



WearCoach

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D1.2 COMMUNICATION MATERIAL



**Leading the
Way in
Wearable
Technologies
for Sports
Coaching**



Co-funded by
the European Union

Communication Material

Channels, materials and visibility activities of the WEARCOACH project.

Project	WEARCOACH — Leading the Way in Wearable Technologies for Sports Coaching
Programme	Erasmus+ Sport — Small-scale Partnership (ERASMUS-SPORT-2025-SSCP)
Project number	101229603
Coordinator	Wellnist Academy (Türkiye)
Partners	Vidisport (Estonia) · Oslo Orcas IF (Norway) · Focus Coaching (Türkiye)
Work Package	WP1 — Project Management and Dissemination
Lead beneficiary	Wellnist Academy
Grant	EUR 60 000 (lump-sum grant)
Type	R — Document, report
Dissemination level	PU — Public
Due date	31 May 2026
Reporting period	M1–M8 (to 31 May 2026); updated September 2026
Project website	https://wearcoach.sports4.eu
Version	2.0 (revised)

Document history: version 1.0 was submitted on 31 May 2026. This is version 2.0, revised in September 2026 after the deliverable was reopened for update following the review.

At a glance

WEARCOACH reaches coaches, sports organisations and the wider public through four connected channels: the project website, the partners' social-media accounts, the partners' own websites, and a set of printed and digital materials. Every channel and item carries the EU emblem and the funding statement “Co-funded by the European Union”, together with the standard disclaimer.

This report presents each channel, the materials produced, and how reach is followed. Links and evidence are collected in Annex A.

1. Who we reach

Audience	What the project offers them
Coaches and coaching professionals (primary)	Free, practical resources to use wearable technology and read athlete data with confidence
National Sports Governing Bodies and coaching associations	Ready-made materials and evidence to support coach education
Athletes and parents	Safer, more personalised training, reached through their coaches and clubs
Polymakers and sports organisations	Evidence on the skills gap and the value of wearable technology in coaching
The wider public	General awareness of the project and its results, through open online

	channels
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2. How we communicate

The project's communication has three goals: to make WEARCOACH visible to its target audiences, to build engagement with coaches and sports organisations, and to secure the long-term impact of the project's results. To reach them, the consortium follows a few simple principles:

- **One hub:** every post, article and material points back to the website, where the outputs can be downloaded.
- **Built on the outputs:** communication uses the project's own results — the research findings, the toolkit and the training materials.
- **In the partners' languages:** partners reach their national audiences in English and the partner languages — Turkish, Estonian and Norwegian.
- **EU visibility everywhere:** every channel and item shows the EU emblem and the funding statement.

3. The project website

The website — wearcoach.sports4.eu — is live and is the project's central place for information and downloads.

Section	Content
Home	The project in brief, the partners and the outputs
About	Why the project exists, the target groups and the work plan
Outputs / Resources	Each result on its own page, with free downloads as they are published (D2.1 available)
Blog / News	Updates, research highlights and expert insights on wearables in coaching
Contact	Coordinator contact details

Every page carries the EU emblem and the disclaimer in its footer. The site's news section shares project updates and, at the time of this report, holds three articles (listed in Annex A). Screenshots of the website — the home page, the news section and the EU visibility in the footer — are provided in Annex A.7.

4. Social media

The partners carry the project on social media. Focus Coaching Academy posts on Instagram, and Wellnist Academy on Instagram and Facebook; each post reaches an existing audience in its own language and introduces the project, its themes and its outputs. Oslo Orcas IF and Vidisport contribute through their own websites rather than social media (see Section 7).

Partner	Channels	Project posts
Focus Coaching Academy	Instagram (@focus_coachingacademy)	7
Wellnist Academy	Instagram (@wellnistacademy) + Facebook	8 on Instagram · 7 on Facebook

Every post is listed with its link in Annex A (A.4 Instagram, A.5 Facebook), together with a selection of post screenshots in Annex A.8.

5. Press releases and media outreach

WEARCOACH shares its news publicly and issues announcements at the project's key moments — the launch, major research findings, pilot results and the final outcomes. In this reporting period, the project's launch, its planned events and its early achievements were announced through the news section of the website (three articles — see Annex A) and echoed on the partners' social-media channels. As the project moves into its outreach phase, releases will also be offered to sports media, coaching networks and technology-focused publications to widen coverage. A project newsletter (Issue 1) has also been produced in English and the partner languages to share news and milestones through the partners' networks (see Annex A.10).

6. Events and workshops

The project's multiplier events — interactive webinars and workshops for coaches, National Sports Governing Bodies, policymakers and the wider sports-technology community — are scheduled for the second half of the project (activities E1.6–E1.11 in the work plan) and will be held in the partner countries, including Istanbul, Oslo and Tallinn. They will use the printed and digital materials presented in this report so that the project is communicated consistently in every setting. The consortium's own kick-off meeting was held in Tallinn on 1 December 2025 (reported in D1.1 and D1.3).

7. Partner networks and EU platforms

Each partner also presents WEARCOACH on its own website, which carries the project into established professional networks. Wellnist Academy, Vidisport and Oslo Orcas IF each have a dedicated WEARCOACH project page, and Oslo Orcas IF has published two news articles about the project in Norwegian — one on the research report and one on the training programme. Beyond their own websites, the partners also share project content through their newsletters and sectoral networks — including, for Oslo Orcas IF, the Nordic SportsTech network — so that WEARCOACH reaches audiences well beyond the consortium. WEARCOACH is also listed on the European Commission's Erasmus+ Project Results Platform under project number 101229603. All these links are given in Annex A, and screenshots of the partners' project pages and news in Annex A.9.

8. Visual identity and materials

8.1 Visual identity (Brandbook)

WEARCOACH has a single visual identity — logo, colour palette, typography and rules for placing the EU emblem — set out in a brand guide. Every deliverable and material follows it, so the project is immediately recognisable across all channels.

The pages of the WEARCOACH Brandbook are shown below.



