

# Newsletter

## May 2023



## TECHNICAL FILE

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01

## EDITORIAL

On May 21, 2014, an agreement was signed between IPSantarém and IPLeiria, for the development of LQRC-CIEQV as a research center accredited and financed by FCT. In this path of evolution, the LQRC-CIEQV currently comprises 97 integrated members and published in 2022, more than 250 articles, among other results of relevant societal impact (projects, programs, books, conferences, etc.).

On this 9<sup>th</sup> anniversary of the LQRC-CIEQV we value the participation of IPSetúbal, which will be part of the LQRC-CIEQV from the 5<sup>th</sup> of June through the signing of an agreement between IPSantarém and IPSetúbal. This is a new partnership that will certainly provide excellent results in research on quality of life.

In this way, the LQRC-CIEQV constitutes itself as a research center in consortium of three higher education institutions that cover a significant area of social intervention. The impact on the respective regions and on the social development can be excellent, providing innovation in social and educational programs, within the quality of life of citizens.

On June 27, the election of LQRC-CIEQV coordinators will take place. This is a particularly important moment in the life of the centre. I appeal to the participation of all integrated members in this significant electoral act.

In this issue of the newsletter, dedicated to the scientific area of Physical Activity and Healthy Lifestyles, we have excellent reasons for reading. We point to the interviews of researchers Marta Nogueira and Vera Simões. The article by researcher Carlos Mata, who completed his PhD this month. Researcher Mauro Miguel also obtained his doctor's degree in March. One can still appreciate the enormous commitment of the members to the various projects presented. Good readings!



José Fernandes Rodrigues <sup>1,2</sup>

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## Physical Activity and Healthy Lifestyles

Within a socio-ecological approach, the Physical Activity and Healthy Lifestyles research area aims to contribute to a multidimensional understanding of the functional, recreational, health-related, and performance-related outcomes of health-related behaviors. According to this model, sport participation is multidimensional and operates across individual, interpersonal, community, and societal levels. As it is well established in the literature, physical activity has a great impact on improving health, quality of life, and overall well-being, as well as on reducing healthcare costs (Rodrigues, et al, 2020).

The Physical Activity and Healthy Lifestyles area has 30 Integrated Members, 9 of which are PhD students, from the Polytechnic Institutes of Leiria, Santarém, and Setúbal. The alliance between senior researchers, with more experience, and the contagious energy of young researchers, has allowed the area to present a continuous improvement, based on the exchange of experiences and knowledge.

The researchers participate in national and international multidisciplinary, interdisciplinary, and transdisciplinary networks, where they develop advanced research. The I&D projects underway have assumed a strong component of action research, which have a community impact, guided by the application and development of knowledge and the understanding and solution of concrete problems, which allows the evolution of society.

The Physical Activity and Healthy Lifestyles area aligns its activity with the SDGs. We were able to meet these goals by observing projects and articles that contribute to the vast majority of the Sustainable Development Goals, namely Ensure healthy lives and promote well-being for all at all ages (3), Ensure inclusive and equitable quality education, and promote lifelong learning opportunities for all (4), Achieve gender equality and empower all women and girls (5), Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all (8), Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation (9), Reduce inequality within and among countries (10), Make cities and human settlements inclusive, safe, resilient and sustainable (11). Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable, and inclusive institutions at all levels (16), and Strengthen the means of implementation and revitalize the Global Partnership for Sustainable Development (17).

Even though the overall picture of the investigation is deep, the work that we have done also offers a glimpse of the possible. There is also evidence that the Physical Activity and Healthy Lifestyles research

area can be a key factor in the life quality of the generations and a breaking through to a better future for all.

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02

## INTERVIEW #1

### — Interview with Marta Nogueira



Marta Nogueira <sup>1,2</sup>

<sup>1</sup> School of Education and Social Sciences – Polytechnic Institute of Leiria

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#### Brief curricular presentation

Invited Assistant Professor at the Higher School of Education and Social Sciences at the Polytechnic of Leiria.

PhD in Psychology (2021), research line Communicative Strategies and Interpersonal Communication, in the field of Inclusion of People with Disabilities. Master in Social and Organizational Psychology (2012) by the Higher Institute of Languages and Administration of Leiria. Degree in Human Relations and Communication at Work (2007), from the Polytechnic Institute of Leiria.

Trainer accredited by the Scientific-Pedagogical Council for continuous training in the areas: C112 – Awareness of Special Education and A158 – Psychology.

Participates in projects in the field of inclusion, namely Accessible Culture, Inclusive Education, and Inclusive Fitness. He has been carrying out research and participating in scientific meetings and projects at national and international levels, in the area of inclusion.

#### What are your goals as a LQRC-CIEQV member?

As a collaborating member of the LQRC-CIEQV integrated into the scientific area “Physical Activity and Healthy Lifestyles”, the objectives are focused on developing scientific research, by supporting the



research activity of its members and the constitution of multidisciplinary, international and intergenerational teams, to contribute to a more structuring and integrating vision of the human and social sciences, bringing together different areas articulated in the production of knowledge; contribute to the production of more consistent and in-depth knowledge, enabling more consistent action within organizations and communities.

**What are your most important research projects? Develop one of the indicated projects.**

Member of the research team of the “Rede Leiria Fitness” project, which is also part of the “FIT – Fitness Inclusive for All” project of the Portuguese Federation of Sports for People with Disabilities (FPDD).

Member of the research team of the project “Digital Inclusive Tool (DiGITool)”.

I decided essentially to develop projects that are significant for scientific and pedagogical training, with a view to increasing the dialogue between the scientific community and society.

**Knowing that knowledge should be transferred to society, how can the area of scientific research and professional intervention in which you are involved contribute to the union of theory and practice?**

The correct practice of physical activity and the adoption of healthy lifestyles, entail immense benefits for health, and in this sense it becomes relevant to invest in this area of knowledge with the objective of providing society with an improvement in the quality of life and, a understanding of the individuality and uniqueness of each person and their needs.

The results of the various works carried out have been regularly presented at scientific events (congresses and similar) to share the knowledge acquired among peers. These works also resulted in some articles published in specialized magazines, and the knowledge obtained is presented and used in the training actions we provide.

**Considering that the LQRC-CIEQV promotes research on the quality of life, what are the practical implications of the research it develops?**

Research within the scope of “Physical Activity and Healthy Lifestyles” may focus on different phenomena and take on different theoretical or methodological approaches, but without a doubt, it aims to contribute to people, the environment in which they live, and the life of relationships established based on well-being and quality of life.



The importance of knowledge produced by research and its transferability to society is fundamental for increasing people's quality of life, as a multidimensional construct that underlies an integral and inclusive perspective on the biopsychosocial nature of human beings.

03

## INTERVIEW #2

### — Interview with Vera Simões



Vera Simões <sup>1,2</sup>

<sup>1</sup> Sport Science School of Rio Maior – Polytechnic Institute of Santarém

<sup>2</sup> Life Quality Research Centre

#### Brief curricular presentation

Vera Alexandra da Costa Simões is Adjunct Professor at Sport Sciences School of Rio Maior – Polytechnic Institute of Santarém (ESDRM-IPSantarém). She has an academic degree of Bachelor, Master, and PhD in Sport Sciences. She is the Coordinator of Sport, Fitness & Health Bachelor in ESDRM-IPSantarém. She has published several scientific papers and abstracts with peer review, books, and book chapters, presentations at conferences, congresses, and similar, and conducted several training actions, in the field of Fitness, Exercise and Children, and Fitness Pedagogy. She has participated in several European and National research & development projects related to Fitness, with funding. She is an integrated member of the Life Quality Research Centre (LQRC-CIEQV). Between November 2019 and March 2022, she was an Advisor to the Secretary of State for Youth and Sport (Portuguese Government).

