



Capacity building on sustainable and motivational training design  
enhanced by smart technologies for senior citizens.

# User guide for the platform

## Work Package 2

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## Contents

Overview of the Platform	4
Getting Started	5
Access the e-learning platform .....	5
Language Selection .....	6
Registration .....	6
Contact Information and Support .....	9
Navigating the Platform	10
Home Page .....	10
My courses .....	10
Fitness2.0 Knowledge Base & Guide for Trainers .....	10
Smart Motivation Handbook & Toolkit .....	11
Navigating the Menus .....	12
Quizzes .....	14
Navigating the Quizzes .....	14



## Overview of the Platform

The IKIGAI55 E-Learning Platform is a user-friendly, sustainable digital tool that supports lifelong learning and skill development for trainers and trainees 55 and over in Europe. The learning platform, designed with both learners and trainers in mind, serves as a centralized hub for accessing IKIGAI55 project-developed learning resources. By providing information in seven languages the platform ensures that resources are available to a wide range of groups, bridging geographical and cultural divides to promote cross-border learning.

The platform has been designed to accommodate users with various levels of digital experience, ensuring that everyone can use it easily. Its simple style and easy navigation make it an inclusive learning environment that welcomes not just trainees but also trainers and facilitators. With easily available guidance on how to utilize the platform efficiently, users have a smooth experience from the moment they log in, allowing them to focus on what is most important: learning and teaching.

The platform hosts a wide array of learning content developed in Work Package 2 (WP2) of the project, including modules and supplemental resources that support the development of new skills and knowledge. Learners can engage with these materials at their own pace, accessing them from anywhere, whether in bustling cities or remote locations. For trainers, these resources offer ready-made instructional materials that can be easily adapted to suit specific contexts or training needs, enabling tailored and flexible learning experiences.

The IKIGAI55 platform provides a long-term, low-cost solution for sharing knowledge and skills, with a digital approach that eliminates the need for physical materials. As an adaptable resource, trainers can use the IKIGAI55 modules in their local contexts and updated resources as needs change. The platform intends to keep the project's results accessible and relevant by including social media capabilities and maintaining a strong digital infrastructure, making it a valuable resource long after the project's active phase has ended.

In summary, the IKIGAI55 E-Learning Platform is a dynamic and adaptable learning environment that empowers users across Europe. By making quality training accessible to both trainees and trainers, it bridges geographical divides, supports lifelong learning, and ensures the IKIGAI55 mission continues to benefit individuals and communities well into the future.

## Getting Started

### Access the e-learning platform

This section is intended to guide users on how to access the IKIGAI55 e-learning platform. It includes step-by-step instructions on how to find and open the platform's website. The platform is easily accessible through the IKIGAI55's website, which can be found at the following link: <https://ikigai55.uth.gr/>

To visit the online platform, **click** on the "**E-learning platform**" button, as you can see in the image below.

