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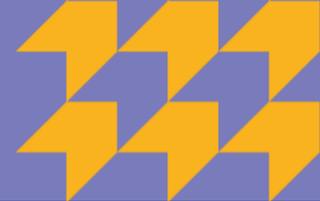
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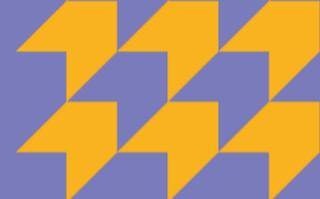
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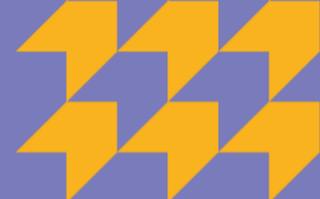
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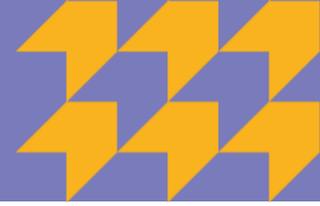


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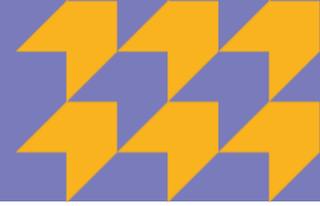
Activating adolescents: MOVE4FUN – an innovative approach to boosting physical activities across Europe.

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Abstract: The MOVE4FUN project aims to increase physical activity among European adolescents using evidence-based content through a dedicated mobile app. The initiative combines research, gamification, and expert collaboration to address the problem of low physical activity rates in this demographic. According to the World Health Organisation (WHO), 81% of 11-17 year-olds don't get enough exercise, despite efforts from researchers and practitioners. The repercussions of inadequate physical activity can lead to an array of health issues, such as obesity, cardiovascular diseases, and mental health disorders, requiring extensive medical interventions and treatments, which can cause a substantial economic burden. The MOVE4FUN project aligns with recent WHO guidelines that emphasise the value of any physical activity, shifting focus from rigid interventions to personalised support. Research showed that incorporating gamification and augmented reality into strategies for increasing adolescent physical activity offers an innovative approach that taps into adolescents' digital affinity while simultaneously promoting healthier behaviours. MOVE4FUN seeks to engage adolescents by offering evidence-based content through gamified experiences to encourage more physical activity. The project also considers social inclusion, considering local differences and challenges from epidemics. The methodology employed in the project involved conducting a literature review and conducting qualitative research to address gaps in participating countries. Multiple focus groups were carried out to gain insights, encourage participant interaction, and explore the subject matter. These sessions followed established guidelines for effective focus group discussions (Krueger & Casey, 2015). Conducted in participants' native languages, each group comprised between six to ten participants in various countries in November 2022. A semi-structured interview script guided the discussions, which lasted around one and a half hours on average. All sessions were recorded and transcribed verbatim, with data anonymised. Currently, the project is in the content development phase, informed by research findings and a thorough literature review. Upon content finalisation, a pilot study will be conducted for evaluation purposes. After successful pilot testing, the project aims to release an open-access mobile app to share its findings and insights.

Keywords: Physical Activity, Adolescents, Gamification, Mobile Application.



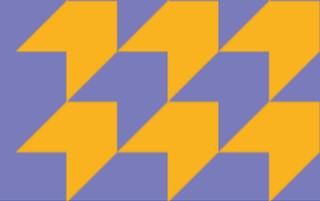
Applying non-invasive technology and machine learning to assess surface properties relevant to player-surface interaction.

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Abstract: Playing surface conditions affect injury risk and performance of players. 91 % of footballers relate risk of injury to the pitch type and conditions (Mears et al., 2018) and there can be a 2.5 x higher injury risk if the rotational traction of the shoe-surface interface is too high (Thomson et al., 2015). Spatiotemporal variability of pitch properties further affects player-surface interaction (Straw & Henry, 2018). Typically, individual soil properties are measured at relatively few points across an entire pitch with several manual tools being used, including a Clegg Impact Soil Tester (CIST) for measuring surface hardness and moisture probes for measuring volumetric water content (VWC). Such measurements give an incomplete assessment of the spatiotemporal varying pitch conditions, can be affected by inter-user variability, change the local pitch properties due to their invasiveness and the laborious nature of testing results in sports grounds pitch being tested too infrequently. A promising alternative means to measure soil properties is use of non-invasive soil sensing methods to create digital soil maps. These methods can non-invasively scan an entire pitch, do not rely on manual operation, and have the potential to predict several soil properties from one scan. To evaluate the potential of data collected with a non-invasive soil sensing method to accurately predict soil properties relevant to player-surface interaction. Pitch data were collected on the training grounds of a professional football club playing in the 1. Bundesliga in Germany. Data collection consisted of manual, sample point measurements of surface hardness with a CIST (2.25kg Type CIST/883) and VWC using a soil moisture probe (POGO Pro). Data collection was performed across multiple days, in varying weather conditions and pitch states. Data were subsequently cleaned to remove outliers. Manual measurements were interpolated to form a grid and each point is matched with non-invasive soil sensing measurements. Weather parameters, such as temperature and cumulative precipitation were used as auxiliary features to improve model performance. Classical machine learning and neural network models were trained in regression tasks. Regression was performed against surface hardness (Gm) displaying an R^2 of 0.915 and RMSE of 3.9 Gm as well as against VWC (%) showing an R^2 of 0.554 and RMSE of 2.6 %. Non-invasive soil sensors allow for easy and quick data collection and show encouraging results for creating predictive digital soil maps for properties that are to-date measured with manual and invasive tools, thus obviating issues associated with these conventional methods. Overall, this facilitates incorporating pitch conditions in informed decision and offers the opportunity to generate novel insights into player-surface interaction.

Keywords: Artificial Intelligence, Soil Sensors, Football, Injury Prevention, Playing Surface Quality.



Effects of an outdoor physical intervention program on the well-being and motivational levels of older Hungarian women.

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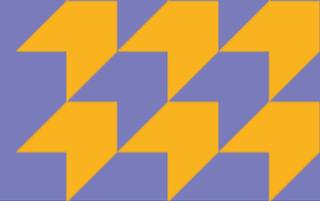
Abstract: Living labs are user-centred, open innovation ecosystems based on systematic user co-creation approach, integrating research and innovation processes in real life communities and settings. The Horizon 2020 project “Virtual Health and Wellbeing Living Lab Infrastructure” (VITALISE) unites 19 partners across 11 countries. The project aims to harmonize Living Lab procedures and enable effective and convenient transnational and virtual access to key European Health and Wellbeing research infrastructures, governed by Living Labs. The VITALISE consortium achieves its objectives on harmonisation by monitoring and experimenting procedures via various case study research activities. The research taken in Hungary belongs to one of the three focuses of the joint action researchers (JRAs) in Vitalise: the health and wellbeing research in everyday living environments. In Hungary the research focused on the wellbeing and motivational factors of people over 55 yo related to their physical fitness levels and their changes after an 8 week intervention phase with the use of smart bracelets. The main purpose of this project was to evaluate different levels and expressions of physical fitness focused on health and well-being and to relate them to well-being and motivation factors. The Senior Fitness Test used for this purpose measures: Aerobic capacity, Flexibility, Strength-endurance, Agility. Besides this test, the WHO Wellbeing questionnaire and the CPAs motivation questionnaire were taken.