Brandbook — cover

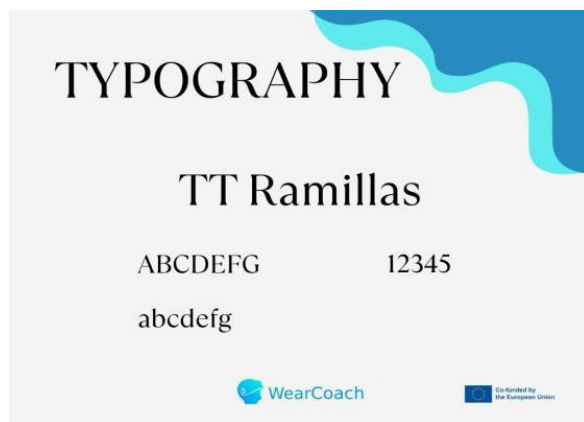


Colour palette

Logo



Correct uses — light and dark backgrounds



Typography — TT Ramillas

Colour palette: #01A0FD, #01C0F0, #02D0EC, #01B0F5, #01E3E8 and #F4F4F4, applied consistently across documents and visuals.

Typography: TT Ramillas is the official typeface of the project, used for titles and headings across all materials; a clean sans-serif is used for body text.

Correct uses and application: the logo is shown only in its approved positive and negative forms; the EU emblem is placed according to the rules in Section 9; and the colours and typography are applied the same way on every product — from the website to the brochure — to keep a consistent, recognisable look.

8.2 Dissemination materials

On this basis, the following materials were produced and shared with the partners:

Material	Format	Purpose
Roll-up banner	85 × 200 cm	Workshops, conferences and multiplier events
Poster	A1 / A2	Venues, clubs, academic and NSGB events
Web banner	Digital, wide	Website header and newsletters
Trifold brochure	A4, two-sided	Events and partner networks
Social-media set	Square and portrait	Launch and ongoing posts, in English and the partner languages (Turkish, Estonian, Norwegian)
Project newsletter	Digital, one-page	Project news and milestones, in English and the partner languages (see Annex A.10)

Brand guide	Document	Logo, colours, typography and EU-emblem rules
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Each material was prepared in two colour versions — a dark and a light theme — so the partners can choose the one that fits each setting. The materials are shown in Annex A.

9. EU visibility and disclaimer

All WEARCOACH materials follow the European Commission's rules on the EU emblem (2021) and the visibility obligations of the Grant Agreement (Article 17):

- the EU emblem is shown with the funding statement “Co-funded by the European Union” — the positive version on light backgrounds and the negative version on dark ones;
- the emblem is at least as prominent as any other logo next to it, and in print the flag is at least 1 cm high;
- in small social-media formats the emblem is placed in the image and the full disclaimer in the post text.

The full disclaimer, reproduced on the project's public materials, is:

“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.”

10. Measuring reach and engagement

Reach is followed with simple, privacy-friendly measures: visits and downloads on the website, engagement shown on each social-media post (likes, shares, views), and participation at events. Feedback surveys at events check how useful and clear the materials are. The results feed the WP1 monitoring and are used to improve the communication as the project goes on.

The dissemination targets set in the application, and where they stand at the mid-point, are:

Indicator	Target	Status at M8
Organisations reached across Europe	≥ 50	Website and partner channels live; count building
Social-media project posts	Ongoing across partners	22 published (15 Instagram · 7 Facebook)
Website news / updates	Regular	3 articles published
Partner project pages	One per active partner	3 live (Wellnist, Vidisport, Oslo Orcas)
Multiplier-event participants	Coaches, NSGBs, policymakers	Events scheduled for the second period

11. What comes next

- use the materials at the multiplier events — the webinars and workshops for coaches, NSGBs and policymakers in the partner countries (Istanbul, Oslo and Tallinn);
- publish the next outputs (training programme, self-assessment toolkit and mobile application) on the website as they are ready;
- keep posting on the partners' channels and add live screenshots and links to this report as the channels grow.

Annex A — Channels and links

A.1 Project website, news and EU platform

Item	Link
Project website	wearcoach.sports4.eu
News — “WEARCOACH Project Secures Erasmus+ Funding!”	wearcoach.sports4.eu/wearcoach-project-secures-erasmus-funding
News — “WEARCOACH Events”	wearcoach.sports4.eu/wearcoach-events
News — “Milestone Achievements”	wearcoach.sports4.eu/milestone-achievements
Erasmus+ Project Results Platform	erasmus-plus.ec.europa.eu/projects/search/details/101229603

A.2 Partner project pages and news

Partner / item	Link
Wellnist Academy — project page	welln.ist/project/wearcoach
Vidisport — project page	vidisport.net/project/wearcoach
Oslo Orcas IF — project page	orcasif.com/prosjekter/wearcoach
Oslo Orcas IF — news: research report (Norwegian)	orcasif.com/nyheter/wearcoach-forskningsrapport-baerbar-teknologi
Oslo Orcas IF — news: training programme (Norwegian)	orcasif.com/nyheter/wearcoach-opplaeringsprogram-baerbar-teknologi
Focus Coaching Academy	focuscoachingacademy.com

A.3 Social-media accounts

Partner	Account
Focus Coaching Academy — Instagram	instagram.com/focus_coachingacademy
Wellnist Academy — Instagram	instagram.com/wellnistacademy
Wellnist Academy — Facebook	facebook.com/people/Wellnist/61569205302360

A.4 Project posts

No.	Partner	Link
1	Focus Coaching	instagram.com/p/DQlwqjeCCFm
2	Focus Coaching	instagram.com/p/DRrRsg4gNSo
3	Focus Coaching	instagram.com/p/DS7D1AhCL2U
4	Focus Coaching	instagram.com/p/DUD8gXuCE_d
5	Focus Coaching	instagram.com/p/DUr688HiE8G
6	Focus Coaching	instagram.com/p/DWbesvKCB13
7	Focus Coaching	instagram.com/p/DYkPdM5ilXY
8	Wellnist Academy	instagram.com/p/DR0ZC3pimry
9	Wellnist Academy	instagram.com/p/DT8jmAIDVoy
10	Wellnist Academy	instagram.com/p/DXFINy1jRJz
11	Wellnist Academy	instagram.com/p/DbYAwLOADaq

12	Wellnist Academy	instagram.com/p/DcsrPpXALJt
13	Wellnist Academy	instagram.com/p/DdlgwBuDSXA
14	Wellnist Academy	instagram.com/p/DdqeZ0jEWwn
15	Wellnist Academy	instagram.com/p/DdwhG5kDaPe

