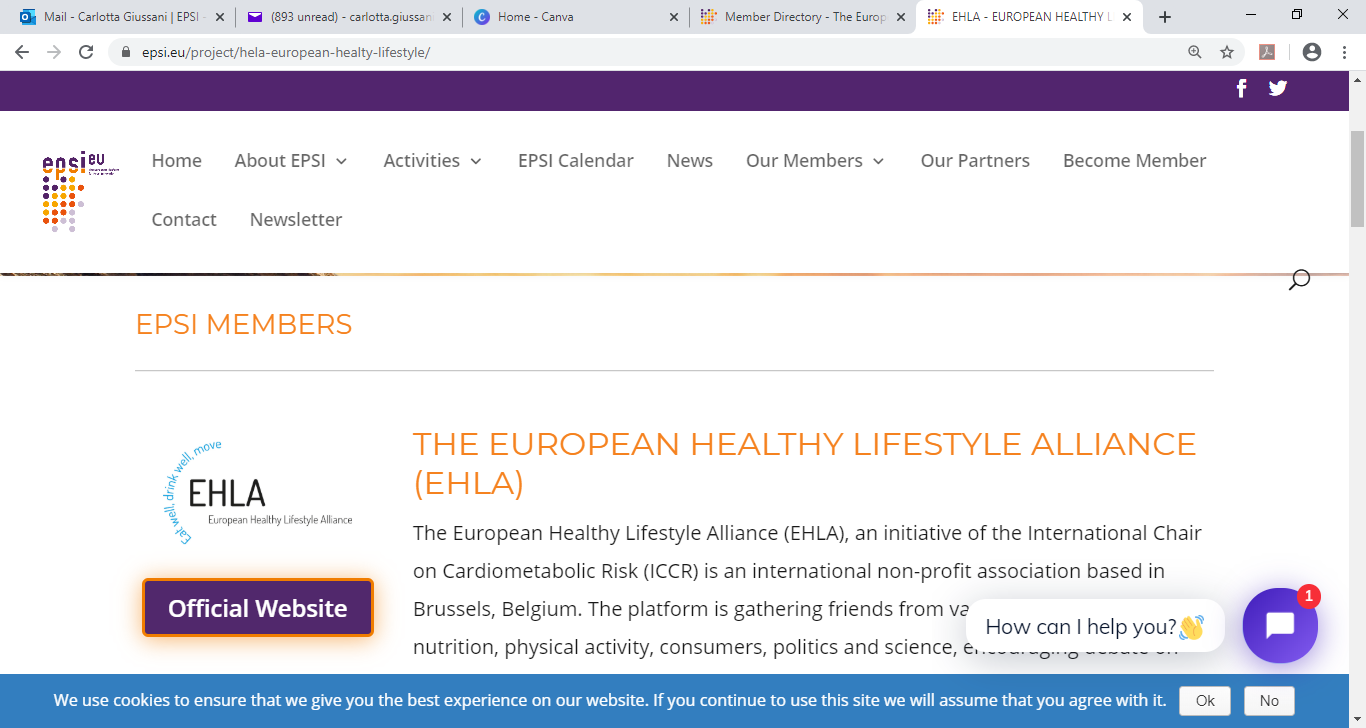
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**The Urban Street Dance Cultural** is a project aimed at setting up a cultural platform by involving the youth (16-30 years old) around the urban arts. The core objective within the project will be the mobility of young urban artists, the development of a growing audience for these Arts, and the professionalisation of urban arts whilst creating the Urban Street Dance show. The constructive axis of this project is to involve the young people in a dynamic of exchange of good practices to develop in them the spirit of entrepreneurship in the management and setting up of a cultural event.

**Interested Organisations:**

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# **Concept Note by European Healthy Lifestyle Alliance**

The aim is to organise a project around **the topic of HEPA.** This will include the development of acomprehensive guide to help people change behaviours towards an “Eat well, drink well, move” lifestyle. Indeed, obesity, abdominal obesity in particular, is a risk factor for chronic societal disease and a topical public health concern across the EU, and worldwide. Accordingly, this project aims to create a good prevention programme by proposing simple tools such as a guide based on the three interconnected pillars of eat well, drink well and move more with the aim being to provide guidance to help people to adopt healthier lifestyle.