Target group: women between 55 and 80 years old with no severe health conditions.

Procedures: After the initial selection, the nature of the study was explained to the target group, indicating that their anonymity will be maintained at all times, following the ethical considerations of Sport and Exercise Science Research, and with the principles included in the Declaration of Helsinki. Also before the study an application was submitted and approved by the ethical committee of University of ELTE, PPK, Hungary. Participants completed a written informed consent form for the duration of the intervention.

This was a correlational study as its purpose was to determine the relationship or degree of association between two or more concepts, categories or variables in a context, in particular physical activity and fitness data and wellbeing and motivation factors in adults aged 55 to 80 years. At the time of the submission of the abstract, the intervention was still ongoing, so only partly results could be reached. These include the general fitness level of active Hungarian women in comparison to the mean data of the Senior Fitness Test (Rikli and Jones,1999) and their relation to the general wellbeing of this age group.

Keywords: Vitalise, Older People, Nordic Walking, Living Labs, Horizon2020.



Environmental Conservation Opportunities and Sport in Natura 2000 sites (ECOS N2K).

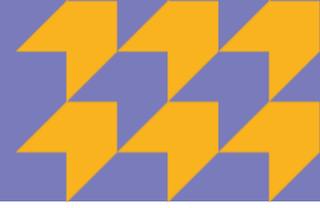
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Abstract: ECOS N2K is an Erasmus + Sport project that aims to promote sustainable behaviours and physical activities in Natura 2000 sites in the pilot areas considered: the coast of Veneto region included in the Life Redune project in Italy, Parq Natural de l'Albufera in Spain and the Bay of Puck and Hel peninsula in Poland. The project lasts for 36 months; the lead partner is the University of Valencia (Spain), while the project partners are Confcommercio Unione Metropolitana di Venezia (Italy), Municipality of Cullera (Spain), the European Network for Innovation and Knowledge (EUNIK), the European Network of Outdoor Sport (ENOS) and the Institute for Sport Governance (ISG, Poland). Through the promotion of sustainable sport activities in Natura 2000 sites, ECOS N2K tries to enhance the environmental heritage protection and establish a common methodology in the areas considered. For this reason, the project objectives are enable people from local communities and tourists to practice physical activities outside without damaging the natural sites; increase the environmental awareness in local communities and touristic operators; create a common regulation between stakeholders for outdoor sport in Natura 2000 sites. Thanks to a participatory approach and pilot actions in every pilot area, the lead partner and project partners will involve tourists, touristic operators, local communities and local stakeholders in different activities in the territory, including six educational and training events. In addition, a local advisory forum (LAF) is going to be set in every pilot area with the participation of environmental experts and key actors from the touristic sector, in order to spread environmental friendly behaviours in the territories. The focus will be on environment and biodiversity, sport and outdoor activities, the impact of tourist activities in the pilot areas and the definition of local needs and priorities. Long-term impact and replication of the project outside the pilot areas together with the creation of standard routes and paths and a network between local stakeholders are the results expected. Moreover, ECOS N2K will establish a common methodology on how to practice sport outside in Natura 2000 sites.

Keywords: Natura 2000, Environmental Heritage Protection, Sport, Tourism.



Equality in Sport, ENGSO.

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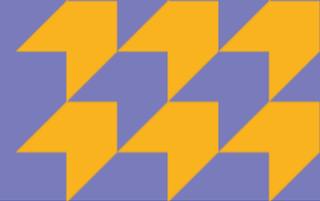
Abstract: In 2019, a survey with from LGBTQI+ participants revealed that about 90% think that homophobia, particularly transphobia, is a problem in sport (OutSport, 2019). As part of its 2022 Equality Action-Plan, ENGSO focused on the inclusion of LGBTQI+ people in grassroots sport in Europe. The EWS launched several initiatives such as the #StandUp4Equality communication campaign, a series of online seminars, and the publication of a learning document on the inclusion of transwomen. Moreover, research was conducted to collect up-to-date data regarding the LGBTQI+community in the sport setting.

An initial literature search enabled the researcher and the EWS to identify meaningful topics before designing interview guidelines and questionnaires for athletes and coaches. Data was collected over one month, mainly during the LGBTQI+ sport event EuroGames in July in Nijmegen, Netherlands, as well as online before and after. The questionnaire was distributed in 13 languages. 186 athletes and 42 coaches filled out the online questionnaire, and 6 structured interviews were conducted with athletes. The research results were divided and presented into four factsheets: (1) LGBTQI+ and sport participation, (2) LGBTQI+ and safe sport, (3) LGBTQI+ and the legacy of COVID-19, and (4) LBTQI+ women in sport.

The results show that 76% of respondents feel able to report verbal insults, and believe that making sport safer for the LGBTQI+ community (84%) and increasing inclusive offers where everyone feels welcome (81%) are the two most important measures to boost participation. Regarding the impact of the COVID-19 pandemic and its restrictions, 87% of the respondent say that although they were hit harder, their sport participation in organised settings is back to normal. Based on the results, the EWS wrote a list of recommendations translated into 10 languages, to increase participation and improve the experience of LGBTQI+ participants in grassroots sport. For example, ENGSO encourages all sport organisations to include the target groups in decision-making processes that directly impact them, to evaluate the level of participation and implement anti-discrimination measures, and to pay attention to gender balance in activities offered (trans, women, non-binary inclusion).

In 2023, the EWS continues the work focusing on intersectionality and specific attention given to women in sports. The results serve as a basis to develop education (70%) and awareness raising (94%) material as these were considered essential by respondents of the 2022 survey to ensure that all women are offered the same respect, rights and advantages as other people in grassroots sport.

Keywords: Equality, LGBTQI+ Community, Participation, Grassroots Sport.



European sports network and guidelines for adapted physical activities in the rehabilitation of persons with disabilities.

