



Training to Win: Ref. 622085-EPP-1-2020-1-ES-SPO-SCP

# TRAINING TO WIN\_ BMX TRAINING NEEDS REPORT



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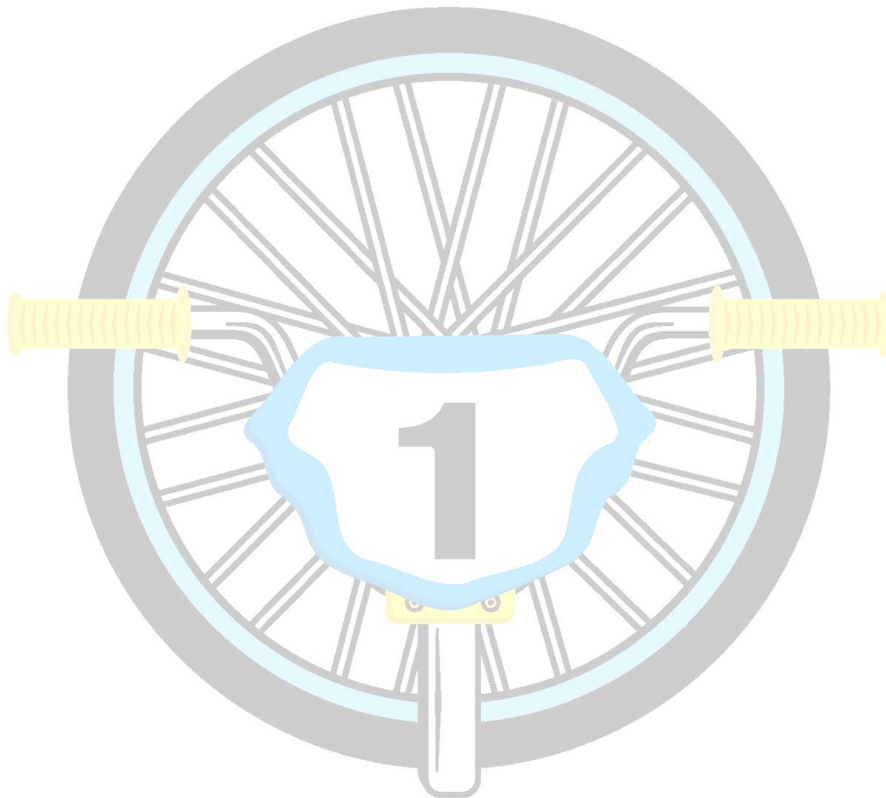
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# 1. INTRODUCTION



## 1. INTRODUCTION

### 1.1. Introduction to BMX.

Bicycle Motocross (BMX) is a sport whose origins date back to the late 1960s in California (U.S.) when young people sought to imitate motocross athletes, or the pioneers of the sport to train their skills on a bicycle instead of a motorcycle.

Like other “new sports”, BMX developed in the 1980s through the creation of associations, clubs, and the appearance of specific materials. It would not be until the 1990s when BMX was integrated into the International Cycling Union (UCI) <sup>1</sup>, becoming an Olympic sport at the 2008 Beijing Games.

As its name suggests, it is a sport based on racing, that is, the objective is to be the fastest on a track with rollers, jumps and turns to overcome. Eight riders line up in front of a starting gate in a single-lap race around the track, which lasts between 30 and 40 seconds. Top tracks have an overall length of 300-400m., an 8m-start hill, with a width not less than 5m at any point.

Considering its characteristics, and according to the different authors, the BMX Race is considered:

- A mechanical sport according to lived experience, given that it uses a machine controlled by the athlete<sup>2</sup>, individual according to its method of teaching<sup>3</sup>, acyclic according to the type of effort required<sup>4</sup>.
- Considering the classification of the motor actions of Parlebas<sup>5</sup> based on the interaction with teammates and rivals and the uncertainty of the information offered by the medium, BMX is considered an individual sport in which there is interaction with opponents where there is uncertainty, which makes it a demanding and complex sport.
- Due to its characteristics, BMX can be considered a risk sport (or action sport<sup>6</sup>). Although it is not allowed to deliberately impede or force a rider off the track, but in such a fast sport, where the

distances between bicycles are small and where they fight for a good line, there is the possibility of collision, crashing and falling. Sports content is very popular online, so with advanced technology (devices and mobile applications) and a high level of adrenaline, younger generations are easily attracted to these physical activities. These sports attract young people for their sociability, because they allow for developing creativity, speed and emotion, breaking routines and looking for a challenge<sup>7,8</sup>. In spite of their many virtues and how the sport is growing, the media do not consider it as educational or newsworthy even when inventiveness, maturity and cooperation are among its basic principles, as well as the assumption of risks, self-discipline and autonomy<sup>9</sup>. Risk education is a teaching model where students participate in these activities in order to acquire or improve physical, cognitive and affective skills. Action sports are closely related to cooperative learning and problem solving, with a decision-making dynamic that is fun and inclusive<sup>6</sup>, that could make them risk educators, suitable for transferring learnings to other fields, which make these sports clearly an opportunity for children and youth.

Although there are many definitions of sport, in this study we refer to competitive sport aimed at improving performance. Characterizing the sport is the first step that allows us to analyse its needs and demands from different perspectives.

BMX is one of the fastest growing modalities in Europe, with France at the top, with almost 20,000 federative licenses, followed by The Netherlands. Since BMX is an Olympic sport, its growth is exponential, not only in participants but also in media impact, due to worldwide streaming broadcasting of its competitions and events. Main competitions are BMX Supercross World Cup, World Championship and Continental leagues and championships.

BMX is a very complete and complicated sport given the large number of factors involved:

- Each track is different and has different characteristics, so it requires a very high level of adaptation skills to all types of obstacles from riders.
- Riders do not race alone, so they must react to other riders' actions; decisions such as changing trajectory to overtaking, or defending themselves from other rivals, must be taken in tenths of a second. Moreover, contact between riders is allowed.
- It is one of the most "explosive" Olympic sports, a 30-second sprint, where reaching the first step ahead is the main objective. Time between starting position and this first step is usually 3-4 seconds.
- Although the rounds last 30 seconds, a high recovering capacity is needed as many rounds (motos) must be completed to reach the finals.
- Psychology is also decisive as riders compete elbow to elbow in a 50km/h race, with a high risk of falling and injuries, so self-confidence and anxiety control is fundamental to perform at 100%.

Results at the 2020 Tokyo Olympic Games<sup>1</sup> show a dominance in the medals of the Netherlands, Colombia and Great Britain, both in men and women. The Netherlands (with 6), France and USA (5) are the countries with the highest number of classified athletes.

In Europe<sup>10</sup>, at the 2021 European Championship, France, Belgium and Spain won medals in the women's category and France, Belgium and Russia were the medal winners in men's category. The Junior and Elite categories were led by France with 6 medals, followed by Switzerland (3) and the Netherlands (2). In the minor categories (boys and girls from 13 to 16 years old), France won 7 medals, followed by the Netherlands with 4. While France dominates in the boys' categories, in the girls' event France shares leadership with Belgium and Latvia.

## **1.2. The BMX Training to Win European Project.**

BMX Training to Win is an Erasmus+ Sport co-founded Project (Ref. 622085-EPP-1-2020-1-ES-SPO-SCP) that pretends to promote education in and through sport with a special focus on skills development, with emphasis on coach training to improve the quality of the sport's career



development and safety of young athletes (most BMX coaches are former riders without specific training and BMX).

The project is coordinated jointly by the BMX School Zaragoza sports club and the higher education institution Fundación Universidad San Jorge, both from Spain. Its partners partner countries are:

- Portugal: Federação Portuguesa de Ciclismo (Portuguese Cycling Federation).
- Slovakia: Slovenský Zväz Cyklistiky (Slovak Cycling Federation).
- Italy: CEIPES - Centro Internazionale per la Promozione dell'Educazione e lo Sviluppo (International Centre for the Promotion of Education and Development).
- Malta: Malta Street Sports Association.
- Latvia: Latvijas Sporta izglītības iestāžu Direktoru padome LSIIDP (Association "Board of Directors of Latvian Sports Education Institutions").
- In Spain the local partners are:
  - o Federación Española de Ciclismo (Spanish Cycling Federation);
  - o Federación Aragonesa de Ciclismo (Aragonese Cycling Federation).
  - o Zaragoza Deporte Municipal (Zaragoza Municipal Sports Company).

The specific project objectives are:

- Objective 1.- To design a BMX integral training programme for coaches and trainers, adding scientific evidence and studies.
- Objective 2.- To promote BMX benefits for children and youth (physically, mentally, and socially).
- Objective 3.- To stimulate dual careers for BMX riders supporting their professional and educational development.

Achieving these ambitious objectives implies the scientific analysis of BMX from different perspectives, starting by analysing the training needs that the BMX community (athletes, coaches, families, managers and other stakeholders) know about BMX training and what are, in their opinion, the main aspects to improve not only regarding performance but for and

integral development of the riders. This analysis would result in a complete training programme (an open-access free course).

BMX riders usually are self-coached or trained by other/former riders; actually, many countries do not have an official BMX specific coaching program or certificate. So, to establish a professional environment, education is needed for coaches and trainers. This would result in higher quality in the training of young riders, taking care of their safety in practice and enhancing the beneficial effects of their sport.

This study presents the results of the first intellectual output of the Project, the BMX Training Needs Questionnaire, which will serve as the basis, or diagnostic analysis, of the situation of BMX in Europe, to face the challenges identified in this Project.

The questionnaire was structured in four dimensions: material needs, knowledge needs, sport facilities' needs and, finally, environmental needs.

### 1.3. The questionnaire design: Methodology

The BMX Training Needs Questionnaire was designed by a research team from the Universidad San Jorge (Spain). Figure 1 shows the questionnaire design and associated procedures<sup>11,12</sup>.

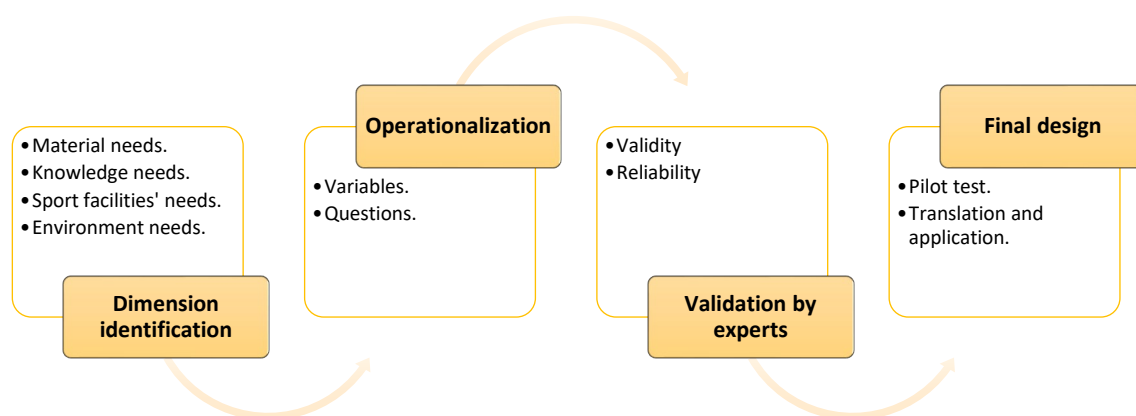


Figure 1. BMX Training to Win Questionnaire Design

The questionnaire was validated by experts' validation (one member per each of the Project partners and local partners, following the procedure, filled in a rubric in which they scored the relevance and uniqueness of each item, adding the comments he/she considered appropriate to improve the tool). The validation sheets were reviewed by the researchers from Universidad San Jorge (Spain) to reach to the final version.

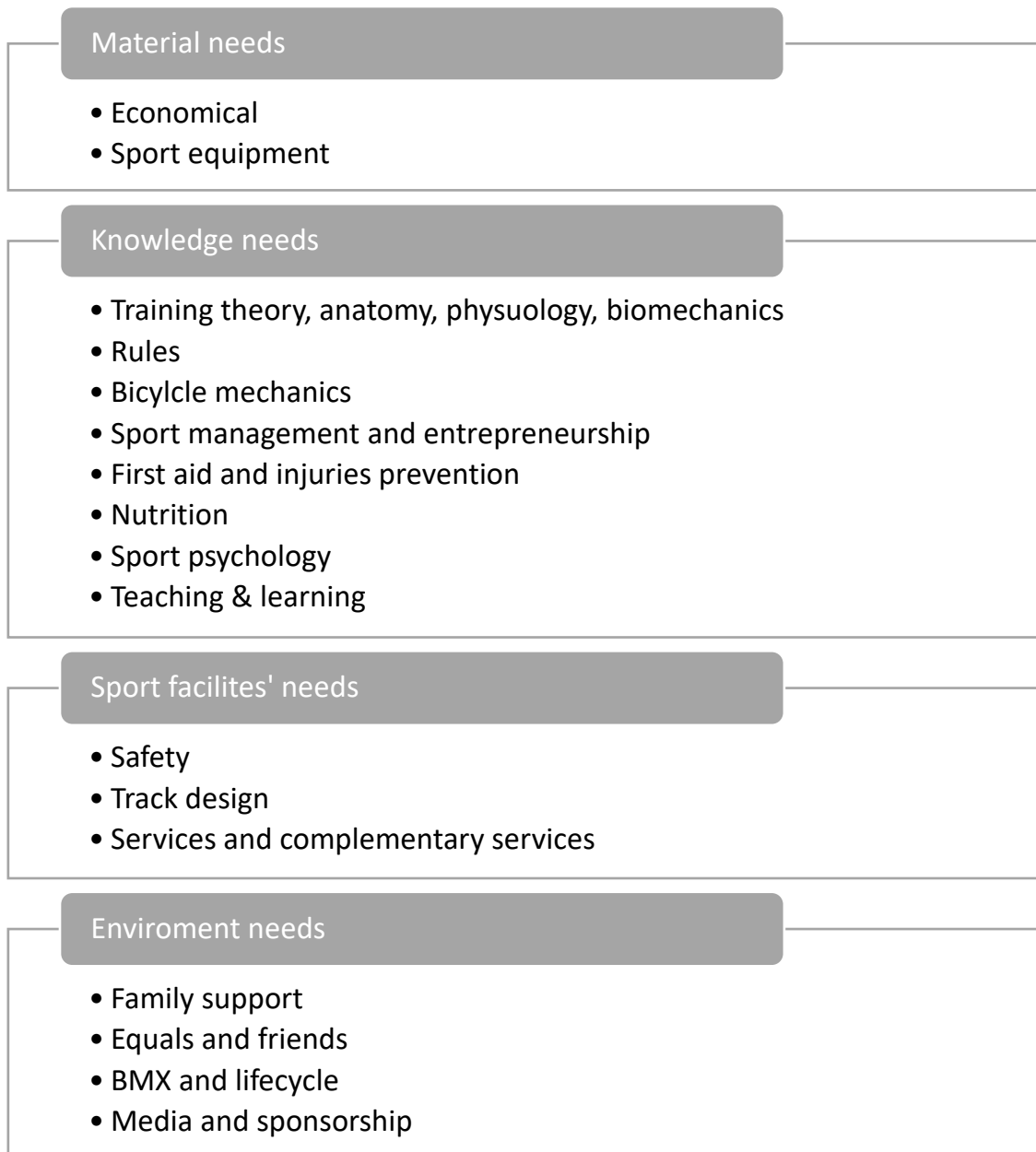
A total of eight experts from six countries (coaches, sport managers and former riders) validated the questionnaire. Experts came from:

- Spain: BMX School Zaragoza and Zaragoza Deporte Municipal ZDM.
- Latvia: Biedrība "Latvijas Sporta izglītības iestāžu "Direktoru padome" LSIIDP.
- Italy: Ceipes - Centro Internazionale per la Promozione dell'Educazione e lo Sviluppo.
- Slovakia: Slovenský Zväz Cyklistiky.
- Portugal: Federação Portuguesa de Ciclismo
- Malta: Malta Street Sport Association (MSSA).