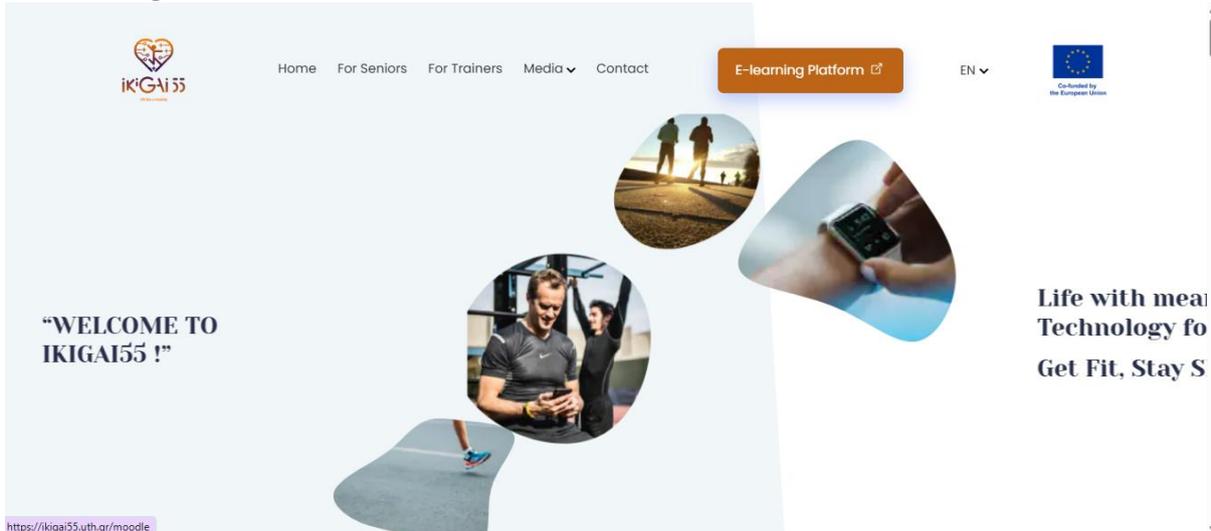


Figure 1. IKIGAI55 website's home page

In addition, an alternative way to reach the e-learning platform is by **selecting** direct access through the following link: <https://ikigai55.uth.gr/moodle/>

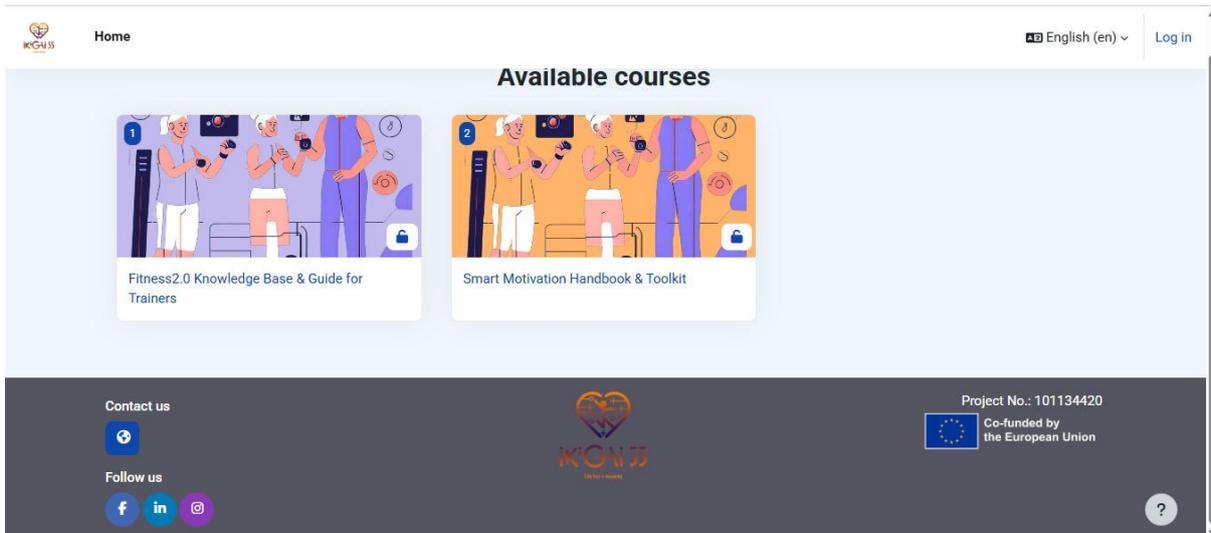


Figure 2. Platform's Home page

## Language Selection

The platform supports a quick language switching feature that provides content in the following seven partner's languages:

- English.
- Greek.
- Spanish.
- Italian.
- Portuguese.
- Hungarian.
- Dutch.

This section will show how to easily switch between languages to ensure accessibility for all users. Screen shots and icons are included to make the process clear and visually intuitive.

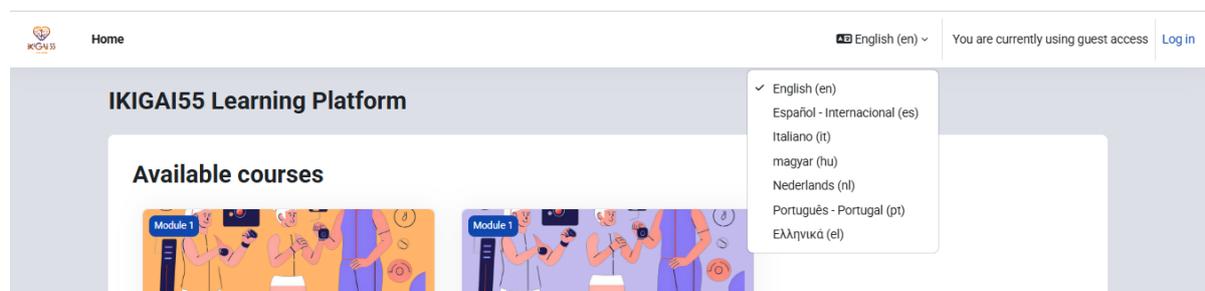


Figure 3. Language selection

## Registration

In this section, users will be guided on how to create their account on the platform, i.e. register and create their profile by configuring the basic settings. The instructions will cover registration with basic information and setting a secure password.