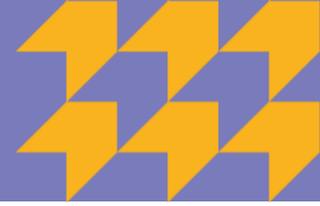
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Abstract: Persons with disabilities participate in sports activities to a lesser extent than their peers; consequently 38% of that population is obese (53% more than people without disabilities). High costs for health services caused by excessive body weight are a huge problem for the European tax payers. These are the problems that we addressed through the “ReSport” project. With this project we were raising awareness on the importance of physical activity among professionals and the general public and transferred knowledge at the European level. Raising awareness on the importance of physical activity for persons with disabilities, creating innovative approaches to sport and adapted sport activity, supporting innovative and educational approaches to preventing violence, racism, discrimination and intolerance in sports, promoting voluntary activity in sports, encouraging social inclusion of persons with disabilities to have equal opportunities in sport. We carried out a variety of activities, which are further described in the results segment. As a part of the project we conducted two studies, related to physical activity in persons with acquired brain injury. We focused on the effects of adapted physical activity and we researched balance, coordination, level of muscular ability and attention process. Project results: We set up the European “ReSport” network, included more than 1000 people with a disability in the implementation of ReSport activities, trained more 423 people to carry out ReSport activities at the international and local seminars, developed the European “ReSport Guidelines” that include adaptive set of activities, implemented more than 800 “ReSport Activities” within partner institutions, each partner organized 2 or more local sports events, organized 3 international events to present “ReSport Activities” at the European level, presented the project to the expert public at the international conference, created 1 website, 3 Facebook profiles and 1 twitter profile, presented the results of our research at the 15th Health Psychology and Medicine conference and 7th Croatian Congress of Rehabilitation Medicine, performed 4 press conferences and various media releases, 5 films about the project and adapted sports and established the ReSport E-learning platform. Research results: In the first study the Gymstick Nordic Walking exercise program was shown to improve performance across a variety of tasks involving balance and coordination. The results of the second study showed a significant improvement in physical abilities (strength, flexibility and balance) and attention process. The implementation of the project, as well as the results of our studies show, that sport is an important part of rehabilitation and brings many successes and positive outcomes for persons with acquired brain injury and other disabilities.

Keywords: Adapted Physical Activity And Sport, Disability, Health, Rehabilitation.



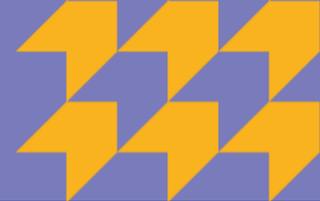
Evaluation of exercise program satisfaction in women with osteoporosis after an 18-month follow-up.

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Abstract: Osteoporosis (OP) is a systemic skeletal disease characterized by low bone mass and microarchitectural deterioration accompanied by an increased risk of fractures resulting in pain, reduced physical/social functional capacity, and quality of life. There is consensus on the effectiveness of physical activity in preventing bone loss, falls, and fractures. Most people know the relevance of having an active life as a part of a healthy lifestyle, but inactivity is still a major concern, and the number of sedentary people has not been properly reduced. Several randomized controlled trials have demonstrated the efficacy of exercise. The exercise programs (EP) were administered individually as a home workout or in the gym as a group workout. Thus, in a previous study, we compared 2 different strategies for providing professional coaching individual training (IT) at home with trainer supervision provided by telephone contacts at regular time intervals or group training (GT) with live trainer supervision. The purpose of this study was to evaluate participants' satisfaction with the ACTLIFE EP. We recruited 52 women with OP, without significant comorbidity, and no participation in any structured EP (previous 6 months). They were assigned randomly to IT or GT groups (n=26 each). Each group performed the EP in two 1-hour sessions per week for 18 months. The satisfaction questionnaire was carried out on the day the EP was terminated. The questionnaire consisted of 3 questions: General opinion on the ACTLIFE EP (1 very bad-7 very well); Do you think that the EP has been useful? (1 absolutely no-5 absolutely yes); Would you recommend the EP to a friend with osteoporosis? (yes/no). Distribution of age (IT: 68±4, GT: 67±8 years) and body mass index (IT: 23.0±2.5, GT: 21.4±5.1) was similar between groups. Out of 52 women, 32 completed the satisfaction questionnaire. The mean score for the overall evaluation of the training program was 6.5±0.72, indicating a positive response. The mean score for the usefulness of the EP was 4.72±0.5, suggesting that participants found it beneficial. Additionally, all participants expressed their willingness to recommend the ACTLIFE EP to a friend or relative with OP. It can be concluded that the ACTLIFE EP is a useful and satisfactory option for our participants, potentially contributing to their overall well-being and quality of life. The ACTLIFE further confirmed the findings of the questionnaire, as participants expressed their desire to continue the program with our trainers even after its completion. A great success of the project was that the women were asked to continue the exercise after the project. Through collaboration with Centro Universitario Sportivo Bologna, we have implemented an adapted physical activity. Of 32 women, 22 continued to diligently engage in the EP, twice a week, under the supervision of our trainers, either in person or online, until May 31, 2023.

Keywords: Osteoporosis, Satisfaction, Exercise Program, Group Training, Individual Training.



Female sport: unstoppable current that will break the barrier of underrepresentation. Coercive regulation versus self-regulation.

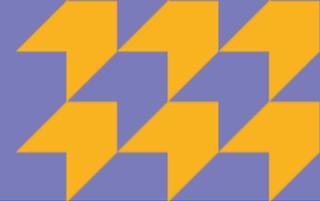
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Abstract: The purpose of this paper is to present a review of the current state of the representation of women in sports in the dimensions of management and direction, as well as in the one of resolution of sports conflicts. Presently, there is a clear underrepresentation of women in sports, inherited from the history of modern sport, and which contrasts with the current relevance of women in this field. Consequently, there is now a commitment to a regulatory solution that would guarantee percentage quotas by sex, given the failure to do so by self-regulation from sports organizations and conflict resolution bodies. Objectives: The intention is to put on the "table " an effective and quick solution to help sports organizations to establish and comply with a policy of equal representation quotas. This policy has been already integrated into laws in some countries, as in in the case of Spain, and whose legal basis is exportable to the rest of European legislation. Methods: the methodology used here was the hermeneutic or interpretive method, given the nature of the sources of legal content, together with a review of official data on the internal composition of sports organizations. This is a qualitative methodology with a relational or descriptive approach, and with a connection to political analysis and evaluative research for recommendations for improvement. Results: The following results were ascertained: Internationally, The Executive Committee of the International Olympic Committee (IOC) has a composition of a 26.6% percent of women; The Executive Committee of the Fédération Internationale de Football Association (FIFA) has one of a 18.91%; The Executive Committee of the Union of European Football Associations. (UEFA) one of a 5.26%; and finally, the list of arbitrators of the Court of Arbitration for Sport (TAS-CAS) one of 14.65%. At the Spanish national level, the Executive Committee of the Spanish Olympic Committee has a female representation of 20.83%; the Boards of Directors of Sports Federations: 33.74%; their General Assemblies: 16.37%. Only 3 percent of the Federations are chaired by women. Conclusions: The process of self-regulation of sports organizations has not been effective to achieve the equitable distribution between genders of sports management positions. However, the quota policy is effective in the short term for a gender balance. In Spain, the current Sports Law requires that the least represented sex have a 40% of representation, with very serious sanctions for non-compliance. When dealing with Human Rights such as the Right to Equality, we cannot allow the autonomy of sports organizations to be an impediment to it. The visibility and projection of those women who are a benchmark in sports management due to their ability and preparation is transcendental, so that society would create valid role models. In order to achieve this projection the role of the media -particularly the public one- would be the essential importance.

