



**Universidade
Europeia**

Project name:

Fall to play

Faculty	Faculdade de Ciências da Saúde e do Desporto
Project title	Fall to Play
Project description	<p>Falls, in addition to causing injury, are transversal to several sports. The Fall to Play project aims to establish strategies that promote the physical integrity of skating athletes, which can have serious consequences on the musculoskeletal system. Martial arts techniques can be relevant regarding motion responses in a falling situation. Thus, this project aims to find effective technical-motor solutions that avoid fractures and other serious injuries in skating athletes.</p> <p>Budget: 44.995€</p>
Goals	<p>The goal is to prepare young athletes, especially beginners, to deal with suitable forms of falling. It is intended to implement a strategy that simultaneously achieves the primary result of the training of the skills and competences necessary for the learning of new technical gestures and that, secondarily, it is possible to make the acquired new techniques an integral part of a skater's technical-motor skills.</p>
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