

Blended Intensive Program - Template

Important note:

Students interested in this program have to apply to their home university according to the internal procedure.

Student applications made directly to the hosting institution will not be considered.

General information

Course Title	BLENDED INTENSIVE PROGRAMME 2024: <i>Recreational Sports Activities and Management</i>
Coordinating institution	Faculty of Kinesiology, University of Split
Partner institutions	Partner 1: Institute for Physical Education and Sport, University of Malta, MALTA Partner 2: Department of Physical Education and Sport Science, Faculty of Education Sciences, University of Cadiz, SPAIN Partner 3: Center for Physical Education and Sports, University of Gdansk, POLAND Partner 4: Sport Sciences School of Rio Maior, Santarém Polytechnic University, PORTUGAL Partner 5: School of Applied Science in Sport (ILEPS), FRANCE Partner 6: Lithuanian Sports University, LITHUANIA
BIP Code	2023-1-HR01-KA131-HED-000122123-3
Abstract: (a few lines describing the course that SEA-EU partners can use for dissemination)	The purpose of the program is to enable participants to integrate and strengthen existing fundamental theoretical knowledge and practice in the context of recreational sports activities and management. The program also aims to provide students with the opportunity to participate in collaborative learning and teamwork within the program theme. Given that the program includes an interdisciplinary approach, the goal is to introduce students to various sports and recreational activities: from lectures to physical participation in outdoor activities and workshops on selected topics. The planned program activities encourage the participation of young people in the community as active citizens and the development of concepts for managing a healthy lifestyle.
Calendar	
Total number of hours:	45
Teacher(s) in charge	1) Full prof. Goran Gabrilo, PhD 2) Assoc.prof. Mia Perić, PhD

	3) Marijana Geets Kesić, MD, PhD 4) Prof. Vera Simões, PhD 5) Prof. Paulo Rosa, PhD 6) Prof. Adele Muscat, PhD 7) Assoc.prof. Simona Pajaujie nè, PhD 8) Prof. Tomasz Aftański, Senior lect. 9) Assoc. prof. Daniel Camiletti, PhD 10) Assis. prof. Amr Alem, PhD 11) Assis. prof. Rafah Akoum, PhD
Number of participants	Each SEA-EU university can propose up to 5 students.
Mobility costs	This mobility is eligible for Erasmus+. Please contact your university for more information.
Contact	Organisational aspects: Assoc. Prof. Ana Penjak, PhD; ana.penjak@kifst.eu Teaching assis. Petra Rajković Vuletić, prof.; petra.rajkovic@kifst.eu Pedagogical aspects: Assoc. Prof. Ana Penjak, PhD; ana.penjak@kifst.eu

Pedagogical content

Target group / Expected student profile	The course is open to Bachelor, Master and PhD students from the faculties of sports, sports management and marketing, business, and tourism.
Requirements Academic background	B2 English level (upper-intermediate). Knowledge of working in MS Office programs. Possession of swimming skills.
Selection of participants	To be determined by each partner separately.
Selection criteria	Each partner determines its own selection criteria.
Description of the physical component (please include any relevant information for the applicants)	As part of the physical component, the following activities will be carried out: 1) Aquatic fitness/water activities 2) Sea kayak 3) Rapid rafting/ Canyoning 4) Nordic walking 5) Traditional local game 'picigin' Workshop: 6) Reanimation in Sport: Lifesaving minutes