A.5 Facebook posts (Wellnist Academy)

No	Link
1	facebook.com/permalink.php?story_fbid=pfbid0xw4D3Yj2MdRsMTevduZkhuqiggbmZ3Lwo5TjYisyVVU9TgXWffaj1BCLCihihxdPI&id=61569205302360
2	facebook.com/permalink.php?story_fbid=pfbid025hzdoyuEUDuYw7PrzoXxNCJSPxeDqUQMPWcAyMnknyYpeQnZ7bNEkcPYckE4u8QWI&id=61569205302360
3	facebook.com/permalink.php?story_fbid=pfbid0povXdEoHNKCqzkaLYu1vpiPt32qWzjcGbDfDYVweWHXdtCP9zNcqBRkJu8UHZHUZI&id=61569205302360
4	facebook.com/permalink.php?story_fbid=pfbid0DLjTjardftjhMHxgMuQFnjTMeEm4BLrBy4HeQBfMF98VqqoS85a3qbsbG66iATJfl&id=61569205302360
5	facebook.com/permalink.php?story_fbid=pfbid0RekPwrFC1pCYkrLZkWhhrE923RWuZ2Y2HTt56NSKU5cRXHMhWH1EfEswNfkDeB4l&id=61569205302360
6	facebook.com/permalink.php?story_fbid=pfbid027kGXxEe44ArqdpvV8ZxGVtBxGhHFCYJVwYe6Ti7CYrZDBZxfdpvtJWrcBzrKkXT5l&id=61569205302360
7	facebook.com/permalink.php?story_fbid=pfbid02uYux4LKda7qummFFoDbnofF5SRcCfEuZsv25Q7RmKf8oS3YWUyE8RRDPK1U9JcAEI&id=61569205302360

A.6 Communication materials

The materials produced for the project are shown below. Each was prepared in two colour versions — a dark theme and a light theme — and all files are provided alongside this report.

Dark theme

Web banner



Roll-up banner


WearCoach

ERASMUS+ SPORT · NO. 101229603

A new era in sports coaching

Where wearable technology meets coaching



 **Real-time performance data**

 **Evidence-based feedback**

 **Safer, smarter training**

WHAT WEARCOACH OFFERS
 Research report · Training programme
 Self-assessment toolkit · Mobile app
wearcoach.sports4.eu

PROJECT PARTNERS






Co-funded by the European Union

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Poster



ERASMUS+ SPORT • PROJECT NO. 101229603
Leading the Way in Wearable Technologies for Sports Coaching

WEARCOACH equips coaches to integrate wearable technology into everyday training – turning heart-rate, GPS and motion data into evidence-based, athlete-centred decisions.

The challenge

- Only 40% of coaches have been trained on wearable technology.
- The gap is not the device – it is reading and applying the data.



What we do

- Train coaches to interpret real-time data
- Deliver evidence-based, hands-on education
- Pilot-test with coaches and athletes
- Share results across Europe

Project outputs

- Research report on wearables in coaching
- Training programme & module
- Self-assessment toolkit
- WEARCOACH mobile application


Real-time data


Coach education


Injury prevention


Mobile app

PROJECT PARTNERS






wearcoach.sports4.eu



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Trifold brochure — outside

Why WEARCOACH?

In modern sport, coaching decisions increasingly depend on data. Wearable devices capture it – heart rate, GPS, motion – but the value only appears when a coach can read the numbers and act on them.

The gap

Only **40%** of coaches have received any training on wearable technology. Devices go underused, and athletes miss safer, more personalised training.

Our answer

WEARCOACH turns data into decisions through practical, evidence-based coach education – combining research, hands-on training and real-world pilot testing.


Real-time data


Evidence-based


Safer training





Get involved

Follow WEARCOACH, explore the free resources and bring wearable technology into your own coaching.


wearcoach.sports4.eu



@wellnistacademy •
@focus_coachingacademy
@oslo_orcas • @vidisport.europe

Project partners









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Erasmus+ Sport • Project No. 101229603



ERASMUS+ SPORT

Leading the Way in Wearable Technologies for Sports Coaching

Wearable technology for smarter, safer coaching.



wearcoach.sports4.eu

What we do

WEARCOACH equips coaches to integrate wearable technology into everyday training — turning heart-rate, GPS and motion data into evidence-based, athlete-centred decisions.

Our objectives

- Train **30 coaches** to use wearables effectively
- Pilot-test the programme with coaches and athletes
- Reach **50+** organisations across Europe

Our approach

We combine research, hands-on training and real-world pilot testing with coaches and athletes in Türkiye, Estonia and Norway.



The training programme

A practical, modular course that takes coaches from what the sensors measure to what should change on the training field.

1 Fundamentals of wearable technology

2 Real-time data tracking

3 Performance optimization

4 Injury prevention

5 Integration into coaching practice

How it is delivered

Hands-on workshops and webinars, backed by e-learning resources and the WEARCOACH mobile app — free and open to coaches.



Project outputs

Research report

The current state of wearables in coaching

Training programme & module

Five practical modules for coaches

Self-assessment toolkit

Measure your skills and track progress

WEARCOACH mobile app

Data, feedback and community in one place

Join us

Explore the resources, follow the project and bring wearable technology into your coaching.

