



ERASMUS+: SPORT 2018



Promoting the shift sedentary Lifestyle towards active Ageing – LifeAge

Dr. David Jiménez-Pavón
Investigador Ramón y Cajal



Ref: RYC-2014-16938

Grupo de Investigación MOVE-IT,
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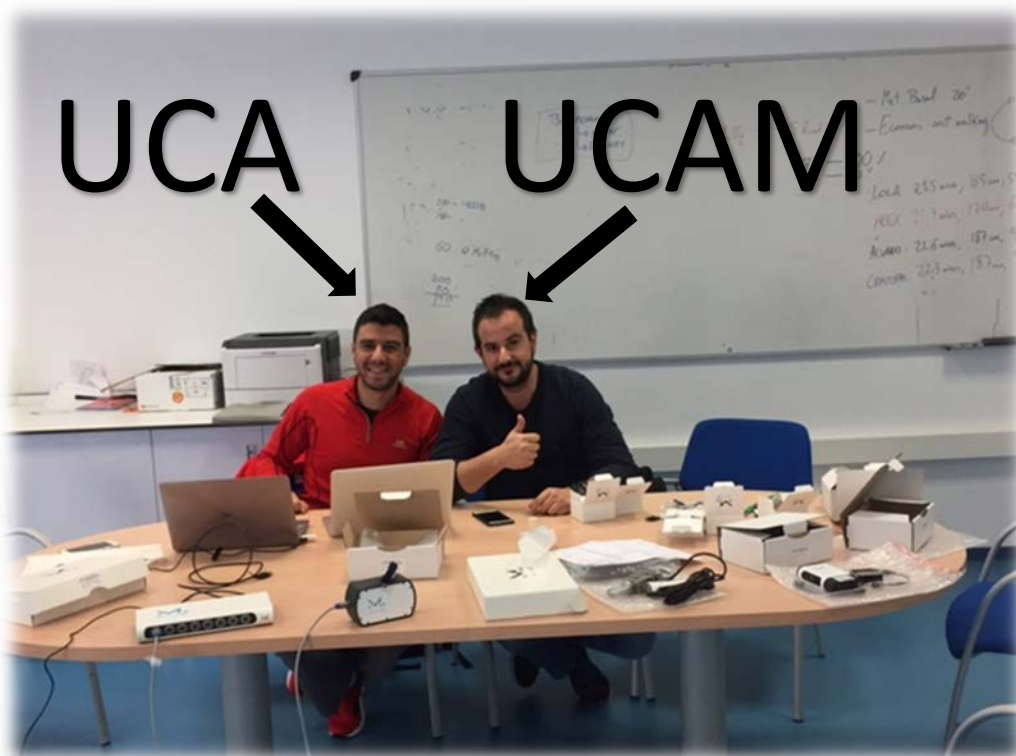
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GENESIS of the LifeAge Project



Docencia en MASTER UCAM



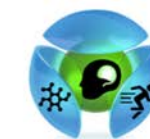
ACTIVIDAD FÍSICA Y EJERCICIO FÍSICO EN MAYORES PARA FRENAR LAS CONSECUENCIAS DEL ENVEJECIMIENTO



Dr. David Jiménez-Pavón
Investigador Ramón y Cajal



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EFICCOM
PROYECTO NACIONAL RETOS I+D+i 2017-2019
DEP2016-76123-R

Grupo de Investigación MOVE-IT, Universidad de Cádiz.
david.jimenez@uca.es

Máster Universitario en Investigación en Educación Física y Salud
UCAM, Murcia, 17 de febrero de 2018



Viernes 26 de Octubre de 2018. Jornadas de presentación de proyectos Erasmus + Sport





European
Commission

ERASMUS+: SPORT 2018



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Efecto del ejercicio Físico supervisado a nivel Cerebral, COgnitivo y Metabólico en personas mayores con deterioro cognitivo ligero. Estudio EFICCOM



CONVOCATORIA: PROYECTO NACIONAL RETOS I+D+I 2017-2019 (DEP2016-76123-R)
Cuantía: 120.000€

INfluencia de una inTervención con EjeRcicio Físico sobre Marcadores Asociados al Envejecimiento, Perfil Proteómico y Fragilidad. Estudio INTERMAE

CONVOCATORIA: SUBVENCIONES PARA LA FINANCIACION DE LA I+D+i BIOMÉDICA Y EN CIENCIAS DE LA SALUD EN LA PROVINCIA DE CÁDIZ 2018-2020 (PI-0002-2017)
Cuantía: 492.107,54€

INVESTIGADORES PRINCIPALES:

Dr. David Jiménez-Pavón

Dra. Ana Carbonell-Baeza

Grupo de Investigación MOVE-IT, UCA.