<p>Description of the virtual component (please include any relevant information for the applicants)</p>	<p>As part of the virtual component, the following topics will be addressed:</p> <ol style="list-style-type: none"> 1) Introduction to outdoor activities, with principles and classification of different outdoor activities 2) Lifestyle as Medicine: Why should we care about promotion of healthier lifestyle? 3) Mindfulness based practices: Why do we need them? 4) Sport and soft skills and/or entrepreneurship 5) Marketing and branding 6) Physical Activity in Europe 7) Adventure Tourism – Sustainability, Global Market Trends and Management Practices in Portuguese Companies 8) Engaging in mental preparation for adventure tourism 9) Sports events as a part of the European movement 10) Active Strategies to promote healthy habits in the School: From research to the field. 				
<p>Learning objectives/outcomes:</p>	<p>Completing the programme, students will be able to:</p> <ol style="list-style-type: none"> 1) Understand and name the principles of collaborative and transdisciplinary work in the recreational sports activities field as well as within the sports management; 2) Recognize the criteria for implementation of different sports recreational programs (indoor or outdoor); 3) Explain the very basic key steps of the entrepreneurial process; 4) Connect and apply scientific theoretical research and personal comprehension (from online lectures) within these two professional sectors; 5) Autonomously follow and understand dynamics of changes in these two professional sectors and adapt to the requests of the market; 6) Disseminate values and innovation of recreational activities in sustainable entrepreneurship; 7) Recognize situations that require resuscitation skills. 				
<p>Any required material/software to take part to the course:</p>	<ol style="list-style-type: none"> 1) Sports equipment (swimwear, 1-2 pairs of sneakers to be used both in the activities on ground and in water). 2) Laptops. 				
<p>ECTS:</p>	<p>3</p>				
<p>Evaluation:</p>	<p>Attendance and positive assessment from the PPP presentation (students present their ideas on the given topic to teachers/lecturers).</p> <p>ECTS grading scale:</p> <table border="1" data-bbox="584 1957 1465 2029"> <tr> <td>Achieved nbr. of points</td> <td>Local grade (Croatia)</td> <td>Definition</td> <td>ECTS grade</td> </tr> </table>	Achieved nbr. of points	Local grade (Croatia)	Definition	ECTS grade
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	10	5	EXCELLENT – outstanding performance with only minor errors	A
	9	4	VERY GOOD – above the average standard but with some errors	B
	7-8	3	GOOD – generally sound work with a number of notable errors	C
	6-5	2	SUFFICIENT – performance meets the minimum criteria – fair but with significant shortcoming	D, E
	<5	1	INSUFFICIENT – unsatisfactory performance	F, FX
Check list: Compulsory attendance: full: 7points Participation in all activities: YES: 1points/ NO: 0points Complete closing feedback (students' presentation): YES: 2 points/ NO: 0points TOTAL POINTS: 10/10 points				
Transcript of records will be issued ...	The Faculty of Kinesiology will issue the transcript containing the grade (as described in the above section).			
Language of the course	English language			

Structure of the course

	Timing	Learning Objectives, Contents, Modalities of work, evaluation... any relevant information for the applicants.
Virtual part:	23&25 April - 7&9 May 2025	Virtual component: 10 hours of online lectures + 2 hours of independent work needed to prepare and present the task in the form of a final presentation.
		<p>As part of the virtual component, the following topics will be addressed:</p> <ol style="list-style-type: none"> 1) Introduction to outdoor activities, with principles and classification of different outdoor activities 2) Lifestyle as Medicine: Why should we care about promotion of healthier lifestyle? 3) Mindfulness based practices: Why do we need them? 4) Sport and soft skills and/or entrepreneurship 5) Marketing and branding 6) Physical Activity in Europe 7) Adventure Tourism – Sustainability, Global Market Trends and Management Practices in Portuguese Companies 8) Engaging in mental preparation for adventure tourism 9) Sports events as a part of the European movement 10) Active Strategies to promote healthy habits in the School: From research to the field.
Physical part (On-site in Split):	12-16 May 2025	Physical component: 33 hours of contact hours.
		<p>As part of the physical component, the following activities will be carried out:</p> <ol style="list-style-type: none"> 1) Aquatic fitness/water activities 2) Sea kayak 3) Rapid rafting/ Canyoning 4) Nordic walking 5) Traditional local game 'picigin' <p>Workshop:</p> <ol style="list-style-type: none"> 6) Reanimation in Sport: Lifesaving minutes

Practical information

Accommodation recommendations	It is advised to start looking for the accommodation as soon as possible due to Split being rather touristic place.
The physical mobility will take place at... (address of the course)	<ol style="list-style-type: none"> 1) The faculty of Kinesiology 2) Park-forest Marjan 3) Swimming pool 4) Cetina river
Any tips?	/
Contact of the person in charge of signing the OLA	Assoc. Prof. Ana Penjak, PhD; ana.penjak@kifst.eu