**Ciência Vitae ID:** <https://www.cienciavitae.pt/2610-B602-ED5B>

**ORCID ID:** <https://orcid.org/0000-0001-5124-2446>

### **What are your goals as a LQRC-CIEQV member?**

The main objectives are: to contribute, actively and innovatively, to the development and production of scientific and technical knowledge, with practical application, in the domains of Quality of Life, with special incidence in the Fitness area; participate in the intervention and transformation of policies and practices related with Fitness; build a network of national and international researchers who can collaborate and work together in the development of this area.

### **What are your most important research projects? Develop one of the indicated projects.**

There are some national and international research & development projects, with and without funding, in which I have been involved, for example, the European Project called “New Health Program (NH2022)” funded by ERASMUS+Sport which involves several institutional European partners namely: Stichting Nieuwe Gezondheid – New Health Foundation (Netherlands); Europe Active (European Association of Fitness & Health); Comenius University (Slovakia); Lietuvos Sveikatingumo Klubu Asociacija (Lithuania); Asociación Europea Deporte, Ejercicio y Salud (AEDESA; Spain); Fitness.be Wellness & Health (Belgium). The main goals of this project are related to providing knowledge and tools to improve physical activity, healthy eating, mental health, and a healthy lifestyle. Development of a platform and a free App with a lifestyle program (lifestyle scan; course with series of mini-videos; documentation). Development of research and a b-learning course and training for promoters of a healthy lifestyle.

Another interesting project is the “MatematicAtiva” (“Active Math”) funded by the Portuguese Institute of Sports and Youth. The main goal of this project is to implement a physical exercise program with Mathematics content, in a school in the 1<sup>st</sup> cycle of basic education, to promote physical activity and the adoption of healthy lifestyles in children; contribute to the recovery of learning, resulting from the COVID-19 pandemic and identify articulation models between the Sports and Education sectors. Another project that I would like to refer to is the “VIDAPROFIT”, where several researchers from different Portuguese higher education institutions participate and whose main goal is to study the Profession, Satisfaction, and Quality of Life of Fitness Professionals, in Portugal.

### **Knowing that knowledge should be transferred to society, how can the area of scientific research and professional intervention in which you are involved contribute to the union of theory and practice?**

Scientific knowledge is extremely important for society, considering is the fundamental way for social and technological transformation. So, access and transfer of knowledge are really important, not only

for the evolution of scientific communities, creating new points of view, concepts, methods, techniques, instruments, tools, trends, and perspectives, but also because knowledge will only make sense if it is applied and transferred to society in benefit of society development.

Thereby, the research activity, of any Institution, must be framed in the national and international panorama, answering to society's problems, and the LQRC-CIEQV is aligned with this premise, considering that its mission is to contribute to the creation of knowledge and innovative programs promoting the improvement in the quality of life across human beings, this is aligned, for example, with the priorities of the "Horizonte 2020" and 2030 Agenda for Sustainable Development.

Quality of life, across human beings, is one of the key aspects of modern societies, the LQRC-CIEQV promotes and creates knowledge in this particular area. As a member of this research center and as a higher education teacher who trains students who will work in a professional context, that is linked to the practice of physical activity, which greatly contributes to the quality of life of citizens, we seek to create knowledge that develops practical tools for application in their intervention. Being included in the LQRC-CIEQV also allows me to establish contact and share knowledge with other areas that together and holistically promote quality of life.

### **Considering that the LQRC-CIEQV promotes research on the quality of life, what are the practical implications of the research it develops?**

Nowadays, we know that the development of a country, as a society, is also directly related to the academic level that its citizens. I do not doubt that research is one of the main variables for social transformation.

In today's societies, research and innovation yield results that are integrated very fast, changing ways of being, producing and interacting. No wonder that countries or regions that intend to be at the forefront of development present public policies and implement strategies to increase funding for scientific research and innovation.

The practice of physical activity and exercise is directly related to improving the quality of individuals' life. It is in this area we have carried out some investigations, namely through the application of physical exercise programs for children and youth, with the aim of, on one hand, promoting an increase in the levels of physical activity and exercise of this population and, on the other hand, know the benefits of this practice and, consequently, the impact on their quality of life.

We also, through the development of research projects, have studied the pedagogical behavior of fitness professionals, trying to understand what is an adequate pedagogical intervention, and how can improve the service provided, with an impact on the retention of fitness clients and consequently gains in terms of their quality of life.

In this dimension, related to the fitness professional, we have also focused our research on the characterization, satisfaction, and quality of life of the fitness professionals. With the production of knowledge in these areas, one of the fundamental concerns is that this knowledge can be disseminated and consequently be used and implemented, to improve the intervention of the fitness professionals with consequences in the improvement of the quality of life.

It is this bond between the production of knowledge and its practical application that promotes the evolution and development of societies. By answering big questions and tackling important challenges in our daily lives, science creates knowledge and improves people's quality of life, reducing inequalities and building bridges. With more science we will certainly have a better society.

04

## ARTICLE

### — Construction and validation of the instrument: checklist and risk assessment matrix (CMAR) in mountain sports



Carlos Mata <sup>1,2</sup>, Catarina Pereira <sup>1,2</sup>, Luís Carvalhinho <sup>1,2</sup>

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Nature Sports activities have a particular set of characteristics and sources of risk that are generally obvious, the consequences of these activities depending on the practitioner's self-knowledge, technical skills and physical and psychological abilities, which should be used to mitigate the risk. However, the risk is known for its double meaning: on one hand there is the risk of accidents that are inherent to the variability of the environment and human reliability, on the other hand, risk works as a stimulus and source of strong emotions for individuals involved or attracted by nature sports (Mata & Carvalhinho, 2020; Mata et al., 2022). According to Haegeli and Pröbstl-Haider (2016), the benefits associated with risk-taking can be enormous on a personal and social level.

For Nature Sports activities to ensure an enriching and quality experience for practitioners, it becomes necessary to provide Nature Sports technicians with assessment tools to be used to preserve the safety and enable risk management (Silva, 2016).

Considering that no international or national Portuguese studies were found that used this type of instrument with checklist and risk matrix for risk assessment in Nature Sports, it is important and relevant to develop such instrument.

This study aims to develop and validate the checklist instrument and laughter assessment matrix (CMAR) in mountain sports, namely hiking, canyoning, and climbing. The development of the CMAR was carried out through document analysis, literature review, and expert consultation. The content validation of the CMAR was done using the Delphi technique, involving 10 experts (aged: 35-58 years,  $42.30 \pm 7.70$  years; experience in the area:  $17.00 \pm 6.8$  years), and the construct validation using exploratory factor analysis, involving 548 technicians and practitioners of hiking (n:182), canyoning (n:183), and climbing (n:183). The 1<sup>st</sup> CMAR version proved to be relevant, clear, and objective (ICCspecialists: 0.85-0.90), and included 51 items (risk factors) grouped into 3 dimensions. The final version of the CMAR included 36 items structured in 4 dimensions (human, materials and equipment, environmental, and safety and emergency), to be evaluated in a risk matrix of 5x5 points (probability x consequence), which leads up to a stratified risk level corresponding to a recommendation, action, and treatment (KMOmodel: 0.816; justified variance model: 56.4%). CMAR demonstrated good reliability and good to acceptable values for construct validation, enabling its use in risk analysis and management in mountain sports, such as hiking, canyoning, and climbing.

