

BIP

**ERASMUS+ BLENDED INTENSIVE
PROGRAMME (BIP)**

**INTEGRATING
SPORT GAMES
INTO TRAINING**

27 April – 1 May 2026

ISGiT-2 Partners' Zoom Meeting

Project Number: 2025-1-LT01-KA131-HED-000319499-1



Funded by the
European Union

Meeting Agenda

- Short introduction of the participants
- Presentation of the Erasmus+ BIP ISGiT-2 project
- Project timeframe
- Student selection and registration
- Division of teaching topics between the partners and involvement of teachers
- Tasks/assignments for students and students' assessment
- Next host institution of the BIP for 2027

BIP Integrating Sport Games into Training

Dates

- **Online Sessions:**
From 2 March to 17 April 2026
(1.5 hours per week via MS Teams)
- **Intensive Week in Kaunas (in person):**
From 27 April to 1 May 2026

Partners

- Lithuanian Sports University, Lithuania
- University of Rome “Foro Italico”, Italy
- Technical University of Madrid, Spain
- University of Valencia, Spain
- University of Sarajevo, Bosnia and Herzegovina
- Wroclaw University of Health and Sport Sciences, Poland

BIP Integrating Sport Games into Training

Participants

- **Min 20 students**
- **Max 36 students**

5-6 students from each partner institution

Study Cycle

- Bachelor's students (EQF 6) *preferably*
- Master's students (EQF 7)

Credits

- **3 ECTS**

Study Field

- Sports (ISCED 1014)

Aim of the BIP

- The BIP course ***“Integrating Sport Games into Training – ISGiT-2”*** is a comprehensive educational initiative designed to explore the theoretical foundations and practical applications of using sport games as an effective training tool.
- This course is designed to provide a deep dive into the innovative use of sport games as an integral part of training regimens.
- Throughout this program, you will gain theoretical insights and practical skills necessary to effectively incorporate sport games into various training contexts.

BIP Funding

The LSU as **the coordinating/host institution** received **EUR 8.000,00** of the organisational support to cover organisational costs of the BIP.

The sending partner University supports the physical stay of students and teachers from their Erasmus+ funds:

- **Students** for the Erasmus+ Short-Term Mobility for Studies:

- **Individual support:** EUR 553,00 (79,00 euros/day x 7 days, incl. 2 travel days).
- **Travel:** may vary between EUR 309,00–535,00 depending on the distance and means of transport.

- **Teachers** for the Erasmus+ Staff Mobility for Teaching

Each partner needs to apply for the Erasmus+ funding to their University's International/Erasmus Office.

Travel, accommodation and meals (unless indicated otherwise) are to be covered by the participants.

BIP Timeframe

DATE	ACTIVITY
30-11-2025	Signing multilateral Inter-Institutional Agreement (IIA)
30-11-2025	Final program and schedule of BIP online sessions
19-12-2025	Final list of registered BIP students
19-01-2026	Signing of online Learning Agreement (LA)
02-03-2026 / 17-04-2026	Online sessions
27-03-2025	Final program of the Intensive Week
27-04-2026 / 01-05-2026	Intensive Week in Kaunas

BIP Course Timeframe

DATE	ACTIVITY	Partner University
2-6 March 2026	Online Session I (MS Teams)	Partner 1 (UV)
9-13 March 2026	Online Session II (MS Teams)	Partner 2 (UNIROMA4)
16-20 March 2026	Online Session III (MS Teams)	Partner 3 (LSU)
23-27 March 2026	Online Session IV (MS Teams)	Partner 4 (AWF-WROC)
13-17 April 2026	Online Session V (MS Teams)	Partner 5 (UPM)
27 April – 1 May 2026	Intensive Week in Kaunas	All Partners

BIP Student Selection and Registration

The screenshot displays the Microsoft Excel interface with the following components:

- Title Bar:** BIP_ISGIT-2_student_registration.xlsx • Saved to this PC
- Ribbon:** File, Home, Insert, Draw, Page Layout, Formulas, Data, Review, View, Automate, Help, Acrobat.
- Home Tab Options:**
 - Clipboard:** Paste, Copy, Cut, Format Painter.
 - Font:** Calibri, Size 11, Bold, Italic, Underline, Color, Background Color, Wrap Text.
 - Alignment:** Left, Center, Right, Justify, Merge & Center.
 - Number:** General, Percentage, Decimal places, Fraction.
 - Styles:** Conditional Formatting, Format as Table, Cell Styles.
 - Cells:** Insert, Delete, Format.
 - Editing:** AutoSum, Fill, Clear, Sort & Filter, Find & Select.
 - Sensitivity:** Sensitivity.
 - Add-ins:** Add-ins, Adobe Acrobat.
- Spreadsheet Content:**

ID	Home institution	Student name	Name2	Surname	Date of birth (dd/mm/YYYY)	Gender	Nationality	Name of the study programme	Study cycle	Current study year	Student's email address	Coordinator's email address
1	University of Rome "Foro Italico"											
2	University of Rome "Foro Italico"											
3	University of Rome "Foro Italico"											
4	University of Rome "Foro Italico"											
5	University of Rome "Foro Italico"											
6	University of Rome "Foro Italico"											
7	Technical University of Madrid											
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17	University of Valencia											
18	University of Valencia											
19	University of Valencia											
20	Wroclaw University of Health and Sport Sciences											
21	Wroclaw University of Health and Sport Sciences											
22	Wroclaw University of Health and Sport Sciences											
23	Wroclaw University of Health and Sport Sciences											
24	Wroclaw University of Health and Sport Sciences											
25	Lithuanian Sports University											
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30	Lithuanian Sports University											
31	Lithuanian Sports University											
32	University of Sarajevo											
33	University of Sarajevo											
34	University of Sarajevo											
35	University of Sarajevo											
36	University of Sarajevo											
- Status Bar:** Ready, Accessibility: Investigate, 90% zoom.

BIP Teaching Topics

	Topics for lectures (online)	Description
1	Integration of Sport Games into Training Plans	This topic explores how sport games can be integrated into training plans to make sessions more varied and engaging. It discusses how game elements can improve physical, technical, and tactical skills while maintaining athlete motivation.
2	Cognitive Skill Development Through Sports Games	This topic examines how sports games help develop athletes' thinking, attention, reaction speed, and problem-solving abilities. Through gameplay, athletes learn to think faster and make better decisions during competitions.
3	Incorporating Physical Conditioning into Game-Based Training	This topic describes how game-based training can help improve endurance, strength, speed, and coordination. It shows how athletes can develop physically while staying motivated and enjoying the training process.

BIP Teaching Topics

	Topics for lectures (online)	Description
4	Decision-Making and Tactical Awareness in Game-Based Training	This topic explores how game-based training helps athletes improve decision-making and tactical understanding. It encourages quick thinking, creativity, and more effective team play during dynamic game situations..
5	Team Sports Training Context and Planning: From Practice Strategies to Long-Term Development	This topic examines how to plan team sports training with a long-term perspective. It discusses practical coaching strategies, season planning, and monitoring athlete development from beginner to advanced levels.

To be discussed

- Teachers and their teaching topics per partner institution.
- Tasks and assignments for students (online and in-person sessions).
- Attendance and final assessment of students.
- Intensive Week in Kaunas (accommodation, other practical issues).
- Next host of the BIP from partner institutions for the year 2027.

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