

JORDAN SUSTAINABILITY CASE STUDY



The National Teams Preparation Center

The **Jordan Taekwondo Federation** has established the **National Teams Preparation Center**, a **comprehensive sports environment** designed to **meet the physical, mental, and technical needs** of national team athletes. This state-of-the-art facility supports **athlete development, health, and well-being**, providing resources that help them **compete at the international level**.

The center includes a **training hall, fitness center, clinic, massage room, and a physiological laboratory** equipped with a **VO2 Max device** to monitor athlete performance. It also features **bedding accommodations for up to 32 athletes**, ensuring they have a stable and supportive environment.

As the **only facility of its kind in Jordan dedicated to a single sport**, the center fosters a **strong sense of community** among national team athletes, encouraging them to excel **individually and collectively** while representing Jordan on the world stage.

FOCUS AREA

Health & Well-being

KEY WORDS

- Elite athlete training
- Sports science
- Olympic preparation
- Athlete well-being
- High-performance sports

FACTS & FIGURES

- **99% of athletes** maintained optimal physical condition in 2024.
- **100% of athletes** adhered to medical check-ups every three months.
- **20% increase in international medals** compared to 2023.
- **5% improvement in Olympic rankings** of national team members.
- **100% engagement** in team-building and recreational activities.

IMPACTS

The **National Teams Preparation Center** has significantly improved athlete performance and well-being by providing a **structured, data-driven approach** to training and recovery. The program has contributed to:

- **99% of athletes** maintaining their **optimal weight and physical condition** throughout 2024.
- **100% compliance** with periodic **medical check-ups every three months** to monitor key health indicators.
- A **20% increase in international medals** earned by Jordanian athletes compared to 2023.
- A **5% improvement in Olympic ranking** among national team members.
- **100% participation** in team-building and recreational activities, enhancing **teamwork and athlete engagement**.

These achievements underscore the **center's role in optimizing athlete health and performance**, reinforcing Jordan's standing in international Taekwondo.