The online questionnaire was distributed through the Project website, partners' social networks and regional and national Federations' mailing sport clubs list. Riders, coaches, sport managers, riders' families and friends and anyone linked to BMX were the target of this action.

Data were analysed using statistical procedures and content analysis. Figure 2 reflects the identified dimensions, which will later be translated into variables, and these into open and closed questions, to be answered using Likert scales, multiple choice responses, or range, among others.

As a result of these actions, 415 responses were obtained, the composition of the obtained sample will be shown in the next section.



*Figure 2. BMX Training Needs' Questionnaire Dimensions*

### Sample description

Two thirds of those responding were men (Figure 3).

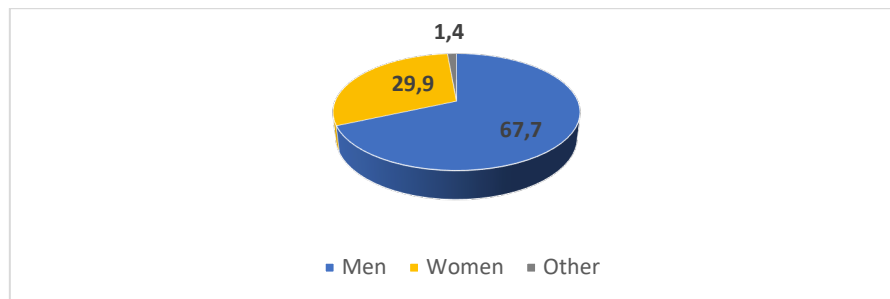


Figure 3. Distribution by gender (%).

In all participant countries, men answered to a greater extent, although the difference in percentage points is highest in Malta and Portugal (96.8 and 93.8% respectively) and is lowest in Slovakia (57.4%).

By age range, most of those surveyed were between 26 and 45 years old (46.3%), with a majority in Spain (47.2%), Slovakia (72.3%), Italy (61.5%) and Portugal (50%). In Latvia, the greatest number of young people under 18 years of age answered (33.6%), while in Malta those between 18 and 25 (38.7%) was the largest group. Figure 4 shows the distribution by age range.

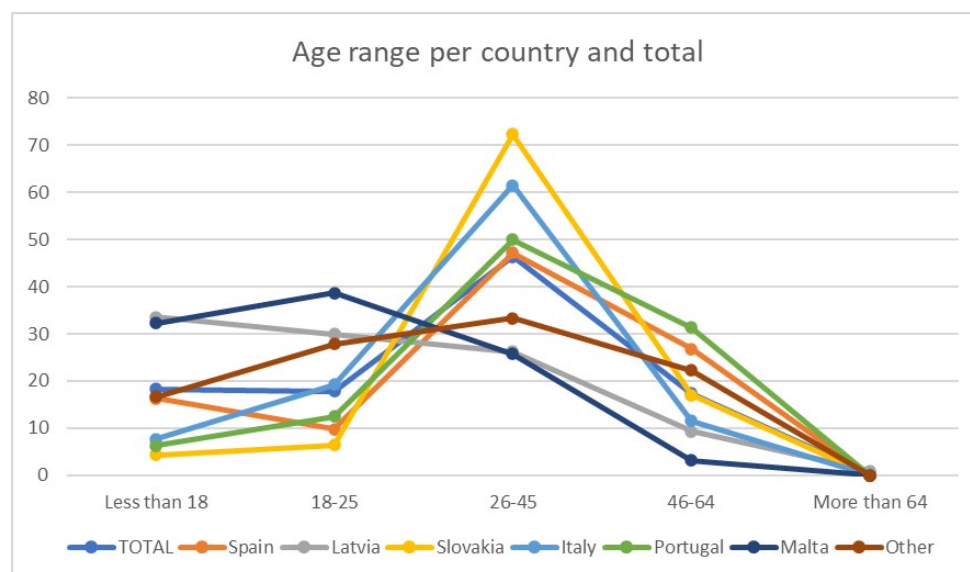
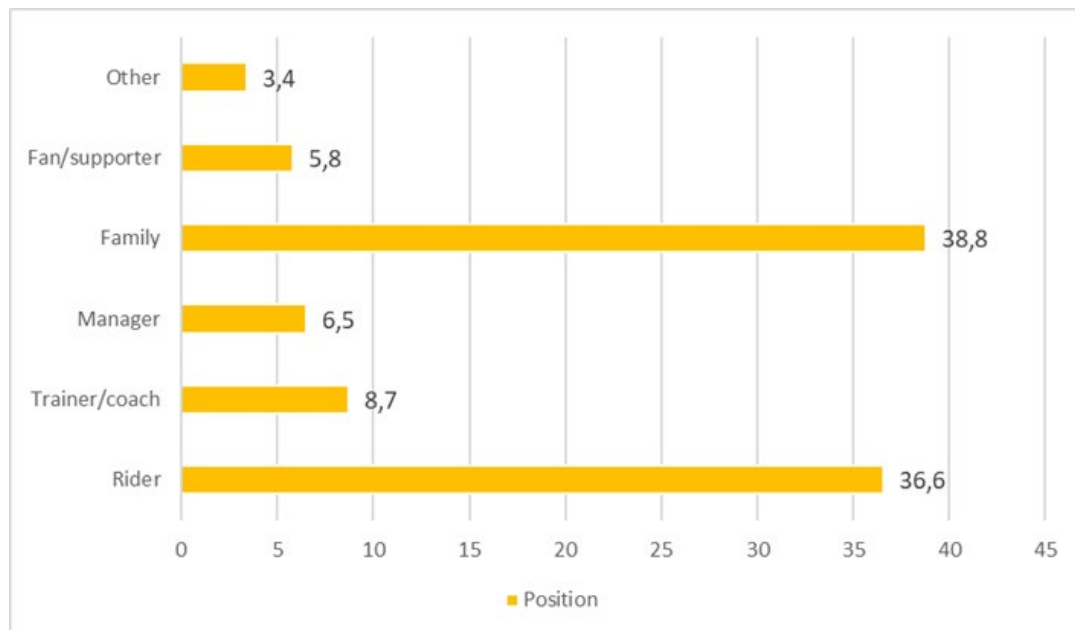


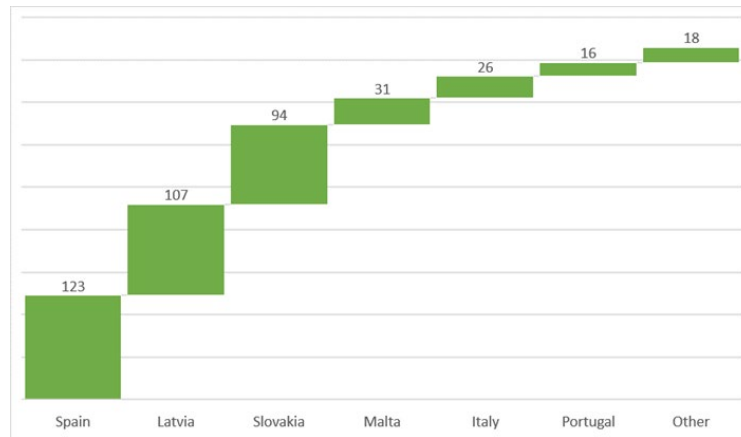
Figure 4. Distribution by age (per country and total)

In general, athletes and their families were the largest groups to answer (38.8% and 36.6% respectively), while coaches only represent an 8.7% of those who responded, sport managers 6.5%, fans, supporters, or friends 5.8% and the remainder was 3.4% (Figure 5). In Latvia and Malta, mostly riders responded, while in Spain and Slovakia, family members were most likely to answer. In Italy and Portugal, many responses came from coaches.



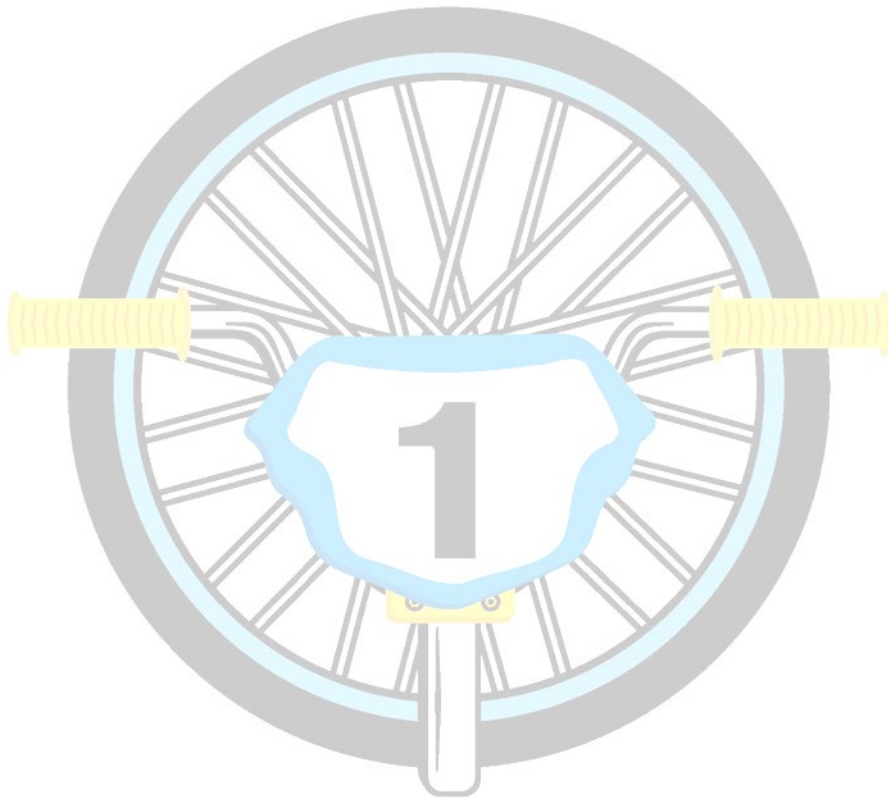
*Figure 5. Distribution by position (role).*

In regard to group affiliation, the majority represented sports clubs (59.8%), followed by sports associations (11.3%), sports federations (5.1%) and to a lesser extent local or regional government (1.4%). By country, people who answered the survey mainly belong to sports associations (in Italy and Malta), or to sports clubs (in Spain, Latvia, Slovakia, and Portugal). Where the federations are represented to a greater extent is in Portugal and Italy and Latvia is the country with the most government respondents. The distribution of responses by country is shown in Figure 6.



*Figure 6. Distribution by country*

## 2. MATERIAL NEEDS





## 2. MATERIAL NEEDS

In the sport of BMX Racing there is specific material that must be used in competition (if it is not worn or is not in good condition, the rider is not allowed to get on the starting grid). Other materials, without being mandatory, are recommended. So, in addition to the bicycle, they must wear a competition jersey, racing pants or shorts with knee and shin protection, full-face (integral) helmet, with a visor and gloves. In addition, many of them use protection for the body (breastplate), neck, special shoes...

Added to the cost of the bicycle, upgrades are needed to be competitive, spare parts need to be changed periodically, etc., which makes this sport not suitable for everyone. In this sense, and according to Bourdieu's theories<sup>14</sup>, the cost of a given sport would be both a barrier to entry and a social differentiator, with the taste for risk and mechanical sports as an element of social distinction<sup>15,16</sup>.

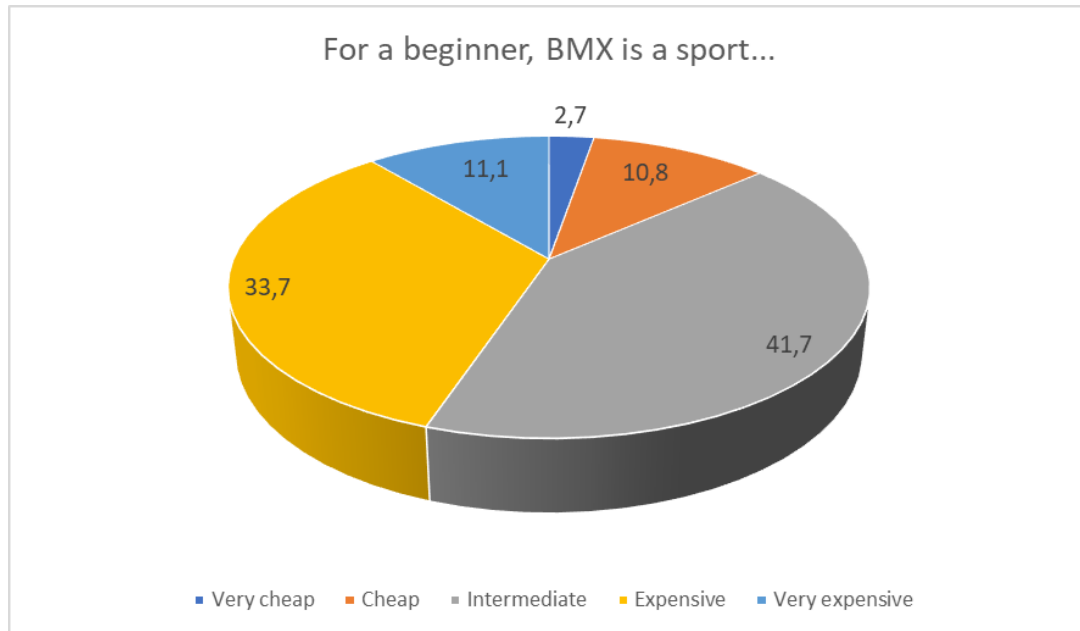
According to Eurostat Sport Statistics<sup>13</sup>, mean consumption expenditure of private households on sporting goods and services in Europe fluctuates between just over 9,000€ in Bulgaria and Romania and more than 40,000€ in Cyprus and Luxembourg. Expenditure for sport equipment in general varies from 176€ average in Finland, to 0,9 in Bulgaria. Sweden (637€), Finland (609€) and United Kingdom (539€) contrast in expenditure in sport goods and services with countries under 20€/year. In recreational sport services, the countries whose families spend less are Romania, Bulgaria, North Macedonia and Montenegro. Conversely, Ireland, Cyprus, Luxembourg, United Kingdom or Austria are the ones where families invest more in their sport and recreational services.