Keywords: Women's Sports, Equal Representation, Gender Perspective, Equity, Equality Law.



I Prevent injuries in grassroots and amateur sports by using digital tools (iPrevent).

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Abstract: iPrevent is project co-funded by the European Commission (ID: 101089425) dedicated to obtaining a better understanding on the recovery strategies, injury incidence and preventive strategies of youth soccer players in Europe. Technical and physical staff in soccer are dedicated to players performing fully, reaching their maximum potential but in the safest way possible (Raya-González et al., 2019). Experiencing an injury negatively impacts both the individual players' health and team performance (Hägglund et al., 2013) and affect skills development (Huijgen et al. 2013).

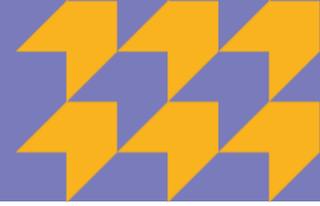
iPrevent aims at 1) identifying existing recovery-stress balance and injury prevention strategies already implemented; 2) Conducting a study on injury of youth soccer players from selected EU-countries; 3) Monitoring the recovery-stress balance from an allostatic perspective; 4) Implementing an injury prevention program; 5) Designing and developing an App for physical trainers to prepare and provide effective injury prevention programs; 6) Producing Guidelines about improving the recovery strategies and reducing injury.

A randomized quasi-experimental pre-post design will be used to analyse the effects of preventive training programs on physical and functional performances. The prevention programme has been designed including strength and neuromuscular control exercises; to be performed as complementary to usual training. The iPrevent group results will then be compared with those of a control group; assessed through a functional movement screen battery test, jumping tests and Nordic hamstring test.

The project is currently under development, but the exercise programme has already been designed: a 15 weeks multi-level training that will be available publicly in the shape of a Handbook. Next developments include the publishing of the iPrevent App for trainers, and the pilot testing of the programme by partner federations.

In conclusion, iPrevent is developing and testing an evidence-based programme and set of digital tools to help reduce injury incidence in grassroots football to promote Health Enhancing Physical Activity (HEPA).

Keywords: Injury Prevention, Stress-Recovery Balance, Digital Innovation, Nordic Hamstring, Intervention Programme.



Identification of Psychological Characteristics in Talent Detection and Selection in Football.

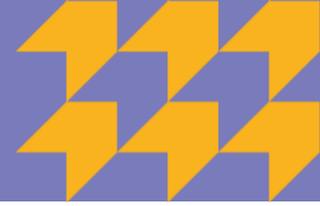
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Abstract: (1) Introduction, In today's football landscape, the number of player transfers has witnessed a significant increase, along with a surge in salary inflation and transfer fees. In this context, the ability to identify and develop talented players at an early age has become crucial for the success and financial survival of clubs. Consequently, football clubs and national federations are investing substantial resources and efforts in the selection, detection, and development of young talented athletes, aiming to provide them with high-quality training and optimal conditions. (2) Objectives, The purpose of this study is to explore the perception of expert observers regarding the most relevant psychological variables for talent detection in football. (3) Methodology, Ten observers with over 10 years of experience (Mean = 13.67; SD = 4.03), ranging in age from 33 to 78 (Mean = 46; SD = 4.03), participated in this study. After the complete transcription of the interviews, the data were analyzed using the procedures defined by thematic analysis (Braun & Clarke, 2006), employing version Release 1.6.1 of the NVivo software. (4) Results, Preliminary findings suggest that the interviewees recognize the importance of psychological characteristics in talent detection and selection in football from a holistic perspective. They consider resilience, confidence, concentration, commitment, discipline, motivation, mental toughness, and the ability to cope with adversity as crucial factors. (5) Conclusions, The results indicate that, in practice, all psychological factors associated with career success must be taken into consideration, as athletes with greater achievements tend to exhibit higher levels of these factors.

Keywords: Football, Talent, Scouting, Detection, Psychological Variables.



IOC Young Leaders: Compete Proud project, a Diversity, Equity and Inclusion sport platform.

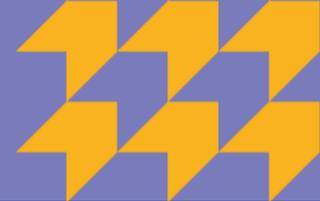
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Abstract: Presenting the International Olympic Committee Young Leaders programme (IYL p.) and the project Compete Proud (CP). The IYL p. was launched in 2016 and it empowers talents to leverage the power of sport to make a positive difference in their communities. There are currently 50 IYLS from 5 continents, balanced in countries and gender, that have received seed-funding support and a network of mentors during a period of 4 years. The IYL p. inspires young people and so far it has delivered over 140 initiatives reaching over 30,000 individual participants, promoting the Olympic values and principles of Olympism 365 days a year, spreading the message of sport for good. Javier's background in figure skating, led him all the way to compete at the Olympics and continued involved in the Olympic Movement when he got selected as an IYL in January 2021. With the support of the IYL programme, Javier founded CP, a project focused on the LGBTIQ+ community and other minority groups. The IYL p. and CP Proud follow the objectives set by Olympism 365, as the engine behind of the recommendation n°10 of Olympic Agenda 2020+5 that aims to strengthen the role of sport as an important enabler for the Sustainable Development Goals (SDGs) of the United Nations (UN), empowering young people to leverage sport in making positive impact in their communities and connecting people with the Olympic values everywhere, every day. CP aims to raise the level of discussion on Diversity, Equality and Inclusion (DEI) in sport, ensuring that everyone feels welcome and equal in the world of sport, regardless of origin, race, sex, sexual orientation or gender identification, or whatsoever. The IYL p. gives the tools, the resources and opportunities to truly reach their potential as social entrepreneurs and it follows key features: Alignment with Olympism365 and UN SDGs, Operation at the grassroots level with youth, Strong focus on sustainable business models, Four-year with 4 phases of developing a solution, Learning approach with monthly learning and engagements, emphasis on leadership development, Inside look into the IOC, the Olympic Movement and IOC TOP Partner experts. So far 90 IOC Young Leaders from 66 countries, with the support of 10k seed funding, have led over 140 sport-based social projects and impacted over 30k lives. It includes external collaborations such as the one with the Spanish NOC: Green Flame E+ project. Through the IYL p. and the CP, there's been an increase of engagement and impact onto marginalised communities, through campaigns activations such as IDAHOBIT - International Day Against Homophobia, Biphobia and Transphobia.

Keywords: Diversity, Equity, Inclusion, IOC Young Leaders, Olympism 365.



Lessons learned from sports for development and inclusion.