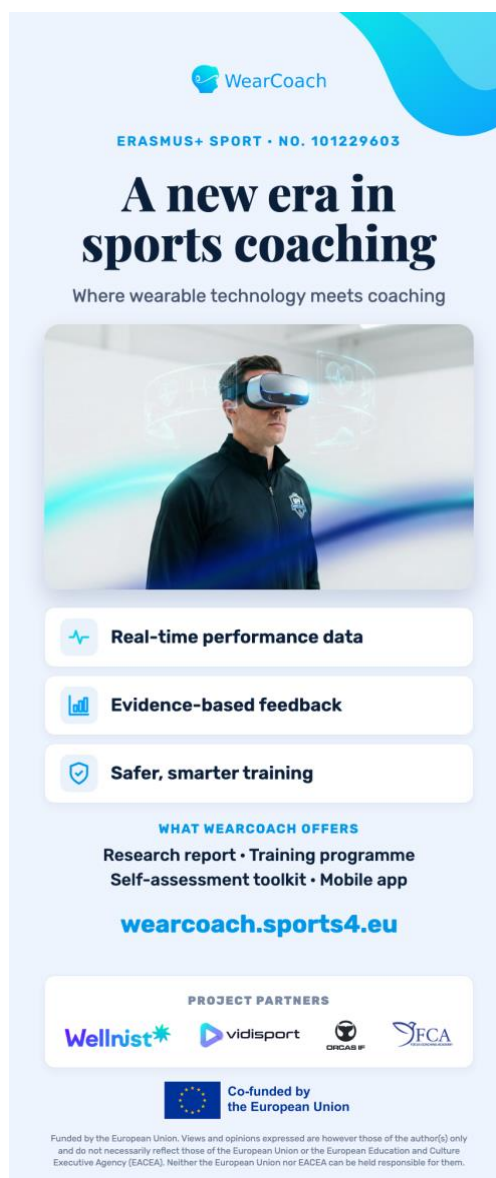


Light theme

Web banner



Roll-up banner



Poster



ERASMUS+ SPORT • PROJECT NO. 101229603
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WEARCOACH equips coaches to integrate wearable technology into everyday training – turning heart-rate, GPS and motion data into evidence-based, athlete-centred decisions.

The challenge

- Only 40% of coaches have been trained on wearable technology.
- The gap is not the device – it is reading and applying the data.

What we do

- Train coaches to interpret real-time data
- Deliver evidence-based, hands-on education
- Pilot-test with coaches and athletes
- Share results across Europe

Project outputs

- Research report on wearables in coaching
- Training programme & module
- Self-assessment toolkit
- WEARCOACH mobile application


Real-time data


Coach education


Injury prevention


Mobile app

PROJECT PARTNERS





wearcoach.sports4.eu


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Trifold brochure — outside

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Real-time data


Evidence-based


Safer training





Get involved

Follow WEARCOACH, explore the free resources and bring wearable technology into your own coaching.


wearcoach.sports4.eu



@wellnistacademy •
@focus_coachingacademy
@oslo_orcas • @vidisport.europe

Project partners









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Erasmus+ Sport • Project No. 101229603


ERASMUS+ SPORT
Leading the Way in Wearable Technologies for Sports Coaching
Wearable technology for smarter, safer coaching.



wearcoach.sports4.eu

What we do

WEARCOACH equips coaches to integrate wearable technology into everyday training — turning heart-rate, GPS and motion data into evidence-based, athlete-centred decisions.

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- Train **30 coaches** to use wearables effectively
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Our approach

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The training programme

A practical, modular course that takes coaches from what the sensors measure to what should change on the training field.

- 1 Fundamentals of wearable technology
- 2 Real-time data tracking
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Hands-on workshops and webinars, backed by e-learning resources and the WEARCOACH mobile app — free and open to coaches.



Project outputs

- Research report**
The current state of wearables in coaching
- Training programme & module**
Five practical modules for coaches
- Self-assessment toolkit**
Measure your skills and track progress
- WEARCOACH mobile app**
Data, feedback and community in one place

Join us

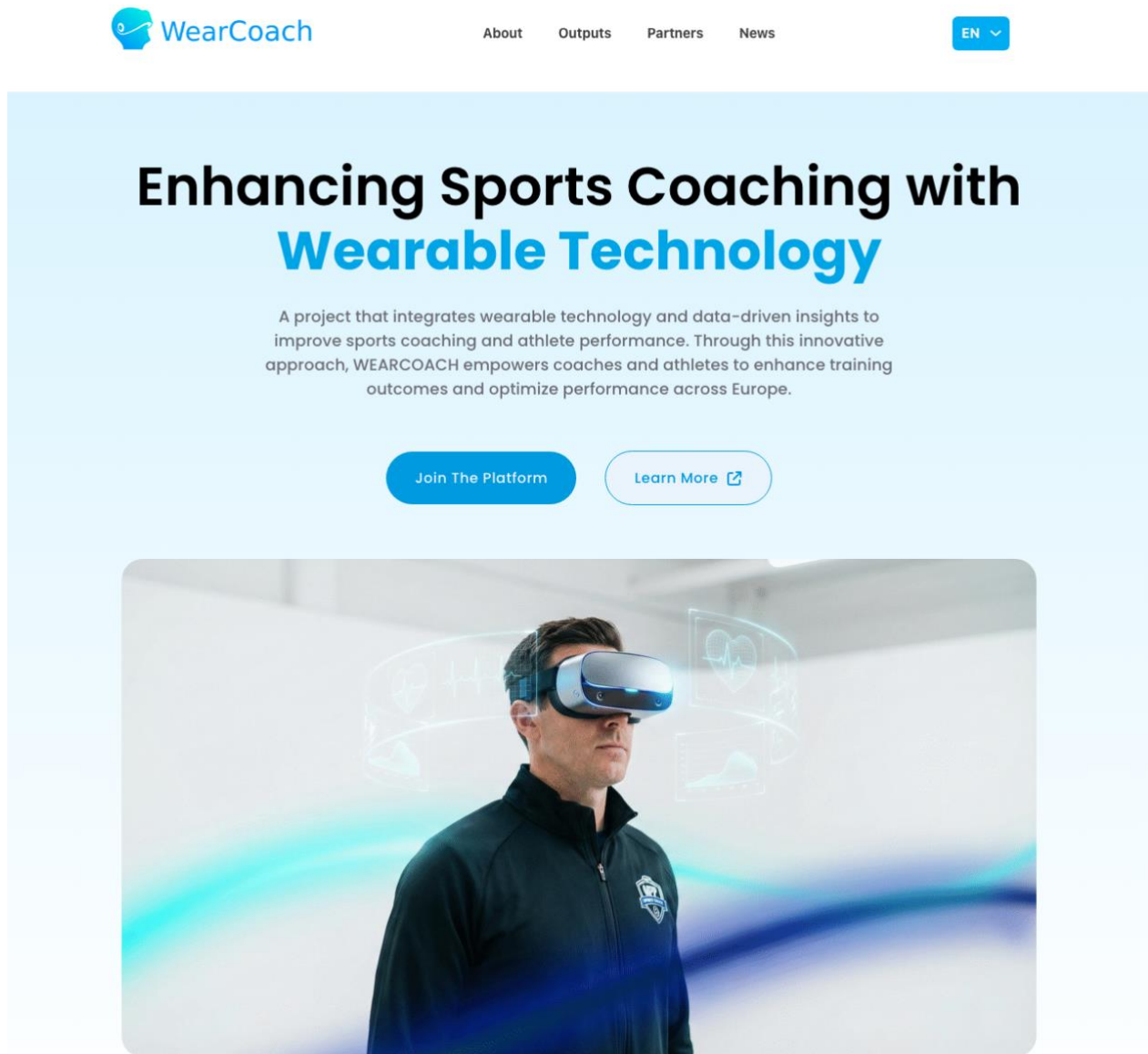
Explore the resources, follow the project and bring wearable technology into your coaching.



