



# ActivU

Activate Healthy Lifestyle  
through Counselling for You

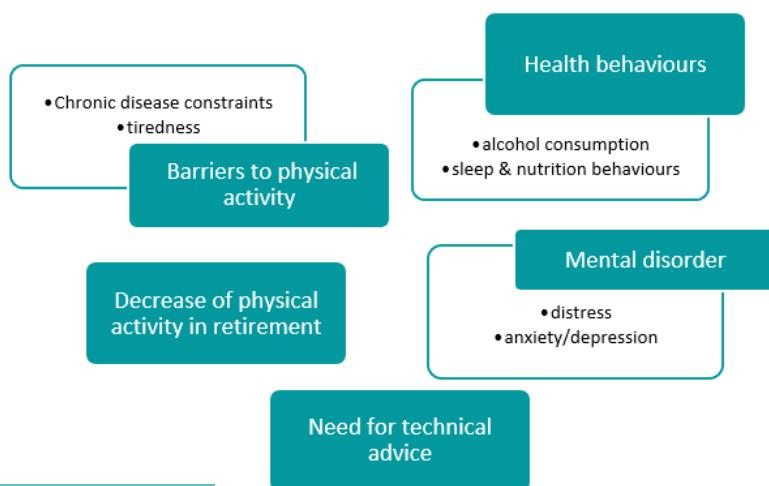
Newsletter 2

## Mixed - method Profile Assessment

Through 96 individual interviews analysis (12 for each partner country), ActivU explored perceptions, knowledge, beliefs and behaviours of former active citizens, including former athletes from all sports and persons who have had physically active professions.

Each focus group was taped and transcribed and data was analyzed using a software package for qualitative analysis.

### Dimensions emerged from the content analysis:



## Completion of Validity Analysis

Follow - up interviews will be conducted with one participant of each focus group and three members of ActivU's Scientific Committee will code, analyse and triangulate data to ensure validity of the findings.

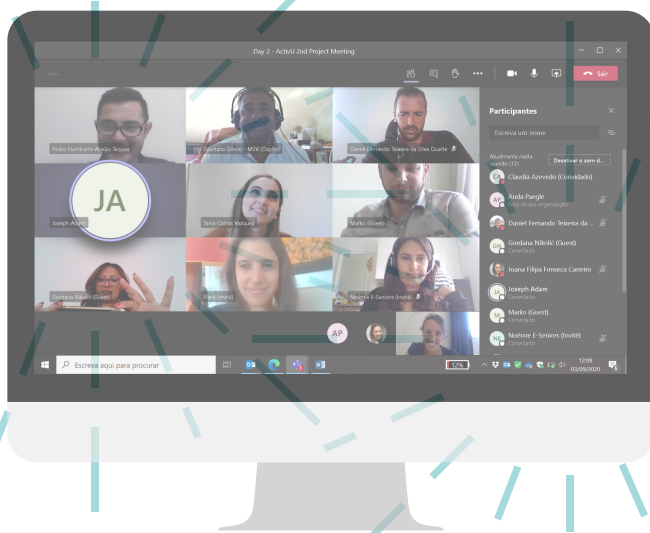
After identifying the profile of the former citizens, ActivU partnership will proceed to the development of a short-form screening measure considering the characteristics acknowledged in previous steps and tasks.

## ActivU Call for Participants



The purpose of this call is to select the participants for the ActivU online training programme, to be carried out from April to September 2021.

The group of selected participants will be able to study and be part of the program, as well as to receive a certificate for completion of the program.



## 2nd Transnational meeting

held online on 2nd & 3rd  
of September 2020

### Assignment & Creation of Training Modules

Members of the Technical Committee (one per partner) will work on the creation process and drafting the teaching material (units and modules; activities) under the supervision of the Scientific Committee.

The created Modules will cover the following subjects:

**Module 1. Lifestyle among the life cycle and its implications on health**

**Module 2. Promotion of a healthy and active lifestyle**

**Module 3. Guidance procedure among active lifestyle promotion practices: physical health**

**Module 4. Guidance procedure among active lifestyle promotion practices: other health-related behaviours**

**Module 5. Other relevant aspects of traineeship programs.**

**Module 6. E-training on digital or hybrid programs**

### The partnership



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