



With the support of the
Erasmus+ Programme
of the European Union



Exercise for diabetes: beneficial effect of new educational and physical activity programs (BE-NEW)

Democritus University of Thrace, with Scientific Coordinator Dr. Vasiliki Derri, Professor of School of Physical Education and Sport Science, co-organizes and implements the Research program Erasmus+ Sport "Exercise for diabetes: beneficial effect of new educational and physical activity programs (BE-NEW)", as one of the European partners. Coordinator is the University of Bologna in Italy, with Dr. Milena Raffi, Assistant Professor in the Department of Biomedical and Neuromotor Sciences.

Goals of the BE-NEW project

The BE-NEW project aims to promote physical activity in people with diabetes, and specifically to:

- 1) transmit and strengthen the culture of regular exercise of diabetic people for health, improving their understanding of its importance,
- 2) contribute to improving health of the diabetic population, allowing equal access opportunities to exercise/physical activity for all, including the most socially and/or economically disadvantaged ones,
- 3) improve overall health of a larger diabetic population by monitoring the level of weekly exercise of young people and adults, to reach the level indicated by the World Health Organization,
- 4) contribute to the professional development of Physical Education Teachers (PETs), in using valid exercise and physical activity protocols for children/adolescents with and without diabetes, in the context of differentiated teaching and inclusion, to improve quality of life and health,
- 5) develop and promote scientific knowledge about the health benefits of physical activity in people with diabetes, through testing and evaluating their progress and results, as well as the exercise protocols.

Objectives of the BE-NEW project:

The BE-NEW project aims to:

- 1) improve health indicators (blood glucose, glycosylated hemoglobin, total cholesterol, high-density lipoprotein HDL, low-density lipoprotein LDL triglycerides, hemodynamic response through physical activity, continuous, voluntary participation in physical/sports activities, following protocols that are created, implemented and evaluated by the researchers of the Program,
- 2) improve knowledge, attitudes and practices of the PETs, through the creation, implementation and evaluation of a distance training program for the co-education

- and inclusion of children/adolescents with Diabetes in Physical Education and in general physical activity programs,
- 3) improve health-related quality of life, health-related fitness, social skills and active engagement time in physical activity, of children/adolescents with Type I Diabetes, through the PE course,
 - 4) provide specialized about Diabetes and physical activity information to postgraduate students

Participating Organizations/Institutions

- 1) Alma Mater Studiorum University of Bologna, Department of Biomedical and Neuromotor Sciences, ITALY (LEADER)
- 2) Democritus University of Thrace, GREECE
- 3) Radio Capodistria, SLOVENIA
- 4) UISP (UNIONE ITALIANA SPORT PER TUTTI), Bologna, ITALY
- 5) Association Sport for All Suceava (AJSPT Suceava), ROMANIA
- 6) Športna Unija Slovenije, SLOVENIA
- 7) University of La Rioja, Logrono, SPAIN



UNIVERSITY OF BOLOGNA



DEMOCRITUS UNIVERSITY OF THRACE - (GREECE)



RADIO CAPODISTRIA (KOPER-CAPODISTRIA, SLOVENIA)



ASSOCIATION SPORT FOR ALL - BOLOGNA



ASSOCIATION SPORT FOR ALL - SUCEAVA



SPORT UNION OF SLOVENIA



UNIVERSITY OF LA RIOJA

DUTH Participating Members

- Derri Vasiliki (Scientific Coordinator), Professor SPESS/DPESS, DUTH
- Michalopoulou Maria, Professor SPESS/DPESS, DUTH, Vice Rector for Research and Lifelong Learning
- Douda Eleni, Professor, Dean, SPESS/DPESS, DUTH
- Kourtesis Thomas, Professor SPESS/DPESS, DUTH
- Smilios Ilias, Associate Professor SPESS/DPESS,
- Spasis Apostolos, Special Education Staff, SPESS/DPESS, DUTH
- Emmanouilidou Kyriaki, Special Education Staff, SPESS/DPESS, DUTH
- Papamichou Aspasia, PhD, Physical Education teacher, School Director
- Gaitanidou Athanasia, PhD, teacher, Head of Educational Affairs

- Daphnis Dimitrios, researcher
- Kazantzis Christos, Special Technical Staff, SPESS/DPESS DUTH
- Vasilakaki Magdalini, Biopathologist – Microbiologist

The BE-NEW Program has received the approval of the Ministry of Education and Religion as well as of the Ethics Committee of the Democritus University of Thrace.

Site: <https://site.unibo.it/benew/en>