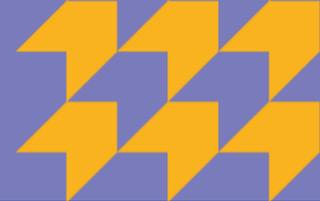
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Abstract: Introduction: Even though the European Union has built an extensive legislation framework, racism instances in sports still occur. The discriminatory events state is presented in the European Parliament's summary report(2021) that indicatively includes women members and people with disabilities as underrepresented groups in the sports community, racist violence victims not reporting their experience directly, and discrimination data based on gender identity. TACKLE project raises awareness about racism in grassroots football and contribute to addressing such incidents and their effects on players through empowering professionals working in football so that they can identify, prevent and mitigate all forms of intolerance. INCLUDE project employs a comprehensive program, involving research, direct action, and learning resources development, to support academy professionals in tackling discrimination in youth sports. Objectives: Introduction to the current challenges in combating racism in sports. Presentation of an evidence-based approach to building sports professionals, youth, and children's capacity to proactively address such incidents. Discussion on the lessons learnt to implement inclusive practices on amateur and professional levels. Methodology: The current research paper was based on an evidence-based and impact-oriented approach. It utilised multidisciplinary expertise and experience applying theories and practices from social sciences, pedagogy, and sport to address discrimination issues and policy gaps at the European level and design a plan. The research analysis encouraged the multilingual resources development for the coaches' professional advancement as well as for players' personal growth. Results: The focus groups with coaches and managers(n=100) revealed several challenges in tackling discrimination in sports. The most significant factors are the lack of understanding and education on inclusive practices, inappropriate behavior and training approaches, prejudices and insufficient measures for racist behaviors. Following a training course tailored to their needs and workshops for children/youth, lessons learned have evolved. Initially, there is a strong need for interventions at grassroots level. A systemic approach will increase commitment among individuals, and key stakeholders, allowing them to make informed decisions. Education is also a change agent and plays a crucial role in improving various aspects including societal issues. Promoting the sports values, patience and determination have also emerged, in achieving long-term change and positive transformation. Conclusions: Both EU projects focus on the horizontal priority Inclusion and Diversity taking concrete action to tackle existing barriers linked to discrimination in sports. Their work makes a meaningful contribution to the priorities set by the EU in sports. Lastly, the projects work towards promoting integrity and positive values by helping improve good governance in sports.

Keywords: Inclusion, Sports Values, Professional Development.



Lifestyle Effects On Delayed Ageing “EDASTUR”.

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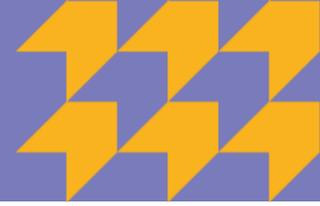
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Abstract: The survival of developed populations has increased by 10 years between 1980 and 2015 (Wang et al., 2016). This is a great achievement, however, is accompanied by pathological changes that deteriorate ageing, with a high economic cost. This is relevant in the Principality of Asturias where the population is ageing and there is a high level of chronic diseases and is reflected in the "Estrategia de especialización inteligente del Principado de Asturias 2021-2027". The adherence to healthy lifestyle can help maintain life expectancy and population's health (Partridge et al., 2018). Genomic biological age analysis techniques, known as epigenetic clocks (Horvath & Raj, 2018) are the most accurate approach, to determine the degree of senescence of tissues or individuals (Simpson & Chandra, 2021). In this context, the consortium “Lifestyle effects on delayed ageing -EdAstur-“ was born, composed by Human Analytics, Bioquochem, Ispa-Finba and the University of Oviedo. The scientific and technical mission of the consortium is to develop strategies and tools aimed at the primary prevention of disease and attenuation of ageing. The aim of the pilot project is to analyse the effect of physical exercise on epigenetic biological age and systemic oxidative status, habits, and motivations for the different lifestyles in two age groups of the Asturian population. Moreover, the development of a balance for double weighing and the development of a system for assessing movement by accelerometry. The study was approved by the ethical committee. In this pilot project we will study sedentary and active people, belonging to two age groups, young people aged 18 to 25 years and adults aged 50 to 65 years, men, and women. We will study biological age by analysing DNA methylation and systemic oxidative status and the adherence to regular physical activity and healthy lifestyles. Finally, we will monitor physical activity using the integral digital tool. Preliminary results: In this pilot study we obtained blood samples from 100 volunteers. On the technological side, we are finishing the scale for the study of diet by double weighing, and the development of an accelerometer for the study of physical and sporting activities. The study will allow us to understand differences in DNA methylation as a function of lifestyle, particularly in relation to physical activity. In addition, we will learn about the motivations for different behaviours in relation to adherence to physical activity and healthy diets. It is necessary to develop technological tools that allow the study of health-related factors. Finally, our goal is to turn ageing into an active and healthy option. Our goal is to turn ageing into an active and healthy option.

Keywords: Aging, Lifestyle, Exercise, Nutrition, Technology.



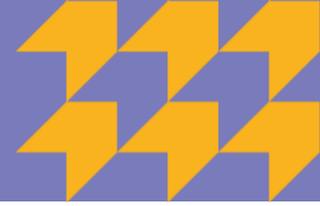
Maiêutica Healthy Campus - Our Healthier, Inclusive, and Sustainable Campus!

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Abstract: The Maiêutica Cooperative of Higher Education (Maiêutica CRL) is the founding entity of the University of Maia (UMAIA) and the Polytechnic Institute of Maia (IPMAIA), establishing a historical connection with shared values, even though with distinct missions and visions. This close affiliation is evident in the sharing of facilities, infrastructure, and services that extend beyond the architectural boundaries of the Academic Campus. Creating a conducive environment for the academic community and partners is a priority for Maiêutica. In this regard, the Healthy Campus program, promoted by the International University Sports Federation (FISU), has been regarded as a natural and logical pathway, aiming for the continuous enhancement of well-being and health within the academic community. Under the auspices of the United Nations, Member States have endorsed the Agenda 2030 and commit to achieving the 17 Sustainable Development Goals (SDGs), responding to the global call for thoughtful and fact-based appraisal of reality, transforming actions into catalysts for positive change in the world. To realize this endeavor, we devised a 2-year Strategic Plan that enabled the delineation of a series of action plans. These plans were geared toward executing initiatives and activities conducive to fulfilling each of the 100 certification criteria set by FISU. Concurrently, this strategic plan aligned with various initiatives targeting the Sustainable Development Goals (SDGs), the Global Action Plan on Physical Activity 2018-2030 outlined by the World Health Organization (WHO), and the guiding principles of the Kazan Action Plan established by UNESCO. This methodological approach not only augmented the internal human and structural resources of UMAIA and IPMAIA but also bolstered synergies beyond the institution, engaging the local community and partner organizations. Maiêutica stands out as one of the 5 Institutions worldwide that received 100% validation of the criteria. A comprehensive total of 68 events/activities were planned and executed, fostering the establishment of 308 partnerships with diverse stakeholders. Among these partnerships, 156 involve internal stakeholders, while 152 involve external stakeholders. Acknowledging the necessity for more dependable and consistent monitoring, we incorporated an analytical variable encompassing estimations of participant numbers in various activities, along with gauging the impact on social media networks. "Participation" denotes physical involvement in the diverse facilitated activities, while "impact on social networks" pertains to the extent and quantity of interactions with posts on Facebook and Instagram. Hence, we ascertain that the aggregate count of participations approximated 6000, with an impressive 482,539 interactions reflecting a substantial impact on social platforms.