To access the learning materials and features of the IKIGAI55 platform, users need to **create an account**. Follow these steps to complete the registration process:

### 1. Access the Registration Page

- Navigate to the platform's login page.
- Click on "**Create a new account**" to open the registration form.

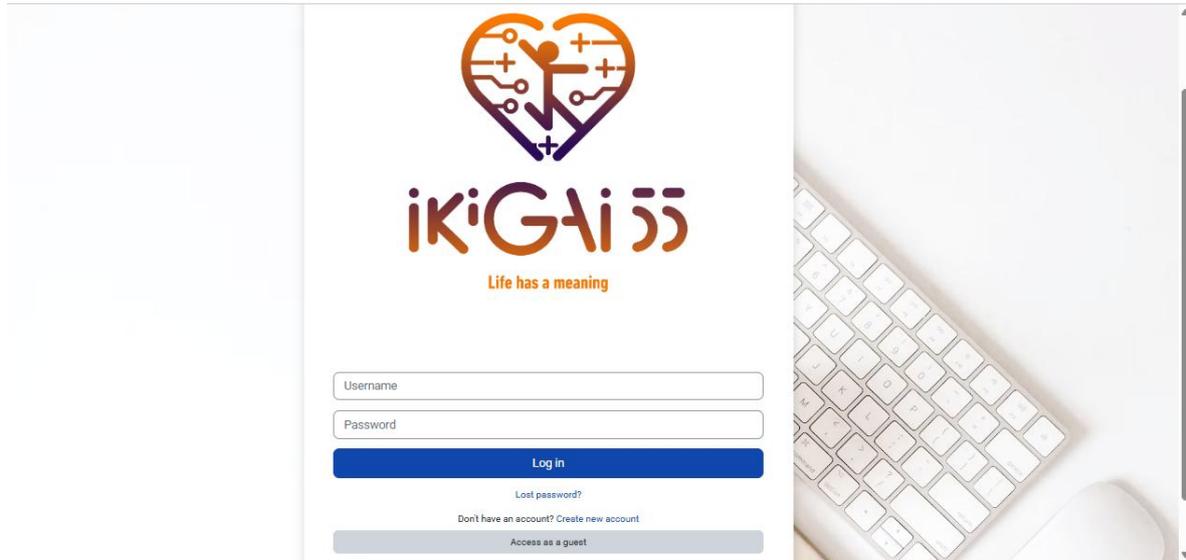


Figure 4. Log in page

## 2. Fill in the Required Information

Complete the registration form by providing the following details:

- **Username:** Choose a unique username for your account.
- **Password:** The password must meet the following security criteria:
  - At least **8 characters** long
  - Contains **at least 1 digit**
  - Includes **at least 1 lowercase letter** and **1 uppercase letter**
  - Has **at least 1 special character** (e.g., \*, ;, #)
- **Email Address:** Enter a valid email address, then confirm it in the "**Email (again)**" field.
- **First Name & Last Name:** Provide your full name.
- **City/Town:** Enter your place of residence.
- **Country:** Select your country from the dropdown menu.

**New account**

Username ●

The password must have at least 8 characters, at least 1 digit(s), at least 1 lower case letter(s), at least 1 upper case letter(s), at least 1 special character(s) such as \*, -, or #

Password ●

Email address ●

Email (again) ●

First name ●

Last name ●

City/town

Country

Select a country ▼

[Create my new account](#) [Cancel](#)

Figure 5. Registration form

### 3. Email Confirmation Step

A confirmation message stating that a verification email has been sent to the specified email address will appear on the IKIGAI55 Learning Platform when users submit the registration form.