The participant countries in this project, could be considered in an average position with respect to other European countries. Table 1 reflects each of the different average expenses for each of the countries.

Table 1. Private households' expenditure on sporting goods and services (from Eurostat Sport Statistics Database).

COUNTRY	TOTAL EXPENDITURE	SPORT AND GOOD SERVICES	MANTENAICE AND REPAIR	RECREATIONAL SPORT
<b>Spain</b>	30884	261.6	1.1	191.4
<b>Italy</b>	28393	205.3	0.0	133.3
<b>Malta</b>	26590	210.1	20.3	87.7
<b>Portugal</b>	23357	104.0	0.6	95.1
<b>Slovakia</b>	15041	103.1	0.0	53.0
<b>Latvia</b>	11381	69.8	0.0	56.0

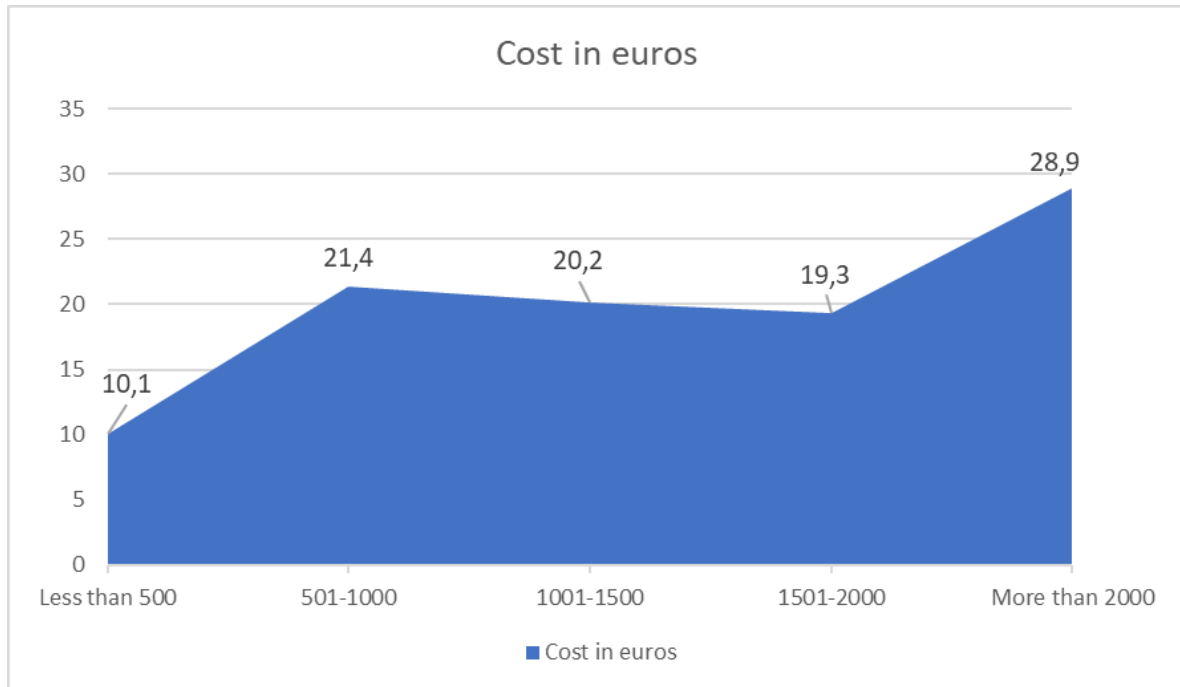
Asked about whether they consider the sport of BMX an affordable or expensive sport, the participants in this study considered the cost of this sport as intermediate (figure 7); those who consider it cheap or very cheap account for 13.5%, while those who consider it expensive or very expensive account for 44.8%. Almost half (46.7%) think that regular BMX equipment for beginners costs less than 1,000€, 35.9% between 1,000€ and 2,000€, 11.8% between 2,000€ and 3,000€ and, finally, only 5.5% more than 3,000€.



*Figure 7. BMX cost perception*

Just over half of the respondents (57.3%) believe that riders change their bicycle every 2 years, while 22.4% believe that it is annually. 16.1% think that the bike is changed every three years and only a 4.1% would need a new bike every four or more years.

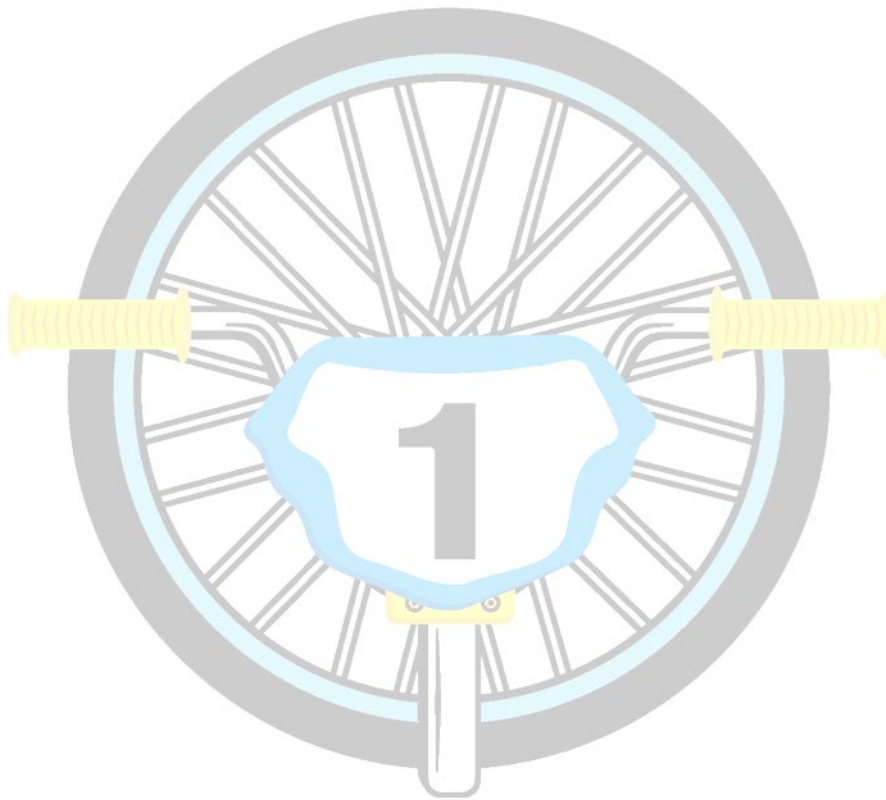
Regardless of individual equipment, the cost of a BMX season (training, travel, facilities, race registrations, etc.) is shown in Figure 8. The most chosen answer is the one that establishes the annual expenditure at more than 2,000€ (28.9% of answers).



*Figure 8. Estimated cost of a BMX season in euros*

For those surveyed, the required material to start in BMX is, of course, the bicycle (96%), followed, in order of acceptance by the gloves (81.6%), kneepads (73%), breastplate (46%) and neck protection (18.5%).

### 3. KNOWLEDGE NEEDS



### 3. REQUIRED KNOWLEDGE

Performance characteristics across several cycle sports have been researched for decades. However, scientific evidence suggests little is known about the performance characteristics in BMX cycling<sup>17</sup>. In the scoping review carried out by Rylands and Roberts in 2019, the authors suggested that there was a limited number of studies conducted over the past 17 years. At present, scientific research regarding the BMX cycling sport has focused on the knowledge of performance factors<sup>18,19</sup>, the physiological demands during the race<sup>18,20-22</sup> and the injuries associated with the practice of BMX<sup>23-25</sup>.

Based on the research carried out in racing simulations, in the laboratory or on the track, some relevant findings have been obtained for BMX coaches. In bicycle motocross (BMX) races, the start and the first straightaway (40 m) are the most important phases<sup>26</sup>. The chronometric performance on the initial straightaway is correlated with maximal mechanical power output during short all-out sprints in a cycle ergometer<sup>27</sup>. It is also known that maximum muscular strength is a determining factor of performance during short all-out cycling sprints<sup>28</sup>. Regular strength training of the lower limbs could be beneficial to develop force in a short time. The ability to produce force in a short period of time is decisive at the start of the race.

Not only the ability to generate peak power during a short cycling sprint or high aerobic fitness (VO<sub>2</sub>max) is important in performance in BMX tests, but there are also other factors related to technical aspects that influence the overall performance<sup>20,29,30</sup>. The technique of "pumping" used by several BMX riders seems to significantly contribute to velocity production when it is compared with a race with "nonpumping" technique<sup>31</sup>. If we consider other aspects such as the starting position on the race, the "back set position" is most likely to result in a faster gate start as it enables the body to execute the second crank weight most efficiently transfer phase<sup>32</sup>. Some aspects, such as the position at the start, are still being studied<sup>33</sup>.

Previous studies focus on very specific aspects, referring to technical, conditional, physiological, anthropometric aspects... but, what knowledge should a BMX coach have to ensure quality training?

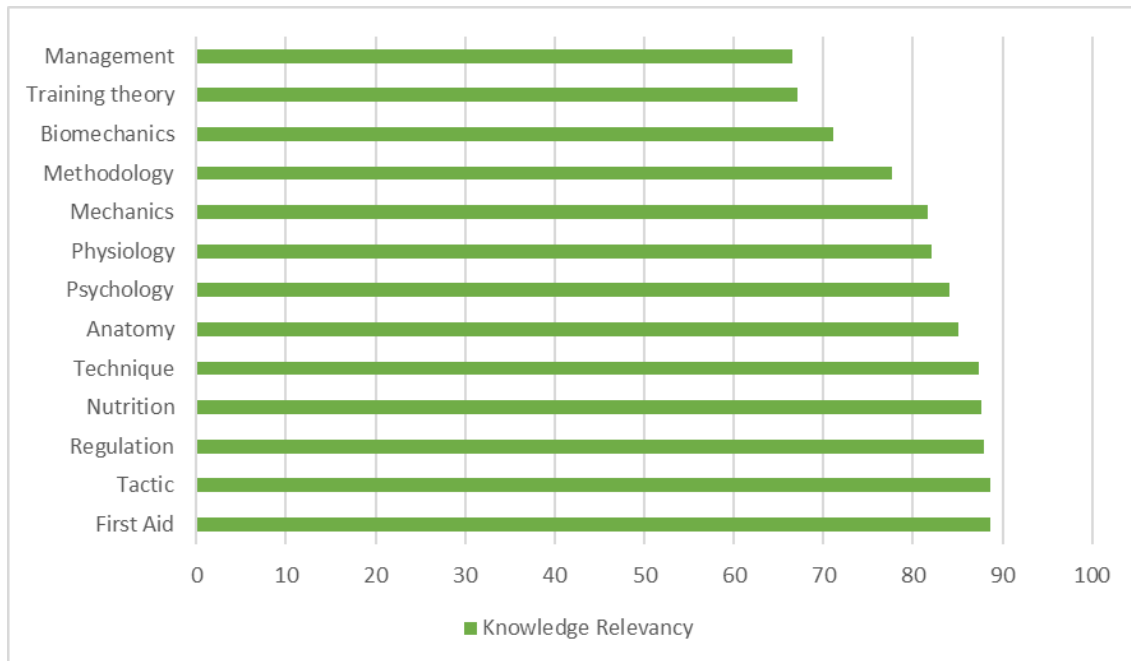
Aligned with the objective of the BMX Training to Win project, the following section focuses on assessing the perception of the knowledge that a coach must have to develop the sports career of their athletes properly. Table 2 offers a general summary.

Table 2. Knowledge requirements for a BMX coach.

Knowledge	Irrelevant		Little relevant		Relevant		Very relevant		No answer	
	F	%	F	%	F	%	F	%	F	%
<b>Physiology</b>	12	2.9	33	8.0	125	30.1	216	52	29	7.0
<b>Anatomy</b>	17	4.1	21	5.1	129	31.1	224	54.0	24	5,8
<b>Training theory</b>	25	6.0	20	4.8	96	23.1	230	55.4	44	10.6
<b>Technique</b>	10	2.4	9	2.2	31	7.5	331	79.8	34	8.2
<b>Biomechanics</b>	29	7.0	32	7.7	130	31.3	165	39.8	59	14.2
<b>Tactic</b>	9	2.2	9	2.2	41	9.9	328	79.0	28	6.7
<b>Mechanics</b>	18	4.3	41	9.9	160	38.6	179	43.1	17	4.1
<b>First Aid</b>	11	2.7	15	3.6	139	33.5	229	55.2	21	5.1
<b>Nutrition</b>	12	2.9	23	5.5	171	41.2	193	46.5	16	3.9
<b>Psychology</b>	27	6.5	21	5.1	129	31.1	220	53.0	18	4.3
<b>Management</b>	58	14.0	66	15.9	153	36.9	123	29.6	15	3.6
<b>Methodology</b>	34	8.2	33	8.0	91	21.9	231	55.7	21	5.1
<b>Regulation</b>	13	3.1	12	2.9	88	21.2	277	66.7	25	6.0

The most unknown or least valued areas by respondents were biomechanics and training theory. The areas where participants consider to a greater extent that coaches should be more trained, as they are the most necessary, are BMX technique (79.8% considering it very relevant) and tactics (79%), followed to a lesser extent by knowledge of the

regulations (66.7%). Sports management is the area that is considered least relevant (29.9% considering it little or nothing relevant). By relevance, the different types of knowledge (relevant and highly relevant categories) get the following endorsement (figure 9).