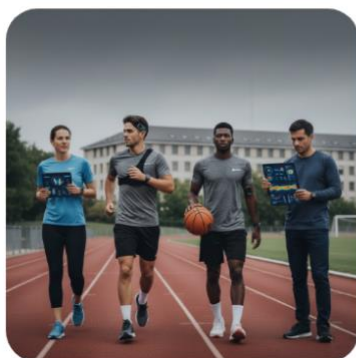
A.7 Website screenshots

Screenshots of the live project website (wearcoach.sports4.eu), captured for this report as evidence of the communication activities.

Home page — header, navigation and hero

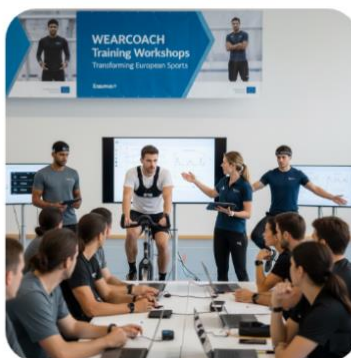


Home page — News section (three project updates)



December 1, 2025

WEARCOACH Project Secures Erasmus+ Funding!



December 1, 2025

WEARCOACH Events



December 1, 2025

Milestone Achievements



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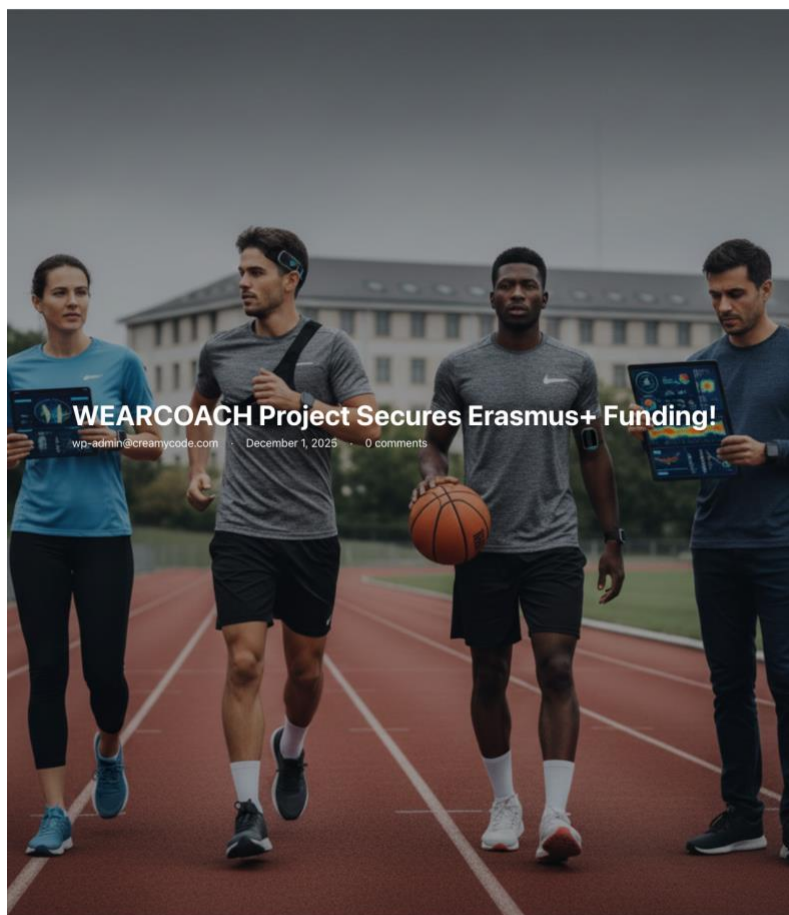
EU visibility on the website — the emblem and the disclaimer in the footer



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News article — “WEARCOACH Project Secures Erasmus+ Funding!”



WEARCOACH Project Secures Erasmus+ Funding!

wp-admin@creamycode.com · December 1, 2025 · 0 comments

!We are excited to announce that the WEARCOACH Project has secured funding from the Erasmus+ Program! This support will enable us to integrate wearable technology and digital tools into sports coaching, enhancing athlete performance and training methods across Europe. Stay tuned for upcoming events and resources as we work towards transforming the future of sports coaching!

 wp-admin@creamycode.com



Related posts



Milestone Achievements

December 1, 2025



WEARCOACH Events

December 1, 2025

NEXT POST
WEARCOACH Events



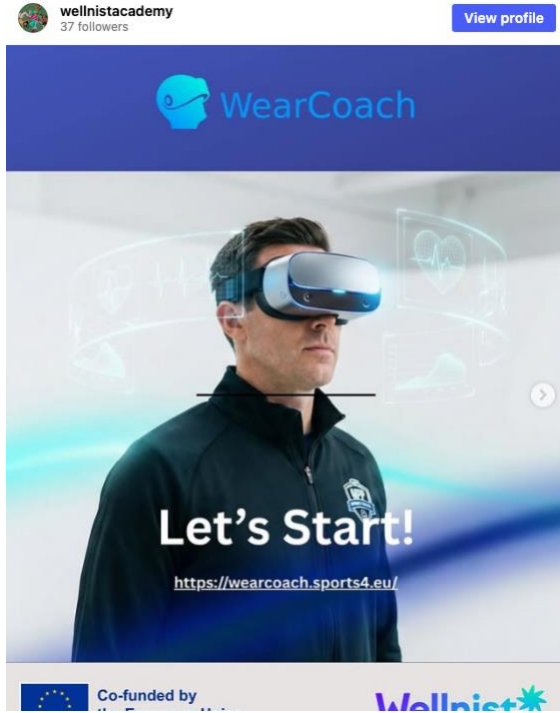
Co-funded by
the European Union

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A.8 Social-media post screenshots

A selection of the project posts on the partners' Instagram and Facebook accounts, shown as evidence of the social-media activity. The full list of links is given in A.4 (Instagram) and A.5 (Facebook).

