

Sport Club Beniaminek 03

TOOLS FOR WORKING WITH SENIORS THROUGH SPORT



Starogard Gdański 2022

SOCIAL INCLUSION FOR SENIORS BY SPORT



Foundation for the Development
of the Education System



Erasmus+



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KLUB SPORTOWY BENIAMINEK 03 (POLAND)

INERCIA DIGITAL (SPAIN)

BASKENT UNIVERSITY (TURKEY)

GENÇ GIRISIM EĞİTİM GENÇLİK VE SPOR KULÜBÜ DERNEĞİ (TURKEY)

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I. SUMMARY OF THE PROJECT

The project assumed cooperation in the adult sector. As part of the project, the team of sports coaches based on the objectives set out above, jointly developed a program of sport and recreational activities. The new program was tested during seniors activities. Improvements and improvements were implemented on an ongoing basis. The partner organizations discussed good practices in the field of senior work during international project meetings. In addition, partner organizations created a digital network that served the current exchange of experiences and good practices. The final result of the project is a publication presenting a program of classes developed and tested in partner organizations, which will serve as inspiration during the organization of sports activities for sports trainers.

II. INTRODUCTION

1. The main objectives of the project were:

- Creation of overall program activities and sports - recreational sports with team sports and athletics elements based on the participation of senior people, consistent with the needs and expectations of all senior people;
- Development of new approaches to improve learning pathways in amateur sport in informal education;
- Creation of a digital network of partner organizations and facilitation of contact for the ongoing exchange of experiences and good practices in the field of sport for senior people;
- Initiating the development of social skills of senior people (such as communication skills, coping with stress and emotions, ability to work in a team);
- Raising the level of involvement in senior volunteering and strengthening the role of youth leaders in amateur sport;
- Increasing the level of involvement in amateur sport, increasing physical activity among senior people;
- Equal opportunities in access to sport through individualization program of activities and sports, recreational and adapting it to the physical abilities of each participant;

- Development of more effective methods of management in sport. The target groups directly involved in the project are:
 - 4 sports coaches, scientists from sport faculty and social workers for each country (16 in total)
 - 1 employees of personnel management organization for each country (4 in total)
 - 225 senior people aged 55+ years.

2. What results are expected to be achieved during the project implementation and at the end of the project?

As a matter of fact, it was possible to divide the implementation of the project in 3 main phases.

The first phase of the project consisted in the production of the 1st output: "The analysis of the needs and expectations of senior people in the field of sport and recreational activities". We collected data concerning the reasons for the low level of physical activity and leading a sedentary lifestyle.

It used as basis for the production of the 2nd output, which show the direction of changes to be made in the participant organizations in order to create forms of physical activity that are the most attractive for elder people. In the second phase, new methods were created and tested in practice by the direct participants and they were constantly improved in the course of conducting classes in clubs.

In the third phase, the final version of the sports activities program was developed in the form of a publication output 2.

Results achieved during the project:

- The project developed an innovative method of classes, during which our participants could develop in terms of both physical and psychosocial. Developed system of classes in addition to physical development, stimulated the improvement of the features of volitional participants enabled them to improve key social skills (communication skills, the art of negotiation, teamwork).

- The result of our cooperation were develop attractive for the senior system of classes that allowed it to expand not only in terms of physical, but also improve the necessary social and professional soft skills (communication in the group, cooperation, self-confidence, willpower, responsibility, dutifulness, persistence in pursuit of the goal).
- The result of the project were strengthen cooperation and the implementation with the help of a partner organization of new, effective methods of working with senior people.
- Through cooperation based on partnership and youth workers participating in the project we increased the participation of senior people in the organization of socially useful activities (targeted to their peers)
- By adapting the curriculum to the individual predisposition of the participants we created equal access to sport for both sexes.
- We adapted also of the curriculum to the needs and expectations of senior people from the regions covered by the project (through the subordination of the developed program activities carried out before the results of the survey).
- We raised the competence of the teaching staff of organizations participating in the project.
- We created of an international network of cooperation in the field of sport for senior people between the partner organizations and organizations which are indirect recipients of project and line non-governmental organizations - educational institution (including virtual network).
- We improved management process in amateur sport through the use of good practices so far in other organizations participating in the project.

Results achieved after the completion of the project:

- Increase the interest of senior people in various forms of physical activity and active recreation by conducting open days of the project, demonstration lessons.
- Improving the attractiveness of sports activities in the regions of partner organizations and increasing attendance through the use of the program to meet the needs of elder people.
- Allowing coaches and sports teachers in the regions and countries covered by the project to learn about the various sports activities conducted by making available to them the publication issued under the project.
- Increasing the accessibility to sport to seniors by implementing organizations in the regions participating in the project developed solutions in individualized curriculum.
- Improving the competence of sports coaches and teachers who participated in conferences, open days, demonstration lessons by providing them with the publication issued under the project.

3. Seniors and Sports

One thing for sure is that sport is very useful for seniors but they are incapable of sport and movement because they have many justifiable reasons that restrict them. Nevertheless, if they have a trainer or someone who is interested in them, they can tell you that they will prepare even for an Olympiad, because they are happy that someone is with them and help to play sports. Being able to chat during sports, to tell them about something that happened with their grandchildren or about the last place they visited is a moment that keeps them alive and increases their social happiness.



When an athlete starts soccer, basketball or any other sport, he/she needs a doctor's certificate, i.e. a permission slip. In the case of Seniors, this is not possible, because they can suffer from many diseases and injuries, which is not caused by playing sports. Therefore, when we take care of them and plan sport activities, we should base our work on rhythm and movement. Pain should not be felt during the exercise and challenging exercises should not be chosen. For a Senior sitting in a chair, even sitting up occasionally can be a good start. The most important thing is to know the specific movement limitations of individuals and to organize exercises accordingly. Working with a physiotherapist will be very professional to provide special care.

So what are/should be the purposes of exercising in elder age? Above all The purposes of exercising in old age should be:

- to increase muscle strength and endurance,
- to improve cardiovascular and respiratory system functions,
- to prevent decreases in bone density,
- to improve physical characteristics such as balance and coordination,
- to meet daily energy and motivation needs, socialize and make the mood happy.

As a result of all these, people can spend their old age healthier and happier. Having mentioned the importance reason of exercise in the prime of age, let's take a look at what kind of exercises should be done in old age. Below we are presenting some types of exercises that can be done.

a) Balance exercises

Balance exercises are known to prevent frequent falls in old age. For this purpose, you can do exercises such as standing on one leg for 60 seconds in an upright position with arms at your side and heels together, walking on a straight line.



b) Stretching exercises

Increased muscle and joint flexibility provides a protective effect against falls and muscle injuries. Therefore, stretching exercises can be performed for the neck, back, shoulders, waist and leg muscles.

c) Strengthening exercises

Strength training is recommended even in very old age. This is because it improves balance and increases strength and endurance. Strengthening exercises can be done with equipment such as weights, balls and tires. However, it is of great importance that the exercise is performed under the supervision of a specialist and is appropriate for the physical condition of the person. Because if people who have not exercised throughout their lives do heavy sports in old age, it may cause serious health problems.

d) Aerobic exercises

Aerobic exercises such as i.g. walking, light jogging, swimming and cycling in old age provide positive effects on the cardiovascular-respiratory and musculoskeletal systems. Everything should be preceded by theoretical classes, and the high-paced aerobic exercises should not be performed by the elderly.



e) Warm-up/cool-down exercises

The movements performed before exercise in preparation for exercise constitute the warm-up part. Doing this prevents injuries that may occur during exercise. After exercise, it is important to ensure that the heart rate and respiration return to normal.