Viernes 26 de Octubre de 2018. Jornadas de presentación de proyectos Erasmus + Sport





1º.- MEETING UCAM-OPRI



UCAM
OPRI International Project Office



OVERALL AIM OF THE CALL

TYOLOGIES OF ERASMUS + SPORT
(COLLABORATIVE PARTNERSHIPS-4 GROUP PRIORITIES)

SPECIFIC AIMS AND CHARACTERISTICS OF
ERASMUS + SPORT





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2º.- BRAINSTORMING



LET'S WORK TOGETHER
TEAMWORK



3º.- PROOF OF CONCEPT

What is our expertise?

What is our Know-how?

What is our network and what is expected in the call?

What can the members of the network contribute?

How can we put all this together?



4º.- AGREEMENT OF PROPOSAL

DISTRIBUTION OF ROLES:

OPRI- David C. Heiser

- Administrative issues
- Official documents
- Responsible for unifying in the same document
- Review of which information is appropriate
- Coordinate communication within the network

UCAM

- Coordinate the overall proposal
- Initial proposal of partners for the network
- Responsible for unifying in the same document
- Writing responsible of PART E; Project characteristics and relevance.

UCA

- Coordinate the scientific proposal
- Discussion with UCAM about the appropriate proposal of partners for the network
- Writing responsible of scientific design – methodology





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automated-notifications@nomail.ec.europa.eu 

YOUR AVAILABILITY E+ Sport

Para: David Jimenez Pavon, Andre.KHAJAKIAN@ec.europa.eu

27 de febrero de 2018, 15:45



Dear Expert

The Education, Audiovisual and Culture Executive Agency is responsible for the implementation of Erasmus+ programme, by delegation from the European Commission.

As you are included in the database of experts of the Executive Agency for Education, Audiovisual and Culture, we are considering the possibility of inviting you to evaluate the proposals submitted within the framework of the Erasmus+ Sport programme.

The remote evaluation exercise is planned from 27/04/2018 to 07/06/2018, please note that an **online briefing will be organised on 26/04/2018**, your presence will not be requested in Brussels but your participation to the online briefing is mandatory.

Should you be interested and available for the mentioned assessment exercise and the online briefing **please confirm your availability by email, at the latest by 10/03/2018, 12h00 to: EACEA-A6-EXPERTS@ec.europa.eu**

In case you or your organisation(s) are involved in one or several applications submitted or in preparation for submission for E+ Sport programme, please let us know the action and the political priorities concerned. This will allow us to switch your assessment responsibilities if a conflict of interests situation is declared.

Without a reaction from you by that date we will consider that you are not interested.

Please note that the final expert selection will be on base of number of applications (projects) received, your cv and languages needs.

An notification email will be send to you inviting you submit your legal entity and bank account for validation, please do it ASAP.

Yours sincerely,

André Khajakian

European Commission - EACEA

Expert Coordinator / Financial officer

Tel: 02 295 93 25

Fax: 02 292 13 30

E-mail : Andre.Khajakian@ec.europa.eu



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5°.- NETWORK / CONSORTIUM

6 centres - 5 countries

1.- COORDINATOR:
Fundación Universitaria San Antonio
(UCAM, SPAIN)



2.- PARTNER 1:
University of Cádiz
(UCA, SPAIN)



3.- PARTNER 2:
Università degli Studi di Roma "Foro Itálico"
(ROME, ITALY)



4.- PARTNER 3:
Lapland University of Applied Sciences
(FINLAND)



5.- PARTNER 4:
University of Limerick
Sciences (IRELAND)



6.- PARTNER 5:
University of Latvia
(Riga, LATVIA)



LATVIJAS UNIVERSITĀTE
ANNO 1919



Viernes 26 de Octubre de 2018. Jornadas de presentación de proyectos Erasmus + Sport





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Education, Audiovisual and Culture Executive Agency

