Co-funded by the Erasmus+ Programme of the European Union

SUGAPAS

Supporting Gamified Physical Activities in & out of Schools

Talk about us

Use #sugapas to talk about us on social media.

01 WHAT DO WE DO?

SUGAPAS project aims to change students' behavior towards physical activity being aware about their body and nutrition. The focus of the project is to "promote awareness of the importance of health-enhancing physical activity through increased participation in, and equal access to, sport for all" in order to contribute on the changes of lifestyle and physical activity habits.

02 HOW WILL WE DO IT?

✔ Implement a series of effective strategies/policies and respective learning activities for supporting students' awareness and knowledge about (a) Physical Activity and participation in sports; (b) Healthy nutrition habits;(c) Healthy lifestyle.

✔ Design and develop digital content, for supporting the deployment of learning activities, through a gamified e-learning platform. This content will be integrated and accessed as a European Massive Open Online Course (MOOC) embracing a de-centralized model of diversity, open access, equity and quality.

✔ Design and develop two (2) mobile serious games

✔ Organize an online European "Health and Wellness Observatory (HWO)", which will be responsible for recording multidimensional and reliable indexes that monitor across Europe

http://sugapas.csd.auth.gr/

https://www.facebook.com/sugapas.plus.7

https://www.instagram.com/sugapas_plus/

https://twitter.com/sugapas_plus

SUGAPAS

Co-funded by the Erasmus+ Programme of the European Union

SUGAPAS

Supporting Gamified Physical Activities in & out of Schools

The Problem

European recommendations state that children and adolescents aged 5–18 years should accumulate at least 60 minutes of moderate to vigorous physical activity daily most days of the week (activity that noticeably increases the heart rate and breathing rate) .

However, the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study of 12.5–17.5-year-olds reported that under one-third of European girls and under two-thirds of boys achieve this (Ruiz JR, et al. 2011). It is estimated that one third of (34%) the adult population is obese, and the number raises to 68% if obese and overweight are combined (Flegal et al., 2010).

This is the result of reduced physical activity due to the modern way of living (remote controls, elevators, automated cleaners, etc.) and starts early in life as approximately one in five adolescents and teenagers are overweight (Ogden et al., 2010).

Proposed Solution

SUGAPAS, will support the "Europe 2020 strategy" that stresses the need for transforming educational content for instruction and training in a way that engages, motivates and immerses people to develop personal experiences of constructing their learning experiences.

SUGAPAS's approach contributes to this by highlighting the following innovative aspects:

- ✔ The introduction and application of training content in Schools (and outside of them) for developing of students' awareness about Physical Activity (PA) in a gamified manner. Thus, **SUGAPAS** will propose teaching as well as physical training via mobile serious games, and underlying mechanics and dynamics (i.e. goals, challenges, levels, progress bars, scoring mechanisms, dialogues, avatars for coaching / mentoring about how to be more active in everyday life, to fulfil the international guidelines of PA for health, train in a specific sport). **SUGAPAS** designs, develops and implements two (2) serious game for (i) PA; (ii) nutrition habits & healthy lifestyle. All games will encompass rules, goals and free-play for young people to be trained on how to conceptualize abstract theoretical aspects of physical activity added value, good nutrition habits, healthy lifestyle and sports.
- ✔ The exploitation of school oriented, safe and online communities focused on better health and adopting physical activity. **SUGAPAS** will build its community of practice as a European School Physical Activity Community for students and teachers, in order to achieve as much higher impact as possible.

About us

SUGAPAS project has partners in 8 European countries that cover key EU regions in a balanced manner.. **SUGAPAS's** partners maintain extensive networks across Europe with athletic associations (in different levels of sports and in our primary and secondary target groups, namely pupils and PE teachers respectively).

GAMES FOR HEALTH EUROPE

S·H·E Schools for Health in Europe

LITHUANIAN SPORTS UNIVERSITY

UCAM UNIVERSIDAD CATÓLICA DE MURCIA

EUPEA EUROPEAN PHYSICAL EDUCATION ASSOCIATION

European University Cyprus

"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein."