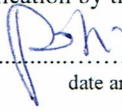



PRODUCT APPLICATION CHART

**for a product resulting from scientific research or development work carried out in
Gdansk University of Physical Education and Sport, Tourism and Recreation
Faculty, Department of Fitness and Strength Conditioning**

Nr	Description						
1	<p><i>The name of the research task, as a result of which the product was created, and the years of implementation (regardless of the source of financing):</i> Statutory research conducted at the Faculty of Tourism and Recreation AWFIS in Gdansk conducted in years 2013-2018; task: „Fitness training for people of all ages as a factor in improving their quality of life”.</p>						
2	<p><i>Product name:</i> Training programme for instructors FemFit Mama - exercises during pregnancy</p>						
3	<p><i>Description of the product application, including such elements as: originality, creative change in the functioning of the entity using the application and repeatability or period of use:</i> Training programme for instructors FemFit Mama - exercises during pregnancy is a product targeted at educational entities providing training services for health-oriented exercise specialists. FemFit Mama is a comprehensive system of exercises during pregnancy, dedicated to women from the first trimester of normal pregnancy to the day of delivery. Carefully selected exercises and the intensity and structure of classes provide future mothers with safety, comfort and effectiveness of physical exercise. There are simple and effective exercise monitoring and control tools for FemFit Mama exercise system. Thanks to the original methodology of conducting classes, women can participate in them regardless of the level of fitness and movement skills (simultaneous use of options of difficulty and intensity for group participants). Educational content is a unique element of FemFit Mama classes. Thanks to this, women understand their body's reactions better. They learn the benefits of exercise for themselves and their children and more consciously cooperate with an exercise instructor and medical staff involved in pregnancy and childbirth. Training programme for instructors FemFit Mama - exercises during pregnancy enables participants of the training to obtain a professional qualification in the field of demonstrating and conducting sets of exercises directed at women in the physiological pregnancy. This qualification can be a complementary qualification in the vocational education of exercise specialists, physiotherapists, instructors and trainers of various forms of physical activity. It enables them to independently programme and implement activities and / or a pro-health training process with pregnant women in the form of sport to which vocational training has been confirmed separately. Training programme for instructors FemFit Mama - exercises during pregnancy can be implemented repeatedly without any quantitative restrictions. It is recommended to update it after about 2 years, using scientific achievements in the field of postnatal physical activity.</p>						
4	<p><i>Name and address of the entity confirming the product application and its identification number:</i> FIT TOVARNA Sport - Mark d.00 Vosek 26 C 2231 Pernica, Slovenija ID: 35097418</p>						
5	<p><i>Legal form and delivery of the product:</i> transfer of the results of research and / or development work to the economy free of charge</p>						
6	<table border="1"> <tr> <td data-bbox="252 1921 854 1982">The range of impact of the product application in 2018:</td> <td data-bbox="854 1921 1149 1982"><i>please enter X in the appropriate field</i></td> </tr> <tr> <td data-bbox="252 1982 854 2049">small / local (no more than 2 voivodships or the number of entities that used the product, not exceeding 9)</td> <td data-bbox="854 1982 1149 2049"></td> </tr> <tr> <td data-bbox="252 2049 854 2143">medium / national (coverage of not fewer than 3 voivodeships or the number of entities that used the product, not fewer than 10)</td> <td data-bbox="854 2049 1149 2143"></td> </tr> </table>	The range of impact of the product application in 2018:	<i>please enter X in the appropriate field</i>	small / local (no more than 2 voivodships or the number of entities that used the product, not exceeding 9)		medium / national (coverage of not fewer than 3 voivodeships or the number of entities that used the product, not fewer than 10)	
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medium / national (coverage of not fewer than 3 voivodeships or the number of entities that used the product, not fewer than 10)							

large / international (product application in more than one country)	x
7	Confirmation of the application by the entity that used the product: 09.09.2018   FIT TOVARNA date and signature of the person authorised to represent the entity confirming the product application. SPORT-MARK D.O.O. VOŠER 28C, 2231 PERNICA