Keywords: Healthy Campus, Sport, Physical Activity, Healthy Lifestyles, FISU, SDG.



Olympic Committees for Dual Career.

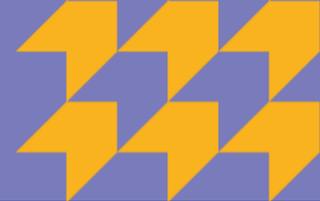
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Abstract: The general objective of Olympic Committees for Dual Career (OCDC) project is to promote dual career among the Olympic athletes. OCDC aims to promote dual career knowledge and understanding among athletes competing in Olympic sports and among National Sport Federations. The basic idea of the sports system is that elite athletes should be able to proceed with a normal life in society once their sporting careers are over (Stambulova et al., 2015). Despite sport participation is strongly encouraged, elite athletes encounter several difficulties in combining their sport and educational commitments (Capranica & Millard-Stafford, 2011; Conzelmann & Nagel, 2003). The skills development, experiences and training are crucial to make responsible and autonomous athletes in evaluating their strengths, weaknesses, and possible solutions in pursuing for employability and new business creation (Condello et al., 2019). Objectives: 1) Understanding of the Dual Career issues and needs of Junior and Senior athletes in Olympic sports in 5 countries – based on research. Analysis of good practices in addressing those needs in the 5 researched countries; 2) Pilot implementation of Single Points of Contact on Dual Career in 5 NOCs and 5 National Sport Federations; 3) Creating roadmap for NOCs and NSFs to implement Single Points of Contact on Dual Career in a form of Handbook; 4) Rising awareness of Junior and Senior Athletes on the Dual Career importance during different stages of elite sport career by participation in Massive Open Online Courses. The methodology of project has been developed following the internationally recognised project development principles of Plan-Do-Check-Act called also Deming's Cycle and is complemented by the vast amount of experience of all partners in designing, implementing and reviewing large, national and multi-national projects. The following results are expected in the presented project: 1) Understanding of the Dual Career issues and needs of Junior and Senior athletes in Olympic sports in 5 countries – based on research. Analysis of good practices in addressing those needs in the 5 researched countries; 2) Pilot implementation of Single Points of Contact on Dual Career in 5 NOCs and 5 National Sport Federations; 3) Creating roadmap for NOCs and NSFs to implement Single Points of Contact on Dual Career in a form of Handbook; 4) Rising awareness of Junior and Senior Athletes on the Dual Career importance during different stages of elite sport career by participation in MOOC. The project will provide a set of good practices and international cooperation between organizations responsible for Olympic Sports in various Member States, which will encourage further development of their cooperation as well as exchange of ideas and solutions, which would not have happened without the implementation of OCDC project.

Keywords: Dual Career, Athletes, National Olympic Committees, Senior, Junior.



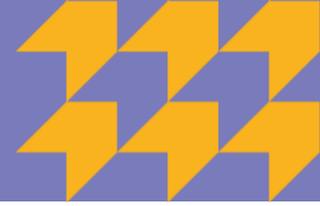
Orthopaedic Surgeons' Attitudes Toward Physical Activity For People With Total Hip And Knee Replacement: Italy Vs The Netherlands.

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Abstract: Regular physical activity (PA) is a key factor of lifestyle behavior enhancing general health and fitness, with additional benefits for people after total hip or knee replacement (THR and TKR). Orthopedic surgeons have a primary role in discussing and making people aware of the impact of an active lifestyle for the sake of general health and the lifespan of prosthesis itself. The aim of this study was to compare the differences in terms of surgeons' attitudes towards PA for people after THR/TKR between a Netherlands and Italy country and which factors can explain this difference. A cross-cultural study was conducted using a questionnaire to examine and compare the differences in Italian and Dutch orthopedic surgeons' attitudes towards PA for people with THR and TKR. The questionnaire was composed of 37 items divided into 4 sections: background, personal information, health service, and attitudes towards PA. An exploratory factor analysis (EFA) was employed to determine the underlying factor structure of the questionnaire. A cohort of 159 surgeons (103 Italians and 56 Dutch) was analyzed. The EFA identified 3 sub-factors labelled as follows: (1) the relevance of PA, (2) positive attitude towards PA, and (3) negative attitude towards PA. The comparison between the sub-factors 1 and 2 did not show significant differences between countries. On the contrary, the sub-factor 3 showed that Italian surgeons had more concern about the impact of PA on the prosthesis health ($p < 0.001$). The overall results showed that Dutch surgeons have a more positive attitude towards PA ($p < 0.001$). The regression analysis showed that "Country" and "Sports or PA participation (of the surgeon)" were the variables most strongly associated with the surgeons' attitude towards PA, with correction for surgeon and clinic characteristics that differed between countries. Dutch orthopedic surgeons have a more positive attitude towards PA, likely because they are more liberal in allowing PA (sub-factor 3). Cultural, socio-economic, or contextual differences influence the disparities between Dutch and Italian orthopedic surgeons. The orthopedic surgeon is one of the main figures with the potential to promote a behavioral change in people after THR and TKR. For this reason, the educational pathway of orthopedic surgeon should involve the more recent knowledge about the benefits of PA and sport.

Keywords: Attitudes, Physical Activity, Orthopedic Surgeons.



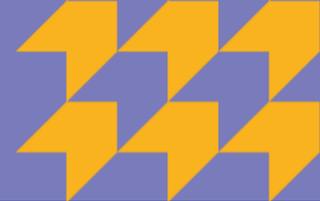
Psychosocial training programme for lifeguards: a pilot study.