Instagram



Wellnist Academy (@wellnistacademy)



Wellnist Academy (@wellnistacademy)



Wellnist Academy (@wellnistacademy)



Focus Coaching (@focus_coachingacademy)

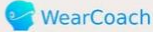
focus_coachingacademy
6,623 followers [View profile](#)



Koçlar Giyilebilir Teknolojide Kayıp Mı Oldu?

Nabız monitörleri, GPS izleyiciler, hareket sensörleri... Teknoloji her yerde ama koçların çoğu bu verileri etkili kullanamıyor. Sorun basit: Bilgi ve beceri eksikliği.

Kaydırmaya devam et 👉

Co-funded by the European Union  

Focus Coaching (@focus_coachingacademy)

focus_coachingacademy
6,623 followers [View profile](#)



WEARCOACH nasıl ilerliyor?

3 temel adımda anlatıyoruz.

  Co-funded by the European Union

Focus Coaching (@focus_coachingacademy)

Facebook (Wellnist Academy)

Wellnist
20 hours ago

GPS & Hareket
Her hareketin bir verisi var. 📍
Mesafe, hız, ivmelenme, hareket paterni... GPS ve hareket sensörleri sporcunun sahadaki hikâyesini anlatır.
Antrenör bu hikâyeyi okumayı öğrenince taktik de teknik de gelişir....
[See more](#)



6 [Comment](#) [Share](#)

Wellnist Academy — Facebook

Wellnist
on Thursday

Kalp atışı bir sayı değil, bir haritadır. 📍
Doğru okunan nabız ve HRV (kalp atışı hızı değişkenliği) verisi: doğru yoğunlukta antrenman, daha iyi toparlanma, daha az sakatlık.
WEARCOACH ile antrenörler bu verinin dilini öğreniyor.
👉 [wearcoach.sports4.eu...](#) [See more](#)



7 [Comment](#) [Share](#)

Wellnist Academy — Facebook

 **Wellnist**
on Thursday

%40 / The Gap
Antrenörlerin yalnızca %40'ı giyilebilir teknoloji kullanımı konusunda eğitim almış. 📊
Cihaz var, ama veriyi doğru yorumlamak ayrı bir beceri. WEARCOACH tam da bu boşluğu kapatıyor: antrenörlere veriyi okumayı ve sahaya taşımayı öğretiyoruz.
👉 wearcoach.sports4.eu... See more


%40
Antrenörlerin yalnızca %40'ı giyilebilir teknoloji eğitimi almış.
WEARCOACH tam da bu bilgi boşluğunu kapatmak için var.


40%
Only 40% of coaches have ever been trained on wearable technology.
WEARCOACH exists to close exactly that gap.

