



FINAL REPORT EVALUATION

Reference number: 613137-EPP-1-2019-1-IT-SPO-SCP

Relevance of the project	Score	Maximum
<p>The “HAPPY BONES” project was perfectly well in line with the specific objective (Encourage participation in sport and physical activity especially by supporting Council Recommendation on HEPA and EU Physical Activity Guidelines) of European policies in the field of sport given that it developed an exercise program for a target group which is often forgotten: women during menopause and post menopause period.</p> <p>The project realised is based on a genuine and adequate needs analysis. There is adequate research on sarcopenia and osteoporosis in elderly people and especially, an estimation of 1 out of 3 women over age 50 will experience osteoporotic fractures, often requiring hospitalisation and long-term care.</p> <p>The following objectives have been very well addressed throughout the whole duration of the project:</p> <ul style="list-style-type: none"> - Awareness raising about specific physical activity as an effective tool to prevent, stop or improve osteoporotic disease in menopausal women. - Proposing free classes for women above 45 years old, with osteopenia and / or femur, vertebral bodies osteoporosis, with or without previous fractures. <p>The specific objectives of the project remained clear and realistic throughout the whole duration of the project, which has been proven by perfect completion of the 4 Intellectual outputs. The project is innovative given that it takes into consideration the pre-menopausal state and age of each single woman involved and it proposes osteoporosis exercise protocol for osteopenic / osteoporotic sedentary women aged around 50-65.</p> <p>The results of the project represent a benefit at EU level, which could not have been attained if carried out solely in a single country thanks to the collaboration among different partners across the European Union as well as the involvement of medical experts.</p>	28	30
Quality of the project design and implementation	Score	Maximum
	18	20

Annex 1

Quality of the project design and implementation

The coordinator did not structure the work program into five phases for preparation, implementation, monitoring, evaluation and dissemination. The main activities are presented according to 3 work packages:

- Management and Coordination,
- Dissemination and exploitation,
- Organisation of an online train the trainers course exercise & health professionals and national replications of the course

The consistency between the project objectives, the methodology, the activities and the budget remained very good throughout the whole duration of the project. This has been proven by the development of the exercise program which includes a personalised workout with cardiovascular work and muscle strengthening to be performed on specific equipments in a gym. The physical activity protocol was also organised at the workplace (University) to compare adherence and drop-outs.

The methodology has proven to be of excellent quality and feasible in particular the involvement of an external quality board composed of two experts can be highlighted. For instance, both experts contributed to the development of the project materials by suggesting scientific articles to be considered.

The quality control measures put in place also consisted in internal aspects: a follow-up at the end of each activity, with record-filing systems, to assess the project progress in comparison to the application. These measures enabled a perfect implementation of the project in good time and in respect of the budget. Quality control during the project was an ongoing process, which led to high standard results.

Quality of the project team and the cooperation arrangement

The project included an appropriate mix of 6 complementary participating organisations, covering 4 EU Member States and Türkiye. The partnership is composed of 3 Universities, 2 sports associations and 1 association working in the related sports fields, social development and media. The necessary profiles were gathered so that all aspects of the project could be delivered throughout the whole project.

The management arrangements were done in an appropriate manner. Responsibilities, timelines, tasks and activities that were clearly defined at the beginning were perfectly put in practice. The overall management was led by the coordinating organisation. The dissemination and exploitation were led by ISES. The organisation of the online course exercise was led by UAIC (RO). However, all participating organisations collaborated and interacted on these different aspects throughout the implementation of the project.

The staff remained stable during the implementation of the project. The partnership showed commitment and professionalism all through the project duration.

Score	Maximum
-------	---------

18	20
----	----

Impact and dissemination

Score	Maximum
-------	---------

26	30
----	----

Annex 1

Impact and dissemination

The project has a relatively significant impact on the participants outside the organisations and individuals directly participating in the project at the end of the project.

The dissemination plan applied in the project, including informational documentation, a mailing list in electronic format, project's website, multiplier sport events and participating organisations social media was diversified. The project also disseminated the results in a Congress organised by the Italian Society of Sport Science.

The beneficiary drafted very good quality products in terms of clarity, layout and design.

Throughout the whole lifetime of the project, the partnership perfectly complied with the publicity obligations related to the use of the Erasmus+ visual identity. The different materials (HAPPY BONES Training Manual, Manual about the application of the HAPPY BONES training protocol and the HAPPY BONES Vademecum) are available in 6 languages (EN, IT, BG, RO, TK and Catalan), which demonstrate the dissemination efforts made by the partnership. These materials produced by the project are freely made available through the project website.

However, the partnership does not demonstrate the sustainability of the project is ensured after the EU grant has been used up.

Total score:	90	100
---------------------	-----------	------------