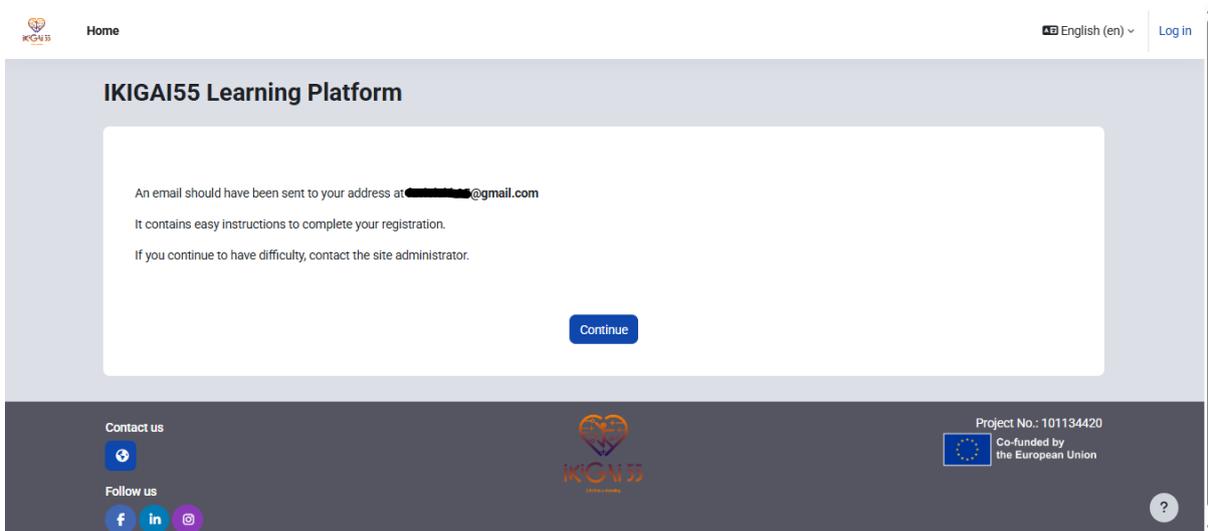


Figure 6. Confirmation Notice

### 4. Log in to the Platform:

- Once your email is verified, return to the **IKIGAI55 Learning Platform** and log in using your credentials.

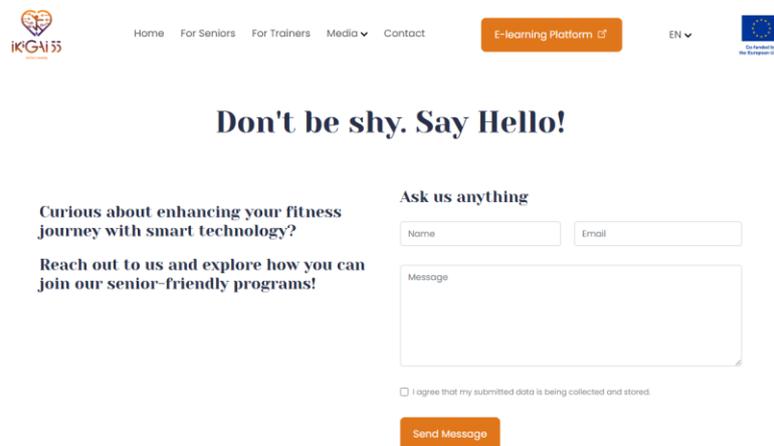
## 5. Troubleshooting:

- If you do not receive the confirmation email, try requesting a new one or contact the site administrator for assistance.

## Contact Information and Support

In case users encounter a technical problem while using the platform or are interested in more information about the program, they can reach our technical support or get in contact with the partnership.

Users have the possibility to **submit a contact request** for more specific issues through this link: <https://ikigai55.uth.gr/contact/>. This section ensures that users know where to navigate if they need additional assistance.



The screenshot shows the contact form on the IKIGAI55 website. At the top left is the IKIGAI55 logo. The navigation menu includes Home, For Seniors, For Trainers, Media, and Contact. There is a button for 'E-learning Platform' and a language dropdown set to 'EN'. The main heading is 'Don't be shy. Say Hello!'. Below this, there are two columns of text: 'Curious about enhancing your fitness journey with smart technology?' and 'Reach out to us and explore how you can join our senior-friendly programs!'. To the right, under 'Ask us anything', there are input fields for 'Name' and 'Email', a larger 'Message' text area, a checkbox for 'I agree that my submitted data is being collected and stored.', and a 'Send Message' button.