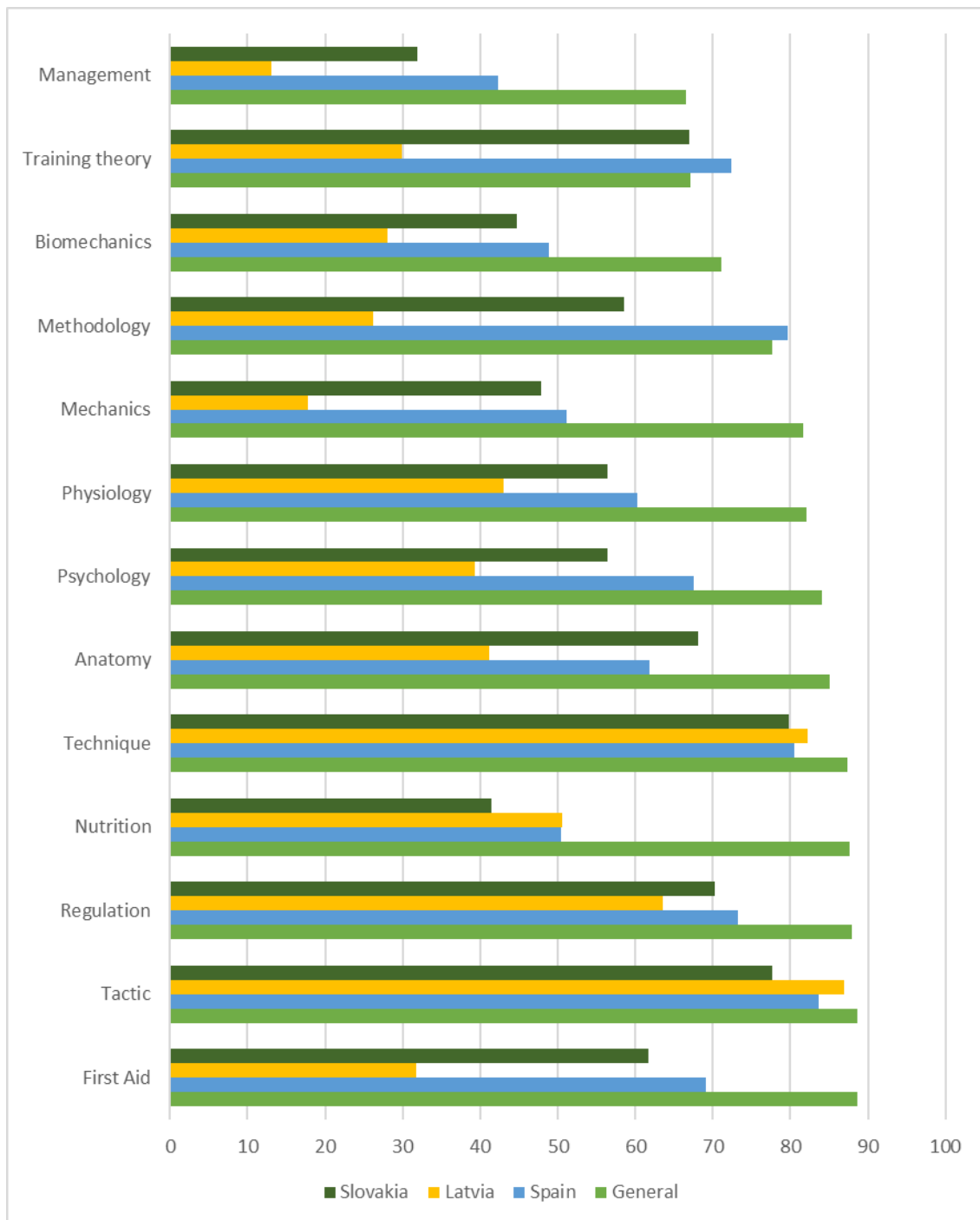
*Figure 9: Knowledge relevance*

By category, coaches are who most valued the relevance of acquiring knowledge in all areas, from 47.2% that consider very relevant having management notions, to 91.7% appreciating tactics. In between, 86.1% thinks technique and performance training are very important for them, as well as regulations. Athletes have a high valuation of the knowledge of technique (82.9%) and tactics (82.2%) by the coaches.

Families, along with fans, are the ones that least value knowledge from coaches, having some support for training-performance theory (62.7%), first aid (68.3%), sports psychology (51.6%) and methodology- pedagogy (56.5%).

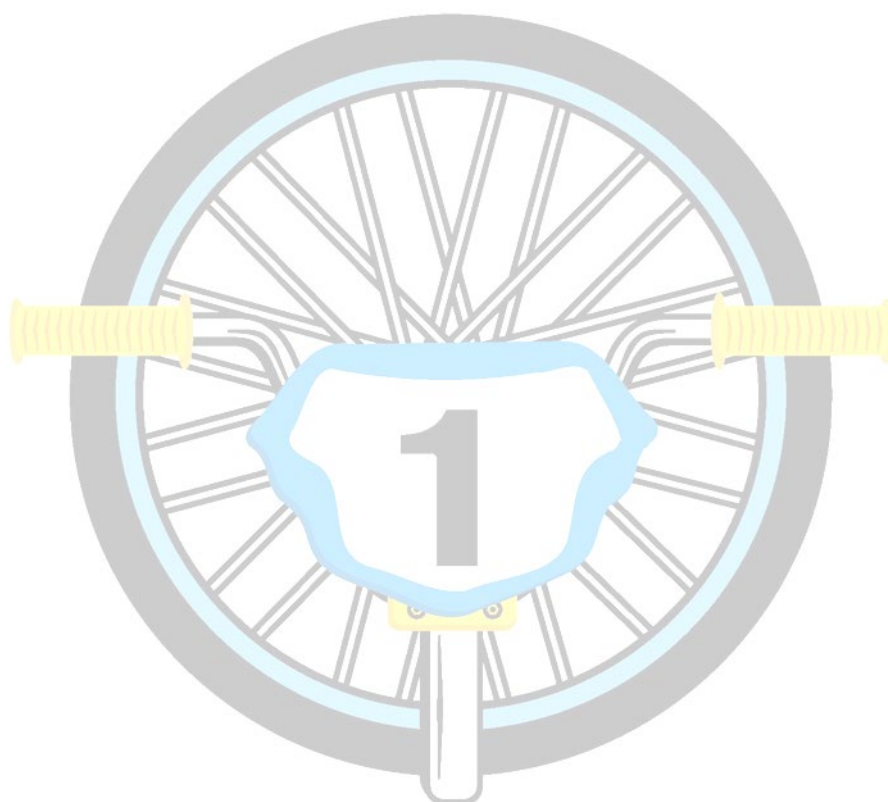
When comparing the general results with those of the three countries that provided the most responses, we found that in Spain training methodology and theory stand out. For those who answered from Latvia and Slovakia, technique and tactics are highlighted (Figure 10).





*Figure 10. Comparison between required knowledge in general sample and Spain, Latvia, and Slovakia.*

## 4. SPORT FACILITIES' NEEDS



#### 4. SPORT FACILITIES' NEEDS

The design and maintenance of a BMX track is a key factor for training in proper conditions and therefore improving performance, but also for the safety of the athletes themselves and the spectators. Likewise, a sports facility may or may not offer a series of services for riders and companions that substantially improve their satisfaction.

The International Cycling Union (UCI) published in 2017 a BMX Track Guide<sup>43</sup>, with the aim to promote the development of BMX Racing. It establishes that, apart from the big tracks destined for international competitions, the only way for BMX development in a country is through the promotion of grass-root sports, with the creation of clubs and circuits where to train. In this way, a larger volume of participants would be created who will "push" towards improving results, in addition to promoting BMX as a sport for all.

Therefore, a first phase should be to establish tracks for beginners and, as the level of a region rises, achieve better circuits that challenge these athletes and prepare them for big competitions.

This same guide establishes the four fundamental phases in the construction of a track: the selection of the space where it will be built, the design, the preparation of the land and finally the construction. It also highlights the services to host a competition in conditions: parking, office, storage, first aid, water, toilets, and other areas for different users.

As established in the Guide (pp.8), a circuit for beginners may consider:

- The track design enclosed is a standard 3-corner layout (that is, the riders turn 180 degrees through each corner).
- It features a single starting hill 3.5 meters tall with a minimum distance from the gate to the bottom of the starting hill of at least 12 meters. It includes access stairs and safety railing along the start hill.
- It includes mounting points for a starting gate.
- The start hill and the track are made of compressed soil.
- As an option, the start hill and turns can be surfaced with high grip concrete or asphalt.

- The track is built with an intermediate layer of 0/31.5 non-clay materials and a topsoil of 0/4 limestone to prevent erosion during hard rain.
- Drainage channels are included in the design to remove standing water from the area around the track.
- The total length of the track is 370 meters.
- Safety zones of 2 meters wide are included around the edge of the track.

Supercross BMX tracks, only within the reach of a privileged few, is a sport facility for expert athletes, with an eight-metre-high start hill, a starting gate and a longer footprint (around 130 x 80m). To increase the difficulty of the obstacles, they are more challenging for cyclists and usually include a pro section with more demanding jumps.

An Australian study on sport-and active recreation-related injuries carried out in 2018<sup>44</sup>, showed BMX as the third sport with more sport-related injuries per participant, just after Australian football and motorsports. The odds of hospitalization in athletes aged 15 and older were higher for those with injuries from motorsports, horse riding, or BMX.

The risk assumed by an athlete depends both on their personality characteristics, their abilities, and skills and on the sports facility and its condition, as well as on risk management. This section displays the survey's results of questions about the sport facilities and risk perception associated to BMX.

While 30.6% of coaches fully agree that BMX is a safe sport, only 12.5% of fans, 9.3% of family members and 9.2% of riders feel the same way. Sports managers and athletes are, in fact, those who most disagree with this statement.

Risk management appears as one of the key factors for performance since 90.4% agree or strongly agree with this statement (Figure 11). Regarding the perception of BMX as a risky sport, 58.1% agree and 18.1% totally agree. When asked if BMX is a safe sport, opinion is much more divided (50.6% in favour, 46% against).

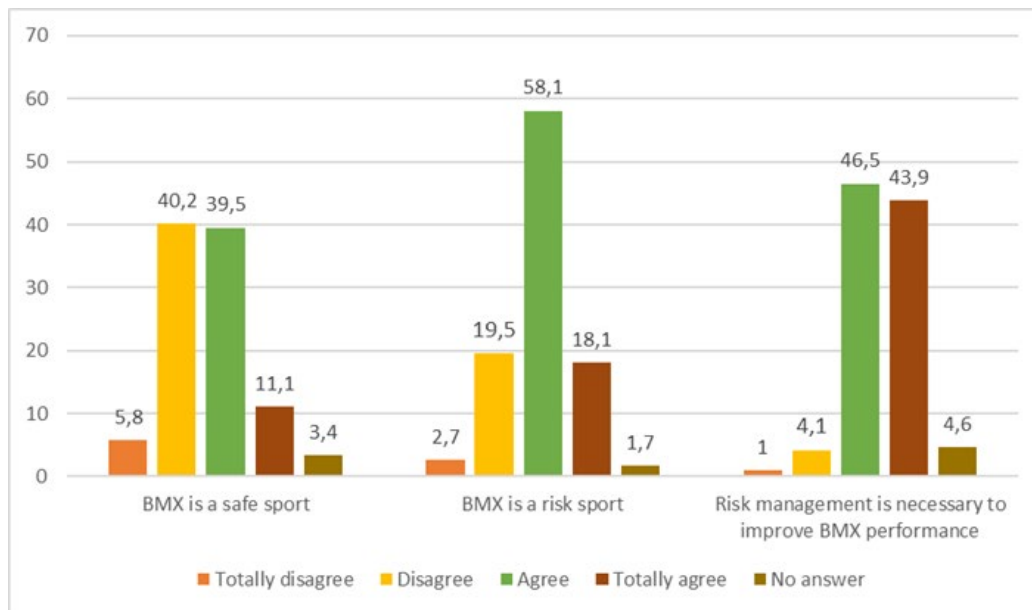


Figure 11. BMX as safe/risky sport

While 30% of the trainers think that BMX is a safe sport, only 10% of the riders, their families and the fans feel the same way. Adding those who agree or totally agree, we obtain a perception of the safety of the sport of BMX (Figure 12).

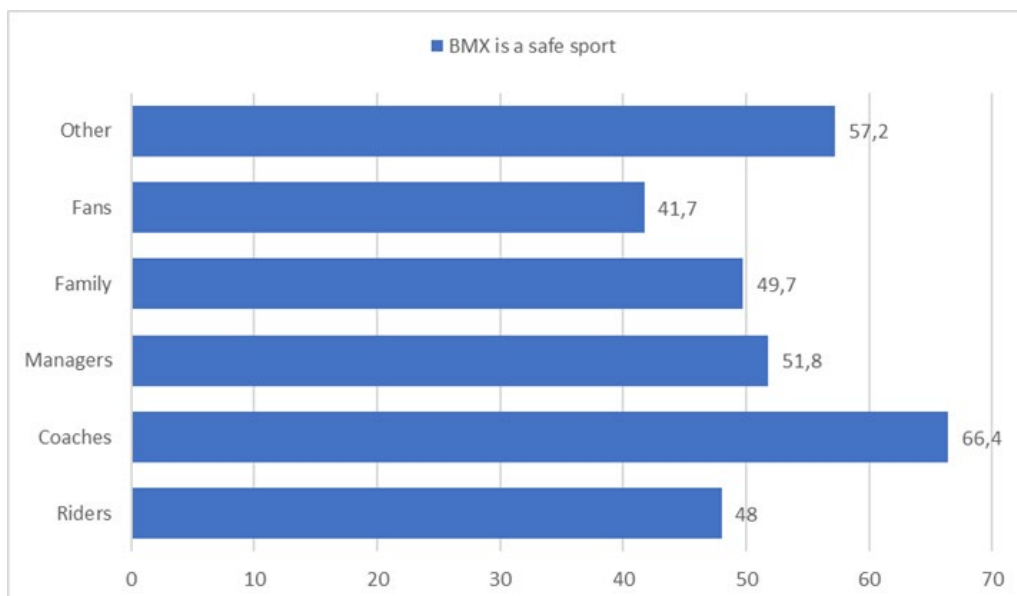
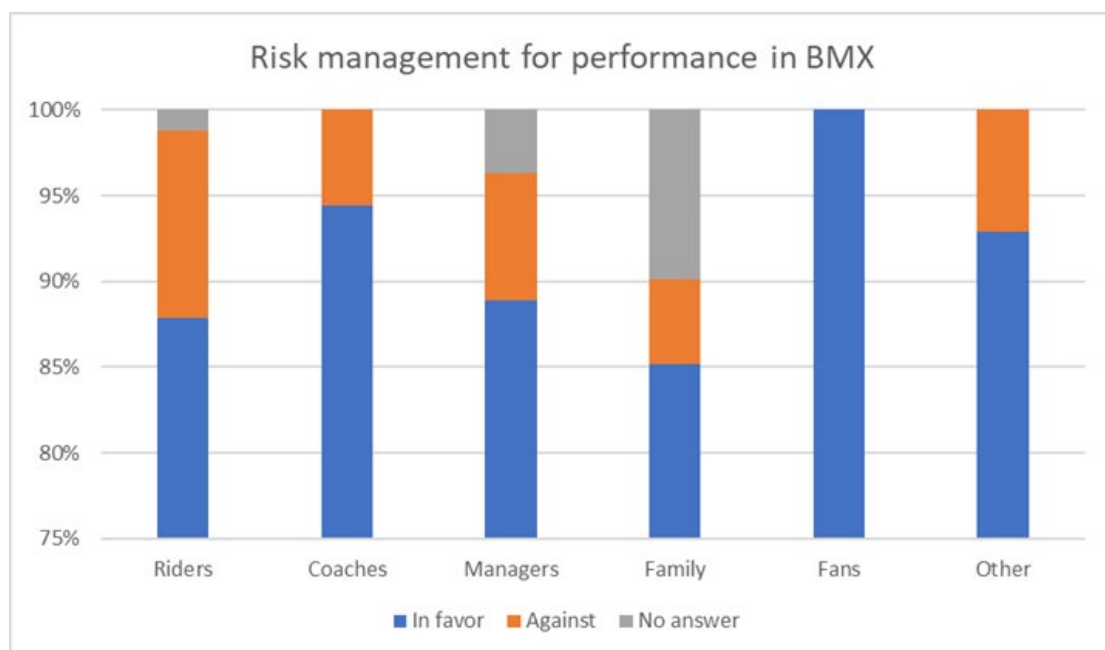


Figure 12. BMX is a safe sport (perception by position).