**Interested Organisations:**

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| UISP | Marco Celi |
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# **Concept Note by Lapland University of Applied Sciences**

The **“Snow4Us”** projectaims to create new opportunities and new business based on the Arctic conditions and sustainable means to produce, store and innovate snow related products and services. The idea is that every region involved (the goal is to have five different snow-and winter sports environments involved) creates own holistic group of companies, linked with the region’s infra and operative environment, that develops snow-related solutions together in order to meet both the regions and businesses real needs. In particular, its objective include to develop snow-based RDI Environments to serve the needs of the regions they are located whilst ensuring that the activities are based on scientific researches and an intense exchange of best practices and that these promote better and long-lasting exchange.

**Interested Organisations:**

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# **Concept Note by CREPS Montpellier**

This project aims to develop an **international network on high altitude and hypoxia training**. The main objective is to strengthen cooperation about altitude training, share expertise and develop new tools to facilitate high altitude training process for athletes, coaches and federations. The idea is that the network would involve stakeholders operating in this area as universities, training centres, federations and private companies.

**Interested Organisations:**

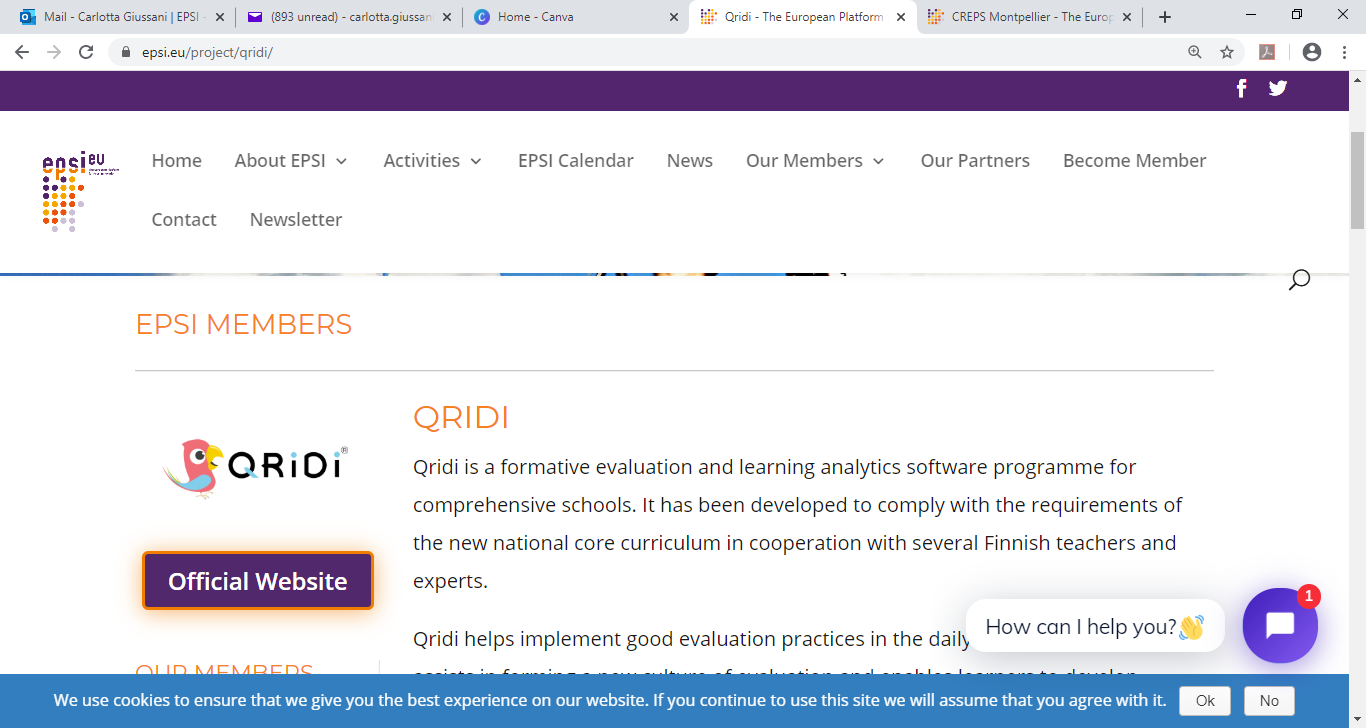
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| Portuguese Swimming Federation - Portugal | Antonio Jose Silva |
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The project **Stadium of the 3rd Millennium: Smart Stadium (track and field)** aims to specify what new tech could be included in and search new innovation that could concern the stadium of the future. This project addresses that most of track and field stadiums are developed on an old concept that need to be renovated. The new stadium concept needs to include innovation and new technologies before starting the construction of the building itself. Accordingly, the consortium aim to further develop label and/or new mix technologies to help providing high performance stadium and stadium opens to new public.