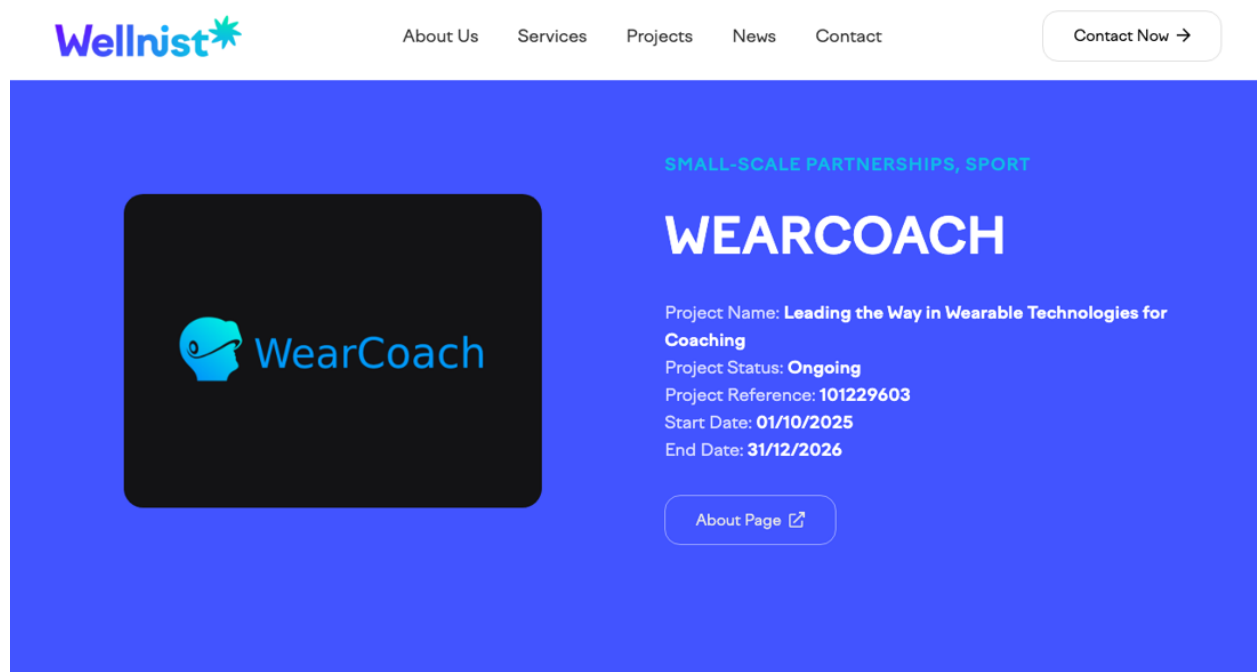
👍 6 💬 Comment ➦ Share

Wellnist Academy — Facebook

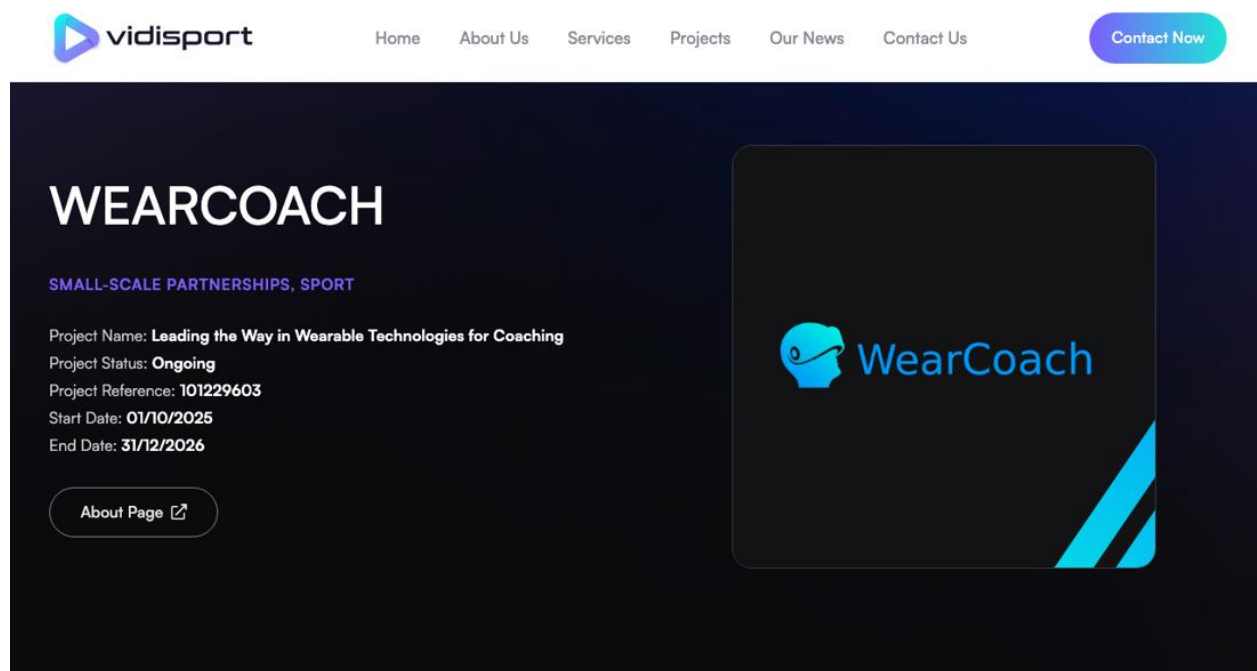
A.9 Partner networks — website screenshots

Each partner also presents WEARCOACH on its own website. The screenshots below — the partners' project pages and Oslo Orcas IF's two news articles — are provided as evidence of the dissemination through the partner networks (links in A.2).

Wellnist Academy — WEARCOACH project page (welln.ist)



Vidisport — WEARCOACH project page (vidisport.net)



Oslo Orcas IF — WEARCOACH project page (orcasif.com)

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[SPORT](#)

[PÅGÅENDE](#)

[ERASMUS+ SPORT](#)

WearCoach

Tar bærbar treningsteknologi inn i trenerutdanningen og den daglige treningen.

OM PROSJEKTET

Avstanden mellom det en treningsklokke måler og det treneren faktisk gjør med tallene er ofte større enn den burde være. WearCoach arbeider med å tette den, ved å få bærbar teknologi inn i trenerutdanningen og i treningshverdagen gjennom felles forskning og utvikling av opplæring og verktøy laget for trenere framfor for laboratorier. Prosjektet er et Erasmus+ samarbeidspartnerskap i idrett med fire partnere og et samlet budsjett på 60 000 euro, på over 15 måneder og koordineres fra Turkiye.

FAKTAARK

REFERANSE

101229603

PROGRAM

Erasmus+ Sport

Oslo Orcas IF — news: research report on wearable technology (D2.1), 22 March 2026

[HJEM](#) / [NYHETER](#) / [PROSJEKTERESULTAT](#)

PROSJEKTERESULTAT · 22. mars 2026

Forskningsrapport: bærbar teknologi i trenerutdanningen

WearCoach kartlegger hvor bærbar teknologi faktisk brukes i trenerarbeid i dag, og hva trenerne selv sier de mangler.



Illustrasjon laget med Higgsfield AI

WearCoach har publisert D2.1, en forskningsrapport om bærbar teknologi i trenerutdanning og trening. Rapporten er offentlig og går gjennom hvor slike verktøy står i dag, hva nyere forskning sier om å integrere dem i trenerarbeid, hvilke praktiske

Oslo Orcas IF — news: training programme on wearable technology

[HJEM](#) / [NYHETER](#) / [PROSJEKTRISULTAT](#)

[PROSJEKTRISULTAT](#) · 31. mai 2026

WearCoach: opplæringsprogram i bærbar teknologi for trenere

Fem moduler tar treneren fra hva sensorene måler til hva som faktisk skal endres på treningsfeltet neste uke.



Illustrasjon laget med Higgsfield AI

WearCoach har levert D2.2, opplæringsprogrammet som bygger videre på

A.10 Project newsletter

The project newsletter (Issue 1) is produced in English and the partner languages — Turkish, Estonian and Norwegian — for sharing through the partners' channels and networks. Each version carries the EU emblem and the disclaimer in its own language.



PROJECT NEWSLETTER
Issue 1 - 2020

Enhancing sports coaching with wearable technology

News and progress from the WEARCOACH project – an Erasmus+ Sport partnership.

WEARCOACH helps sports coaches use wearable technology – heart-rate monitors, GPS trackers and motion sensors – and turn the data into clear, evidence-based training decisions. The project brings together four partners from Türkiye, Estonia and Norway, co-funded by the European Union.

MILESTONE

Our Research Report is published

The project's first output – the Research Report on wearable technologies in coach education (D2.1) – is now available in English and Turkish. It combines a review of 50+ sources with a survey of 104 coaches across three countries, 22 expert interviews and 3 focus groups.