However, when we ask if BMX is a risky sport, it is sports managers (33.3%) followed by family members (19.3%) who fully agree with this label to a greater extent. For the rest of the categories (athletes, coaches, fans) only 15 to 16% of those surveyed agree. Grouping those who totally agree with those who agree to consider BMX as a risky sport, the percentage reaches nearly 75%.

Regarding the relevance of risk management to performance improvement, the greatest support is obtained in the categories of coaches and riders (Figure 13).



*Figure 13. Risk management for performance perception*

By participant country, Spain is the one that perceives BMX to a greater extent as a safe sport, but also the one that, to a greater extent, qualifies it as a risky sport and considers its management as fundamental for improving sporting performance; In other words, it is the country where it is perceived to a greater extent as a controllable risk sport. (Table 3).

Table 3. Risk perception (based on total agreement with the statements).

Statement (% totally agree)	General	Spain	Latvia	Slovakia
BMX is a safe sport	11.1	21.1	15.9	3.2
BMX is a risky sport	18.1	30.1	14.0	10.6
Risk management is necessary for BMX performance	43.9	55.3	46.7	33.0

Questioned about the elements that make a track safe, the layout of the curves, the width and the first fluid jump are the most highlighted (Figure 14).

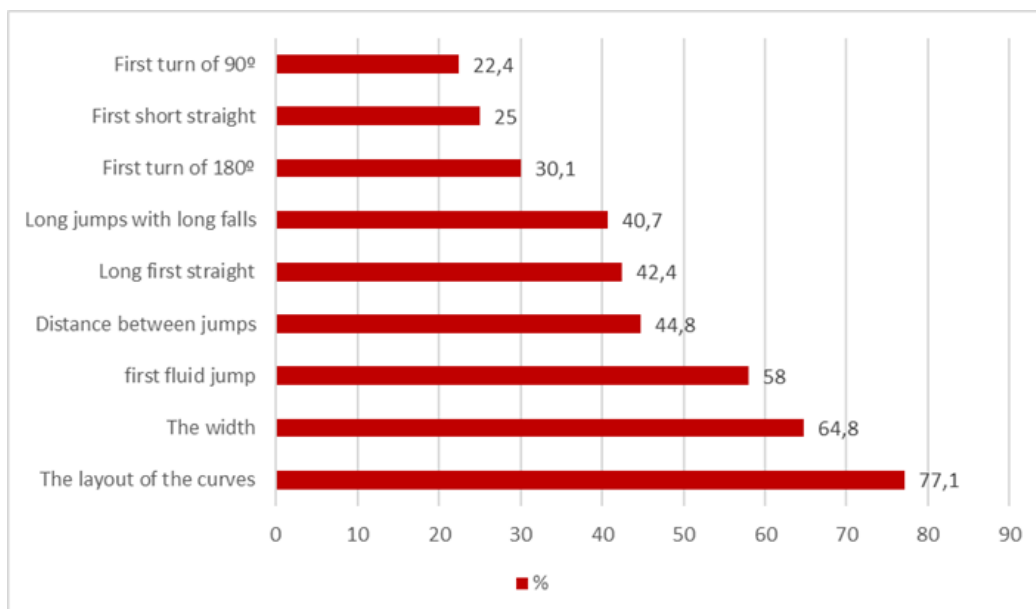
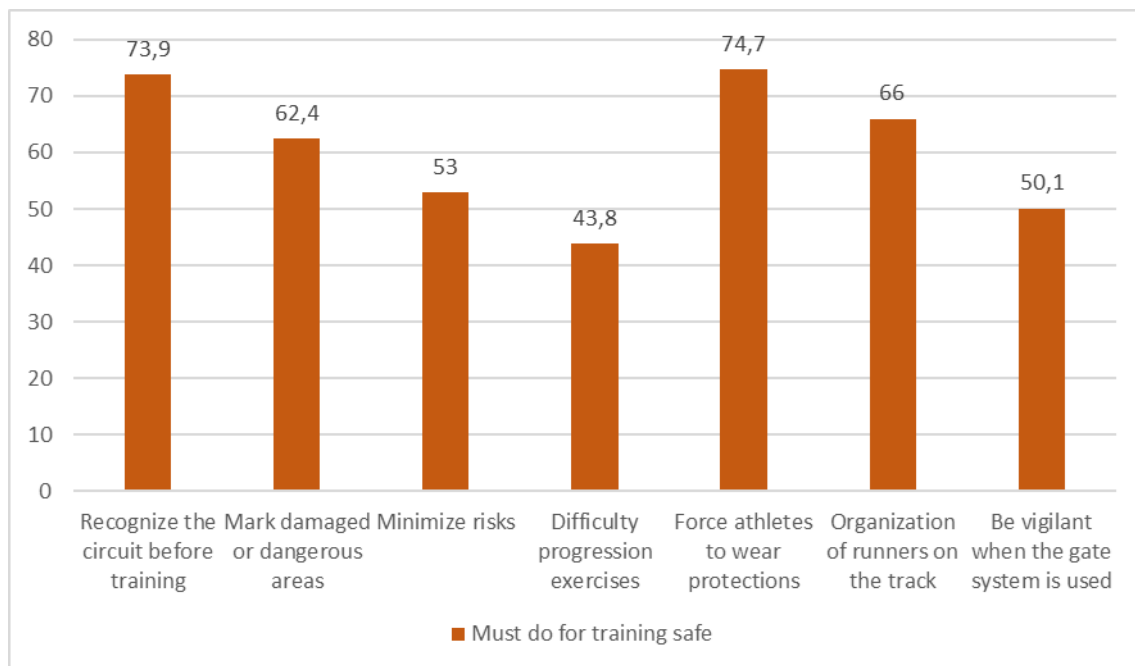


Figure 14. Elements that make a track safe

Regarding to what a coach can do to make training safe, or safer, survey participants prefer requiring athletes to wear protections and to recognize the track before training, as well as marking damaged or dangerous areas (Figure 15).

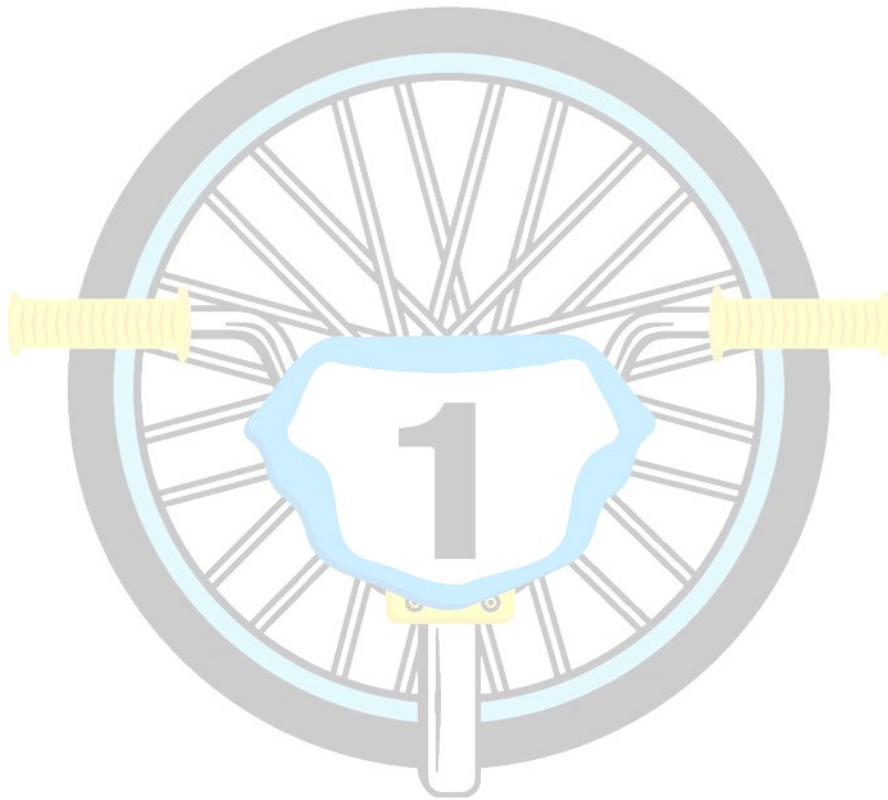


*Figure 15. Things that a coach can do for safe training*

Opinions about what makes a track to be considered of good quality vary a lot, but the best valued elements are the amplitude (F=69), the design or layout of the track (F=55), that the pavement is in good condition (F=47), that it is well maintained (F=45), track safety measures (F=44), smooth and long jumps (F=40), well-designed curves (F=29), fluidity (F=28), and a good gate/start (F=22), among others.



## 5. ENVIRONMENT NEEDS



## 5. ENVIRONMENT NEEDS

Sporting success depends on varied and diverse factors, such as genetics<sup>45</sup>, intensive dedication to activity (the 10-year or 10,000-hour rule)<sup>46</sup>, the existence of resources and means available to the athlete, trained coaches, a structured public, and private support, among others.

The athletes' environment and the support they have from the people who contribute to their development process have been shown in the literature as a key factor in improving performance and integral development. The triangle formed by the athlete, the coach and parents is especially highlighted. Outside this triangle we also find the relevant role of peers (colleagues and friends) as well as the media in the sports commitment of young people.

Parental support in sports is not only necessary in childhood; in this study "support" is understood as a set of actions aimed at facilitating economic, logistical, and emotional resources to athletes- as for example when taking them to training and competition, acquiring the necessary materials, paying fees, services or registration, but also giving fundamental support in terms of motivation, overcoming difficult moments and accompaniment, and facilitating children's enjoyment and satisfaction<sup>47,48</sup>

This necessary support in childhood relaxes as athletes grow older and become more autonomous, however, various studies have shown that active support from the family during adolescence is not only essential in order to improve performance in that stage, but also it has implications for adherence to sport practice in adulthood, that is, in the long term<sup>49</sup>.

However, this support is not always positive, giving more and more frequent excessive pressure due to the expectations of the parents, or ignorance of the training processes. Sometimes coaches must deal with misbehaviour by parents and relatives towards their own children, other athletes, judges or referees, or spectators<sup>50-52</sup>.

Athletes' responses to the survey questions about the support they perceive from their closest environment are displayed below.

Table 4 quantifies to what extent participants consider the family as very relevant supporting athletes (59.5%). The lack of initial parental support for BMX (when choosing BMX as sport) stands out, but not in an excessively high percentage (11.8%).

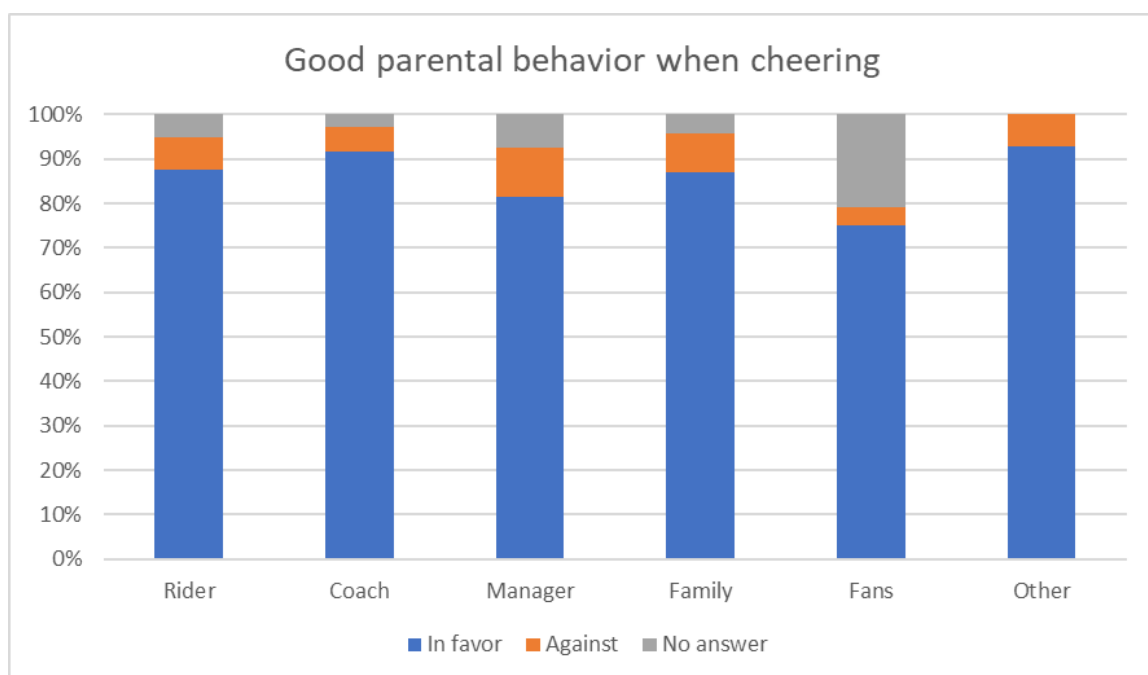
Table 4. Perceived support.

	Totally disagree	Disagree	Agree	Totally agree	No answer
<b>Family is a relevant support for riders</b>	0,5	2,4	36,9	59,5	0,7
<b>Parents use to support their children when choosing BMX as sport</b>	1,2	10,6	54,7	30,8	2,7
<b>Parents usually consider BMX as risky</b>	1,7	8,4	61,2	25,5	3,1
<b>Family members are usually kind and polite when encouraging their children in races</b>	1,0	6,7	58,3	28,4	5,5
<b>Coaches tend to have good communication with families</b>	0,7	5,8	60,2	28,0	5,3
<b>The relationship between riders, coaches and families is usually fluid and positive</b>	1,2	6,0	42,2	47,2	3,4
<b>Friends and colleagues are important in adherence to sport</b>	0,2	2,4	37,9	57,3	2,2

Parental support is given more importance by coaches and relatives (75% totally agree) than the athletes themselves (39.5%).

40% of surveyed relatives are the ones who, to a greater extent, consider that parents support their children when they choose BMX as a sport, while 21.7% of athletes think the same, which indicates a certain difference of opinion between athletes and relatives regarding the support received/offered when choosing a sport like BMX.