**Interested Organisations:**

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| Sport and Technology\* | Rene Wijlens |
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\*depending on the focus

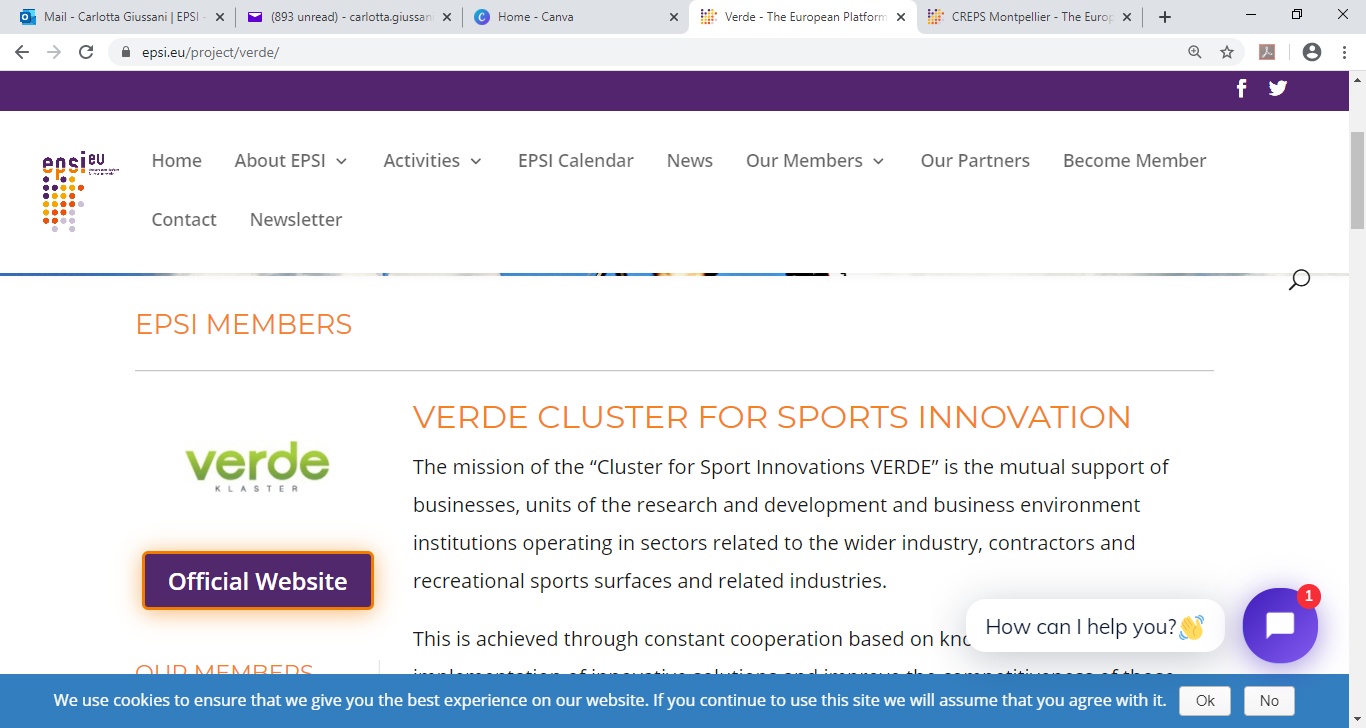


# **Concept Note by Qirdi**

This project aims to better **visualise/comprehend the athlete progress** with the help of subjective and objective data - collected through the Qridi software - which follow athlete’s overall development including sport-specific, physical, mental and life management skills. The focus revolves around innovation through education through sport in terms of pedagogy and usability, which will add value to the athlete whilst facilitating coaches in supporting the athlete’s progress across a variety of coaching practices and sports. This project will both include both scientific research and pilot actions across various sport disciplines.

**Interested Organisations:**

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# **Concept Note by VERDE Klaster**

The project **Raising an Athlete** has the main aim to create a manual, based on best practices, real-life experiences and latest scientific research around EU member states. In recent years, due to constant development of professional sports around the