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Abstract: Drowning, the third leading cause of unintentional injury death worldwide, requires the emergence of lifeguards as key figures dedicated to prevention. With their focus on proactive measures, maintaining hyper-vigilance, emotional regulation and effective communication, lifeguards play a vital role in safety. However, there's a significant gap in lifeguard training, particularly in psychological and behavioural aspects. This study aims to evaluate the impact of a short 10-hour training programme, encompassing dimensions associated with focus of attention, emotional and social intelligence to improve lifeguard psychosocial skills and enhance aquatic safety, potentially reshaping lifeguard training approaches. This study aimed to assess the effectiveness of a 10-hour psychosocial skills training programme for lifeguards, focusing on attention, emotional intelligence, and social intelligence. This study involved 64 lifeguards and used a two-group design, with one group receiving a training programme covering emotional management, focus of attention, interpersonal relationships and lifeguard behaviour, and the other group acting as a control. Assessments were conducted before, immediately after, and three months following the intervention using the d2 Test of Attention, Social Intelligence Test, and MSCEIT Emotional Intelligence Test, with data analysed using repeated measures MANOVA. The results revealed that the experimental group showed statistically significant improvements in focus of attention and emotional intelligence compared to the control group. Personal relationships revealed no significant differences between the two groups. These improvements persisted at a 3-month follow-up, although there were no notable changes in social intelligence. This highlights the programme's effectiveness in enhancing specific psychosocial skills, offering insights for high-stress professions. These results seem to highlight the importance of including psychosocial contents in the general training of lifeguards. A pioneering pilot study addressed the need for enhanced psychosocial training for lifeguards, assessing the impact of a specialized programme. Results showed significant improvements in selective attention and emotional intelligence for lifeguards who participated, vital for their role in focusing and handling stress. However, social intelligence remained unaffected, potentially due to sociocultural and demographic factors. Importantly, the study demonstrated that the positive effects, especially in emotional intelligence, endured over a three-month follow-up, indicating potential benefits for both prevention and interpersonal skills, fostering safer beach environments and better lifeguard-bather interactions.

Keywords: Psychological Skills, Focus Of Attention, Emotional Intelligence, Lifeguards, Training Programme.



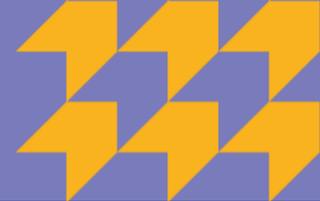
Report on diagnosis and benchmarking of Values of Sport/Judo programmes and initiatives.

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Abstract: Judo is a martial art that was first created by Sensei Jigoro Kano which originally was named Nihonden Kōdōkan Jūdō. Judo is an art form that has a variety of benefits for both individuals and communities. It develops the physical body and teaches the art of attack and defence but it also teaches moral values. Hundreds of thousands of people practice judo on a regular basis in Judo Clubs and in Education programs of curricular or extracurricular activities. The European Judo Union has published on its website 2,300,000 active license Judokas in 51 National Members. Judo is a sport that focuses on respecting the other person and promoting positive character traits. Beyond the teaching of physical techniques, judo initiates practitioners into the moral values of Judo. Nowadays the International Judo Federation identifies 8 values that constitutes the Judo Moral Code: 1) Politeness, respect for others; 2) Courage, to do what is right; 3) Sincerity, to express oneself without hiding one's thoughts; 4) Honour, being true to your word; 5) Modesty, speaking of yourself without pride; 6) Respect, as without respect trust cannot be given; 7) Self-control, knowing how to remain silent when angry; 8) Friendship, the purest and strongest of human emotions. Objective of this report is to analyse sport values in general and judo values in particular, identifying and benchmarking other programmes and initiatives and reporting its characteristics and influence. Research methodology gathers collection and processing of relevant literature on the subject of judo and sports values and showing their effects on the target group such as Judo practitioners, Children, Coaches, School Teachers, Club and Public (Education and Sport) Managers. Researchers from four organizations in three different countries were responsible for collecting scientific educational papers, journals and programmes made between 2000 and 2021 using scientific databases. Collected data consists of 12 programs and initiatives, 7 journals, 47 papers, 11 manuals, and 5 e-learning tools. Judo has a great influence on the development of moral values, respect for oneself and others, and the promotion of these values in the community, even though it is an individual sport. Sport builds and encourages essential values, judo teaches us basic human values and respect for opponents and everything that surrounds us. By promoting these values, we influence our close community. There is need for living healthy, civic and moral values, and judo can be a great tool for incorporate it. When we talk about judo, their principles are well known, the question is how to spread it to wider audience and implement them with basic civil and healthy values, like UNESCO and World Health Organization are representing. Although the acquisition of moral values in sport practice is important, we should try to apply these values to different life context, what is actually and the main goal of the EWJV project.

Keywords: EWJV, JudoResearch, JudoValues, EuropeanJudo.



Stories of Fire Souls: Community sports actors and their stories of establishing and promoting resilience of small sports clubs.

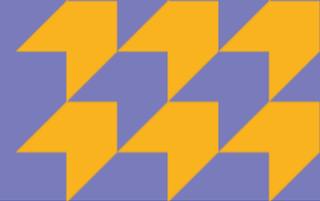
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Abstract: The rural grassroots sport clubs are often dependent on individual sport activators, “fire souls” whose voluntary work supports the actions alone. Stories of these passionate sport promoters were collected in Villages on the Move GO -project 613004-EPP-1-2019-1-FI-SPO-SCP, call EAC-A03-2018, coordinated by Kaakkois-Suomen ammattikorkeakoulu Oy. VOMGO -project promoted the resilience and social sustainability of sport clubs in rural areas in seven countries in Europe. The objective was to elaborate the activities and activators driven by the will of supporting sports clubs in their communities. VOMGO’s objectives, approach and actions were aligned with facilitating inclusion, dialogue, and tolerance aiming to overcome different barriers (social, economic, geographical, disabilities, etc.) that prevent people to cultivate and sustain participation in sports. Methodologically VOMGO was based on the concept of fire souls, who are community citizens with a burning desire to develop the community. (Robinson & Green 2011.) A qualitative study was conducted with a thematic analysis approach helping the authors to identify important indicators on fire souls’ journeys towards the establishment of their sports clubs (see Cambell 2014). The data of this qualitative study is based on interviews of 43 experts representing different sports and physical activities in Finland, Portugal, Lithuania, Cyprus, Hungary, Slovenia and Belgium. The stories are distinguished and analyzed into five themes: 1) Fire souls’ insights into the beginning of their stories; 2) Powerful and meaningful moments for fire souls in running their sports club; 3) Difficult situations when running local sport clubs; 4) Important actors to solving problems and 5) Activities beneficial for society. The study highlighted 29 categories in a fire soul’s journey to establishing and promoting the resilience of a local sport club. The stories emphasized the positive role of sport to support the safety, wellbeing, and welfare of local communities. VOMGO was underpinned by the vision of using the experience of its implementation to create resources and tools whose value would go beyond the group of fire souls that participated in the project, to support the work of thousands of grassroots sports clubs in European rural areas that have similar missions to fulfil. The approach towards inclusion in sports was both its trans-disciplinarity in the selection of fire souls and its variety in the inclusion indicators it promoted. By exploring the stories of the fire souls, VOMGO has supported the resilience of the sport clubs by offering peer support and new tools for sustainability with narrative power.

Keywords: Sport Clubs, Fire Souls, Story, Resilience, Social Responsibility.