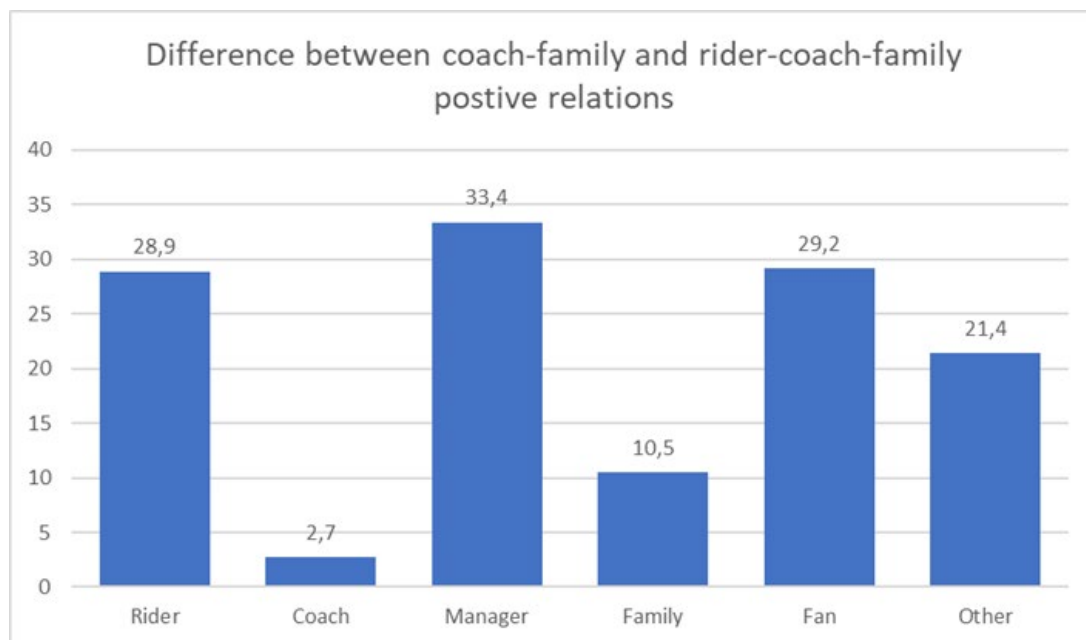
The perception of sportsmanship and good behaviour is quite positive; family members and coaches, with 40%, are the ones who support to a greater extent that parents are usually kind and polite when encouraging their children in races. It stands out that only 15% of the athletes think this way, although once we add the categories "agree" and "completely agree", the results are as follows (Figure 16):



*Figure 16. Parental behaviour when cheering*

The level of support to the sentence about if the communication between coaches and families is appropriate is lower, around 40% among coaches and family members and around 20% among riders and sports managers. When athletes are added to that equation (the relationship between

athletes, coaches and family members is usually fluid and positive), support increases (Figure 17).



*Figure 17. Relationships and communication coach-athlete-family*

Regarding the influence of peers (friends and colleagues) on continuity in the sport (adherence), around 65% of coaches, managers and family members totally agree. Among athletes, this support drops to 52.6% and 33% among fans.

By participant country, in Spain the family support is greater appreciated (82.1% totally agree) and in general they value their interactions in a more positive way. The perception in Latvia of parents' behaviour when communicating with coaches and when cheering their sons and daughters is much lower (only around 11% totally agree with the statement). Figure 18 displays the comparison between general perception (totally agree) and the three countries with several answers that allows to analyse.

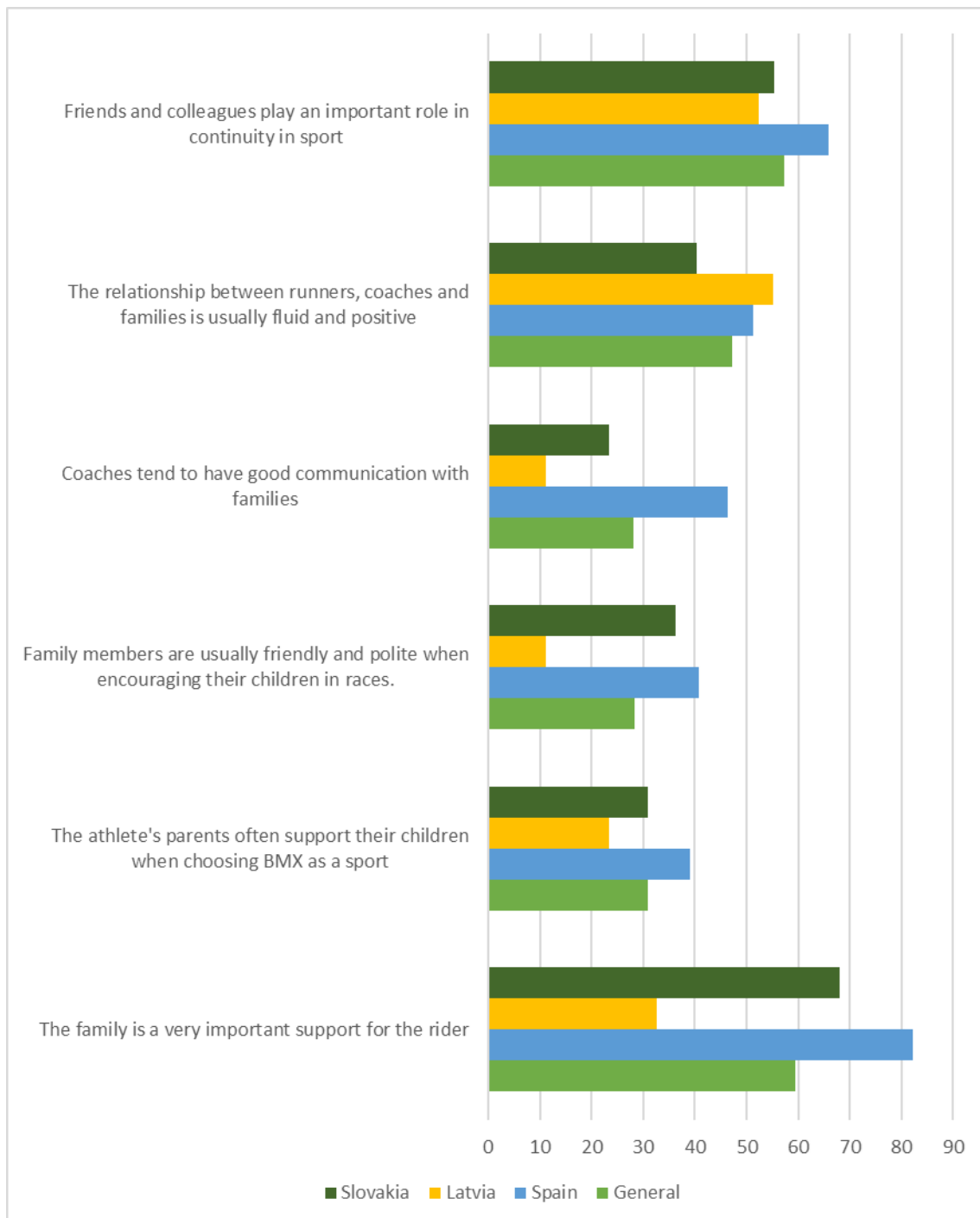


Figure 18. Comparison between perceived support per participant country.

Table 5 describes the perception of social support, resulting in an intermediate agreement with the sentences. The highest recognition is the media power to facilitate getting sponsors and scholarships and to increase participation in their sport. The role of the Project to give visibility to the club or the city is not very highly endorsed.

Table 5. Social support and visibility.

	Totally disagree	Disagree	Agree	Totally agree	No answer
<b>In BMX, the support of the media is needed to get scholarships and sponsorships</b>	0,7	5,8	47,2	43,6	2,7
<b>In BMX it is necessary to appear in the media to increase participation</b>	0,2	4,3	51,8	42,2	1,4
<b>Social networks are the main channel for young people to learn about BMX</b>	1,4	8,7	44,1	42,9	2,9
<b>This project gives visibility and support to my sport</b>	1,4	3,1	42,7	41,7	11,1
<b>This project gives visibility to my club</b>	1,9	8,2	39,0	36,4	14,5
<b>This project gives visibility to my city (branding)</b>	1,9	9,4	40,5	32,3	15,9

Perceived support per participant country and its comparison with the total sample (general) are reflected in Figure 19.

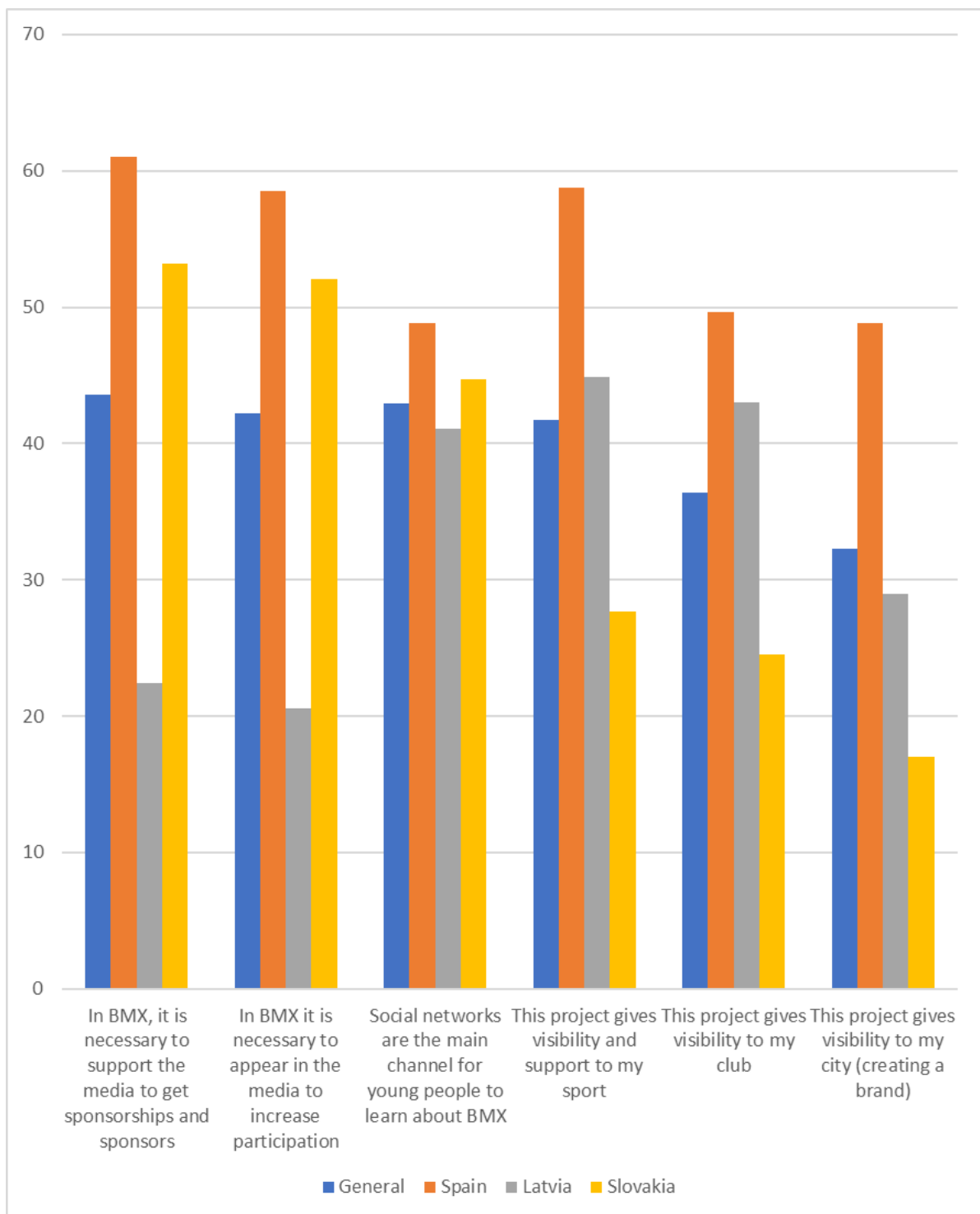
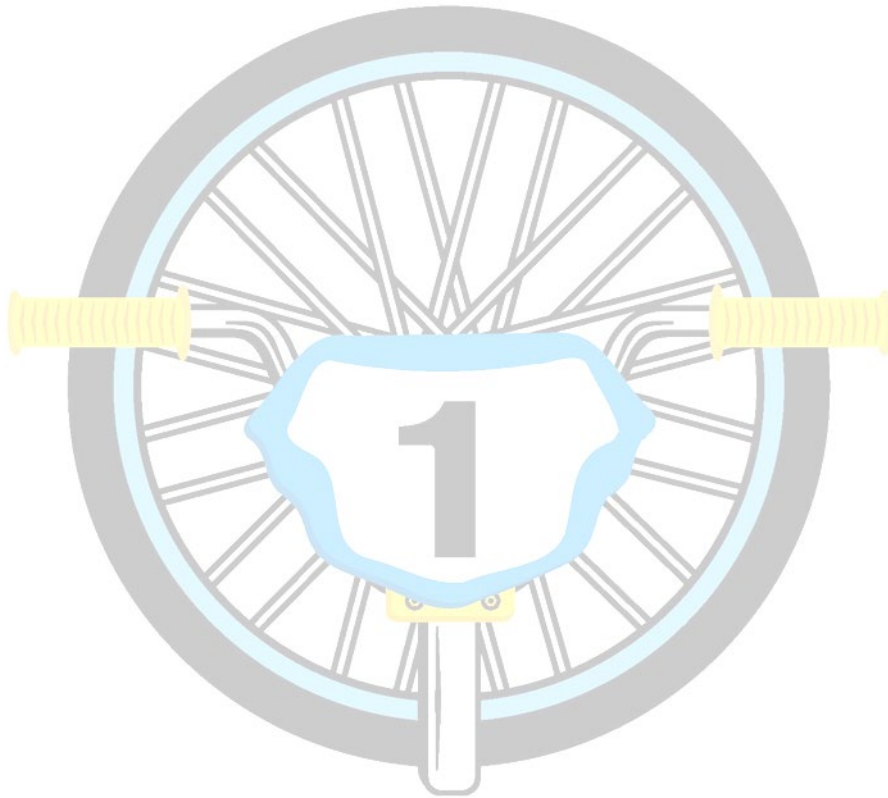


Figure 19. Social support perception per participant country



## 6. CONCLUSIONS



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1.- The sport of BMX is especially attractive for children and young people as it combines the execution of a series of tricks and skills, technique, strategy, and speed. Its complexity allows them to improve relatively quickly when practiced frequently, which is a motivating factor for beginners. The BMX training to Win project (funded by the Erasmus + program of the European Commission, with reference number 622085-EPP-1-2020-1-ES-SPO-SCP) aims to analyse this modality from a multidisciplinary point of view in order to design specific training that will facilitate coaches and sport managers to exploit all the sporting, educational and value potential that this sport can offer its practitioners.

2.- Considering the sport's results of the 2020 and 2021 seasons, the countries participating in this project are not in the World or European top, although Spain stands out in the women's category and Latvia in girls aged 13-16. Portugal has greatly improved its level, especially since the Olympic track was inaugurated in Anadia in 2019. Italy, without having stood out in obtaining metals, has a high level, with finalists in all the major competitions, while Slovakia manages to classify 15-16 and Junior riders as finalists. Malta is the country that lags among the partners in the consortium, since they are just developing the BMX Race (having a greater number of practitioners of the Freestyle modality). The project will serve as an incentive for the development of this sport on the island.

