# FID

# DESCOBRE A TUA ENERGIA.





# Presentation

## What is it?

*FITescola*<sup>®</sup> is a program developed using a web-based platform designed to educate and promote continuous widespread counseling and monitorization of sedentary behaviour, physical activity, sports practice and physical fitness in students of the basic and secondary school.

# Why?

Because there is a need for student's and their parents/guadians to have real time counseling, about students sedentary behaviour, sports performances and physical fitness indices. Because there is a need to have sustained intervention strategies and educational policies, supported by knowledge in sedentary behaviour, in the quantity and quality of physical activity and sports activity performed, and the physical fitness indices.

### For who?

For students of basic and secundary education, teachers and families.

# Where?

In basic and secundary education schools.

### How?

Through the availability of information, by conducting teacher training actions and

the aplication, in the physical education course, of questionnaires and tests about sedentary behaviour, physical activity, sports activities, and physical fitness. This information will generate computer reports at the individual level, class, district, educative region, and country, for all students in the basic and secundary education.

# When?

Continuous access for registration and information queries.





# **The Platform**

# Acessibility

- Informatic platform of free access based on the Ministry of Education and Sciences with information designed essencially for students, teachers and families;
- Secured access for students and teachers to their respective systems of information registry and generation of reports.

### Resources

- News Channel;
- Videos that exemplify the physical fitness tests perfomed during the assessments;
- Strategies and processes to increase physical activity and sports participation;

Strategies and processes to reduce time spent in sedentary behaviour.

### Management

- List of students and classes made available automatically on the platform to every teacher, through their own private acess, at the begining of the year;
- Complementary system of access to listings of students through excel;
- Report generation by the platform selected by the teacher;
- Reports generated in .pdf with the possibility of being automaticaly sent by the teacher to the guardian of the student by electronic message.



**DESCOBRE A TUA** 

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# Evaluations

- BODY COMPOSITION Fat mass percentage body mass index and waist perimeter;
- ► AEROBIC FITNESS Shuttle and mile;
- MUSCULAR FITNESS crunches, arm push ups, long jump and vertical jump;
- **FLEXIBILITY-** Upper and lower limb;
- Physical fitness evaluations based on health criteria;
- Categories of body mass index according to the World Health Organization criteria; recently adpoted by the General Directorate of Health to use in Portugal;



- Register done by the student on a school day and non-school day of the activities done in the last 24 hours for distinct evaluation of physical activity and sedentary behaviour;
- Daily energy expenditure and index of energy expenditure on school days and non-school days.

### **Reports**

- Comparison of physical fitness at different time points;
- Individualized advice based on the values of physical fitness;

- Individualized advice depending on the fulfilment of the recomendations for physical activity and sedentary behaviour;
- Evolution of physical fitness, physical activity and sedentary behaviour during school years;
- Comparison of individual data with class, school, group and national results;
- Averages and percent changes depending on the selection of age periods and school, school grouping or national level.



de comportamentos saudáveis em crianças e adolescentes. tes para a aprendizagem de hábitos saudáveis ao longo da ão estudantil para uma melhor qualidade de vida, a DIREÇÃO GERAL DA EDUCAÇÃO associaram-se para o ber mais?

NOTÍCIAS esco...saber mais PROGRAMA PESSOAS Os alunos que fazem exercicio físico têm melhores resultados esco...saber mais

#### TESTE

Os alunos que fazem exercicio físico tém melhores resultados esco... saber mais

A IMPORTÂNCIA DA FORÇA MUSCULAR









# Resources

The increase in physical activity, the reduction of sedentary behavior and the improvement of physical fitness, not only promote health-related behaviours in children and adolescents, but also contribute to the improvement of COGNITIVE PERFORMANCE and SCHOOL SUCCESS.

More active children and adolescents, who spend more time exercising and less time in sedentary behavior, such as watching TV or computer games and consoles, have FUNCTIONAL ADAPTATIONS that allow them to achieve greater school performance.

The increase in physical activity and physical fitness promotes the development of BASIC COGNITIVE FUNCTIONS, such as attention, verbal reasoning, planning, mental flexibility and memory, which, in turn, provide students with a better capacity for different learning, allowing them to obtain better school results, mainly in the subjects of Mathematics and Portuguese.

It is necessary to PROMOTE and PROVIDE PHYSICAL ACTIVITY inside and outside of the school environment, so that children and adolescents develop and improve their cognitive functions.



EDUCATION of children and adolescents to adopt healthy behaviors is crucial for their learning process and autonomization of skills that improve some areas of the cognitive, psychological, social and biological domains.

*FITescola*<sup>®</sup> provides educational resources for STUDENTS, TEACHERS and FAMILIES in various fields of knowledge, which result in improved physical fitness and health.

These resources promote learning and literacy in the context of healthy lifestyles with an impact on regulation of behaviors such as physical inactivity, physical activity and nutrition. Moreover, they are an important contribution to ENGAGE, EDUCATE AND INSPIRE students, teachers and families to cultivate HEALTHY behaviors. ► PHYSICAL FITNESS

**RESOURSES** 

- ► PHYSICAL ACTIVITY
- ► SEDENTARY BEHAVIOUR
- ► SPORTS
- ► HYDRATION
- ► PEDAGOGICAL CONTENT
- ► NUTRITION
- ► HEALTH AND WELL BEING



# PHYSICAL FITNESS TESTS

#### CARDIORESPIRATORY FITNESS



#### SHUTTLE RUN TEST

Evaluate the aerobic fitness through the number of laps performed over a distance of 20 meters with a pre-determined cadence.