This contribution will be an aid tool for technicians, instructors, and monitors when preparing and developing activities, understanding decision-making, prioritizing actions, as well as managing the risks inherent in these sports practices. With the use of CMAR, all those involved will benefit from greater safety and comfort during the practice of sports. Bearing in mind the previous assumptions, it is our goal to provide Nature Sports professionals with tools for risk analysis and management, as well as broader and more sustained knowledge.

**Keywords:** Instrument validation, Risk assessment, Checklist, Risk matrix, Risk factors, Mountain sports.

**DOI:** <https://doi.org/10.6063/motricidade.28118>



05

## NEWS – PROJECTS UNDER DEVELOPMENT

### — Project 1:

### Physical activity of schoolchildren

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#### Introduction

Physical activity (PA) in childhood promotes cognitive and motor development, improves rudimentary, fundamental, and specialized motor skills, and also promotes the child's socialization (Neto, 2020). Sedentary activity, in turn, may be associated with disturbed motor coordination development, which affects 5-6% of school-age children, manifested by deficits in motor coordination, difficulties in balance, postural control, spatiotemporal organization, and eye movement coordination (Geuze, 2005; Harrowell et al., 2018; Rafique & Northway, 2015; Wilson et al., 2013).

Portuguese children spend around 8 hours/day in sedentary behaviors, presenting only one hour in active behaviors. This inactivity rate is around 84%, which implies that children have lower levels of PA, leading to the development of several health problems with a major impact on adulthood (Mercê et al., 2023).

This systematic review aimed to systematize the previously published literature on the physical activity performed by children in the school environment.

## Methods

The literature search was performed in the electronic database Web of Science, following the PRISMA methodology (Moher, 2015), corroborated by the PICOD strategy (Table 1). Ten articles were selected, after the following inclusion criteria were met: i) publications from the last years – 2016 to 2022; ii) full articles; iii) publications resulting from scientific research on the analysis of PA and its health benefits; iv) sample with children and young people up to 18 years old.

		<b>Keywords</b>
P – participants	Young athletes children	<i>physical activity, children, school</i>
I – interventions	Targeting PA in Children and its Benefits	
C – comparator		
O – <i>outcomes</i>	Strategies for identifying physical activity in children	
D – design	All types of qualitative and quantitative studies	

**Table 1.** PICOD strategy.

## Results

The main results obtained show that it is necessary to increase the number of hours spent on formal and informal PA in school environment, that PA in school environment provides not only physical but also cognitive benefits and an increase in children's school performance.

According to Martínez-López et al. (2021) PA in school hours has acute and chronic positive effects on cognition in children, and according to Marques et al. (2017), education or school PA is positively associated with academic performance in children. These studies are in line with McPherson et al. (2018) determining an identifying model of the significant association between PA with academic performance and cognition.

Caldwell et al. (2020) concluded that higher levels of PA in children is associated with favourable health indicators such as body fat, fitness and quality of life.

## Conclusions

It is concluded that despite an increase in PA practice over the last fifty years, there is still a need to establish set of policies that will improve PA provision in schools and communities, creating healthy lifestyle habits that will translate into better health and wellbeing in future populations.

## — Project 2: People with Fiber

Mónica Sousa <sup>1</sup>, João Moutão <sup>1,2</sup>, Susana Alves <sup>1,2</sup>

<sup>1</sup> Sport Science School of Rio Maior – Polytechnic Institute of Santarém

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### Abstract

Fibromyalgia is a rheumatic disease, characterized by chronic widespread pain, muscle stiffness, sleep disturbances, and cognitive problems associated with symptoms of fatigue and changes in psychological status. Fibromyalgia affects, on average, 2.1% of the world population and 1.7% in Portugal, being more prevalent in women. Physical exercise is a non-pharmacological method of controlling the disease due to its effects in reducing symptoms and physical and psychological benefits. The PEOPLE WITH FIBER project is a community program for individuals diagnosed with Fibromyalgia by ESDRM-IPSantarém, developed in partnership with the Family Health Unit of Rio Maior, since 2019, and funded by PNDpT – IPDJ. The program, developed and validated for this population, involves combined physical exercise sessions (i.e. aerobic training, mobility, strength, and flexibility training) of 90 minutes, 2x/week, performed in groups, led and supervised by physical exercise coaches. In order to verify the effects of the practice of physical exercise, the main indicators of health, physical fitness, functional capacity, sleep, localized pain, psychological well-being, stress, and anxiety are evaluated. The investigation allows to the dissemination of the benefits of physical exercise in people with Fibromyalgia and contributes to the intervention of physical exercise professionals.

## — Project 3:

### **The impact of motivational variables on body image on fitness practitioners**

Rogério Salvador <sup>1,2</sup>

<sup>1</sup> School of Education and Social Sciences – Polytechnic Institute of Leiria

<sup>2</sup> Life Quality Research Centre

**Mentors:** Prof. Dr. Diogo Monteiro and Prof. Dra. Ruth Jiménez.

#### **Abstract**

Turning physical exercise into a habitual behavior is a complex process. Studies have shown that individuals will drop out in the first stages. However, literature is scarce on full casual sequences according to motivational theories and/or has not considered the utility of other cognitive constructs in analyzing exercise commitment. Social networks and the media influence the creation of stereotypes of ideal bodies, often giving rise to a distorted view of body image (BI).

**Aim:** The aim of this work is to analyze BI dissatisfaction in exercise practitioners as well as its relationship with the motivation and eating regulations.

**Sample:** 957 fitness practitioners.

**Instruments:** Interpersonal Behaviours Questionnaire, Basic Psychological Needs Satisfaction, and Frustration Scale, Behavioral Regulation Exercise Questionnaire, Regulation of Eating Behavior Scale, Physical Activity Enjoyment Scale, Stunkard Figure Rating Scale.

## — Project 4: “MatematicAtiva”

Liliana Ramos <sup>1,2</sup>, Susana Franco <sup>1,2</sup>, Marta Santos <sup>1</sup>, Vera Simões <sup>1,2</sup>

<sup>1</sup> Sport Science School of Rio Maior – Polytechnic Institute of Santarém

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Liliana Ramos, Susana Franco, Marta Santos, and Vera Simões (ESDRM\_IPSantarém) are responsible for the “MatematicAtiva” project, funded by the Portuguese Institute of Sports and Youth. This project, started in September 2022, has the main goal of implementing a physical exercise program (PEP) with Mathematics content, in a school of the 1<sup>st</sup> cycle of basic education. This is a pioneer project in the Rio Maior region.

Specific objectives: Promote physical activity (PA) and the adoption of healthy lifestyles in children; Contribute to the recovery of learning, resulting from the COVID-19 pandemic; Identify articulation models between the Sports and Education sectors.

There is a control group (conventional Mathematics sessions in the classroom) and an experimental group (Mathematics PEP sessions), with 15 children each, of both sexes, aged 7 to 9 years.

The program is divided into 3 phases: recruitment and preparation (2 months); implementation and development (3 months), which includes conventional Mathematics sessions in the classroom and PEP sessions, with the contents of the Mathematics subject, once a week (45 minutes); evaluation and dissemination of results (1 month).

Weekly, the children’s PA levels will be assessed, in both groups (on the day of the sessions) using accelerometers. The assessment of the learning of Mathematics content was carried out at the beginning with a diagnostic test, and it will be at the end of the program with an evaluation test.

All ethical procedures were respected.

## **— Project 5: Effects of physical exercise on individuals with intellectual and developmental disabilities – from a theoretical to a practical approach**

Miguel Jacinto <sup>1,2</sup>

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Aware of the importance of physical exercise (PE) as a way to delay some changes caused by inactivity and aging, as well as to prevent the onset of metabolic and degenerative diseases, we developed a PE and health promotion program for people with Intellectual and Developmental Disabilities (IDD).