Erasmus+: Sport, Youth and EU Aid Volunteers

Brussels, 24/09/2018
EACEA/A6/UHB/as

MR. JOSE LUIS MENDOZA
FUNDACION UNIVERSITARIA SAN ANTONIO
AVDA JERONIMOS CAMPUS UNIVERSI S/N
UNIVERSIDAD CATOLICA S
ES-30107 MURCIA

Subject: Erasmus+ Sport Programme
Call for proposals EAC/A05/2017 (Deadline of 05/04/2018)
Your application: 603121-EPP-1-2018-1-ES-SPO-SCP - Promoting the shift
sedentary Lifestyle towards active Ageing

196/509 = 38.5 % overall success rate

Dear Mr. JOSE LUIS MENDOZA,

You have submitted an application to the Erasmus+ Sport programme, 2018 call for proposals for the action specified above. The call for proposals closed on 05/04/2018. The Education, Audiovisual and Culture Executive Agency (EACEA) received 509 eligible applications for this call.

I am writing to inform you about the selection decision taken by the Head of Department of the Agency, acting in her capacity as authorising officer, based on the recommendations of an Evaluation Committee.

I am pleased to inform you that your application has been selected for EU co-funding. It received 78/100 points which is on or above the minimum threshold for funding of 76/100 points given the available budget.

For your information, out of the 509 eligible applications submitted 196 have been selected for funding.

The list of all selected projects will be published on the website of the Executive Agency when all applicants have been notified about the selection results.
https://eacea.ec.europa.eu/erasmus-plus/selection-results/erasmus-sport-2018_en

Attached to this letter you will find an evaluation report based on the opinion of an Evaluation Committee.

The maximum amount of funding to be awarded to your project is EUR 389830.

Please note that your budget has been revised following assessment and financial analysis of your budget by the Evaluation Committee. You will find attached to this letter an explanation of the changes; you are requested to confirm in writing (by signing the document) that you are

E+ Sport 2018 - List of successful applicants - Collaborative partnerships, Group of priorities 1

Nº	Project Number	Country	Organisation	Title	Code	Topic	Grant Requested
1	603021	DE	TECHNISCHE UNIVERSITAET MUENCHEN	Outdoor against cancer: move yourself, go out and live	Collaborative partnerships	Encourage participation in sport and physical activity especially by supporting the European Week of Sport	400.000,00
2	603249	DE	TECHNISCHE UNIVERSITAET MUENCHEN	Promoting active travel to school in Europe	Collaborative partnerships	Encourage participation in sport and physical activity especially by supporting Council Recommendation on HEPA and EU Physical Activity Guidelines	400.000,00
3	603279	EL	CENTER OF DEVELOPMENT IN THE MEDITERRANEAN (CDM)	Exercise as a mean to prevent and recover the chronic diseases	Collaborative partnerships	Encourage participation in sport and physical activity especially by supporting Council Recommendation on HEPA and EU Physical Activity Guidelines	298.000,00
4	602887	EL	ARISTOTELIO PANEPISTIMIO THESSALONIKIS	Promoting health enhancing physical activity and social welfare through outdoor running events	Collaborative partnerships	Encourage participation in sport and physical activity especially by supporting Council Recommendation on HEPA and EU Physical Activity Guidelines	349.100,00
5	603121	ES	FUNDACION UNIVERSITARIA SAN ANTONIO	Promoting the shift sedentary Lifestyle towards active Ageing	Collaborative partnerships	Encourage participation in sport and physical activity especially by supporting Council Recommendation on HEPA and EU Physical Activity Guidelines	392.705,00

1/16 = 6% success rate, only 1 coordinated by Spain



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EACEA

Education, Audiovisual and Culture Executive Agency

[European Commission](#) > [EACEA](#) > [Erasmus+](#) > [Selection results](#) > ERASMUS+: SPORT 2018



ERASMUS+

CREATIVE EUROPE

EUROPE FOR CITIZENS

EU AID VOLUNTEERS

INTRA-AFRICA

EURYDIP

Erasmus+

Actions

Funding

Beneficiaries Space

Selection Results

Library

News

Events

Contact

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RELATED CALL FOR PROPOSALS	DEADLINE	CALL REFERENCE
ERASMUS+: SPORT 2018	05/04/2018 - 12:00 (CET/CEST, Brussels time)	EAC/A05/2017



Action(s) covered:

- Sport
- Erasmus+ - Sport - Not-For-Profit European Sport Events



Total 199 selected



Selection results

Large scale Not-for-profit European Sport Events   3 = 0.6% Overall success rate, 1 from Spain (Mediterranean Games 2018) Funding up to 2.000,000€

Not-for-profit European sport events   8 = 1.6% Overall success rate Funding up to 500,000€



Small Collaborative partnerships   119 = 23% Overall success rate, only 4 coordinated by Spain Funding up to 60,000€


Collaborative partnerships - Group of priorities 1 (HEPA & European Week of Sport)   1/16 = 6% internal success rate (overall presented 3%; overall selected 8%), only 1 coordinated by Spain

Collaborative partnerships - Group of priorities 2 (Dual career & Volunteering)   19 = 5% internal success rate, 3 coordinated by Spain

Collaborative partnerships - Group of priorities 3 (Combat doping and match-fixing - Good governance)

  13 = 8% internal success rate, 1 coordinated by Spain

Collaborative partnerships - Group of priorities 4 (Social inclusion & Combat violence, racism and discrimination)   19 = 10% overall selected success rate

Reserve List- Collaborative partnership   2 = % success rate

Funding up to 400,000€



ERASMUS+: SPORT 2018

Education, Audiovisual and Culture Executive Agency



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“Promoting the shift sedentary **Lifestyle** towards active **Ageing** – **LifeAge**”

OVERALL OBJECTIVE: of the project is to assess the health consequences of ageing and sedentary lifestyle in European population and to promote physical activity and exercise as a key tool for a healthy and active ageing.

METHODS:

- 5 European countries / 6 centres (Finland; Italy; Ireland; Latvia and Spain).
- N= 2500 participants (N=500 each country)
- 2 different age groups; 50 to 64 years old and 65 to 80 years old.

REFERENCE: 603121-EPP-1-2018-1-ES-SPO-SCP

BUDGET: EUR **389830**

OBJECTIVES

OVERALL OBJECTIVE: To assess the health consequences of ageing and sedentary lifestyle in European population and to promote physical activity and exercise as a key tool for a healthy and active ageing.

SPECIFIC OBJECTIVE IN COHERENCE WITH ERASMUS+ SPORT:

To promote voluntary activities in sport, together with social inclusion, equal opportunities and awareness of the importance of health-enhancing physical activity, through increased participation in, and equal access to sport for all.

PROJECT DESIGN

24 MONTHS PERIOD

PHASE I:

- INTELLECTUAL OUTPUT 1:
STUDY

- INTELLECTUAL OUTPUT 2:
FOCUS GROUPS

- INTELLECTUAL OUTPUT 3:
THE AGELIFE REPORT

PHASE II:

- INTELLECTUAL OUTPUT 4:
TOOLS FOR A HEALTHY LIFESTYLE
FOR PEOPLE 55+

- INTELLECTUAL OUTPUT 5:
SEMINARS

- INTELLECTUAL OUTPUT 6:
COMIC: "HOW TO GROW OLD WITH
HEALTH"

- INTELLECTUAL OUTPUT 7:
EDUCATION PLATFORM

PHASE III:

- INTELLECTUAL OUTPUT 8:
SHORT VIDEO PRODUCTION FOR
THE MULTIPLIER EVENTS

- INTELLECTUAL OUTPUT 9:
FINAL INTERNACIONAL CONGRESS

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PROJECT DESIGN: PHASE I

24 MONTHS PERIOD

Lifestyle Behaviors:

Physical Activity and
Sedentary levels

Sleep time and Quality

Nutritional Status

Sociodemographic
Characteristic

Cognitive Status:

Mini Mental State
Examination (MMSE)

Perception of Health

Motivation test

Sociodemographic
Characteristic

METHODS:

- 5 European countries / 6 centres (Finland; Italy; Ireland; Latvia and Spain).
- N= 2500 participants (N=500 each country)
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METHODS:

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- 2 different age groups; 50 to 64 years old and 65 to 80 years old.

Functionality:

Functional Autonomy Test
/Functional Fitness test
Battery

Functional Health

Static and Dinamic Balance

Maximum Isometric Strength

Laboratory test for cross-
validation of CRF

Fragility Syndrome (Fried)

Body Composition and
Hydration Status

Sociodemographic
Characteristics

THANK YOU FOR YOUR ATTENTION