NOTE: During our project we have worked with Seniors mostly with exercises that include moving with a medicine ball, walking and balance movements. We gave a lot of space to balance exercises such as walking without losing balance in a certain line. Important thing while performing these works was music, which we used as an additional source of motivation. Rhythmic and coordinated memory games and walking are also very useful activities for Seniors which is we held.

III. PROJECT PARTNERS

I. Klub Sportowy Beniaminek 03

Sports Club Beniaminek 03 since 2003 operates mainly in (city) Starogard Gdański, but some of our activities we also carry out in Pomeranian Province as an association registered in the National Court Register, having the status of public benefit organization.

Since 2015, by the decision of the General Assembly, KS Beniaminek 03 in addition to activities related to the popularization of universal sport and various forms of physical activity, engaged in activities in the area of increasing educational opportunities for youth, learning entrepreneurship, promoting cultural diversity of Europe, running ecological sports and recreation center (offering, among others, horseback riding classes).

We have Erasmus+ KA150 Accreditation and Quality Label ESC51 in European Solidarity Corps. As the Beneficiary or Partner we are realizing the individual and group volunteering projects (long terms and short terms), youth exchanges, seminars, conferences. From two years we cooperate with Seniors to improve they

good feel and physicality. Also in 2022 we will start Erasmus+ project focus on short-term mobility of learners and staff in adult education.

The activity of KS Beniaminek 03 is oriented around 6 areas:

1. **supporting multifaceted development of Polish and foreign youth** by realizing, with the use of non-formal education methods, numerous educational programs related to sport, culture, social knowledge, management and business, such as:
 - a. sports and language camps,
 - b. international youth exchanges,
 - c. workshops conducted by business practitioners.

2. **support for local NGOs, schools and social enterprises in the implementation of international activities** aimed at improving methods of working with young people in the formal and informal education, including assistance in finding foreign partners, advice on how to obtain external funding for the implementation of statutory objectives of organizations working in the field of education, providing expert and organizational support on the occasion of educational events aimed at young people.

3. **organization of sport and recreational activities** in the following sections: football, kick-boxing, table tennis, horse riding, sports bridge, tennis, gymnastics, boxing; activities offered by the club are targeted at children and youth aged 4-18 years old, as well as adults from the entire Starogard district; activities of the organization are addressed mainly to children and youth with fewer opportunities; activities offered by the club are regularly attended by approx. 600 people.

4. **organization of non-commercial, international sports and sports-integration events**; since 2013 KS Beniaminek 03 annually organizes an international children's football tournament from the Deyna Cup Junior series (in which about 400 players from England, Spain, Germany, the Netherlands, Russia, Belarus, Ukraine, Lithuania, Latvia, the Czech Republic, Turkey, Georgia and Poland

participate in each edition) and Beniaminek Cup (in which about 200 players from Germany, Russia, Belarus, Lithuania, Latvia, the Czech Republic and Poland participate in each edition). Since 2018, we have been organizing the Deyna Cup Junior tournament, as part of the European Solidarity Corps program -group volunteering, as 10 foreign volunteers and 10 domestic volunteers support with their activities the organization and conduct of the tournament.

5. **conducting youth volunteering programmes in sport** aimed at local and foreign volunteers. From 2015, KS Beniaminek 03 has the European Voluntary Service Accreditation, and from 2018 also the Quality Label. Every year about 5 long-term volunteers and about 200 short-term volunteers are involved in KS Beniaminek 03 activities.
6. **running an ecological recreation and sports center "Green School"**. In our "Green School" volunteers and youngsters learn horseback riding and also (depending on the season) help mow the lawn, water the plants, pull weeds, grow plants from seed, plant trees and flowers, pick vegetables and fruits or remove fallen leaves. Taking care of the garden, flowers and animals is something that can be done practically all year round. In addition, scientific studies show that gardening is good for our brain, joints and heart – amazing !!!

The organization, using the support of local governments, European funds and donations from private business entities, undertakes activities to popularize universal sport for children and youth, promote a healthy, active lifestyle, initiate international exchange of experience and good practices in the field of methodology of work with young people and methodology of sports activities.

In addition, the club's activity is aimed at stimulating the processes of intergenerational, inter-environmental and interracial integration, popularizing attitudes of respect and tolerance towards people of different racial, ethnic and religious affiliation.

II. Inercia Digital

Inercia Digital is an Andalusian SME founded in 2010 and specialized in training and innovation in digital and entrepreneurial skills on an international level. It is certificated as Innovative young business by AENOR, accredited as an Erasmus+ center for education and vocational training, named a member of the «Digital Skills and Jobs Coalition» by the European Commission and it's implicated in the European Green Digital Coalition.

Its mission is to promote internationally digital and innovation competences and education entrepreneurial, for professional people and all the citizens in general. Its vision is being an Excellence Vocational Training Center on an international level through the continuous improvement of education and innovation.

Inercia Digital is an expert in the development of international education projects, for promoting innovation and fostering digital competences, having participated in many european educational projects, that promote digital innovation (Erasmus+ program, Lifelong Learning Program, Tempus and CYTED), that gives a wide experience in the creation of educational platforms, websites, pedagogical and educational contents.

III. Başkent University

Başkent University, a non-profit foundation university was founded in 1993 by the Founding President Prof. Dr. Mehmet Haberal in collaboration with “The Turkish Organ Transplantation and Burns Treatment Foundation” and “The Haberal Education Foundation” in response to Turkey’s need for high quality higher education institutions. Today, Başkent University has 12 Faculties, a State Conservatory, 7 Institutes, 6 Vocational Schools, a Foreign Language School, 22 Research Centres, 1085 academic staff members, and around 14,804 students.

Başkent University, contributing to Turkey’s educational and cultural advancement since its foundation, has been carrying on its services mainly focusing on teaching and research that meet international standards and requirements of competition. Nationally and internationally, Başkent University is in the forefront in terms of research and quality teaching, carried on by its highly-qualified academic staff, and also

in the dissemination of research results. Since its foundation, Bařkent University has been one of the leading universities in Turkey regarding the number of international scientific publications per instructor. Research, scientific production, and contribution to society, has always been the main priorities. Bařkent University is the first university in Turkey, which has been certified by an International Organization for Standardization – ISO documentation.

Bařkent University’s vision is to be a home that provides high level education based on scientific production in every field of advanced medical practices as an international brand, and which transforms this to a social added value on the road to its rightful place in the line of modern civilization.

The mission of the university is to educate individuals who adopt the objectivity of science, who has national awareness, who are inquisitive, questioning, productive, who respect rationality and science, who have analytical and integrative thinking, who are sensitive to human and environmental rights, who respect universal law, who are creative and innovative, who adhere to the Principles of Atatürk; to contribute to enhancing the technological, socio-economic and cultural level of Turkish people by education-study, research-development and activities of promoting science; to promote and spread betterment of human health, improvement of human and environmental rights, community service.