The project designated “FITNESS FOR THE MIND” is divided into two PE programs (gym/indoor and outdoor – low cost), addresses the specific needs of this population, and aims to promote effects on physical fitness, health in general, cognitive ability, and quality of life. Using the quasi-experimental methodology, this intervention study has a sample of 21 adults with IDD, and the intervention groups will receive 45 minutes of training per session, twice a week, for 6 months.

As the project comes to an end, we expect to start releasing some results as soon as possible.

## — Project 6:

### **Training/match load monitoring in amateur football: the evaluation of the competitive period**

Mauro Miguel <sup>1,2</sup>

<sup>1</sup> Sport Science School of Rio Maior – Polytechnic Institute of Santarém

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In the last two decades, science and scientific knowledge in football have increased significantly. At the same time, the coaches' ambition to generate and obtain better performances, the integration of elements in the technical teams with training and academic background (attentive, therefore, to the need and usefulness of basing methodologies, decisions, and actions on scientific bases), and the opportunities arising from the technological evolution of instruments capable of accurately and clearly measuring the quantity and quality of work performed by coaches and players on a daily and weekly basis, contribute to the scientific development of this modality. Ensuring adequate levels of training and recovery that maximize the performance of footballers and reduce the risk of injury throughout the entire sporting season is methodologically complex and has required the adoption of different strategies, including the monitoring of external loads and to which athletes are exposed in training and competition. In continuation, this Doctoral Thesis, aiming to improve the existing scientific knowledge about amateur football, establishes six main objectives: (a) to compile and order the load measures used in the monitoring of training and football matches, systematizing them; (b) describe and compare, by position, the external load of the game in amateur soccer; (c) verify if the location of the game (visited/visiting) influences the external load; (d) determine if there are differences in the external load between the games of the first and second phase of the championship; (e) characterize the daily and weekly external load in amateur soccer and, based on the analysis of positional reference values in the game, compare the load between different positions; and, (f) verify whether, in an amateur soccer team, the internal load in training is homogeneous between the most- and least-used soccer players in the previous competition. Thus, this thesis allows the explanation of a series of conclusions, evidence, and practical



applications that can support and guide the decision-making of coaches, mainly those who develop their activity in amateur soccer. The systematic review reveals and details load measurements used in scientific articles that focus on monitoring internal and/or external load, game, and/or training, making it a repository of elementary information. The analysis of the external load in the competition admits that the location of the game and the championship phase are not variables that contribute significantly to the variation of the external load (the position occupied by the players stands out as the most important variable in determining and differentiating the load). The analysis of the external training load exposes different daily and weekly “loading” patterns ((de)increasing incidence, with the approach of the competition day, of some load measures, the peaks of others in the intermediate session, and the inverse occurrences). Finally, the lack of differences in the internal training load between the most- and least-used ones shows a training planning and organization that does not attend to the adjustment of loads, but that requires it, due to overload and/or underload.

## — Project 7:

### **Safety and risk prevention in nature sports. Proposed risk analysis model for accident prevention**

Carlos Mata <sup>1,2</sup>

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Practitioners of Nature Sports look for fear and emotion in activities, and it is essential for technicians to constantly manage risks and real dangers to provide positive experiences, on the contrary, negative and uninteresting experiences enhance displeasure and abandonment of these activities. activities. Thus, technicians knowing the relevance of risk factors for accidents in nature sports activities and also considering the identification of the highest incidence and prevalence of injuries, make possible better prevention and intervention in the planning of risk management and terms of the effectiveness of the First aid.

The risk of activities, the lack of training for technicians and the need for more research and construction of instruments with scientific validity to support technicians raise a concern for the safety culture and the need for actions and procedures for risk prevention and management on the part of the professionals. nature sports coaches.

This project intends to investigate safety and prevention procedures in Esporte Natureza, taking into account the reality encountered by technicians (DN) and practitioners, but also by rescue technicians and doctors who are an integral part of an emergency context. The general objective of this study will be to create a proposal for a theoretical model for the analysis of safety and risk prevention in nature sports, namely in Canyoning, Climbing, and Pedestrianism.

Systematic review methods will be used, characterization of the prevalence and incidence of injuries, development and validation of a proposed list of safety and emergency equipment, and construction of

a risk assessment instrument (checklist with risk matrix), as well as, to develop a proposal of for rescue and rescue procedures and protocols, adapted to the constraints of the real context, ending with the agglutination of the results of the different studies, creating a proposal for a risk analysis model for the prevention of accidents in Nature Sports. The theoretical model will be supported by 5 articles, which can effectively contribute to a reduction in incidents and accidents in the DN and, consequently, allow a more efficient approach to the preparation and response of protection and rescue actions.

Phase 1 of the model: Critical points of safety and risk prevention (results of studies 1, 2, 3, and 5). i. To improve risk management, with the achievement of a systematization and structuring of the knowledge; ii. establish security and prevention measures; iii. improve injury prevention, most prevalent accidents and incidents. Phase 2 of the model: Assessment of risk factors in a real context (study 4). i. Obtaining an output for a sustained decision; ii. classification of risk factors by levels; iii. recommendations taking into account the level of risk; iv. treatment/action.

**Keywords:** Safety, Analysis model, Risk, Nature Sport, Prevention.

## — Project 8:

### **VidaProFit – quality of life and work-related musculoskeletal problems of fitness professionals in Portugal**

Isabel Vieira <sup>1,2,3</sup>, Dulce Esteves <sup>2,4</sup>, Liliana Ramos <sup>1,3</sup>, Vera Simões <sup>1,3</sup>, Susana Franco <sup>1</sup>

<sup>1</sup> Sport Science School of Rio Maior – Polytechnic Institute of Santarém

<sup>2</sup> Department of Sports Sciences, University of Beira Interior

<sup>3</sup> Life Quality Research Centre

<sup>4</sup> Research Center in Sports Sciences, Health Sciences and Human Development

The research we are developing is part of the VidaProFit project, inserted in the field of public health, and directed to the study of fitness professionals (FP) in Portugal's population.

The final thesis will be organized according to the Scandinavian model, and three articles will result on the following main topics: (1) QoL of FP in Portugal; (2) MEP of FP in Portugal; and (3) the relation between QoL and MEP of FP in Portugal.

Data were collected between November 2019 and March 2020, in the pre-pandemic period. The previously validated questionnaires were available on the online platform SurveyMonkey and applied to FP in Portugal.

The main purposes were the characterization of FP Quality of Life (QoL) and work-related Musculoskeletal Problems (MEP), the correlation of QoL and MEP with sociodemographic and work-related variables, the comparison of QoL levels and MEP between groups, and finally the correlation between QoL and MEP.

This research will allow a better knowledge of fitness professions in Portugal and contribute to the creation of guidelines that potentiate the sustainable growth of the fitness industry and the health, and well-being of FP.