Figure 7. Contact point

## Navigating the Platform

### Home Page

The Homepage of the IKIGAI55 platform is designed to provide users with quick access to all key areas, allowing them to start lessons, manage their learning journey and be updated with notifications. Below is a description of the key modules and features you will find on the Home page.

### My courses

The “My Courses” section is specifically for archiving the available learning materials. It consists of:

- Fitness2.0 Knowledge Base & Guide for Trainers, and
- Smart Motivation Handbook & Toolkit.

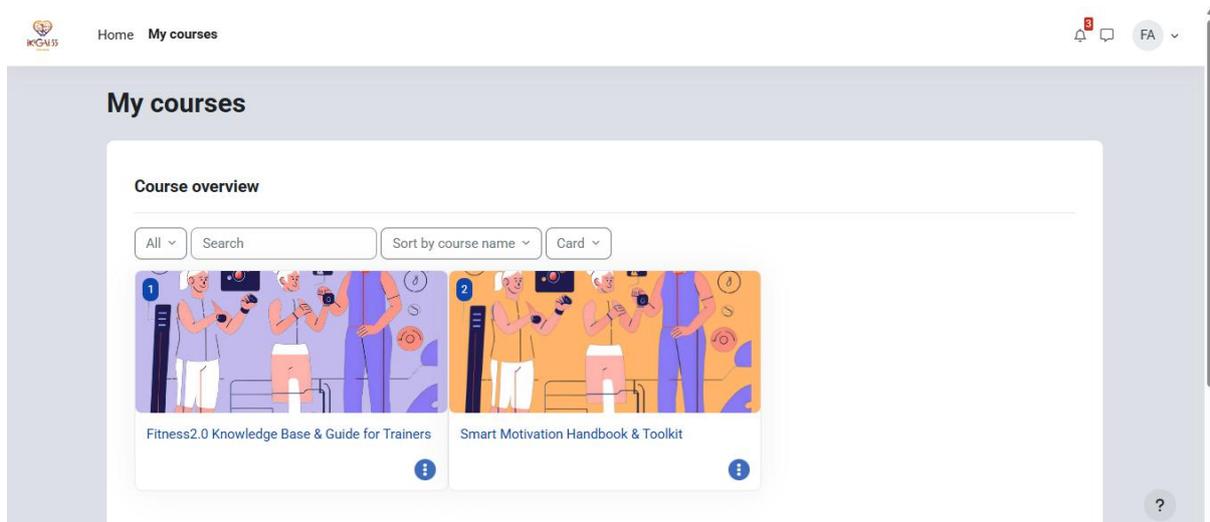


Figure 8. My courses

### Fitness2.0 Knowledge Base & Guide for Trainers

The Fitness Guidebook section of this platform provides trainers and facilitators with a scientifically-grounded yet practical resource for designing and implementing exercise programs tailored to older adults. This guidebook, available as online modules and downloadable PDFs in seven languages, is designed to empower trainers with knowledge and skills to support safe, effective physical activity for seniors.

### Overview of Chapters

The Fitness Guidebook is organized into six chapters, each covering an essential aspect of senior fitness with smart technologies:



- Chapter 1: Introduction to Smart Wearables in Active Aging
- Chapter 2: Selecting and Utilizing Smart Wearables
- Chapter 3: Designing Personalized Exercise Plans
- Chapter 4: Monitoring Progress and Adjusting Training Programs
- Chapter 5: Enhancing Engagement and Motivation
- Chapter 6: Case Studies and Best Practices