40%
of coaches have had any training on wearables

67%
want to use them regularly but don't know how

29%
use wearable technology regularly today

What's coming next

- **Training programme & module** – a practical, hands-on course for coaches.
- **Self-assessment toolkit** – so coaches can measure their own wearable-tech skills.
- **Mobile application** – one hub for learning content, data tracking and feedback.
- **Pilot & events** – testing with coaches and athletes, plus webinars and workshops across the partner countries.

Follow the project
Visit the project website for news, resources and updates:
wearcoach.sports4.eu



Co-funded by
the European Union

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English



PROJE BÜLTENİ
Sayı 1 - 2020

Giyilebilir teknolojiyle spor koçluğunu güçlendiriyoruz

WEARCOACH projesinden haberler ve gelişmeler – bir Erasmus+ Spor ortaklığı.

WEARCOACH, spor koçlarının giyilebilir teknolojiyi – kalp atış hızı monitörleri, GPS izleyiciler ve hareket sensörleri – kullanmasına ve bu verileri net, kanıta dayalı antrenman kararlarına dönüştürmesine yardımcı olur. Proje; Türkiye, Estonya ve Norveç'ten dört ortaklı bir araya getirir ve Avrupa Birliği tarafından eş finanse edilir.

DÖNÜM NOKTASI

Araştırma Raporumuz yayımlandı

Projenin ilk çıktısı – koç eğitiminde giyilebilir teknolojiler üzerine Araştırma Raporu (D2.1) – artık İngilizce ve Türkçe olarak mevcut. 50'den fazla kaynağın incelenmesini, üç ülkede 104 koça yapılan bir anketi, 22 uzman görüşmesini ve 3 odak grubunu bir araya getiriyor.

40%
koç, giyilebilir teknoloji konusunda herhangi bir eğitim almış

67%
düzenli kullanmak istiyor ama nasıl yapacağını bilmiyor

29%
giyilebilir teknolojiyi bugün düzenli kullanıyor

Sırada ne var

- **Eğitim programı ve modülü** – koçlar için pratik, uygulamalı bir kurs.
- **Öz-değerlendirme aracı** – koçların kendi giyilebilir teknoloji becerilerini ölçmesi için.
- **Mobil uygulama** – öğrenme içeriği, veri takibi ve geri bildirim için tek merkez.
- **Pilot ve etkinlikler** – koç ve sporcularla test, ayrıca ortak ülkelerde webinar ve atölyeler.

Projeyi takip edin
Haberler, kaynaklar ve güncellemeler için proje web sitesini ziyaret edin:
wearcoach.sports4.eu

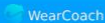


Co-funded by
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Avrupa Birliği tarafından finanse edilmektedir. Ancak ifade edilen görüş ve düşünceler yalnızca yazar(lar)a aittir ve Avrupa Birliği'ne ya da Avrupa Eğitim ve Kültür Yürütme Ajansı'nın (EACEA) görüşlerini yansıtmamak zorunda değildir. Ne Avrupa Birliği ne de EACEA bunlardan sorumlu tutulabilir. - Proje 1012229603

Turkish

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PROJEKTINÄYTESBREV

Utgave 1 - 2026

Vi styrker idrettscoaching med bærbar teknologi

Nyheter og fremdrift fra WEARCOACH-projektet – et Erasmus+ Sport-partnerskap.

WEARCOACH hjelper idrettstrenere med å bruke bærbar teknologi – pulsmålere, GPS-sporing og bevegelsessensorer – og gjøre dataene om til tydelige, kunnskapsbaserte treningsbeslutninger. Prosjektet samler fire partnere fra Tyrkia, Estland og Norge, og er medfinansiert av Den europeiske union.

40%

av trenere har fått noen opplæring i bærbar teknologi.

67%

vil bruke det jevnlig, men vet ikke hvordan

29%

braker bærbar teknologi jevnlig i dag

Hva kommer nå

- **Opplæringsprogram og modul** – et praktisk, hands-on kurs for trenere.
- **Selvverdiverksverktøyet** – så trenere kan måle sine egne ferdigheter i bærbar teknologi.
- **Mobilapplikasjon** – ett samlingssted for læringsinnhold, datasporing og tilbakemelding.
- **Pilot og arrangementer** – testing med trenere og utøvere, pluss webinarer og workshops i partnerlandene.

Følg projektet

Besøk projektets nettside for nyheter, ressurser og oppdateringer:

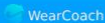
wearcoach.sports4.eu



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Norwegian



PROJEKTI UUDISKIRI

1. number - 2026

Täiustame sporditreeningut kantava tehnoloogiaga

Uudisid ja edusammud WEARCOACH projektist – Erasmus+ Spordi partnerlus.

WEARCOACH aitab sporditreeneritel kasutada kantavat tehnoloogiat – pulsimõõtjaid, GPS-jälgijaid ja liikumisandureid – ning muuta andmed selgeteks, tõendusühiksteks treeninguotsusteks. Projekt ühendab neli partnerit Türgist, Eestist ja Norrast ning seda kaastahastab Euroopa Liit.

40%

treeneritest on saanud mingit koostust kantava tehnoloogia kohta

67%

sooviksid seda regulaarselt kasutada, kuid ei tea kuidas

29%

kasutab kantavat tehnoloogiat täna regulaarselt

Mis tuleb järgmisena

- **Koolitusprogramm ja moodul** – praktiline, käed-külge kursus treeneritele.
- **Enesehindamise tööriistakomplekt** – et treenerid saaksid mõõta oma kantava tehnoloogia oskusi.
- **Mobililrakendus** – üks keskkond õppesisu, andmete jälgimise ja tagasiside jaoks.
- **Pilot ja üritused** – testimine treenerite ja sportlastega, lisaks veebiseminarid ja töötöad partnerriikides.

Jälgige projekt

Külästa projekt veebisaiti uudiste, ressursside ja uuenduste jaoks:

wearcoach.sports4.eu



Co-funded by the European Union

Rahastatud Euroopa Liidu poolt. Avaldatud seisukohad ja arvamused on siiski ainult autor(ite) omad ega pruugi kajastada Euroopa Liidu või Euroopa Hariduse ja Kultuuri Rakendusamet (EACEA) seisukohti. Euroopa Liit ega EACEA ei vastuta nende eest. • Project 101229603

Estonian

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WearCoach

Leading the Way in Wearable Technologies for Sports Coaching

Wellnist*



ORCAS IF



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