## — Project 9:

### **Space occupation and tactical behavior in youth soccer: implications for the manipulation and control of small games**

Nuno Coito <sup>1,2</sup>

<sup>1</sup> Sport Science School of Rio Maior – Polytechnic Institute of Santarém

<sup>2</sup> Life Quality Research Centre

The present thesis aimed to achieve a better understanding of the effect of age on the variation of players' playing space and implications for the manipulation of training tasks. For this, we sought, first, through a systematic review, to describe and systematically analyze the tracking systems, variables, and statistical methods used to evaluate the tactical behavior of players and teams in the small-sided conditioned games (SSCGs); secondly, we intended to describe the individual area per player, according to age, numerical relationships and the field area in youth football (under 15, under 17 and 19) and, later, characterize the passing patterns that support the collective tactical behavior in soccer players of different ages (under 15, under 17 and under 19), in different areas of the field. The results of the first study revealed that GPS is the most used tracking system to evaluate tactical behavior, through different spatial metrics that derive from the positioning of players. The results of the second study showed, in all numerical relationships, that the playing areas were larger in the areas close to the goals and the under-15 level. Another interesting fact is the fact that the differences were more expressive between age groups when the numerical relationships included ten or more players. In the third study, the results revealed that the medium passes were more used in the areas close to the goals, and the short passes in the medium area of the field, in all ages. The analysis of the relative distance between the ball carrier and the receiver indicated that the older players (under 17 and 19) used more distant players to pass the ball, in medium and long passes. In short, the present thesis contributed to increasing the knowledge of the individual and collective tactical behavior of the game in youth football, to help coaches to design small-sided conditioned games according to the competitive environment.

**Keywords:** Youth football; small-sided conditioned games; tactical behavior; positional variables; tracking systems; field zones; game areas; numerical relationships; passing.

## — Project 10:

### **In-season internal and external workload quantification in Portuguese elite women soccer**

Renato Fernandes <sup>1,2</sup>

<sup>1</sup> Sport Science School of Rio Maior – Polytechnic Institute of Santarém

<sup>2</sup> Life Quality Research Centre

The aims of this study were: to quantify external and internal intensities and to access wellness profile and body composition variables from a professional female soccer Portuguese team during the 2019/20 in-season.

A total number of 19 female players participated in this study. A 10-Hz GPS device (PlayerTek) was used to collect distance and accelerometry-based measures. Rated Perceived Exertion (RPE) and session RPE were recorded as internal measures. The Hooper Index (HI) was collected as a wellness parameter. Internal, external, and wellness variables were collected daily. For the body composition, the athletes were assessed in three phases (before the start of the season, after 2 months, and after 4 months) through bioelectrical impedance analysis (InBody S10).

This thesis showed us many conclusions, among them: the highest internal and external load occurred in the match while no training session achieved such intensity; wellness variables showed minor variations across the training sessions and matches as well as microcycles; no differences were detected in internal load among playing status and positions; the external training load applied contributed to improving body composition variables which means positive improvements to the specific training strategies imposed by the coach.

**Keywords:** Women Soccer; Soccer Training; Training Load Quantification; Internal Load; External Load; Wellness Quantification; Body Composition.



## — Project 11:

### **Promotion of physical activity and health: community intervention program “Ativa(mente)”**

Ana Pereira <sup>1,2</sup>

<sup>1</sup> School of Education – Polytechnic Institute of Setúbal

<sup>2</sup> Life Quality Research Centre

The elderly are particularly prone to risks of hospitalization, including a high risk of functional and cognitive deterioration. This project funded by the Portuguese Institute of Sport and Youth – National Program Sport for All, aims to prescribe individualized exercises with characteristics of multicomponent training. The project will seek to respond to the social isolation caused by the COVID-19 pandemic that affected the surrounding community in the District of Setúbal. The training sessions aim to change lifestyle habits and reduce sedentary behaviors through physical exercise with stimulation of cognitive function. The intervention program has physical activity sessions held in the sports pavilion of the Polytechnic Institute of Setúbal in partnership with Social Action Services. Each exercise session is designed according to the three risk factors associated with aging: strength, muscle speed, and balance. We use motivational strategies and distance monitoring to increase autonomy and independence in the assumption of more active daily behaviors and promotion of the regular physical activity.

## — Project 12: New Health “Lifestyle as Medicine”

Carla Chicau Borrego <sup>1,2</sup>, Susana Franco <sup>1,2</sup>, Vera Simões <sup>1,2</sup>

<sup>1</sup> Sport Science School of Rio Maior – Polytechnic Institute of Santarém

<sup>2</sup> Life Quality Research Centre

The New Health “LIFESTYLE AS MEDICINE” project is in its final phase and the spreading of this free material can begin!

In the past 3 years a group of 12 passionate experts in the field of lifestyle and prevention, created inspiring Lifestyle as Medicine educational material about active living, healthy eating, and a healthy mindset, a Lifestyle Scan, a New Health App, and a portal for professionals, consumers, and companies. Together with EuropeActive we created the standard ‘Healthy Lifestyle Promoter’ and in all partner countries the pilot education and examination of the Healthy Lifestyle Promotor was conducted.

A great project to lead and be a part of, with wonderful and valuable output, an exceptional project team of colleagues – friends from 8 countries.

**Do you want to take a look at the most important project outcome:** <https://new-health.eu/en/videos>

**Do you want to sign in for free as a professional, consumer, or partner of companies:** <https://new-health.eu/en/register>

**Do you want to do a personal lifestyle scan and see where you can improve your health:** <https://new-health.eu/en/do-the-lifestyle-scan>

Our goal is to spread these essential insights about lifestyle as medicine all over the world. So, join us on this mission!



## — Project 13:

### **Effects of Exercise – Resistance training and walking – on an older population**

Nuno Dias <sup>1</sup>, Christophe Domingos <sup>1,2</sup>, Carla Borrego <sup>1,2</sup>, Marco Branco <sup>1,3</sup>

<sup>1</sup> Sport Science School of Rio Maior – Polytechnic Institute of Santarém

<sup>2</sup> Life Quality Research Centre

<sup>3</sup> Interdisciplinary Center for the Study of Human Performance

A master's student will start a project on the effects of exercise – resistance training and walking – on an older population. For this project, the EEG will measure electrical activity during a walking task. The objective will be to understand how resistance training will affect gait and cognitive functions in the elderly. Knowing that cognitive functions decline with age, it is imperative to observe changes happening at a central level using exercise as a tool for prevention.

## — Project 14: “Dar Vida aos Anos” and “Idade Ativa”

Rafael Oliveira <sup>1,2</sup>, João Paulo Brito <sup>1,2</sup>, Alexandre D. Martins <sup>1,2</sup>

<sup>1</sup> Sport Science School of Rio Maior – Polytechnic Institute of Santarém

<sup>2</sup> Life Quality Research Centre

Within the scope of the Community Programme: “Dar Vida aos Anos” of the Municipality of Esposende, developed under a protocol with ESDRM-IPSantarém International, the following work was carried out by Rafael Oliveira, João Paulo Brito, and Alexandre D. Martins:

- oral communication “Dar Vida aos Anos” – Physical Exercise for the Well-being and Health of the Population” at the Sports Health Symposium – Assessing and Intervening for Success, 15 and 16 October 2022, Porto.
- oral communication “Comparison between bioimpedance variables and functional tests based on body mass index in elderly women” in the International Sports Meeting held by the Higher School of Sports and Leisure of Melgaço, of the Polytechnic Institute of Viana do Castelo, March 24-25, 2022.

Within the scope of the Community Program: “Idade Ativa” developed under a partnership between the University of Évora, the Municipality of Évora, and ESDRM-IPSantarém the following actions were carried out:

- oral communication “Effects of an eight-weeks High-Speed Resistance Training program on physical function in Independent Older Adults” in the 3<sup>rd</sup> Comprehensive Health Research Centre Annual, November 3-4, Lisbon, Portugal.

- oral communications “Phase Angle Can Predict Bone Indicators in Older Adults: A Cross-Sectional Study” and “Phase Angle Can Predict Muscle Strength in Older Adults: A Cross-Sectional Study” in the International Conference on Technology in Physical Activity and Sport, November 16-17, Sevilla, Spain.