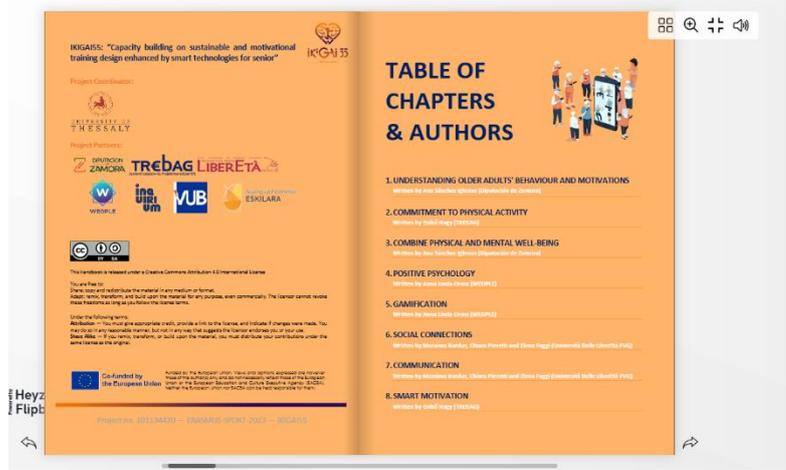
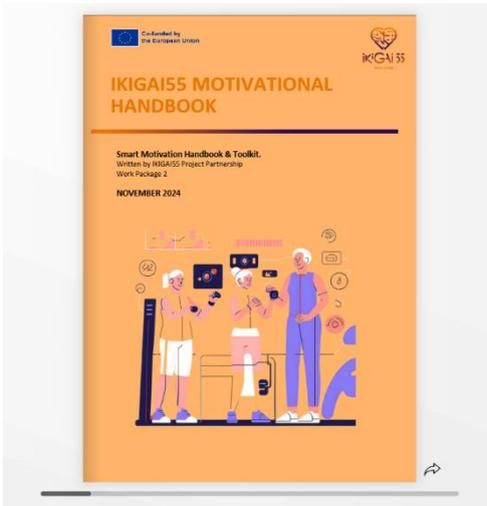
### Smart Motivation Handbook & Toolkit

The Motivational Handbook is a useful tool on the IKIGAI55 platform that offers trainers techniques for increasing motivation and engagement in exercise programs for older individuals. This handbook blends theoretical insights with practical examples, explaining how to employ smart technology and digital tools to boost motivation and promote a fun and productive workout experience. The manual was designed with both academic and practical viewpoints in mind, ensuring that trainers may employ these motivational tactics in a variety of fitness situations and adapt them to varied audiences.

### Overview of Chapters

The Motivational Handbook is organized into eight chapters, each covering a unique aspect of motivation and its application in fitness:

- Chapter 1: Understanding Older Adults' Behavior and Motivations
- Chapter 2: Commitment
- Chapter 3: Combining Physical and Mental Wellbeing
- Chapter 4: Positive Psychology
- Chapter 5: Gamification
- Chapter 6: Social Connection
- Chapter 7: Communication
- Chapter 8: Smart Motivation



### Navigating the Menus

Located on the left and right ends of the screen, the IKIGAI55 e-learning platform offers users two primary navigation options. Together, the two menus improve the user experience by making it easier to navigate the course materials. Users can quickly browse and access various portions of the accessible learning resources with the help of these menus.

#### Left-Side Menu: Book's Table of Contents

The left-side menu serves as the Table of Contents, providing an overview of the entire book. This menu allows users to:

- View the complete structure of the material.
- Jump directly to any chapter with a single click.
- Easily track progress through the learning content.