IV. Gen Giriřim Eđitim Genlik ve Spor Kulübü Derneđi

“Young Initiative Education, Youth and Sports Club Association” was registered in March 2015. The organization's activities are focused around six aspects relevant to youth development:

- a) sports,
- b) education,
- c) intercultural integration,
- d) develop of IT technologies and IT learning methods,
- e) social entrepreneurship,
- f) agriculture-permaculture,

As part of its sports activities, the organization runs sections for athletics, martial arts, gymnastics, basketball, volleyball, football, triathlon, and swimming. The club runs sections that include all young people interested in various forms of sport, including people with disabilities, from mental retardation, learning difficulties, from diverse social and ethnic backgrounds, in difficult financial situations. The organization's activities are aimed at raising the chances of young people by developing the necessary voluntary features and enabling them to acquire a high level of soft key skills in social and professional life. In addition, through sports activities, physical activity is promoted among young people and the habits necessary to lead a healthy lifestyle are instilled in them. YISC also helps adults who has given up active working to be fully involved in the sports activities.

As part of activities related to informal education of young people, the organization's tasks include supporting young people in developing key skills on the labor market and providing support in forming the professional path of young people's development. In addition, the organization conducts classes in the use of digital technologies as part of informal education classes. The organization's goal is to regularly improve the quality of youth work by initiating cooperation between NGOs responsible for non-formal education and educational institutions at regional, national and international level. The organization creates space for the exchange of experiences and good practices in the field of non-formal learning techniques, the result of joint work of didactic environments, employees and youth leaders associated with the organization and with its domestic and foreign partners, is to improve existing youth work programs and implement new solutions aimed at to improve the quality of youth work. The organization also conducts trainings, conferences and seminars (in stationary form and on-line) on the subject of youth work.

YISC is a Host Entrepreneurs for carrying out a cooperation project in Ankara with the Erasmus for Young Entrepreneurs Programme is financed by the European Commission. Erasmus for Young Entrepreneurs helps provide aspiring European entrepreneurs with the skills necessary to start and/or successfully run a small business in Europe. New entrepreneurs gather and exchange knowledge and business ideas with an experienced entrepreneur, with whom they stay and collaborate for a period of 1 to 6 months. In this context, it hosted many young people from different countries and sent to partners in other countries.

We have been working with the teacher members and directors at different types of school in Turkey. In this respect our core focus is the education system, the students and the teaching staff. So it is certain that they are closely in touch with different groups. We have a number of education staff participants from different universities who are experts on Computer sciences and they have enough experience on to create an open access online community to have online education.

Furthermore we have activities of life coaching on youngster. We support youngsters to increase the participation in learning and employability by developing career guidance, counselling and support services as well as professional development activities. As we have a large number of contacts around the country at times we enhance the commitment of local and regional public authorities.

Our association is trying to create a youth policy which aims to compensate young people including the ones who have economic, educational, social, physical and geographical obstacles. This policy aims to make applicable projects, apply and sustain them all around the country in order to reintegrate disadvantaged young people who are defined above to society and compensate them. Moreover, within the frame of the Erasmus + applications we have worked with the top universities Computer Sciences Department to create open access online platforms to educate and train different target groups. We also collaborate with the Faculty of Pedagogical and Technological Education - Public Institute - Tertiary Education-ASPETE to create an IOS application to educate youngsters on the subject of history.

IV. Sport and Seniors 60 +



Aging gradually reduces physical fitness and reduces the activity of seniors. Therefore, it is necessary at all costs to postpone this moment as far as possible. Physical activity must be undertaken "head-on," i.e. with respect for individual capabilities and with attention to how the body's needs change.

Studies we have access to today show that tennis extends life by almost 10 years, badminton by more than 6 years, less so soccer, cycling or jogging. Regardless of which sport a senior chooses, just being with other team members or opponents can make him feel better and healthier. It will also strengthen his stability, physical and mental strength.

Below are answers to several aspects important from the Senior's point of view.

1. Chronological Aging

according to Social Gerontologists	according to World Health Organization
Young-old (65-74 years)	Middle-aged (45-59 years)
Middle-old (75-84 years)	Elderly (60-74years)
Old-old (over 85 years)	Old (75-89 years)
	Very old (90+)

2. Physiological Aging

- Physiological aging is the changes in the anatomy and physiology of the individual depending on time.
- Physiological aging includes structural and functional changes like:
 - ✓ decreased stamina decrease in muscle strength,
 - ✓ loss of memory,
 - ✓ change in body posture,
 - ✓ Irreplaceable cell losses in the brain, heart and many other organs.

3. Aging in The World

Population aged 60 and over all over the world:

in 2000	in 2025	in 2050
600 million	1,2 billion	It is estimated to be 2 billion

Life expectancy at birth

- 2000: woman 71.5 years, male 66.9 years,
- 2005: woman 72.7 years, male 68 years,
- 2015: woman 75 years, male is expected to be 72.5 years.

Currently the highest life expectancy is in Japan and it has 80 years, in Canada, Sweden, Switzerland - 79 years, in England, France, Netherlands, Italy - 78 years.

4. Aging situation in Turkey

The population aged 60 and over in relation to the total population in Turkey is:

In 2005	In 2010	In 2020	In 2030
5,9%	6,1 %	7,7 %	18,2 %

In 2050 The number of elderly individuals is expected to increase to 20 million, and Turkey is expected to be the country with the largest elderly population among European countries.

<p style="text-align: center;">Life expectancy in Turkey</p> <p style="text-align: center;">in the 1960s:</p> <p style="text-align: center;">51 years for men, +54 years for women.</p>	<p style="text-align: center;">Life expectancy in Turkey in 2030:</p> <p style="text-align: center;">74 years for men and 79 years for women.</p>
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5. Aging situation in Poland

According to the report shared by the Polish Statistical Institute (GUS). At the end of 2020, there were 9.8 million people aged 60 and over in Poland. It has been announced that this rate has increased by 1% compared to 2019 and this figure will reach 10.8 million in 2030 and 13.7 million in 2050.

Proportion of elderly people in Poland, in cities (27.8%), Although in rural areas (22.3%) It was stated in the report that the city with the highest population aged 60 and over is Łódź.

6. With Aging



- The level of physical activity and physical fitness declining,
- Various disabilities appear,
- Cognitive functions are declining,
- Increasing need for medical and social services,
- The level of healthcare spending increases.

The amount of Body Fat Ratio is changing:

- 25% in women at the age of 40-45,
- 30% in women at the age of 35-39,
- 38% in men at the age of 60-65.
- 43% in men at the age of 55-59

There is not much change in body fat ratio between the ages of 60-78 in both genders.

There is a phenomenon of loss muscle and strength

28% of men over the age of 74 and 66% of women cannot carry a load of 4.5 kg.



We fall more than often

Over 65 years old 30-50% of individuals fall at least once a year.

Therefore, we should take care of regular physical activity



Reduces the feeling of loneliness, anxiety and depression.



What Should We Do to Have a Strong Skeleton, Connective Tissue, Joint System And Muscle Tissue?

- 1) Right training**
- 2) Right nutrition**
- 3) Adequate rest**

Warming up and flexibility before exercise should not be forgotten.

7. Why don't seniors exercise?

In the study conducted by (Henry et al.1999), a home program consisting of 2-5 and 8 general strengthening exercises was given by dividing 15 elderly people between the ages of 67-82 into three groups. It has been reported that the compliance based on the quality and smoothness of the exercise is higher in the elderly who are given a small number of exercises (2 pieces).

Common problems such as visual and auditory deficits observed in the elderly, poor memory and cognitive deficiencies, and impaired ability to use technology may require the use of specific exercise description methods. (SchooA, 2003). Participation in the exercise became more intense with video equipment and virtual reality transports.



It is known that the level of physical activity decreases progressively with age. The prevalence of inactivity is highest among people aged 65 and over, and this age group is the fastest growing age segment worldwide. Studies show that about 75% of adults over the age of 75 do not participate in any regular physical activity. However, 50% of sedentary adults' state that they do not plan to start an exercise program. Among those who participate in physical activity, the determination to maintain it is 30% in older men and only 15% in older women. (Schutzer, 2004).



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8. Why Should Sports Be in Our Life?

Lack of physical activity has become a defining feature of human existence in a short period of time. United States Centers for Disease Control and Prevention in 2011, it stated that the consequences of a sedentary existence are evidenced by the addition of a new number of patients suffering from the disease each year in children and adults (Zahner ve ark., 2013). The world now practices sedentary life. Today's children will be the first generation to have a shorter and poorer life expectancy than their parents.

Although the physical and psychological benefits of participating in regular physical activity are well known, studies have shown that approximately 30% of the world's population does not engage in physical activity at the recommended dose, and this rate reaches 45% over the age of 65 and 75% over the age of 75. Most older people are less active than would be desirable. Seniors commonly report that they do not exercise, will not do it or think they should not (Phillips, 2004).

Musculoskeletal changes are inevitable with aging: Sarcopenia, postural disorders, decreased gait cycle, loss of balance control and stability, and increased risk of falling. With age, muscle strength and function decrease by about 40%. The reason is the decrease in muscle fiber size and total muscle fiber number, and the deterioration of the balance between muscle excitation and contraction (Karan, 2006). Older people benefit from exercises that include resistance and balance exercises. Regular exercise is important in reducing the risk of chronic disease.

Regular exercise is very important for a healthy active aging. In advanced ages, physical capacity is close to the threshold value, and even minimal decreases negatively affect daily activities such as getting up from a chair. An additional disease attack can make a previously healthy elderly person completely dependent and immobile. The way to prevent such undesirable events is regular physical exercises. Even at very advanced ages, physical capacity can be increased with regular physical activity (Çetin, 2002).

The rate of physical inactivity in the elderly is 33%. Its causes are normal aging, chronic diseases and inappropriate use. Physical inactivity may increase with aging, and as a result, insulin resistance may increase, which may prepare the ground for metabolism. The metabolic syndrome consists of hyperinsulinemia, glucose intolerance, dyslipidemia, and hypertension. Resistant exercises have been shown to reduce insulin resistance and prevent the development of metabolic syndrome (Eskiyurt, 2004; Tokudome, 2004).



In an aging population with Alzheimer's and its associated cognitive impairment, various strategies are required to slow the decline in physical and cognitive functions and combat the disease. Studies in the literature have provided evidence that physical



exercise both reduces declines in physical and cognitive performance and slows the progression of the disease. It has also been shown to protect against changes related to neurodegenerative diseases such as Alzheimer's disease and other types of dementia (Canlı, 2020).

9. When Can't Sports Be Done in The Elderly?

For Cardiac patients (myocardial infarction, arrhythmia, uncontrolled hypertension etc.), with pulmonary hypertension, with recent deep vein thrombosis, with lung disease and/or with severe musculoskeletal disease and psychogenic disorders the exercises are not advisable (Eskiyurt, 2004).



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10. What exercises should seniors do?

Stretching exercises: Stretching is the cornerstone of an exercise program. It is used in the form of stretching and loosening which protects the joints from falls and injuries by providing adequate flexibility. Stretching exercises can be performed in standing, sitting and lying positions. The patient first assumes a comfortable position and, with proper breathing, remains in the stretching position for 20-30 seconds, after which he or she relaxes all muscles to the maximum, and then returns to the normal position –

Supination and Pronation of the Forearm



this is the minimum range of motion that must be in the joints so that daily activities can be performed later without much difficulty. It is also possible to use so-called external and internal rotation in the shoulder girdle, as well as supination and pronation of the forearm, to improve our fitness.

External Rotation



Internal Rotation

11. Which Exercises Should Be Given to the Elderly?

Balance exercises: Studies have shown that balance exercises reduce falls by 50% in elderly men and women. An adaptation of the classical yoga position, the erect position with the arms at the sides and the heels together, and standing on one foot can be recommended. These positions are repeated between 30 seconds and 1 minute. In addition, walking exercises on a single line are among the recommended balance exercises (Beydemir, 2004).

Strengthening exercises: It is applied to major muscle groups (quadriceps, hamstring, abdominal muscles) in the elderly. It can be worked with machine, free weights, ball, elastic bandage. The duration is about 20-30 minutes, but should not exceed 60 minutes. To major muscles are given

- 2 times per week, 1-3 sets of 8-15 repetitions, or
- 3 times per week, 2 sets of 8-10 repetitions,

In exercises, the number of sets, repetitions, resistance weight are important. Moreover 5 minutes of aerobic exercise (such as walking) may be recommended before strengthening and flexibility exercises (Studenski, 2004).

Aerobic exercises: The intensity of the exercise does not exceed 50% of the person's maximum heart rate and should be increased by 5% every two weeks, but should never exceed 70%. The tolerance of the elderly to exercise can be understood simply by the speech test: if it is difficult to talk during the exercise, the intensity is too high. Exercises are discontinued when fatigue, muscle/joint strain and/or stress fractures develop. The total duration of the exercises is 20-30 minutes, 3 days a week, and they are usually applied for 5-8 weeks.

Tai Chi Chuan (TCC) exercises: consist of shifting weights in many directions, raising awareness about the smoothness of the body, all-round coordination of movements, plus regular breathing. It has been shown that these exercises improve balance and flexibility and increase confidence in the elderly (Zhang, 2006). It is used for 8 weeks, with 7 sessions per week, and each session lasts 1 hour (10 minutes warm-up, 40 minutes TCC exercise, 10 minutes cool-down).



Pilates exercises: consist of resistance exercises and balance exercises, and have recently become very popular among the elderly. According to some, it is the only way to increase the body's fitness, including strengthening limb muscles, stretching, breathing, strengthening trunk muscles and balance exercises. Pilates uses isometric (careful), eccentric, concentric isotonic exercises and contractions to strengthen muscles and stabilize joints.

Walking: Walking is the easiest, cheapest and safest sport to increase the condition of the elderly. It is done at least 3 days a week and 20-40 minutes per walk. Initially, it starts with 10 minutes twice a week, increasing the duration and frequency in weekly increments. It can be boring to always walk in the same place, so listening to the radio or “walkman” can be helpful. In a study, it was shown that aerobic exercises

such as brisk walking 3-5 days / week 30 minutes in the elderly reduce deaths from heart diseases by 25%. (Eskiyurt, 2004).



12. Purposes of Exercise for The Elderly:

- 1) Increasing joint flexibility,
- 2) Increasing muscle strength and endurance,
- 3) Increasing cardiovascular endurance,
- 4) Increasing bone mineralization,
- 5) correcting the posture,
- 6) Increasing the energy needed to perform daily activities,
- 7) Accelerate recovery from illness and cope with stress more easily,
- 8) Fix the balance,
- 9) Creating opportunities to integrate with other people,
- 10) Making the elderly happier.

Particular attention should be paid to the following points in the exercise program of the elderly.

- 1) precautions and contraindications to be taken if necessary,
- 2) modification of exercises in arthritic joints, in the case of severely restricted range of motion,
- 3) determining the impact of medications used by Seniors on exercise safety, as caution should be exercised, for example, in very hot, very cold or humid environments, due to the possibility of impairment of the thermoregulation center in the elderly,
- 4) drinking water between activities, as dehydration increases during exercise and the feeling of thirst decreases,
- 5) avoiding exercise on hard surfaces,
- 6) choosing the right form of exercise, because, for example, patients with poor balance should not ride an exercise bike or ski, and are advised to exercise in a sitting position,
- 7) choosing the right sitting height on, for example, an exercise bike, so as not to aggravate the symptoms of osteoarthritis in the elderly and so that knee flexion does not exceed 10°. In this case, water exercises will also be very relaxing,
- 8) properly increase cardiovascular fitness in patients with lower limb problems using upper limb ergometers.



13. Effects of Exercise in The Elderly

- 1) Reduces reaction time,
- 2) Increases muscle mass,
- 3) Increases bone mass,
- 4) Provides mental vitality,
- 5) Improves immune functions,
- 6) Helps to reduce pain,
- 7) Reduces the risk of fracture,
- 8) It positively affects obesity, diabetes, hypertension and hyperlipidaemia.



14. Exercises That Elderly Can Do.

Tire exercises



Ball exercises



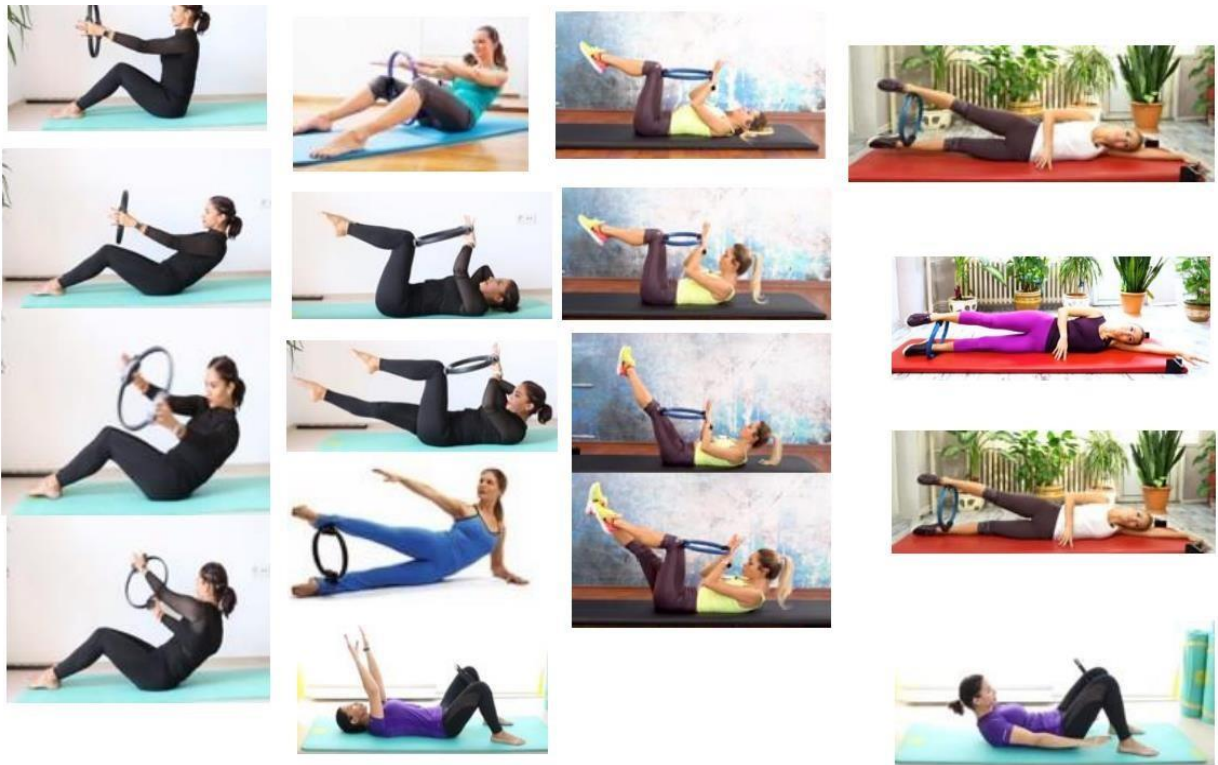
Exercises with a small ball



Movements with roller



Movements with the circle



V. Implementation activities

1. Transnational project meeting in Turkey, Poland and Spain

a. First Transnational Project Meeting organized by Baskent University in Turkey



b. Second Transnational Project Meeting organized by Inercia Digital SL in Spain



- c. Third Transnational Project Meeting organized by Genç Girişim Eğitim Gençlik ve Spor Kulübü Derneği in Turkey








- d. Fourth Transnational Project Meeting organized by Sport Club Beniaminek 03 in Poland



2. Classes and Lessons in Social Inclusion for Seniors by Sport

You can see the lessons and images that need to be done within the project below. Context and working images of the study implemented by KS Beniaminek 03 sports club in Poland

Trainer	Murat Ozer	Assistant trainer	Seda Sirin		
Training topic	Balance and movement				
Training group	People aged 60+				
Type of activity	Group activities				
Purpose and logic of training	<ol style="list-style-type: none"> 1) restoring lost balance or slowing the process of losing it, 2) restoring mobility or slowing the process of its loss using music and various activities, 				
Date of training	12 April 2022	Training location	Hala Sportowa im. Gerarda Podolskiego w Starogardzie Gdańskim	Duration	40 minutes
Sports equipment needed	10 small medicine balls/large pilates balls, 1 balance line or straight horizontal line traced for example on the floor, 1 plyometric box/bench 1 speaker				
PART 1	A MEETING CONDUCTED BEFORE THE SENIOR SPORTS WORKSHOP - a general introduction				Time
			<p>During the introductory meeting, an introductory conversation is held with all Seniors.</p> <p>This is because we do not forget that the elderly are no different from children and that an appropriate psychological approach should be applied to them.</p> <ol style="list-style-type: none"> 1) At the introduction, give them information about the exercise and the plan for its implementation. 2) Next, let's inform them that the exercise should be performed without accompanying pain, if it occurs then the physical activity should be stopped. 3) As a third piece of information, we should give a message about the planned breaks in the conduct of exercises, for a light rest, because the Senior as well as the football player needs it. It should be noted that during the break between exercises, do not sit down but stay standing and, for example, try to answer the following questions: <ol style="list-style-type: none"> a) What is your favorite exercise? b) What will be your plan for the rest of the day? c) Have you ever gone on vacation or worked in another country before? 		5 minutes

PART 2	SPORTS ACTIVITIES WITH SENIORS – bouncing and catching		
		 <p>The entire exercise is accompanied by background music.</p> <ol style="list-style-type: none"> 1) We start by positioning ourselves close to the prepared straight line, on which we then take three steps as parallel as possible. 2) Then, continuing to walk forward we perform 4-5 bounces with the ball, using the bounce-catch method, 3) We again take three parallel steps on the line. 4) We pass the ball to the assistant coach, <p>after which we go to the starting place and repeat the exercise two more times.</p>	15 minutes
PART 3	SPORTS ACTIVITIES WITH SENIORS – stabilization and mobility (ball-and-wall)		
		<p>The entire exercise is accompanied by energetic background music.</p> <ol style="list-style-type: none"> 1) We begin by taking the ball and positioning ourselves close to the wall/gymnastics ladder 2) Then we proceed to perform an exercise in the form of rolling the ball with both hands, in an up-and-down manner for 10 seconds 3) The second exercise is holding the ball with one hand. In order to perform the exercise correctly, you should lean the ball against the wall/ladder at eye level and hold it with one hand for 20 seconds. The important aspect is to maintain a 90o angle between the position of the hand and the torso. 4) The third activity is to alternately squeeze the left hand with the right hand (and vice versa) and the right elbow with the left hand (and vice versa). The total time for this exercise is 10 seconds. <p>The sequence of exercises indicated above is repeated two more times.</p>	15 minutes
PART 4	SPORTS ACTIVITIES WITH SENIORS – finishing exercises + summary		
		<p>The entire exercise is accompanied by calming background music.</p> <ol style="list-style-type: none"> 1) We begin by conducting several exercises to restore the proper (normal) heart rate and work of our body after a series of physical exercises performed. 2) The Trainer then proceeds with the Seniors to summarize the exercises performed. During the final stage, each Senior, can take the floor and express his/her opinion on the completed activities. 	5 minutes

3. Our Seniors with Volunteers



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



Narodowa Agencja Programu Erasmus+ i Europejskiego Korpusu Solidarności
Edukacja, Szkolenia, Młodzież

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RAZEM MOŻEMY WIĘCEJ



VI. Surveys and statistics



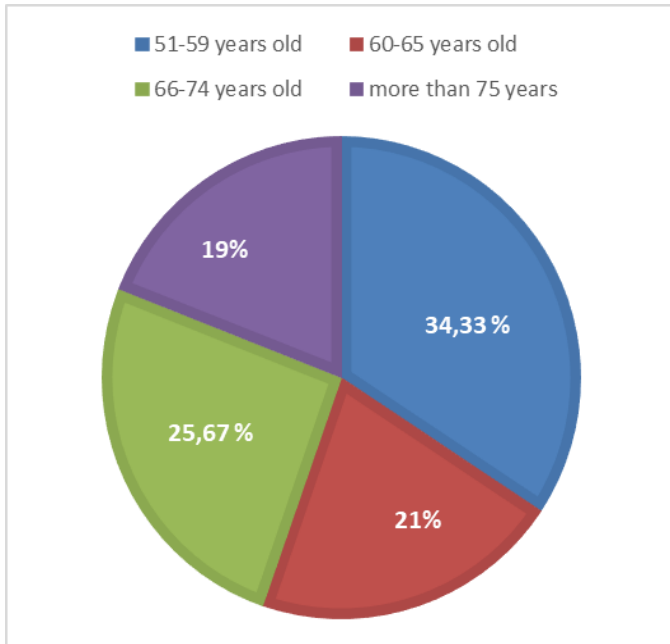
1. Questionnaire's Analysis Report

"Social Inclusion of Seniors through Sport" is an Erasmus+ project which aims to promote physical activity and healthy lifestyles for people over 50.

In order to find out the needs of seniors, lifestyle and physical activity of people aged 50 and over, we conducted a survey. The questionnaire was made by project team in English. Then the items were translated to 3 languages to give the seniors possibility to give answers in native language and transferred into online platform as active google forms.

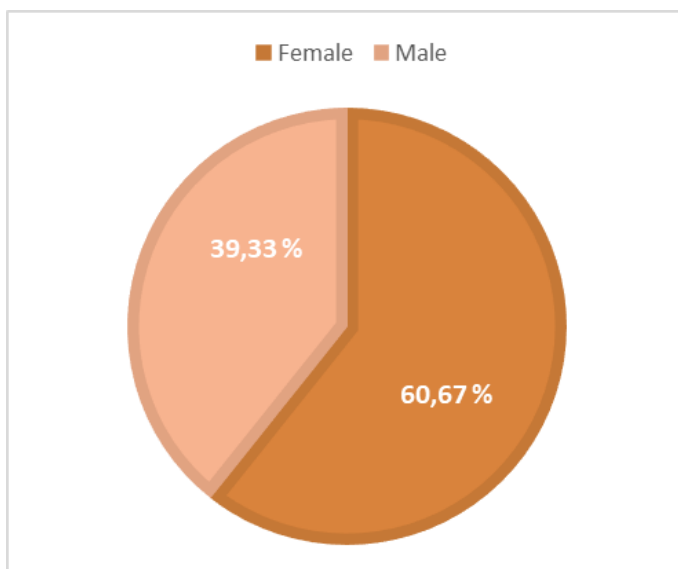
This report is prepared with the aim of explaining the opinions of the respondents, and the answers given by respondents were analysed. 300 senior people participated in the survey and the results of which are compiled in this publication.

a. Age of participants



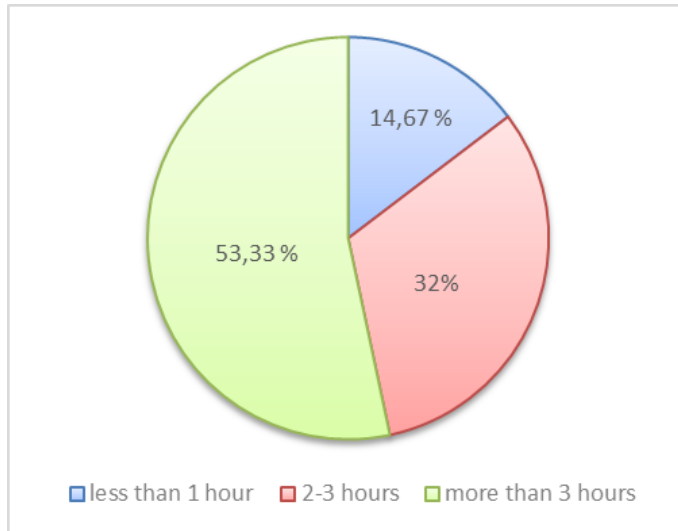
In the study took part 300 people. 35,33% of the participants were 51-59 years old; 21% were 60-65 years old, 25,67% were 66-74 years old, and finally 19% were 75 years and over.

b. Sex of participants



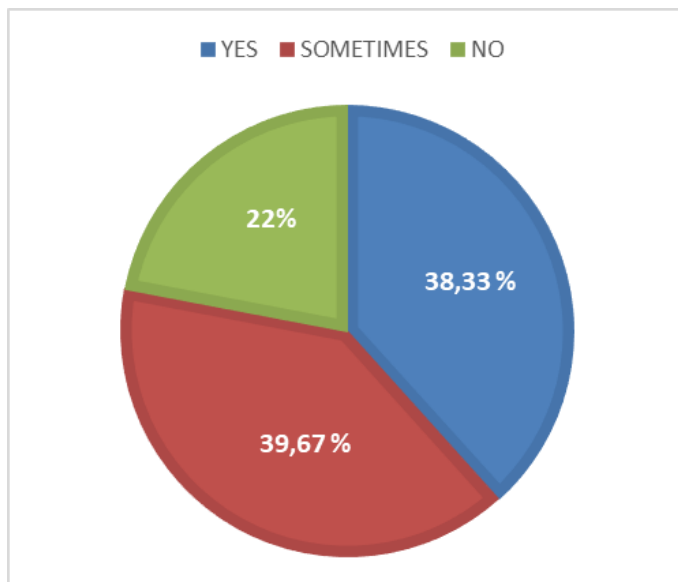
In the study took part 182 women (representing 60,67% of respondents), 118 men (39,33%).

c. How much free time do you usually have during the day?



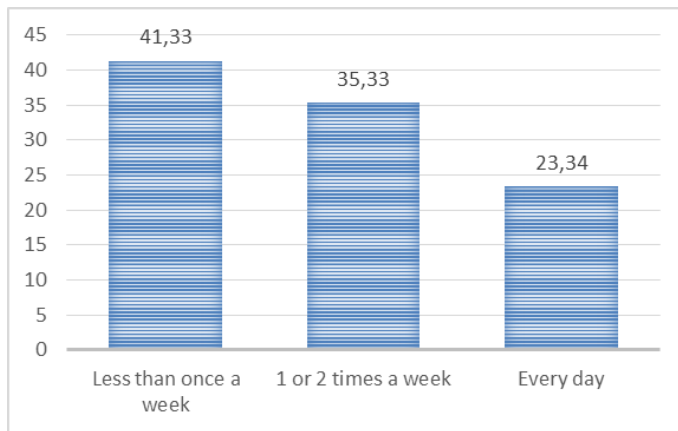
53,33% of the respondents stated that they have more than 3 hours of free time during a day, 32% stated that they have 2 – 3 hours of free time, 14,67% stated that they have 1 hour.

d. Do you spend your free time playing sport?



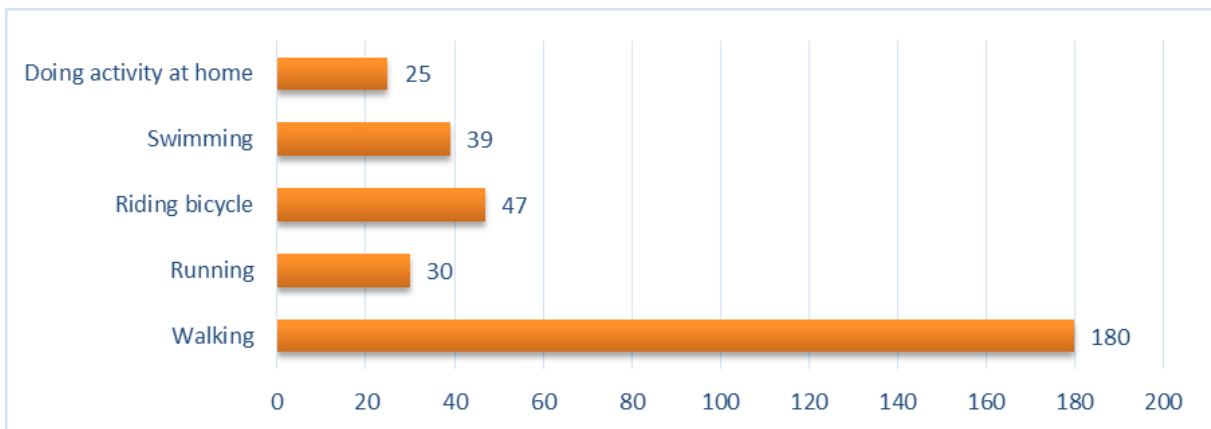
When the answers given by the participants to the question about whether they do sports during the day were examined, 39,67% of them occasionally answered yes; 38,33% answered yes; and 22% said no.

e. How often do you play sport for more than 30 minutes?



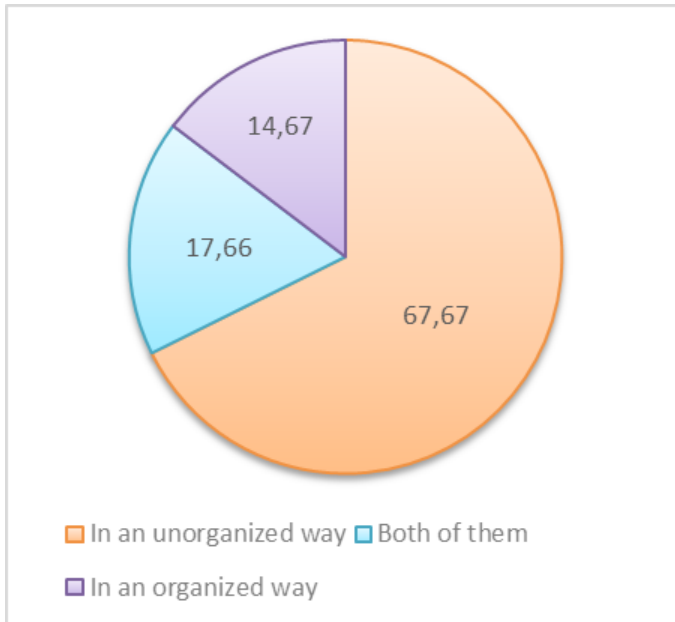
When the number of participants who do sports 35,33% of the participants stated that they did sports 1-2 times a week, 41,33% stated that they did it less than once a week, the other 23,34% did it every day.

f. What sport do you do most often?



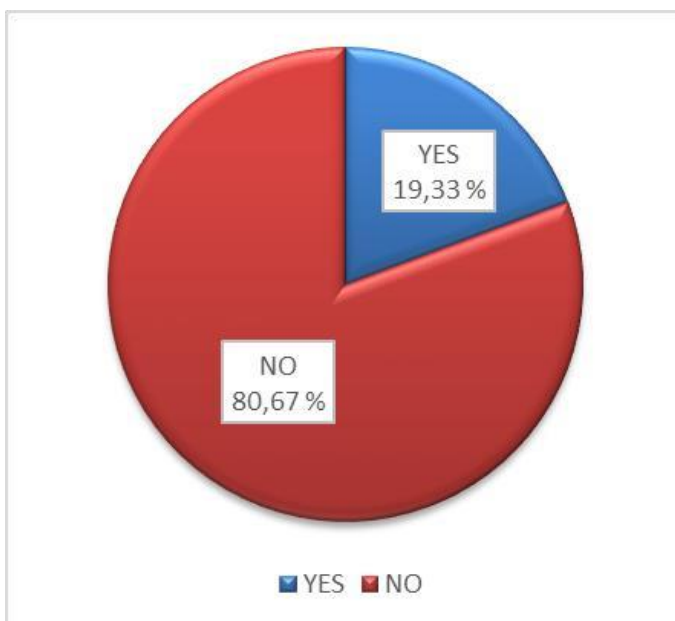
These figure shows the most preferred sports types. Accordingly, the participants mostly do walking (180 people), running (30 people), cycling (47 people), swimming (39 people) and kind of home activities (25 people). Rest of the answers was shared for different activity such as eg. volleyball, table tennis or dancing.

g. In what form do you practise sport?