## — Project 15:

### Physical exercise and cognition in elderly people

Rui Bessa <sup>1,2</sup>, Jorge Soares <sup>1,2</sup>, Luís Leitão <sup>3,4</sup>, Ana Pereira <sup>3,4</sup>

<sup>1</sup> University of Trás-os-Montes and Alto Douro

<sup>2</sup> Research Centre in Sports Sciences, Health Sciences and Human Development

<sup>3</sup> School of Education – Polytechnic Institute of Setúbal

<sup>4</sup> Life Quality Research Centre

Physical exercise training programs promote beneficial effects on health and quality of life (Leitão et al., 2022). This study aimed to investigate the effects of physical exercise programs on cognition in institutionalized elderly. The sample consisted of 26 institutionalized elderly, randomized into two groups: the intervention group (n=12; 84.75±5.07 years and BMI 29.09±3.76 kg/m<sup>2</sup>), undertook a physical exercise program during 16 weeks with a frequency of 3 low volume weekly sessions (25/35 minutes per session) and the control group (n=14; 81.50±7.90 years and BMI 29.69±6.38 kg/m<sup>2</sup>) did not perform any type of physical exercise. Functional Capacity was assessed using the Senior Fitness Test battery, and to assess cognitive function we used the Mini-Mental State Examination test. The intervention group improves all functional capacities especially in the strength of lower and upper limbs, flexibility, agility and dynamic balance/gait, and aerobic capacity, as well as in cognitive functions (p<0.05). The control group showed a significant decline in all measures (p<0.05). These results reinforce the idea that the implementation physical exercise based in strength an aerobic component. Besides, have an impact on cognitive function and these are fundamental to maintaining and improving the quality of life and independence of the elderly.

**Keywords:** Physical exercise; Functional capacity; Mini-mental state exam; Aging.



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## PUBLICATIONS

- Couto, N., Cid, L., Alves, S., Brito, J. P., Pimenta, N., & Bento, T. (2023). Analyzing the Effects of Different Types of Exercise on Dyspnoea and Fatigue in Adults through COPD-Systematic Review and Meta-Analysis of Randomised Clinical Trials. *Healthcare (Basel, Switzerland)*, 11(10), 1449. <https://doi.org/10.3390/healthcare11101449>
- Batrakoulis, A., Veiga, O. L., Franco, S., Thomas, E., Alexopoulos, A., Valcarce-Torrente, M., Santos-Rocha, R., Ramalho, F., Credico, A. D., Vitucci, D., Ramos, L., Simões, V., Romero-Caballero, A., Vieira, I., Mancini, A., Bianco, A., Batrakoulis, A., Veiga, O. L., Franco, S., ... Bianco, A. (2023). Health and fitness trends in Southern Europe for 2023: A cross-sectional survey. *AIMS Public Health*, 10(2), Article publichealth-10-02-028. <https://doi.org/10.3934/publichealth.2023028>
- Fernandes de Carvalho, M., Franco, S., Simões, V., Ramos, L., & Santos-Rocha, R. (2023). The Importance Assigned by Pregnant Women to the Quality Characteristics of Fitness Instructors. A Qualitative Study. *Journal of multidisciplinary healthcare*, 16, 277-284. <https://doi.org/10.2147/JMDH.S293693>
- Franco, S., Santos Rocha, R., Simões, V., Ramalho, F., Vieira, I., & Ramos, L. (2023). Tendencias de Fitness en Portugal para 2023 (Fitness Trends in Portugal for 2023). *Retos*, 48, 401-412. <https://doi.org/10.47197/retos.v48.97094>
- Galinha, S. A. & Gonçalves, G. (2022). Qualidades psicométricas da GDS-15 durante a pandemia de Covid19. *Revista Lusófona de Educação*, v. 57 n.57: 25-41. doi: 10.24140/issn.1645-7250.rle57.02
- Ruívo, M., Frontini, R., & Pernencar, C. (2023). Virtual Reality in Depressive and Anxiety Symptomatology – Contributions to REVIDA project from a mobile app mapping. *Procedia Computer Science*, 219, 1185-1192. <https://doi.org/10.1016/j.procs.2023.01.400>

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## R&D ACTIVITIES

- **Invitation for publication in Healthcare journal**

The researcher Prof. Dr. Roberta Frontini is the guest editor of a special issue with the topic: *Research and Survey on Mental Health of Children and Adolescents*. Deadline for manuscript submissions: 30 June 2023. For more information [CLICK HERE](#).

- **Invitation for publication in Education Sciences journal**

The researcher Prof. Dr. Susana Franco with researcher Prof. Dr. Vera Simões are the guest editors of a special issue with the topic: *Contemporary Research in Sport, Physical Activity, and Physical Education*. Deadline for manuscript submissions: 1 July 2023. For more information [CLICK HERE](#).

- **Invitation for publication in Behavioral Sciences journal**

The researcher Prof. Dr. Filipe Rodrigues, Prof. Dr. Diogo Monteiro and Prof. Dr. Raul Antunes are the guest editors of a special issue with the topic: *Current Opinion in Sport Psychology*. Deadline for manuscript submissions: 30 September 2023. For more information [CLICK HERE](#).

- **Invitation for publication in Healthcare journal**

The researcher Prof. Dr. João Brito with researcher Prof. Dr. Rafael Oliveira are the guest editors of a special issue with the topic: *Exercise Testing and Prescription Strategies to Improve Quality of Life*. Deadline for manuscript submissions: 23 October 2023. For more information [CLICK HERE](#).

- **Invitation for publication in Healthcare journal**

The researcher Prof. Dr. Rafael Oliveira is the guest editor of a special issue with the topic: *Supporting Athlete Development: The Role of Supporting Structures*. Deadline for manuscript submissions: 31 December 2023. For more information [CLICK HERE](#).

- **I&D Projects in the scientific areas of LQRC-CIEQV**

For more information [CLICK HERE](#).

- May 22, **Carlos Daniel Gomes Mata**, held a Doctoral in Human Motricity, at the University of Évora, with the title: Safety and Risk Prevention in Nature Sports. Proposal of the Model of Risk Analysis for the Prevention of Accidents, under the supervision of Professors Luís Carvalhinho and Catarina Pereira.



- March 24<sup>th</sup>, **Mauro da Conceição Miguel** defended his doctoral thesis entitled “Training/Match Load Monitoring in Amateur Football: The Evaluation of the Competitive Period” under the direction of Doctors Javier Garcia and Nuno Alexandre Loureiro.