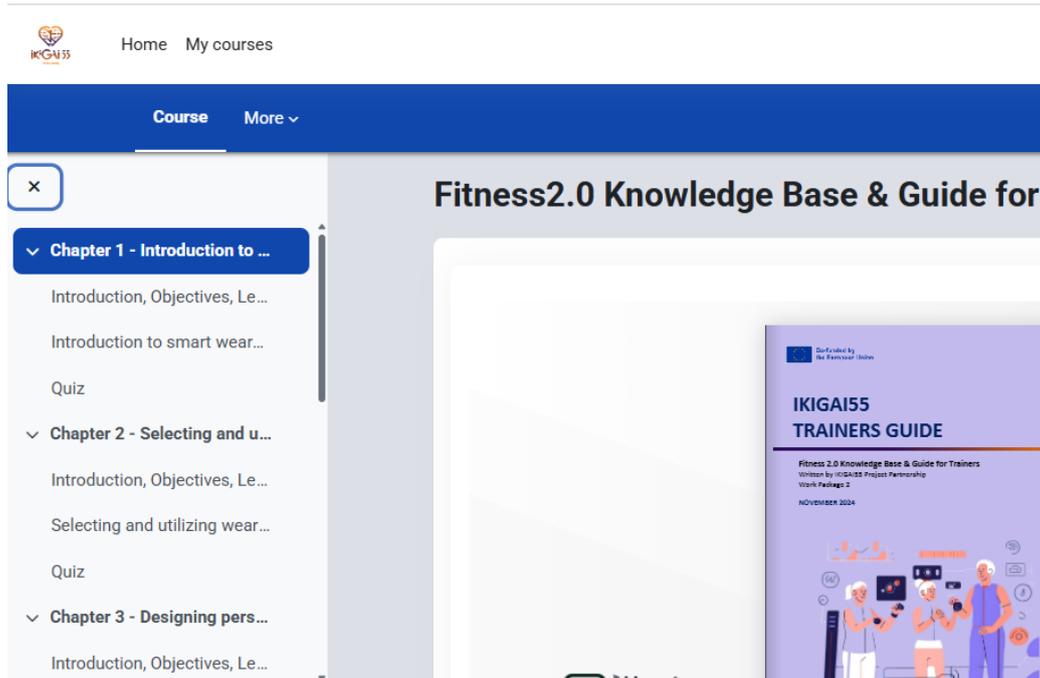


Figure 11. Course's left-side menu

### Right-Side Menu: Subchapter Navigation

The right-side menu displays the subchapters within each chapter. It helps users:

- Navigate between different sections within a selected chapter.
- Quickly locate specific topics without scrolling through long chapters.
- Maintain an organized reading experience by showing an outline of subtopics.

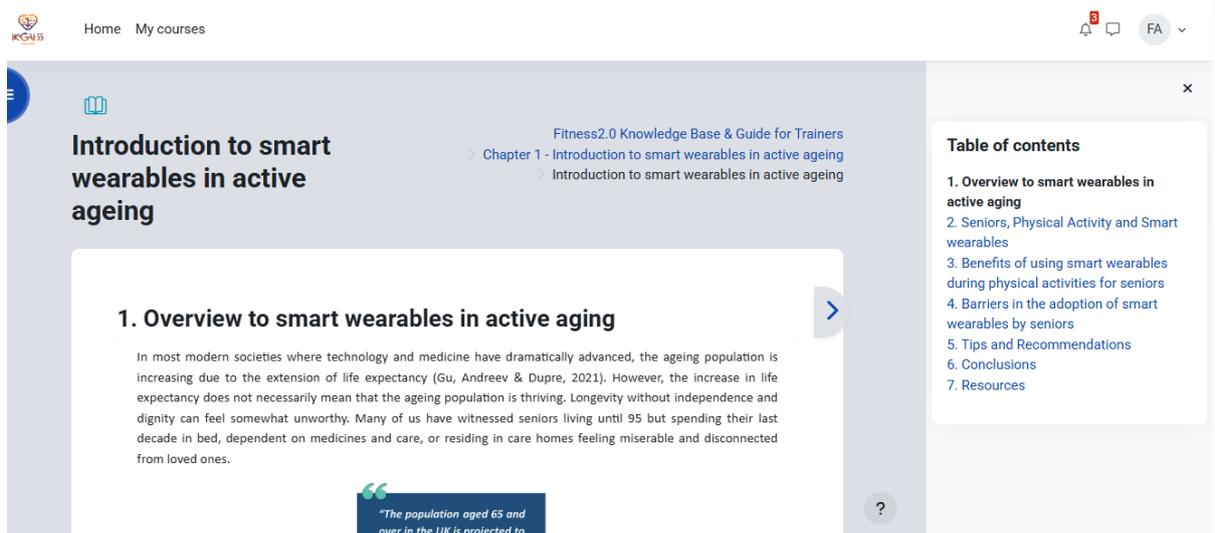


Figure 12. Chapter's right-side menu

## Quizzes

The purpose of the Quizzes is to evaluate the user's comprehension of the content covered both in the Fitness 2.0 Knowledge Base & Guide for Trainers and the Smart Motivation Handbook & Toolkit.

