**Achieving wellbeing: games and exercises for**

**developing the motor intelligence**

**Blended Intensive Programme**

**“Alexandru Ioan Cuza” University, Iași, Romania**

**What is it about?**

Participants in this BIP project will access many activities, working methods and interactive tools to improve motor intelligence in working with different age groups (children, adolescents, adults, seniors). The educational-strategic objectives for children and adolescents aim at creating motor skills contexts for the development of responsible, empathetic, communicative and self-confident adults. The objectives for adults focus on the reinforcement of active life behavior and for older people the possibility to access dynamic activities as part of active occupational therapy.

The portfolio of activities includes motor teamwork activities, communication & partnership games, methodical progressions in managing the complexity of thematic games, games to stimulate application-motor intelligence, managing motor creativity in implementation of physical conditioning programs.

**Where?**

"Alexandru Ioan Cuza" University of Iasi, Romania

**When?**

7-11.04.2025

**Who should attend?**

The program is designed especially for students (Bachelor, Master, or PhD) from sports science, educational sciences, psychology and social sciences, but students from other fields, interested in the topic of the BIP, can also attend the programme.

We will be happy to receive teachers with Erasmus Teaching Mobilities

**Learning outcomes**

* **Increased level of knowledge and skills** regarding innovative approaches in implementing tools, methods and activities for improving intelligence and motor skills in working with different age groups;
* **Managing the progression** of difficulty and complexity of implementing/teaching motor activities for different age groups;
* **Experiencing new practical approaches** in building strong and confident teams;
* Training the ability of **becoming more creative** in working with motor activities with different age groups;
* **Development of transversal skills** such as communication skills, language skills, critical thinking, problem solving, intercultural skills;
* **Broadening the network of contacts**: the workshops and group discussions will provide participants with networking opportunities and connections with relevant people.

**Benefits**

3 ECTS Credits

**Course structure. Main topics**

* Managing creativity of physical activities for different age groups in outdoor context;
* Adapting games & teambuilding activities to various scenarios and objectives;
* Methodical progress in the application of multitasking routes;
* Managing the complexity of thematic games;
* Activities to stimulate the applicative-motor intelligence.

The event also includes coffee breaks and social activities organized by the program coordinators, providing opportunities for networking and informal discussions.

Participating students can access affordable accommodation and meals on the university campus, conveniently located near the event venue.