world, parents realised that making a living out of sports is not just a wild dream but an attractive career choice. However, the topic of raising a physically and mentally healthy athlete is so overwhelmingly complex that a lot of families are lost and looking for any kind of guidance due to a lack of comprehensive information on the do’s and dont’s in the process of raising an athlete. The objectives are to: i) gather the newly obtained scientific knowledge connected with developing a young athlete, as well as real-life experiences of athletes, parents and experts reflecting on the process across the EU; ii) summarize all of the knowledge and experiences into a publication (e-book and a paper copy); iii) create a platform – in a matter of a simple web-site. The main activity includes a series of conferences held in countries of our partner’s origin while focusing on four pillars: psychology, nutrition and supplementation, motorical skills and specialist training, parent-Manager.

**Interested Organisations:**

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| Portuguese Swimming Federation - Portugal | Antonio Jose Silva |
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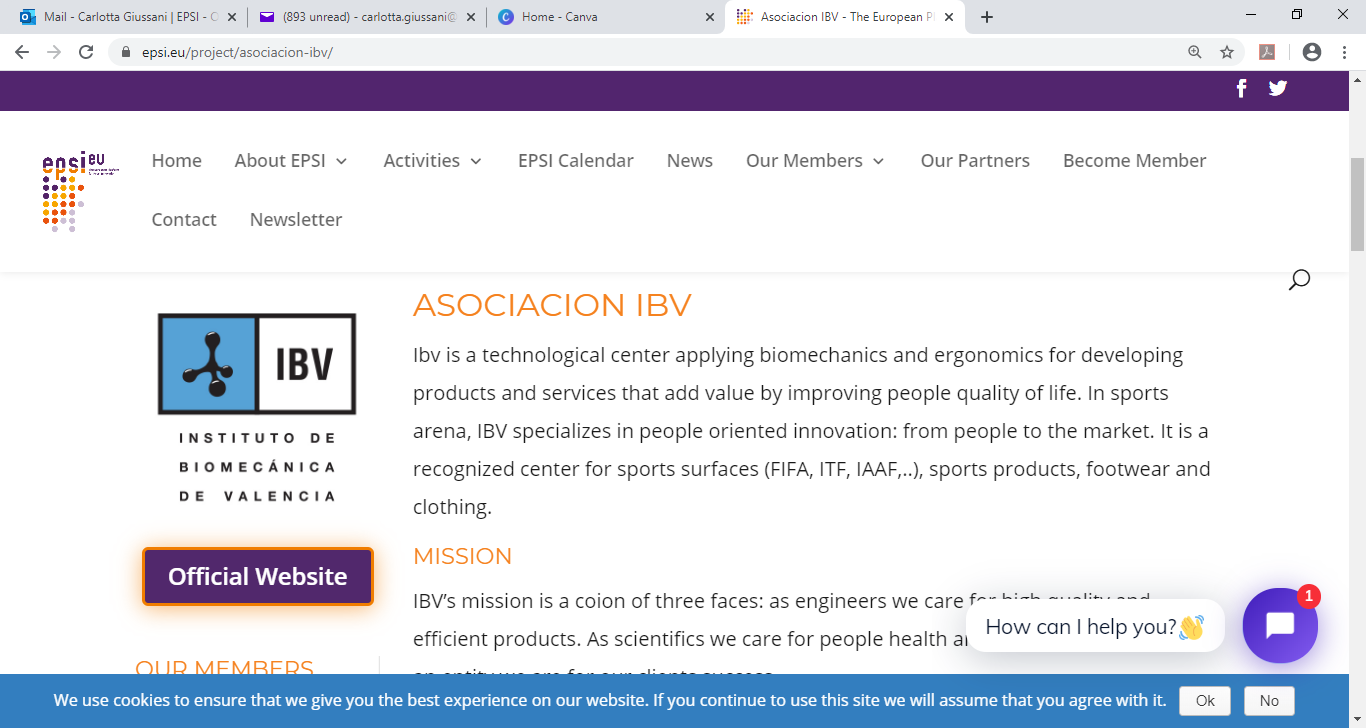
# **Concept Note by Cluster Sports and Technology**

