



Comune di Rovereto

DIREZIONE GENERALE
Ufficio Staff della Direzione Generale

PARTNER SEARCH

Title: ***Natural Environment as a tool to promote Active Ageing***

- ***Sport Preparatory Action – Priority: active ageing - EAC/S06/2012***
- Deadline for expression of interest: **23 July 2012**
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Abstract

This project aims at developing an integrated approach to physical activity for older people and elderly population making use of the resources provided by natural urban environment.

The development of physical activities in the natural environment is an effective opportunity for sport promotion and practical in the aged population for their low cost and wide diffusion particularly in the urban and sub urban areas of medium-small size. In these context sport structure are often not present or not available to elderly people since cities are mainly addressed to answer to the immediate request of sport in the youth and adults groups.

In order to organize proper physical activities for aged population, natural environment needs to be well characterised to define appropriate SPORT PATH where any kind of aged persons can find the exercise matching her/his motor skill and locomotory limitation. This can be realized by applying scientific evidence to any kind of natural resources leading to a specific description of exercise programme tailored for person with different level of age, fitness and physical limitation

This project intend to define an innovative and sustainable methodology to analyse and use natural environment resources for sport activities, normally existing in the area of small-medium size town, addressing them to aged person. This methodology, based on scientific knowledge, will be implemented by any partner in its own area in order to verify the application, to resolve criticism and to deliver final guidelines.

The ideal **partners needed** are a Sport council/ local administration of a small-medium town or a Research Sport Centre well related to its area of working.