3.- Research using an opinion questionnaire has several advantages (ease, low cost and being able to reach larger samples) but has the disadvantage that when measuring perception, it is subjective and, although valuable, must be supplemented with other types of data. This study has been carried out through an online survey aimed at the BMX community, that is, riders, coaches, family members, club and federation staff, among others. Even though the number of responses has not been excessively high (having achieved at least 100 per participating country would have been ideal), the final sample is adequate to be able to consider this diagnostic study with a certain representativeness of the BMX community as it is a minority modality. In this case, it seems a very useful instrument to know the opinion and perception of the BMX community on various

topics and thus be able to better define the type of test to be applied in the second phase of this project.

4.- People who answered the survey were mostly athletes and their relatives, which explains the greater presence of men (both in athletes and in BMX coaches, women are a minority) and the most frequent age groups. However, it should also be noted that both in rider's category and especially in coaches and managers, BMX is a sport in which mostly men participate, and this gender inequality is an important aspect to be addressed in this project.

5.- Considering the average expenditure of European families on sports equipment, BMX as a sport is above average in cost (only in equipment), although obviously the level of the athlete should be taken into account, since the cost is not the same in initiation as in high performance and/or recreational sport vs competition. For the participants in this study, the sport of BMX is considered to be of medium cost compared to other sports, since it requires an initial investment, at least in bicycle, helmet, gloves and protections. This material can be purchased for less than 1000 euros, but it evolves towards higher costs as you want to improve. To this is added, in the case of competitions, training, travel, repairs and set-ups and other costs that represent around 2,000 euros per season.

6.- While in other sports it is easy to find scientific articles that analyse the modality from different points of view (sport sciences, medicine, social sciences, psychology, etc.), the fact is that until now very few scientists have dealt with this sport, which means that, on the one hand, in many cases there is no record of why the athletes have improved or not and, on the other hand, coaches in many cases must guess when applying empirical methods or reproducing the way of training of their predecessors rather than based on evidence. The need of knowledge is greatest on the part of the coaches, followed by the riders. Family members and fans or friends are the ones who least value the need for knowledge to be able to train athletes properly. Training actions, at different levels, should act in these three groups: coaches, athletes, and family members, as they are a fundamental part in athlete development.

7.- The most relevant areas of knowledge that a BMX coach should control for the respondents are first aid, nutrition, technique, tactics, and

regulation, making differences according to the country and the role of the person answering.

8.- As a risk sport, both design and supervision in training are essential for safe sports practice. In line with the previous comments and due in part to the fact that coaches, by valuing knowledge more, are more trained and have a greater perception of control, they are the ones who consider BMX to be a safe sport to a greater extent. On the contrary, family members have a low perception of security. The result is noteworthy among the riders who answered (only 9% consider their sport safe) and requires further investigation to know the aspects of risk perception and management as fundamental elements not only for the improvement of performance but for the enjoyment over time of the activity and preservation of their health.

9.- The preferred elements to perceive a track as safe are the outline of the curves, the width, a fluid first jumps and, to a lesser extent, the distance between jumps, a long first straight, or having long jumps with long falls.

10.- Regarding what coaches can do to guarantee or improve safety, there are track recognition tasks, forcing riders to wear protections, organizing riders correctly on the track or marking dangerous areas.

11.- In overview, family support is considered a fundamental element for the development of riders (even when they do not agree very much at the beginning with the choice of sport), and it is considered that the communication and relationship between coaches and families is adequate. But nevertheless, the behaviour of parents and relatives can become a negative element when their pressure is excessive, or their behaviour does not hinder the evolution or progress of their children. However, according to the results, their behaviour in general is appropriate. The influence of peers is, for both coaches and family members, and to a lesser extent for athletes, an essential element in adhering to sports practice.

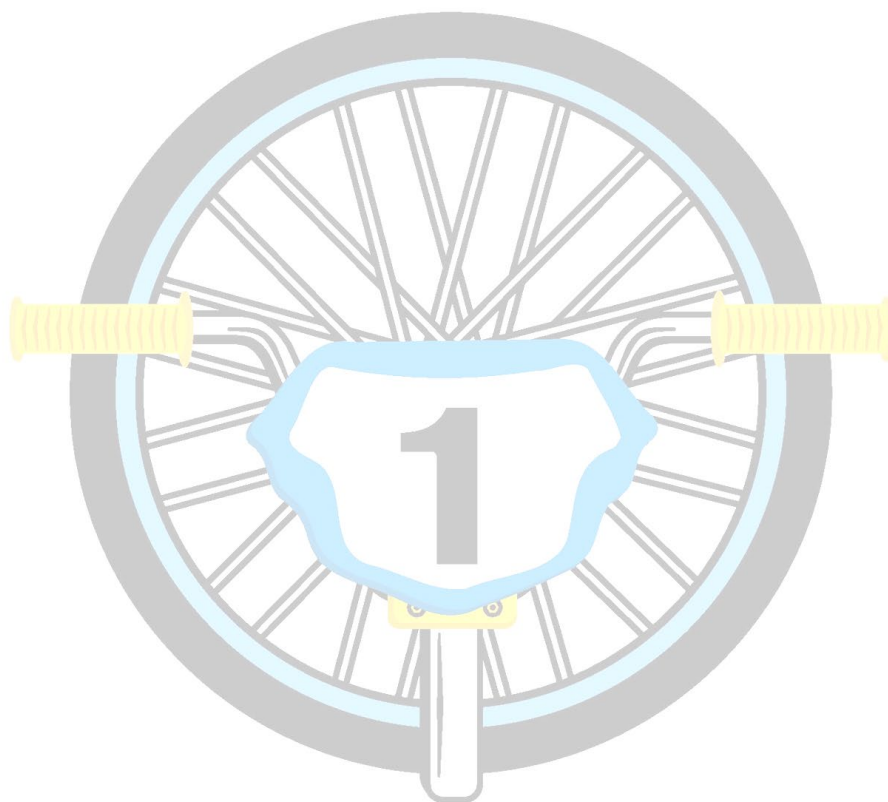
The differences that appear between countries in this regard (family support) should be studied in greater depth to assess whether they are

due to cultural factors or the characteristics of the people who have responded to this questionnaire.

12.- The assessment of the role that the media and social networks have in promoting their sport and the races of the riders is not very high. Training in this sense would be of great value to better manage the resources available to athletes, clubs and federations.

13.- In the same way, the potential that projects like BMX Training to Win have to make sport visible and promote to the organizations involved or to create branding, is perceived at a very low level by the participants in this study.

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Within ValorA Research group, she coordinated in 2015 the Zaragoza city Sport Participation Survey, she has led as project manager four European projects: GEO-LUDENS, Fan-Out, A-TWIN and BMX Training to Win (jointly with Rafa Izquierdo from BMX School Zaragoza), all of them within the frame of Erasmus + Sport Programme. She is also main researcher in KIDS IN ACTION and in MoPYL Mobile Programme for Youth Learners in Erasmus + KA2.

Her research focus on the fields of sociology of sport and health, gender, and public policies in sport.

### Irela Arbones

Irela Arbones holds a PhD in Health Sciences defended in Universidad San Jorge (2018) and she is graduated in Sport Sciences. She has specialized with a Master Degree in Master Physical Activity and Health from the University of Barcelona (2014) and a Master in Medical Sciences applied to physical activity: Prescription of physical exercise for health. University of Lleida (2009). Her research is focused on describing the non-institutionalized sport practice carried out in parks and elementary sport facilities in the city of Zaragoza, assessing the perceived quality of life related to people who do these sports in such trend model or new models. She is researcher in ValorA group at San Jorge University, where she has been lecturer from 2012 to 2021, teaching in the Sports Sciences and Infant and Primary Education degrees, as well as coordinating the Physical Education section in the Secondary, VET and High School Teaching Master Degree.

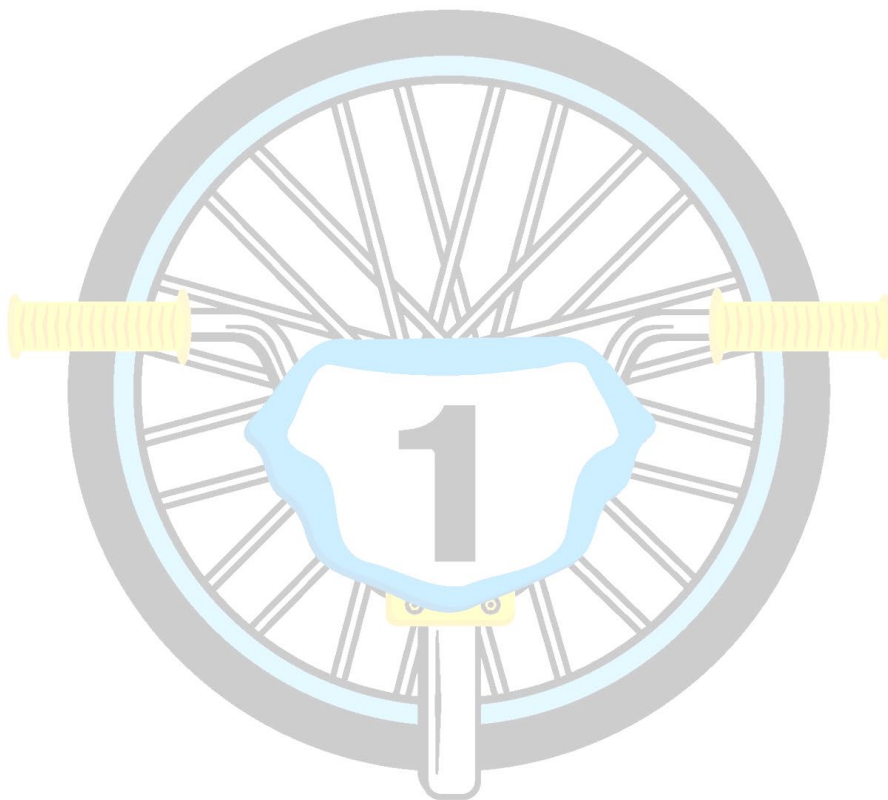
Within ValorA she participated as researcher in the European projects GEO-LUDENS, Fan-Out, A-TWIN, KIDS IN ACTION and BMX Training to Win.

### Juan Rabal

Juan Rabal holds a PhD in Health Sciences (Universidad San Jorge, 2021). His thesis was focused on occupational health in manufacturing company workers and the objective of it was to reduce musculoskeletal disorders. Juan is a sports science graduate (Universidad de Zaragoza, 2014) and has worked as a fitness coach in different sports since 2014.

He has been working as a lecturer at Universidad San Jorge in sport sciences degree since 2020 and belongs to the ValorA research group. The research in which he participates focuses on occupational health or sports performance. He has participated with the ValorA research group in the Aragonese Government funded "WorkFIT" project and in the "BMX Training to Win" European project.

# THE BMX TRAINING TO WIN PARTNERSHIP





## PROJECT COORDINATORS

### BMX School Zaragoza (Spain)

BMX School Zaragoza it is a grassroots sport club from Zaragoza (Spain). Their mission is to approach BMX to all riders, looking for performance or not, and specially for all-age children. Their vision is shown in an Albert Einstein quote: “Life is like riding a bicycle. To keep your balance, you must keep moving.”

Their values as sport club are effort, fellowship, sportsmanship and fun. It has a high-performance section, a children's school section and a sport-for-all section.

Created in 2017, its president, Rafael Izquierdo Tello is a rider, BMX National Champion and still active as athlete.

The club collaborates with other three nearby clubs in different municipalities of Aragon-Spain (Ricla- BMX Valdejalón, Utebo- Adrenalina Bikes and Calamocho- Club BMX Calamocho), creating a BMX school where children, youth and adults can practice in four different circuits with different mates, increasing the BMX-community feeling between riders of all ages. A total of 150 riders are involved.

They promote additional activities: Additional activities they do are:

- BMX classes to specific population.
- Educational talks at primary and secondary schools about biking, road safety and youth leadership.
- Bike technique for adults.
- BMX event's organization.
- Holiday camps for children.

They collaborate with the town councils on programming BMX in different cultural and sport events.

Best results:

- Jorge Gil: European Champion (Orleans 2012 in Cruiser 40+) and 5<sup>th</sup> World Championship (Baku, 2018, in Cruiser 45+ Men).
- Rafael Izquierdo: 5<sup>th</sup> World Championship (Zolder 2019, Cruiser 25-29 Men) and Champion in European Cup (Anadia 2021, in 25+ Men).
- Adriana Domínguez: 5 times Spanish National Champion, 9th World Championship (Baku 2018, 15 years Women), 15<sup>o</sup> World Championship (Papendal 2021, Junior Women).
- Lara Palacio: 4 times Spanish Champion.
- Fabiola Contamina: 6th European Cup (Anadia 2021, 15-16 years Women), Spanish National Champion.

### **Fundación Universidad San Jorge (Spain)**

San Jorge University Foundation (Spain) (hereinafter FUSJ) is a non-profit organization dedicated to training and research. Its mission is to serve society by creating and transmitting knowledge and contributing to the formation of integrity and good professionals.

The teaching and learning model of San Jorge University is based around six distinct elements:

- The integral education of the person, present in the curriculum of each programme (personal project and professional project).
- A culture of service to those around us through the integration of Service Learning in the curriculum and the promotion of voluntary work with the University community.
- The personalised attention of the student through the commitment of the teaching staff to attain positive results in the application of the tutorial action plan.
- Teaching innovation and the integration of new technologies in order to constantly improve the learning experiences of our students.
- The internationalisation of the study programmes with the objective of preparing the student for an increasingly international and global employment market.
- Links to the industrial and business community, encouraging the participation of visiting professionals in teaching activities and in the development of real undergraduate and postgraduate projects in collaboration with companies and institutions.

The University is composed by different knowledge areas (degrees, master and doctorate):

- Faculty of Health Sciences (Bioinformatics, Biomedicine, Nursing, Pharmacy, Physiotherapy, Psychology and Sport Sciences).



- Faculty of Communication and Social Sciences (Journalism, Advertising and Public Relations, Translation & Intercultural Communication, Film, TV and Digital Communication, Marketing, Infant and Primary Education, Law and School of Governance and Leadership: Administration and Business Management).
- School of Architecture and Technology (Computer Sciences, Computer Engineering & Design and Development of Video Games, Design and Creative Technologies, Environmental and Energy Engineering and Architecture School).

Moreover, there are two integrated research institutes:

- Institute of Modern Language
- Institute of Humanism & Society

The University has more than 2500 students, and the human resources are around 150 people in technical and administrative positions, more than 350 lecturers and researchers conducting degrees, master, doctorate and summer courses etc.

FUSJ is certified in ISO 9001, ISO 14001 and EMAS.

## **ValorA Research Group**

The aim of this researching group is to develop, validate and/or apply instruments and working methodologies leading to product development to improve physical, psychological, and social health, and performance in specific movements, as those related to work or to sport activities.