The project **Smart Vitality at Work** aims to sustain/increase productivity by tackling the reduced physical and mental wellbeing at work, caused by an increased sedentary work-style with also increased stress and reduced relaxation time (24/7 economy). Current interventions like fitness programs or monitoring apps on computers or smart phones have short term effects but no long term impact, since they do not change behaviour of the office workers. The intended project is focussed on developing new combined (i.e. smart products and social programs) and personalised solutions, and validating

them within living labs at chosen companies and office environments. The objective is to create a. quantified, b. evidence based, and c. innovative solutions which lead to both an economic opportunity for the solution (product and service) providers and economic improvement of the enterprises that will use them. Different outputs will be created including smart personalised products and services to change and sustain healthy behaviour at the workplace; an (living lab) innovation approach and a Vitality Mapping method: to measure individual & organisational (change of) vitality caused by the implemented innovations.

**Interested Organisations:**

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# **Concept Note by Instituto de Biomedica de Valencia**

The aim of this project is identifying and developing sports market applications ofthe **4D scanning technology** as well as identifying new tools and methodologies for product and apparel design, sports training, sports biomechanical analysis, sports medicines diagnosis, sports broadcasting, avatars, etc. The idea is to launch a service of 4D scanning in Valencia, but for proximity to “market or knowledge” poles it would be interesting to open similar facilities in other locations in Europe. The main group of activities of the initiative will be: I) - Developing projects with product and apparel companies; Developing projects with elite sports agents (people, trainers, clubs,…);- Developing projects with sports medicine agents; - Develop projects with sports broadcasting and aging agents. From them: II) identify new tools and methodologies (design, visualization, training, diagnosis,…) and transfer them to tech companies for joint developments; communication and dissemination (workshops, conferences,…). At the end there could be a European based network of agents offering services,

tools and technology for 4D scanning in sports. Having a greater scanning space is a need, technology is ready is just a matter of investment.

**Interested Organisations:**

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# **Concept Notes by** NON **EPSI Members**

The project presented by [Fitbox2Go BV](http://www.fitbox2go.nl) aims to create a smart training dive by building in sensors which can communicate with a an app on the side of the user. This app will transfer data to a server for data storing and processing while, on the other side the supervisor (physiotherapist) can login in the server , view and analyse the data, and can give back feedback. Feedback also will be given by the system itself, since it will to be a smart system because it becomes a smart system that will recognize the performance of users. It should also be possible that the supervisor can prescribe the user exercises in a flexible order and with different contents. Accordingly, the objective of the present project is to design and realise such a smart training device placed in an environment of secure data transfer, storage and exchange. The platform that will be realised must be flexible so also other training devices, training schemes and ways to monitor and give feedback can be integrated later. The targeted market for this smart product is the physiotherapeutic sector although the real users are the elderly and disabled people with impaired leg function. For the latter mentioned target group there are hardly no suitable training devices with which they can train their muscle power and condition in a optimal and safe way and in a for them familiar environment. ([Fitbox2Go BV](http://www.fitbox2go.nl)) .

**Interested Organisations:**

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