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## CALLS AND FUNDING

- Calls for support to *Turismo*, START-PME. Status: open. For more information [\*\*CLICK HERE\*\*](#).
- Calls for support to *Programa de Desenvolvimento Rural*, START-PME. Status: in preparation. For more information [\*\*CLICK HERE\*\*](#).
- Calls for support to *Plano de Recuperação e Resiliência*, START-PME. Status: open. For more information [\*\*CLICK HERE\*\*](#).
- Calls for support to *Programa ATIVAR.PT*, START-PME. Status: open. For more information [\*\*CLICK HERE\*\*](#).
- Calls for support to *Apoio à Produção Nacional*, START-PME. Status: open. Deadline: to be defined. For more information [\*\*CLICK HERE\*\*](#).
- Calls for support to *Programa de Incentivo para os Açores*, START-PME. Status: in preparation. For more information [\*\*CLICK HERE\*\*](#).
- Calls for support to *Apoios à contratação – IEFP*, START-PME. Status: open. For more information [\*\*CLICK HERE\*\*](#).
- Program CMU Portugal. Deadline: 2 June 2023. For more information [\*\*CLICK HERE\*\*](#).
- *Becas de grado Fundación “La Caixa”*. Deadline: 2 June 2023. For more information [\*\*CLICK HERE\*\*](#).
- Support to the European Platform on Combatting Homelessness. Deadline: 6 June 2023. For more information [\*\*CLICK HERE\*\*](#).
- Healthcare of the future – THCS European Partnership Competition. Deadline: 13 June 2023. For more information [\*\*CLICK HERE\*\*](#).
- Urban Doers Grant. Deadline: 14 June 2023. For more information [\*\*CLICK HERE\*\*](#).
- 9<sup>th</sup> Edition of the European Capital of Innovation Awards. Deadline: 29 June 2023. For more information [\*\*CLICK HERE\*\*](#).
- *Programa Cidadãos Ativ@s* – Bilateral Cooperation Initiatives of the *Fundação Bissaya Barreto* and *Fundação Calouste Gulbenkian*. Deadline: 30 June 2023. For more information [\*\*CLICK HERE\*\*](#).
- *Prémio Inovação Crédito Agrícola*. Deadline: 30 June 2023. For more information [\*\*CLICK HERE\*\*](#).
- Boosting Fact-Checking Activities in Europe. Deadline: 30 June 2023. For more information [\*\*CLICK HERE\*\*](#).

- *Prémio Sonae Educação*. Deadline: 30 June 2023. For more information [\*\*CLICK HERE\*\*](#).
- Smart Network and Services (SNS JU). Deadline: 3 July 2023. For more information [\*\*CLICK HERE\*\*](#).
- 4ª Edição do Prémio ObCig Pessoa de Mérito. Deadline: 3 July 2023. For more information [\*\*CLICK HERE\*\*](#).
- Prémios de História Calouste Gulbenkian. Deadline: 15 July 2023 and 30 September 2023. For more information [\*\*CLICK HERE\*\*](#).
- European Commission – Competitive calls and calls for third parties. Areas of interest: Food; Energy Transition; Climate; Mobility; Digitization. Deadline: 22 July 2023. For more information [\*\*CLICK HERE\*\*](#).
- LLLAwards 2023. Deadline: 31 August 2023. For more information [\*\*CLICK HERE\*\*](#).
- OEI Award for Science and Technology Stories. Deadline: 31 August 2023. For more information [\*\*CLICK HERE\*\*](#).
- Industry 5.0 Award 2023. Deadline: 1 September 2023. For more information [\*\*CLICK HERE\*\*](#).
- Sustainable Blue Economy Partnership (SBEP): 1<sup>st</sup> Joint Transnational Competition. Deadline: 13 September 2023. For more information [\*\*CLICK HERE\*\*](#).
- Marie Skłodowska-Curie Actions (MSCA) Postdoctoral Fellowships 2023. Deadline: 13 September 2023. For more information [\*\*CLICK HERE\*\*](#).
- Call for expression of interest for Regional Innovation Valleys. Deadline: 18 September 2023. For more information [\*\*CLICK HERE\*\*](#).
- EMFAF Call for Proposals for Scientific Advice on Fisheries. Deadline: 19 September 2023. For more information [\*\*CLICK HERE\*\*](#).
- Proof of Concept Grants. Deadline: 21 September 2023. For more information [\*\*CLICK HERE\*\*](#).
- European Humanitarian Innovation Award (InnovAid). Deadline: 3 October 2023. For more information [\*\*CLICK HERE\*\*](#).
- EIC Accelerator – Challenges 2023. Deadline: 4 October 2023. For more information [\*\*CLICK HERE\*\*](#).
- Call Hop On 2023. Deadline: 4 October 2023. For more information [\*\*CLICK HERE\*\*](#).
- Hop-on facility. Deadline: 10 October 2023. For more information [\*\*CLICK HERE\*\*](#).
- Funding networking activities – Open call. Deadline: 25 October 2023. For more information [\*\*CLICK HERE\*\*](#).
- COST – Open call 2023. Deadline: 25 October 2023. For more information [\*\*CLICK HERE\*\*](#).
- Diseases 2023 Best PhD Thesis Award. Deadline: 31 October 2023. For more information [\*\*CLICK HERE\*\*](#).

- HORIZON-EURATOM-2023-NRT-01. Deadline: 8 November 2023. For more information **[CLICK HERE](#)**.

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## AGENDA

- **Infodays da 4a call do Programa Europa Digital**, 2-7 June 2023. For more information [CLICK HERE](#).
- **VI Seminário GTAEDES – Diversidade e Desenho Universal: Equidade e Justiça no Ensino Superior**, 5-6 June 2023, ScTE – Instituto Universitário de Lisboa. For more information [CLICK HERE](#).
- **Manufacturing Performance Days**, 5-7 June 2023, Finland. For more information [CLICK HERE](#).
- **GrowDigital23**, 6-7 June 2023, Brussels, Belgium. For more information [CLICK HERE](#).
- **European Conference on Networks and Communications & 6G Summit 2023**, 6-9 June 2023, Sweden. For more information [CLICK HERE](#).
- **Coordinators' Day on Horizon Europe Grant Management**, 8 June 2023. For more information [CLICK HERE](#).
- **Seminário do projeto Autoavaliação de escolas e gestão escolar: a utilização da avaliação na tomada de decisão" (AGE-CIE)**, 9 June 2023, FCCEUP. For more information [CLICK HERE](#).
- **European Youth Event**, 9-11 June 2023. For more information [CLICK HERE](#).
- **EuroNanoForum**, 11-13 June 2023, Sweden. For more information [CLICK HERE](#).
- **FIWARE Global Summit**, 12-13 June 2023, Vienna. For more information [CLICK HERE](#).
- **Facing Fire project multiplier event – Interactive workshop "Education to live with fire"**, 12-14 June 2023, Santiago de Compostela, Spain. For more information [CLICK HERE](#).
- **ANGES – Estimulação cognitiva de idosos: da teoria à prática**, 12-16 June 2023, online. For more information [CLICK HERE](#).
- **Data meets Infrastructure at the Edge**, 13-15 June 2023, Sweden. For more information [CLICK HERE](#).
- **Digital Assembly 2023: A Digital, Open and Secure Europe**, 15-16 June 2023, Sweden. For more information [CLICK HERE](#).
- **Corso Intensivo (BIP) di Intercomprensione fra lingue romanze**, 13-22 June 2023 (online) and 26 June and 1 July (Italy). For more information [CLICK HERE](#).
- **"Debate: De que educadores e professores precisamos?"**, 19 June 2023, Polytechnic of Viseu. For more information [CLICK HERE](#).

