



ARISTO

Project



Project cofinanced by
the European Union



What is the **ARISTO** Project?

ARISTO is a project cofinanced by the European Union, that looks to improve young European athlete's training and competition conditions, by creating a specific Monitoring Protocol (consisting of several medical and functional tests) to control and prevent potential health problems of young athletes in different sport fields, and to evaluate athletes' physical conditions in order to optimize training loads and avoid potential injuries.

The sport disciplines included in the project are: badminton, triathlon, volleyball, rhythmic gymnastics, and handball.

Objectives

Create a Monitoring Protocol of young athletes' health, which will assess their performance linked to good health standards.

- ★ To share know-how regarding the protection of athletes' health and raise awareness about the importance of the creation of adequate mechanisms to facilitate this.
- ★ To disseminate the results and expand the Protocol among sport institutions within Europe.
- ★ To develop a sustainability and exploitation plan to expand the Protocol to other sports fields.



Activities

ARISTO will implement the **Protocol** undertaking a **pilot experience** with real young athletes in different countries across Europe.

The pilot experience will involve the following activities:

- ★ Development of medical examinations done regularly on young athletes.
- ★ Development of functional assessments done regularly on young athletes.
- ★ Data transfer to web tool.
- ★ Monitoring of progresses and results in both medical and technical examinations.
- ★ Specialised Technical advice for trainers of each sport field based on the results observed in the web tool and according to reports produced by it.



Calendar

Transnational Exchange Work Shop.

Granada, Spain (March 2014)

Second Transnational Meeting

Riga, Latvia (December 2014)

Aristo Final Conference

Andalucía, Spain (May 2015)

Partners



Public Company for Tourism, and Sport of Andalusia (Spain) (Coord.)

Andalusian Center of Sports Medicine (Spain) (Coord.)

University of Granada (Spain)

Spanish Badminton Federation (Spain)

Andalusian Triathlon Federation (Spain)

Beachklub Ládví o.s (Czech Republic)

Marche Region (Italy)

Association "Vingro Visi" (Latvia)

National Sports Academy "Vassil Levski" (Bulgaria)

Lietuvos Edukologijos Universitetas (Lithuania)

Faculty of Sport, University of Porto (Portugal)