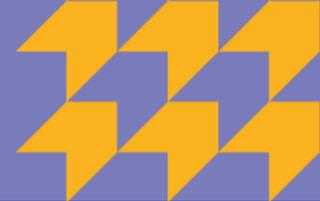
Sustainability and Environmental Education in Outdoor Sports.

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Abstract: The SEE Project is a comprehensive initiative with the primary objective of enhancing the protection of natural landscapes through education in and through sports. It focuses on promoting responsible outdoor behaviour among outdoor sports leaders, trainers, guides, and instructors to address and reduce the potential high impact outdoor sports can have on the natural environment. The project aligns with the objectives of the new Green Deal for Europe and emphasizes sustainable development principles. Outdoor sports offer positive outcomes, combining physical activity and immersion in nature, which significantly contribute to economic and social cohesion and foster more integrated societies. However, it is crucial to acknowledge and mitigate the negative environmental impact caused by these activities. The SEE Project aim is to promote greater environmental understanding and potentially behaviour change. The objectives are: i) To enhance understanding of impacts and opportunities created by outdoor sports in natural and protected areas; ii) To provide training and support to instructors, guides, and leaders, empowering them to communicate good environmental practices and ethics to their participants; iii) To foster greater environmental responsibility within the outdoor sports community. The project was structured into 4 work packages: WP 1 - conducting in-depth research to assess the then-current impacts and state of sustainability and environmental education within outdoor sports federations in Europe. WP 2 focused on developing a comprehensive toolkit targeted at professionals involved in training outdoor sports leaders, coaches, and guides. This toolkit was designed to share best practices and employ dynamic and interactive educational methods to promote environmental awareness and responsibility, incorporating insights from an exchange program. WP 3 tested the efficacy of the toolkit through real-life projects, allowing for practical experiences to inform revisions and updates. WP 4 is dedicated to disseminating the project's outputs and lessons learned widely across the outdoor sports sector in Europe, encouraging broader adoption of environmentally conscious practices. The project has created significant resources from the research that are available on the project website: <https://see-project.eu/reports>, including bespoke reports for 26 outdoor sports. The toolkit is in final stages of development and will be available in November following a launch event in November 2023. The project has highlighted a genuine need for resources and support mechanisms to help the outdoor sports sector better educate guides, instructors and leaders in sustainable and responsible behaviours in natural and protected areas. The project will facilitate better education mechanisms for outdoor sports federations and training organisations through training and freely available resources.

Keywords: Environment, Sustainability, Outdoors, Education, Engagement



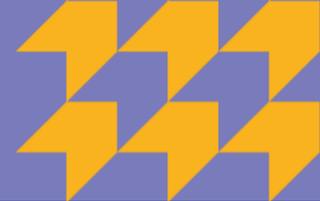
Sustainable Sports Clubs: Influence of educational level on green practices and sport services users perception.

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Abstract: The interest in physical activity has grown in recent years, being reflected in the increase in status and demand for physical well-being services. The increase in demand corresponds to the increase in the offer in which sports clubs, when competing with other sports entities, progressively resemble business models orienting their services to the needs of their users. In order to obtain more competitive positions in their search for survival, sports clubs implement Social Responsibility Practices that, taking into account the expansion of users' environmental awareness (Trail & McCullough, 2020), take the form of sustainable initiatives, specifically green practices. However, this strategy does not have the same results for all users, and the training plays a very important role in sustainable leisure services. The level of education is one of the most influential variables for sustainable behaviours, environmental awareness and environmentally friendly shopping (Zhang & Dong, 2022) so, based on sustainable and green leisure literature like sustainable restaurants and sustainable hotels (Wang et al., 2020) we establish the respective objectives. i) Find the relationship between the users educational level and the perception of green practices implemented by sports clubs. ii) Identify how the users educational level can moderate the relationship between the perceptions of users of sustainable sports clubs. Methodology: The study population sample consisted of 1,732 users from 27 Andalusian sports clubs, where the average age was 22.63 ± 8.28 , including users between 18 and 74 years. 70% of the respondents were men. The instrument used was a questionnaire made up of four scales: EPOD 2, GPSport and the Spanish validations of the scale of intentions for physical activity in free time and future behavioral intentions. The data showed that quality was the best predictor of physical activity intentions and satisfaction for all user groups, however only users with secondary education perceived green practices as significant in increasing their intention to practice activity. physical. Green practices improved the perception of quality and satisfaction for all user groups. Green practices can be a useful tool to improve the perceived quality of the service as well as satisfaction regardless of the user's education, in addition to having the ability to influence the intentions of performing physical activity for users with secondary studies.

Keywords: Physical activity, Sustainability, Green Practices, User Perceptions, Sport.



Tolerance towards doping in Physical Education students.

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Doping has always been associated with high-level sport. However, its treatment in the education context has not received the necessary attention (Atienza et al., 2014). In Spain, the Physical Education (PE) subject includes a specific content block called "Social Health: Supplementation and Doping in Sports; Risks and Ethical Considerations". However, upon reaching 1st year of baccalaureate, this content block on doping is not revisited, despite it being the last year in which PE is taught. This could create a gap in their understanding and continuous awareness of the risks and ethical implications of doping in sports (Mudrak et al., 2018). The objective was to assess high school students' perception of the education they received regarding doping in PE, as well as to analyze the relationship between their attitudes towards the use of doping substances. All this was done in relation to the level of physical activity (PA) performed per week and their gender. All the 38 participants (Mage= 16.84 ; SD= .43) were high school students. The total sample (53% girls) was divided into 4 groups based on their reported weekly PA levels: sedentary, occasional, regular, active.

The descriptive exploratory design used a validated questionnaire to assess attitudes towards doping: the Performance Enhancement Attitude Scale (PEAS) (Morente-Sánchez et al., 2014). In addition, the research also incorporated an "ad hoc" quantitative questionnaire to delve into the education related to doping at the school. This questionnaire consisted of a 5-question Likert-type scale, using a 5-point rating system: 1) The education received in PE adequately addressed the topic of doping in sports; 2) The education received in PE has provided me with sufficient knowledge about sports supplementation and potential causes of unintentional doping; 3) In PE, I have acquired the necessary information about the harmful health effects associated with the use of doping substances; 4) I think it is interesting to receive education in PE about sports ethics in relation to the fight against doping; 5) The education received in PE has allowed me to understand the risks of doping and make responsible decisions in my sports practice. In accordance with the PEAS score criteria, 97.4% exhibited a low tolerance to doping. No statistically significant differences were observed in the PEAS score, regardless of gender or level of PA performed. A significant correlation was found between the question "I think it is interesting..." and the PEAS score ($p \leq 0.05$). Students who exhibited a higher interest demonstrated lower tolerance towards doping. Doping seems to be a social phenomenon that generates rejection, irrespective of gender or PA level. However, the fact that students with greater interest in receiving education at school exhibit lower tolerance towards doping calls for the continuation of focused training on responsible attitudes in sports and its ethical values.

Keywords: Doping, Physical Education, Sports Ethics.

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