



Erasmus+



Instituto Politécnico
de Viana do Castelo

BIP GENERAL INFORMATION
Title: Immersive virtual reality as a way to promote the practice of physical exercise in university students
BIP Number: 2022-1-PT01-KA131-HED-000052635-1
Dates for physical activity: 17 th to 21 st June 2024
Proposed period for virtual component: 14 th June 2024
Location of physical activity: ESDL - School of Sports and Leisure – Melgaço
Type of Participants (Learners): Priority will be given to undergraduate and master students/candidates.
ECTS issued: 3 ECTS
Field of Education: 1014 Sports
Main Teaching/Training Languages: English
City of Venue: Viana do Castelo (Portugal)
Organizing board: Pedro Bezerra (IPVC) Joel Pereira (IPVC) Carla Gonçalves (IPVC) Bruno Silva (IPVC) José M ^a Cancela Carral (Uvigo) Pablo Campo Prieto (Uvigo) Laura Dallolio (UniBo)
Host University: IPVC – Polytechnic University of Viana do Castelo
Contact: internacional@ipvc.pt
Website: https://www.ipvc.pt/en/internacional/mobilidade-programas/erasmus/blended-intensive-programme-bip/#text-2
Partners: University of Vigo (Faculty of Education and Sports Science, Pontevedra) and Università di Bologna (Camus di Rimini).
Priorities Addressed: <input type="checkbox"/> Inclusion and diversity <input checked="" type="checkbox"/> Digital transformation <input type="checkbox"/> Environment and fight against climate change <input type="checkbox"/> Participation in democratic life <input type="checkbox"/> Other
PROGRAM
Objectives and Short description: 1. Promote sports physical practice in students. 2. Know the scientific/technological principles not based on virtual reality.



3. Explore the possibilities of immersive virtual reality for individualized sports practice.
4. Evaluate the degree of concordance between real vs virtual sports practice

Methods and Outcomes

Methodology:

The type of methodology to be developed is based on Gamification, that is to say, new ludic environments will be created, concepts and technological skills of virtual reality, physical condition, health and well-being will be worked on. The development of this gamification will be carried out through games applied in immersive virtual reality environments and real environments through face-to-face games. The real/virtual games will always take place in a live/virtual group.

Outcomes

1. Knowledge of different Immersive Virtual Reality devices.
2. Identification of the different types of virtual reality applied to the practice of physical exercise.
3. Catalogue of physical games developed in virtual environments.
4. Critical spirit and ability to identify those virtual proposals best suited to the user's need.
5. Degree of satisfaction with the proposed methodology used
6. Degree of usability of the proposals in educational/sports environments.

Physical mobility schedule (_35__ hours):

Monday, 17-06-2024 – (8 hours)

09.00-12.00 Registration and Opening Keynote speech
 13.00-15.00 Virtual reality. Principles and opportunities
 18.00- Visit to Melgaço (Historic center, museum, culture and wine cellar)
 19.30 - Welcome Dinner

Tuesday, 18-06-2024 – (6 hours)

09.00-12.00 Real nature/aquatic sports.
 13.00-15.00 Virtual reality nature/aquatic sports
 15.00-16.00 Questions and discussion

Wednesday, 19-06-2024 – (8 hours)

09.00-12.00 Real Fitness
 13.00-15.00 Virtual Fitness
 15.00-16.00 Questions and discussion
 18.00 Visit to Viana do Castelo. (Historic centre and Sports Hall)

Thursday, 20-06-2024 – (6 hours)

09.00-12.00 Real relax program (Tai-Chi, Yoga)
 13.00-15.00 Virtual relax program (Tai-Chi, Yoga)



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15.00-16.00 Questions and discussion

Friday, 21-06-2024 – (4 hours)

09.00-12.00 Virtual cycling

13.00 Departure

Virtual Component Description

How virtual may come real or how virtual may help real component will be the big issue of this program. Despite not being a substitution, virtual reality impact on physical activity and physical fitness may add value on intervention programs. The potential of virtual components is still little investigated but future interventions should consider such tool.

Friday, 14-06-2024 (3 hours)

09.00-12.00 Online Pre-Course Workshop

APPLICATION PROCEDURE

Requirements:

Profile: Bachelor/Master/Doctoral student in Sports.

Good level of English (equivalent to a minimum B2 in accordance to the CEFR).

Mandatory availability for both, virtual and presential mobility.

How to apply:

Each candidate must come with an Erasmus short mobility grant financed by home/sending institution, must apply to International Relations Office from home University.

Once verify the Erasmus financial eligibility, candidates must send an email to IPVC international Office (international@ipvc.pt), showing interest and also be nominate by his/her International Office.

The coordinator of the BIP will write back to inform if candidates are admitted.

Places are limited to 25 participants and will be filled in strict order of registration.