The test is progressive with a increasing speed in consecutive periods of 1 minute until the student reaches his/her maximum effort.



#### **1 MILE TEST**

Assess aerobic fitness over the time required to cover 1 mile (1609 m). If the student isn't able to run the entire distance, he/she can finish the test while walking.



**BODY COMPOSITION** 

#### **BODY MASS INDEX**

Access the relationship between weight and height, which indicates whether or not the weight is suitable for height.



#### **BODY FAT MASS**

Access which percentage of body mass is fat and which is fat free mass (muscles, bones and organs).



#### WAIST CIRCUMFERENCE

Access abdominal adiposity by measuring waist circumference 1cm above the iliac crests.

#### MUSCULAR FITNESS



#### SIT-UPS

Access the strength and resistance of the muscles in the abdominal region through a number of sit-ups until a maximum of 75 at a pre-defined cadence.

**ARM PUSH-UPS** Assess the strength and resistance of the upper limbs through a number of arm push-ups at a pre-defined cadence.

#### HORIZONTAL JUMP

Access the explosive strenght of the lower limbs through the length of the the distance traveled in a horizontal jump with both feet together.

#### VERTICAL JUMP

Access the explosive strength of the lower limbs through the height of the distance traveled in a vertical jump with both feet together.

#### SHOULDER FLEXIBILITY

Access the flexibility of the upper body region through the contact of the fingers of both hands behind the back.

#### LOWER LIMBS FLEXIBILITY

Assess the flexibility of lower limbs through the distance reached by the hands arising from a trunk flexion forward, while sitting on the ground.

#### FINAL REPORT

### **APTIDÃO FÍSICA** A avallação da aptidão física é constituída por três componentes: a composição corporal, a aptidão aeróbia e a aptidão muscular. Este relatório descreve e ilustra a apticião física referenciada a critérios de saúde e sugere alguns conselhos em funcão do desempenho obtido. COMPOSIÇÃO CORPORAL 18.2 ALITA 17.9 ATTAL ANTERIO APTIDÃO AERÓBIA 46.1 APTIDÃO MUSCULAR 걹 32 ATUAL DISAFFC B 150000



#### MENSAGENS

in all

#### IMC / MASSA GORDA

3NA SAUDAVEL - Muito berní A tua relação peso altura está dentro da Zona Saudável, Continux a praticar os teus 60 minutos de atividade física danamente e a fazer uma alimentação saudável que inclua fruta e vegetais e menos bolos, salgados e refrigerantes. Aconselha te com o teu professor e com a tua familia. PERÍMETRO DA CINTURA

#### ZONA SAUDÁVEL - Parabénsi Mud

daste os teus hábitos e isso reflete-s nos resultados. Portanto, valeu a penal Estás no bom caminho e por isso sens de continuar a praticar atividade fisica durante 60 minutos, pelo menos 5 días por semana. Faz uma alimentação saudável que inclua fruta e vegetais e menos bolos, salgados e refrigerantes. Aconseña-te com o teu professor e com a tua família.

#### MILHA

ZONA SAUDÁVEL - Parabénsi Estás mais ativo e isso reflete-se nos resultados. Portanto, vales: a penal Estás no bom caminho o por isso tens do continuar a ser ativo.

#### ABDOMINAIS

ZONA SAUDAVEL - Parabénsi Evoluiste. Realizaste um maior número de abdominais. Contínua a proticar o teu treino de força 2 a 3 días por semana. Consulta a pirámide da atividade física para teres mais ideias de cios e mantém o aconselhamento com o teu professor

#### FLEXÕES DE BRAÇOS

PRECISA MELHORAR - Tens de ter cuidadol A tua forca superior é baixa e não conseguiste atingir a Zona Saudável. Tens de iniciar o treino de força 2 a 3 das por sensena. Comulta a pirámide da atividade física e aconselha-te com n ten nerbenne

#### IMPULSÃO HORIZONTAL

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#### da Zona Saudavel. Tens de iniciar o treino de força 2 a 3 dias por semana Consulta a pinimide de atividade física para teres mais ideias de exercicios a onselha-te com o teu profess

FLEXIBILIDADE DOS MEMBROS INFERIORES ZONA SAUDĂVEL - Parabénsi Evoluiste Estás a começar a ter uma boa amplitude de movimento. Continua a praticar o teu treino de flexibilidade 2 e 4 días por semana. Mantém o aconaelhamento com o teu professor

#### FLEXIBILIDADE DOS OMBROS

**FIT** 

PRECISA MELHORAR - Tenside ter cuidado! O movimento dos teus ombro uca amplitude. Tens de iniciar o treinci cia flexibilidade com exem iados, pelo menos 4 vezes por semana. Aconselha-te com o teu prof





# visita-nos em: fitescola.dge.mec.pt

PROMOTORES



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