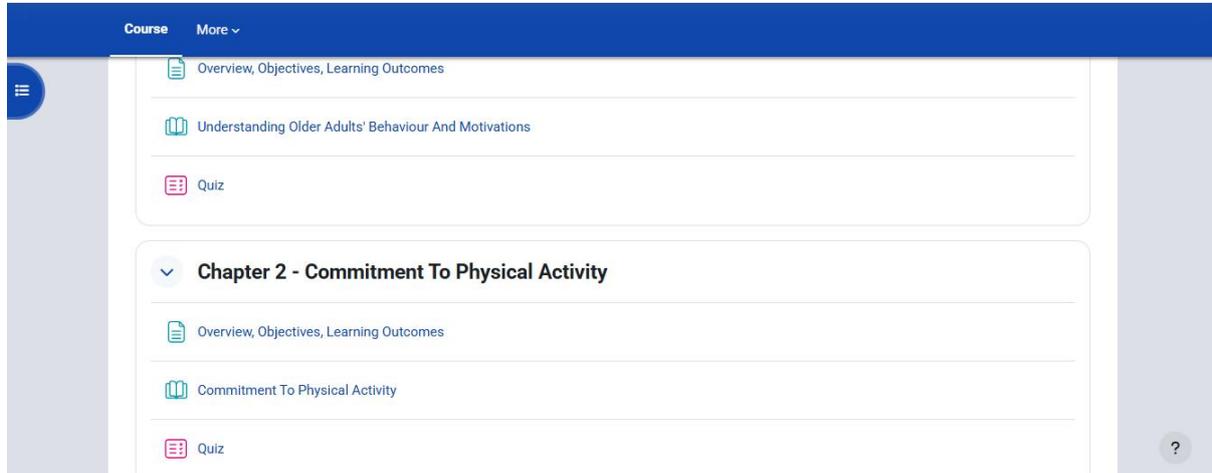


Figure 13. Quiz

### Quiz Structure:

- The Fitness 2.0 Knowledge Base & Guide for Trainers includes **6 quizzes**, one for each chapter.
- The Smart Motivation Handbook & Toolkit includes **8 quizzes**, one for each chapter.

The quizzes are designed to encourage participation, reinforcement, and self-evaluation. They allow users assess their level of comprehension by assisting them in evaluating their familiarity with the chapter material. Through the actual application of essential concepts, the tests enhance understanding and solidify knowledge. They also promote active engagement, which enhances interaction in the learning process and helps with memory recall. To get the most out of their learning experience, users are advised to finish each quiz after reading the relevant chapter.

### Navigating the Quizzes

- Each quiz consists of multiple-choice questions covering key concepts from the respective chapters.
- Users can access a quiz by selecting the corresponding chapter and clicking on the **quiz link**.
- The **Quiz Navigation** panel on the right side of the screen allows users to track their progress and navigate between questions easily.

- Users can **"Finish Attempt"** once they have answered all questions, after which they will receive feedback or scores based on their responses.

The screenshot shows a quiz results page. At the top, there is a navigation bar with 'Home' and 'My courses'. A 'Re-attempt quiz' button is visible. Below it, the grading method is 'Highest grade'. The main result is 'Highest grade: 6.00 / 10.00.' Underneath, 'Your attempts' section shows 'Attempt 1' with a table of details:

Status	Finished
Started	Monday, 17 March 2025, 1:51 PM
Completed	Monday, 17 March 2025, 1:55 PM
Duration	3 mins 52 secs
Marks	3.00/5.00
Grade	6.00 out of 10.00 (60%)

A 'Review' link is provided below the table.

Figure 14. Quiz's score

The screenshot shows a quiz navigation interface. The top navigation bar includes 'Home' and 'My courses'. The main content area is titled 'Quiz' and shows a question: 'Which of the following is a key component of multimodal training that is essential for the safety and independence of older adults?' with four multiple-choice options: a. High-intensity interval training, b. Social, cognitive and balance components, c. Only cardiovascular exercises, and d. Strict weightlifting routines. A 'Back' button is located above the question. On the right side, there is a 'Quiz navigation' panel with five numbered buttons (1-5) and a 'Finish attempt...' link.

Figure 15. Quiz's navigation



## Maximize your experience

- Explore the **Fitness 2.0 Knowledge Base & Guide for Trainers** and the **Smart Motivation Handbook & Toolkit** to deepen your understanding.
- Complete the quizzes at the end of each chapter to reinforce key concepts and track your progress.

Should you need further assistance, support resources are available to guide you. We hope you find this platform valuable and inspiring in your journey to promoting active aging and fitness training.

## Happy learning!



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Life has a meaning

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