Researching lines:

### **1. Movement assessment**

Within the group there are experts in biomechanical analysis both from a performance and clinical point of view. Movement kinematic studies are carried out both in our laboratory and in real situations through portable technology. Different physiological variables related to musculoskeletal disorders are also analyzed. Global intervention programs are also being implemented that prevent these disorders and can even improve the quality of life of the people analyzed. The studies that are being carried out are developed in the clinical area and the work environment and sports. These include the analysis of walking and running using spatial-temporal parameter recording systems, high-speed imaging, and the study of plantar pressures. From the field of ergonomics, movements are analyzed in real work situations, using accelerometers and portable electromyography, detecting harmful postures, and proposing exercises that compensate for the discomfort found due to poor execution and/or repetition of these gestures.

### **2. Social research applied to health and sport**

Within this line, the relationship between the individual and their environment is evaluated, with the aim of proposing improvement strategies and contributing to decision-making. Among the research topics of this line is the study-diagnosis of specific

populations in the field of health or sports, surveys of life habits related to physical activity, study of the perception of quality of life in specific populations, research in the field of health education, assessment of social intervention programs, or study-diagnosis of inequality around sports and health: structure, reproduction, and social change.

**ValorA Research Group** (Universidad San Jorge) has participated in the following European Projects:

- GEO-LUDENS: *Creating a tech tool to promote European Traditional Sport and Games from an intergenerational and inclusive perspective* (Ref. Project: 579689-EPP-1-2016-1-ES-SPO-SSCP). Role: Coordinator.
- FAN-OUT: *Outdoor Sports as a Universal Language for Learning* (Ref. Project: 590411-EPP-1-2017-1-ES-SPO-SSCP). Role: Coordinator.
- A-TWIN: *Active Twinning for Enhancing Physical Activity in Rural Areas.* (Ref. Project: 613158-EPP-1-2019-1-ES-SPO-SSCP). Role: Coordinator.
- KIDS IN ACTION (Ref. Project: 622130-EPP-1-2020-PT-SPO-SSCP). Role: Partner.
- BMX *Training to Win* (Ref. Project: 622085-EPP-1-2020-1-ES-SPO-SCP). Role: Co-coordinator (with BMX School Zaragoza).

## PARTNERS

### **Biedrība “Latvijas Sporta izglītības iestāžu “Direktoru padome” LSIIDP (Latvia)**

LSIIDP is a non-profit association that merges all sports schools in Latvia that are financed from municipalities and government, that merges 75 sports schools, more than 1200 coaches, and more than 33000 athletes between the age 5 – 25. The board of LSIIDP consists of 15 board members, which are: 1 chairperson, 2 deputy chairpersons, and 12 members, as well as 1 auditor.

Objective, tasks and rights of the Association are:

- The objective and tasks of the Association are:
  1. to coordinate and manage the implementation of professional sports education programs in the country.
  2. to address issues that are related to the actions of sports schools, sports clubs of Latvia, to represent their interests in public authorities and other organizations.
  3. to advance the development of youth sports and improve the sports system in Latvia.
  4. to promote the youth sports in the country.
  5. to advance the development of sports in Latvia, the implementation of sports programs, the continuity of learning process and methodological work in sports institutions.

6. to public benefit activities aimed at supporting sports.
- The Association has got the right to represent sports schools, including sports clubs, in public and international bodies to carry out any legally allowed activities to implement tasks of the Association.
  - Association:
    - Determines and controls issues within its competence that are related to the development of youth sports, cooperation with other organizations in Latvia and other countries.
    - Constantly determines directions of actions, carries out its planning and organization, income distribution, opens accounts in banks, and arranges accounting and record keeping in accordance with the procedures described by law.

They coordinated the project “Involvement of Children and Youth in Sports Schools with Particular Emphasis on Socially Disadvantaged, Low-income and Minority Families from Rural Districts, Simultaneously Educating Their Families-ICY” (Erasmus + Sport Call 2017, Ref.Project – 2017-2869 / 001 – 001 of 16.11.2017.). LSIIDP is a social partner of the Ministry of Education and Science – Sports Department. LSIIDP regularly takes part in work groups of ministries in development of laws (like Sports Law, as well as the Cabinet’s rules etc.) and operates since 1995. LSIIDP represent all sports schools’ and sports clubs’ needs in the governmental level – like OCL (Olympic Committee of Latvia), OUL (Olympic Unity of Latvia), National Sports Council of Latvia (NSCL), Subcommittee of the Saeima of the Republic of Latvia, Local Union of Municipalities.

## **CEIPES – International Centre for the Promotion of Education and Development (Italy)**

CEIPES is an International non-profit association founded in Palermo in 2007 and with antennas in other 8 European countries.

They believe that education and development are fundamental values to achieve peace and dignity for all human beings. Each individual and community has the potential to fulfill its rights. CEIPES acts as a facilitator for activating the community, through an educational approach in order to create and transform energy and resources. This process is necessary for both individual and social development.

The mission of CEIPES is to foster and support the sustainable development of local communities and individuals’ empowerment through education and training, human rights, sport activities and international cooperation.

The CEIPES Network is a net of organizations working together with the belief that Education and Development are fundamental values to achieve peace and dignity for all human beings. It is operating with antennas in more than 8 European countries. CEIPES’ work is inspired by and based on the principles of human rights and democracy, equal opportunities, the respect of the environment and it is promoting the values of diversity

and social inclusion, peace and nonviolence, active participation, cooperation, interculturality and solidarity.

CEIPES is cooperating on European and international level with more than 150 partner organisations. On local level it is operating in Sicily, in strong cooperation with more than 40 organisations in the region, such as public and private bodies, educational institutions and research centres, local governmental bodies and organizations from the social, environmental and sport sector.

CEIPES' main activities are educational, intercultural and sport activities at local level and in partnership with organisations on European and international level, awareness raising activities, seminars and conferences, capacity building and skill development activities (learning and training courses, workshops) for young people and adults, research and innovation, and exchange of good practices.

Departments of CEIPES:

- Education and Training Department (ET).
- Cooperation, Innovation and Research Department (CIR).
- Inclusion through Health-enhancing Physical Activity Department (I-HEPA). The I-HEPA Department of the CEIPES works in a fruitful and solid partnership with the Sport and Exercise Sciences Research Unit of the University of Palermo and with the University Sports Center of Palermo.

### **Sport and Exercise Sciences Research Unit, SPPF - University of Palermo**

Its degree program provides the students a multidisciplinary learning path - theoretical and practical-with the aim of training professionals with a solid background in the field of sport and physical activity in different areas:

- Technical sports: theory and methodology of training and teaching of different sports.
- Prevention and adapted physical education: theory, technique and teaching of physical activities addressed to people of all ages and on preventive and compensatory physical activities, aimed at maintaining a better physical efficiency and a more suitable lifestyle.
- Management: the organization and management of facilities for sports activities, as well as organizing events in the field of sport and physical activities.
- Education: psychological and pedagogical skills aimed at motor learning and development of physical skills in developmental, that are aimed at the training of educators for physical and sport activities.

**CUS - The University Sports Center of Palermo:** one of the biggest sport complexes of Mediterranean region based in Palermo (Sicily), Italy.

CUS Palermo, founded in 1947, has a long and meaningful story full of sports activities, records, successes, events that took place during the years.

A solid and reliable organizational structure, which over the years has grown, it has always played a leading role in the spread and practice of sports both for the University and for the city of Palermo.

The main sport activities promoted are: athletics (start-up centre), volleyball, basketball, water polo, swimming, handball, football, futsal, offshore sailing, tennis.

#### **A common place for shared goals:**

The I-HEPA Department of CEIPES is implementing its activities together with its prestigious local partners to reach its objectives in the field of sport on a European level:

- To maintain and develop the bio-psychosocial health of individuals.
- To identify and promote sport as an educational and developmental tool for all people at any age to foster individual and collective growth.
- To promote, through sports participation, fundamental principles and values such as gender equality, nonviolence and social inclusion, and use sport as a tool to prevent and reduce all forms of discrimination, as well as a tool for community development promoting social inclusion and equal opportunities.
- To promote sport as a tool for overcoming socio-economic and cultural barriers, encouraging intercultural dialogue, fostering mutual understanding and respect between individuals and groups from different cultures, increasing intercultural through the sharing of values, traditions and different *modus vivendi*.
- To promote sport in non-formal educational contexts as a vital tool in the education of youth and adults and as complementary to formal education.
- To strengthen cooperation among actors and stakeholders from the fields of education, culture, human rights and sport to realize innovative international collaborations based on interculturality, solidarity, peace and nonviolence, active citizenship and sustainability.
- To improve methodologies and develop innovative strategies and tools for the promotion of sport and physical activity through international cooperation, studies and research.
- To support the athletes' double career, through their inclusion in high quality education path, allowing the acquisition of fundamental skills for their job placement, at the end of the sports career.
- To promote fair-play, support the fight against doping and prevent match-fixing.
- To promote peace, nonviolence and human rights as the only way to reach a world of equity and solidarity in which all human beings enjoy their fundamental rights.

## **Slovenský Zväz Cyklistiky (Slovakia)**

The Slovak Cycling Federation or SZC (in Slovak: Slovenský Zväz Cyklistiky) is the national governing body of cycle racing in Slovakia. Slovak Cycling Association provides physical activities in forms of sport for all and amateur and professional cycling. In 2017, we had 174 registered clubs and 2204 memberships. Their coaches help them to develop cycling and help young talents to become best riders.

Cycling clubs cooperate with municipalities and the association of towns and municipalities for effective assistance at the regional level to ensure action or event. They are members of Slovak Olympic committee. They are partly financed by the state budget, partly by sponsors.

Slovak Cycling Federation organizes races for young called Young Tour of Peter Sagan and races on the UCI and UEC level. Slovak Cycling Federation organized the Congress of the UEC in May 2015 where delegates from 43 European countries were present, among them cycling federations from European Union.

During 2016-2017 we cooperated with 4 partners within Erasmus+ project - Collaborative Partnerships – Not-for-profit European sport events. The main objective of the project was to stimulate active life and health of the youngest EU citizens, boost volunteering and bring in added value of cultural heritage.

## **União Velocipédica Portuguesa- Federação Portuguesa de Ciclismo**

The Portuguese Cycling Federation or UVP-FPC (in Portuguese: União Velocipédica Portuguesa- Federação Portuguesa de Ciclismo) is the national governing body of cycle racing in Portugal.

It is the oldest sports federation in Portugal, created on December 14, 1899. In 2019 the federation celebrated 120 years of continuity and excellence. Currently, the UVP-FPC has about 16,488 athletes and 1,759 sport agents.

The UVP-FPC is a member of the UCI - Union Cycliste Internationale and the UEC - Union Européenne de Cyclisme.

The UVP-FPC develops cycling in Portugal in all its forms and for all people, as a competitive sport, a healthy leisure activity and a sustainable means of transport, but also as a way to have fun.

The UVP-FPC manages and promotes cycling's seven disciplines: road, track, mountain bike, BMX Racing, BMX Freestyle, cyclo-cross and trials. Five of these are featured on the Olympic Games program (road, track, mountain bike, BMX racing and BMX freestyle), two in the Paralympic Games (road and track).

The UVP-FPC manages the promotion of its own events, most notably the National Championships for all disciplines. These competitions crown the Portuguese National Champions, who wear – for one year – the National Champions jersey. The National Championships constitute the high point of the season in each discipline.

The UVP-FPC also organizes the Portuguese Cups, each of these season-long series for the discipline concerned. The race for the leaders' jersey is a major challenge, and to be crowned the winner of a Portuguese Cup rankings is a significant sporting achievement.

In addition, the UVP-FPC organizes several international events with the participation of the UCI and UEC, such as the “Volta ao Algarve 2020” (UCI Pro series), the 2020 UEC Track juniors & Under 23 European Championships (Anadia) and the 2020 UEC MTB Marathon European Championships (Serra da Estrela), as well as many other important races registered in the UCI international Calendar (Road, Track, MTB, BMX).

Cycling is also more than just a competitive sport; bicycles have many uses outside the high-level sport, as a means of transport and leisure activity. This is why the UVP-FPC is developing its “cycling for all” program, which aims to improve conditions for bike riding and its accessibility.

The High-Performance Centre in Anadia, Portugal, which provides a major and very important support for the UVP-FPC Cycling development program, becomes a World Cycling Centre Training and Education Satellite (WCC-TES), in 2019.

The Anadia WCC-TES offers the best training conditions to athletes and national teams who develop their activity in the four Olympic disciplines (road, track, MTB and BMX).

The Center has excellent conditions for academic research on cycling, alongside the coaching for coaches, commissaires, and mechanics.

The Anadia WCC-TES can offer the following first-class sports and non-sporting facilities:

250 meters wooden indoor track Sangalhos velodrome, a newly renovated BMX Olympic track with two start ramps (5-meters and 8-meters), and a cross-country Olympic Mountain bike trail in nearby Curia. There is also a gym, mechanics workshop, classroom, medical offices, accommodation, and catering facilities.

## **Malta Street Sport Association-MSSA (Malta)**

The Malta Street Sport Association is a group of individuals passionate about street sport and thrive to progress the sport and to educate the general public about the benefits of participating in street sport.

The aims of the Malta Street Sport Association shall be to use street sport as a tool to help youth stay away from all sorts of addictions, namely drugs, alcohol, corruption, etc. The organisation will also promote and educate people on how to use Street sport to participate in physical activity which will help them in living a healthy lifestyle. We will

also be using our knowledge to promote and push the sports that fall under street sport, so such sports become more popular and available to youth.

The following are the sports we are currently working with.

- BMX
- Skateboarding
- Inline Skate
- Scooter
- Street Football
- 3v3 Basketball

In 2020 we shall be organising a Youth and Street Sport Festival over a weekend showcasing street sport through various activities and competitions. A skatepark shall be built for the event and after disassembled to be donated to localities which are in partnership with us to make this event happen. These miniature skateparks will be used to organise sessions to teach street sport to the youth who gained interest in the sport through the festival.

They have participated in the Medicines for Worlds Ghettos project (<https://www.ghettogames.com/en>), the Maltese Delegate at the Democracy, youth and sport seminar and Volunteer Project Manager for Malta's first Indoor Skatepark.



**COORDINATORS:**

BMX SCHOOL ZARAGOZA (SPAIN)

FUNDACION UNIVERSIDAD SAN JORGE (SPAIN)

**PARTNERS:**

SLOVAK CYCLING FEDERATION (SLOVAKIA)

PORTUGUESE CYCLING FEDERATION (PORTUGAL)

BIEDRĪBA "LATVIJAS SPORTA IZGLĪTĪBAS IESTĀŽU "DIREKTORU PADOME" LSIIDP  
(LATVIA)

INTERNATIONAL CENTRE FOR THE PROMOTION OF EDUCATION AND DEVELOPMENT  
CEIPES (ITALY)

MALTA STREET SPORTS ASSOCIATION (MALTA)

**LOCAL PARTNERS:**

SPANISH CYCLING FEDERATION (SPAIN)

ARAGONESE CYCLING FEDERATION (SPAIN)

ZARAGOZA DEPORTE MUNICIPAL S.A. (SPAIN)



# ***TRAINING TO WIN***



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