

## ATHLETES AT YUNCLER SPORTS SCHOOLS ARE IN GOOD PHYSICAL-NUTRITIONAL CONDITION AFTER THE ASSESSMENTS PERFORMED BY IGOID SPORTEC

The Yuncler City Council and the Sports Department, considered of the importance of the health of its children and youth population that performs sports in the Sports Schools, reached an agreement with IGOID-SPORTEC (spin-off of the University of Castilla - La Mancha) for the implementation and development of the successful Protocol Active Health Sportec to the members of the Sports Schools in their different modalities. During the first weeks of February, a total of 124 boys and 89 girls from the Sports Schools have been evaluated by professionals and experts from IGOID-SPORTEC. In said protocol it is a question of carrying out a sports health evaluation that includes various tests, including an anthropometric measurement with weight values, percentage of fat and muscle mass, BMI, among others; the assessment of physical condition through tests of strength and endurance; balance and postural control through a platform of pressures; and respiratory capacity by spirometry. In addition, a simple evaluation of the food foods of said population is also included. Once the evaluations are completed, you will receive from the City Council staff the participants and their families, an individualized report with the data obtained from each of the tests carried out, as well as a series of general recommendations regarding each parameter. In addition, each athlete will have access to the project's digital platform, where they can consult, analyze and compare their individual results with other sports or populations.

Once the evaluations are completed, the Town Hall staff will send the participants and their families an individualized report with the data obtained from each of the tests carried out, as well as a series of general recommendations regarding each parameter. In addition, each athlete will have access to the digital platform of the project, where they will be able to consult, analyze and compare their individual results with other sports or populations. Similarly, the Yuncler City Council has received a global report that includes all the values and results obtained from all athletes, as well as a series of statistical analyzes to check and know first-hand the status of their Sports Schools. In this way, they will be able to make a feedback with their coaches and members of the different modalities, in order to improve and continue to have good active-healthy lifestyle habits. In these results, it should be noted that invasion sports in boys (94 boys) and individual sports in girls (49 girls) are the most practiced. Regarding body composition, 95% of the boys and girls in the locality are in healthy indices of fat and muscle mass. In the same way, the physical capacities of strength, resistance and postural control, all boys and girls have positive values regarding their age and stage of growth, as well as respiratory capacity and eating habits which have shown positive results in boys and girls. Based on these results, the Yuncler athletes of child and youth age who have carried out the Active Health Sportec protocol, are in a healthy physical condition and conducive to a good development in their growth thanks to the sport they carry out in the Sports Schools. and their good active-healthy habits. In this way, in addition to the security that it supposes for the fathers, mothers and / or guardians of the young athletes when knowing first-hand the current state of sports health of their children and thanks to the professionalism, commitment and commitment to sport and the health of the Yuncler City Council, this town becomes a leading municipality in the promotion and evaluation of physical condition oriented to health, being part of the ACTIVE HEALTH SPORTEC network.