- **Curso/unidade de educação contínua – Diálogos Intergeracionais em Educação**, 15-30 June 2023, Porto, Portugal. For more information [CLICK HERE](#).
- **“Debate: De Que Educadores e Professores Precisamos?”**, 19 June 2023, no Instituto de Educação da Universidade de Lisboa. For more information [CLICK HERE](#).
- **ANGEL Conference 2023 – Global Education & Learning, for Just, Peaceful and Sustainable World**, 19-20 June 2023, UNESCO HQ, Paris. For more information [CLICK HERE](#).
- **6<sup>th</sup> International Conference on Natural Fibers**, 19-21 June 2023, Funchal, Portugal. For more information [CLICK HERE](#).
- **9<sup>th</sup> International Conference on Higher Education Advances**, 19-22 June 2023, Valencia, Spain. For more information [CLICK HERE](#).
- **II Conferência de Ciência de Dados para as Ciências Sociais**, 19-23 June 2023, Manaus and Itacoatiara, Amazonas, Brazil. For more information [CLICK HERE](#).
- **WEed5.0 2023 – 1<sup>st</sup> Workshop on Education 5.0**, 20-23 June 2023, University of Aveiro, Portugal. For more information [CLICK HERE](#).
- **ESREA Life History and Biography Network meeting 2023 | Exploring belonging and meaning: Lifescapes – Landscapes – Timescapes**, 22-25 June 2023, Trondheim. For more information [CLICK HERE](#).
- **8<sup>o</sup> Encontro Internacional Saúde com Arte – EISA**, 27-30 June 2023, Pousos, Leiria, Portugal. For more information [CLICK HERE](#).
- **6<sup>o</sup> Colóquio Internacional de L’ARCD**, 27-30 June 2023, Switzerland. For more information [CLICK HERE](#).
- **10<sup>th</sup> International Conference of EDiLiC | From Early Childhood to Adulthood: Transitions, Continuity, and Disruptions in Plurilingual Education**, 28-30 June 2023, University of Copenhagen, Denmark. For more information [CLICK HERE](#).
- **International Conference “The Lusophone World and its Diasporas”**, 28 June – 1 July 2023. York University Toronto, Canada. For more information [CLICK HERE](#).
- **EERA Summer School 2023 – Participatory approaches in educational research**, 26-30 June 2023, Faculty of Psychology and Education Sciences of the University of Porto. For more information [CLICK HERE](#).
- **Jornadas FCCN 2023**, 27-29 June 2023, Escola Naval, Almada. For more information [CLICK HERE](#).
- **Conference “Prevenção primária da diabetes tipo 2: investigação, tecnologia e trabalho em rede”**, 29 June, Egas Moniz School of Health & Science. For more information [CLICK HERE](#).



- **EvoKE 2023**, 3-5 July 2023, University of Bath, United Kingdom. For more information [CLICK HERE](#).
- **ISATT Conference 2023 – Living and Leading in the Next Era: Connecting Teaching, Research, Citizenship and Equity**, 3-7 July 2023, Bari, Italy. For more information [CLICK HERE](#).
- **AIESEP International Conference**, 4-7 July 2023, Santiago, Chile. For more information [CLICK HERE](#).
- **Ciência 2023 – Encontro com a Ciência e a Tecnologia em Portugal**, 5-7 July 2023, University of Aveiro. For more information [CLICK HERE](#).
- **IX Encontro de Jovens Investigadores do CEIS20**, 6-7 July 2023, Coimbra. For more information [CLICK HERE](#).
- **The 21<sup>st</sup> Annual (1<sup>st</sup> blended) SAARMSTE Research School for Mathematics, Science and Technology Education**, 7-21 July 2023, School of Education, University of KwaZulu-Natal, South Africa. For more information [CLICK HERE](#).
- **Colóquio “Nos 50 anos da Reforma Veiga Simão: as políticas educativas entre mudanças e continuidades”**, 10-11 July 2023, Universidade Lusófona. For more information [CLICK HERE](#).
- **CIAIQ2023 | 12<sup>o</sup> Congresso Ibero-Americano em Investigação Qualitativa**, 11-13 July 2023, hybrid. For more information [CLICK HERE](#).
- **Facing Fire project multiplier event – Interactive workshop “Education to live with fire”**, 12-14 July 2023, Santiago de Compostela, Spain. For more information [CLICK HERE](#).
- **Research Summit 2023 – Sociedades inclusivas, inovadoras e sustentáveis**, 12-14 July 2023, University of Aveiro. For more information [CLICK HERE](#).
- **44<sup>th</sup> International Conference of the Stress, Trauma, Anxiety, and Resilience Society (STAR)**, 19-21 July 2023, hybrid. For more information [CLICK HERE](#).
- **SMBE2023 – Science for everybody: education and outreach in molecular biology and evolution**, 23-27 July 2023, Ferrara, Italy. For more information [CLICK HERE](#).
- **II Encontro Nacional de História da Química | Múltiplas facetas na história da ciência química**, 8-9 September 2023, online. For more information [CLICK HERE](#).
- **International Bioelectrics Symposium 2023**, 10-13 September 2023, Lisbon, Portugal. For more information [CLICK HERE](#).
- **XXIV das Jornadas da Sociedade Portuguesa de Psicologia do Desporto**, 14-16 September 2023, University of Madeira, Funchal. For more information [CLICK HERE](#).

- **14ª Conferência Lusófona de Ciência Aberta (ConfOA)**, 18-21 September 2023, Federal University of Rio Grande do Norte, in Natal, Brazil. For more information [CLICK HERE](#).
- **Adult Learning at the Nexus of Life Course, Work & Transitions**, 27-29 September 2023, Goethe University Frankfurt, Germany. For more information [CLICK HERE](#).
- **I International Conference on Language and Intercultural Communication Learning (LaICL'23)**, 28-29 September 2023, ESTGA. For more information [CLICK HERE](#).
- **5<sup>th</sup> EMCEI**, 2-5 October 2023, Rende (Cosenza), Italy. For more information [CLICK HERE](#).
- **ISCSI 2023 – Conference on Industry Science & Computer Science Innovation**, 4-6 October 2023, Lusófona University of Lisbon. For more information [CLICK HERE](#).
- **2<sup>nd</sup> KIX Continental Symposium on Research and Education in Africa**, Dakar, Senegal. For more information [CLICK HERE](#).
- **IUFRO Forest Environment**, 8 October 2023. For more information [CLICK HERE](#).
- **11<sup>th</sup> ICESD International Congress of Educational Sciences and Development**, 18-20 October 2023. For more information [CLICK HERE](#).
- **Colloque “Le Sport & le Végétal: regards pluridisciplinaires”**, 19-20 October 2023, University of France. For more information [CLICK HERE](#).
- **VI Simpósio Europeu de Português como Língua de Herança (VI SEPOLH) / Português como Língua de Herança: da Gestão à Formação**, 23-25 October 2023, University of Aveiro, Portugal. For more information [CLICK HERE](#).
- **IUFRO Forest Environment DIV8 Conference 2023**, 24-27 October 2023, Évora, Portugal. For more information [CLICK HERE](#).
- **IV Congresso Internacional “As censuras na produção cultural infantojuvenil. Hábitos de leitura contemporâneos”**, 25-26 October 2023, Universidad de Zaragoza and Universidad de Extremadura, Spain & online. For more information [CLICK HERE](#).
- **Teacher Professional Development in Times of Global and Glocal Transformations: International Perspectives and Challenges**, 26-28 October 2023, University of Minho, Braga, Portugal. For more information [CLICK HERE](#).
- **13<sup>th</sup> International Conference on Health and Social Care ICT (HCist 2023)**, 8-10 November, Porto, Portugal. For more information [CLICK HERE](#).
- **44e session d'études de l'ADME – Canada – De l'aube au crépuscule des réformes: les apports des méthodologies de l'évaluation**, 9-10 November 2023, Château de Frontenac, Quebec. For more information [CLICK HERE](#).
- **27as Jornadas de Endocrinologia e Diabetes de Coimbra**, 10-11 November 2023, Coimbra, Portugal. For more information [CLICK HERE](#).

- **ICCE Global Coach Conference**, 29 November – 3 December 2023, Singapore, Singapore.  
For more information [\*\*CLICK HERE\*\*](#).
- **WCQR2024 – 8<sup>th</sup> World Conference on Qualitative Research**, 23-25 January 2024, São Miguel, Azores & Johannesburg, South Africa & online. For more information [\*\*CLICK HERE\*\*](#).
- ***IX Seminário Ibero-Americano CTS XIII Seminário CTS***, 8-10 July 2024, University of Aveiro.  
For more information [\*\*CLICK HERE\*\*](#).