Participants stated that they mostly do sports in an unorganized way (67,67%), sometimes in an organized way, sometimes in an unorganized way (17,66%), and finally in an organized way (14,67%).

h. Are you a member of a local sports club?



While 242 of the participants stated that they do not have a membership to any sports club; There are only 58 participants who are members of a sports club. The reasons for non-members include the pandemic, insufficient time, physical unwellness, doing sports with a private trainer and not needing a membership.

i. What motivates you to practise sport?

Motivation Reasons	Very Important	Important	Less Important	Not Important
Health	83 %	10 %	5 %	2 %
Well-being	8 %	56 %	26 %	10 %
Quality Time	4 %	28 %	52 %	16 %
Being With Friends	5 %	6 %	17 %	72 %

When the motivational reasons for doing sports were examined, the participants rated health (83%) as the most important, well-being (56%), spending quality time (52%) as less important, and finally being with friends (72%) as unimportant.

j. What does your low level of participation in sport depend on?

The factors	The number of the answer
Unwillingness	88
Work life	58
Physical problems	78
Financial conditions	18
Lack of access to sports facilities in my area	21
Other (taking care of a patient, covid-19)	37

When the factors that prevent the participants from doing sports were examined, it was suggested that unwillingness, working life and physical problems were the most common problems.

k. What might affect your motivation to increase your participation in sport and exercise?

The factors	The number of the answer
being healthy	101
opening of sports facilities	74
Willingness/mood and more free time	42
interesting activities for older people	20

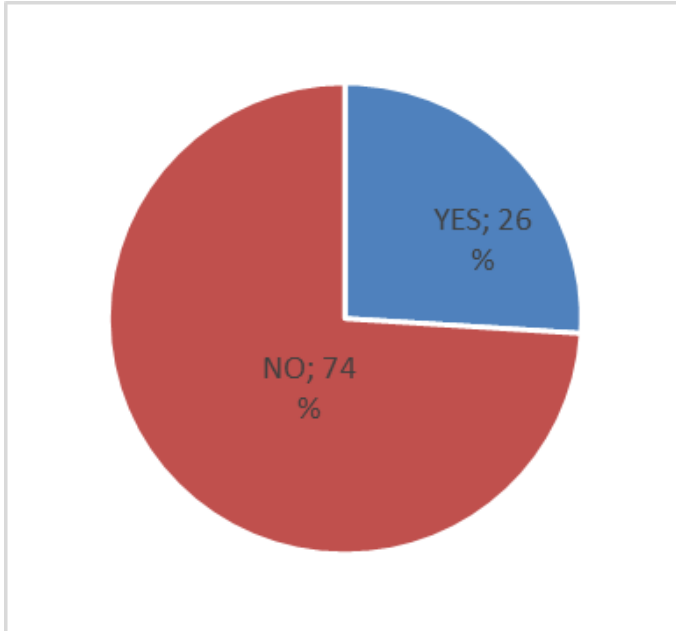
When the factors that motivate the participants for doing sports were examined; being healthy, access to sports facilities, willingness/mood and free time, interesting activities for elders were the most stated factors.

l. Do you use sports facilities and activities provided by sports clubs and/or local authorities in your area (stadium/park/etc.)?

ACCESS TO SPORTS FACILITIES	The number of the answer
There are no sports facilities/activities of this type in my area.	42
I have no idea if there are any such sports activities/facilities in my area.	109
There are several sports facilities/activities in my area, but I do not benefit from them.	77
Yes, I like the sports facilities and activities in my area.	72

The answers of the participants about benefiting from sports facilities and sports activities are given in the Table above. Accordingly, 42 participants stated that there were no sports facilities in their neighbourhood. 72 people stated that they benefited from the sports facilities and opportunities in the surrounding area. While 77 people state that they do not benefit from sports facilities in the neighbourhood, 109 people do not know what sports facilities are in the neighbourhood.

m. Do you know of any sports and health facilities (sports clubs/pools/etc.) that offer discounts for seniors?



When asked if there are places that offer discounts for different age groups in terms of sports facilities, the majority of the participants (%74) answered no, while a small number of them (%26) answered yes.

VII. The dissemination of the project

In the final phase of the project, we focused on summarizing, evaluating and above all, disseminating the results obtained in the implementation of the project entitled: "Social inclusion for Seniors by sport".

During this period we fine-tuned the various parts of the publication entitled: "Tools for working with Seniors through sports" and created the final version, which after final composition, will be made available on the Erasmus+ Project Results Platform, which serves to disseminate and exploit the results of projects financed by the Erasmus+ program. By making the created works available on the platform, knowledge of the projects and their results will increase, which in turn will allow the use of the developed results also after the completion of the projects by both partner organizations and others operating in Europe and around the world.

The work created as part of the project, which was originally published in English, thanks to the cooperation of partners from Poland, Turkey and Spain, has also been translated into the mother tongues of these countries and will be available to all interested parties on the websites of partner organizations. This form will make it possible to reach a wider audience which is very much desired by us. In addition, the publication will be distributed to local units that work with seniors, as well as to people who work with the elderly, which will also have a positive impact on spreading the results of the project.

In addition, each of the partner organizations spread awareness of the project and its results during organized meetings, conferences or demonstration lessons, which were held in offices, schools or NGOs both during and after the implementation of the activities.





1. Experiences of Murat Özer from KS BENIAMINEK 03

I have learned a lot through the work I've done over the years, and I'd like to share these experiences with you in a short and understandable way.

Time, which passes quickly, leaves behind many things, one of which is our health, youth and life. For example, in everyday life, various facilities are provided for people with disabilities, i.e. special parking spaces, a system that assists people with disabilities while riding the bus, facilities provided for the visually impaired and many similar.

Why am I mentioning this? In fact, as the years go by, Seniors also face many difficulties in walking, moving, seeing/perceiving, performing daily chores, among others. Therefore, we need to treat Seniors with the knowledge that each of them may have some kind of disability. In the chaos of daily life, it will sometimes happen to be forgotten, but let's remember that as the years go by, someday we too will be in their shoes. So we must show respect to Seniors and be grateful to them, with all our might, for shaping us, raising us and meeting our needs, for it is thanks to them that we grew up and know who we are and what we have. After all, seniors were our teachers, nurses, clerks, soldiers, bosses, employees 20-30 years ago, so everything we have today is their work.

Finally, I would like to add that working with the Seniors has allowed us to see our future. We witnessed their happiness while testing our empathy skills. We know that working with Seniors is actually investing in our own future. We will be active Seniors in the future by spreading this research now, and by creating awareness among trainers and the new generation. When we are older, we won't have the time or strength to innovate, and today is the best time to do it.

The project gave us the opportunity to do a favor, allowed us to experience the feeling of doing good. We would like to thank all the people and institutions that contributed. We hope that in the future there will be new and better projects whose target group will be Seniors.

Free of charge