



ERASMUS+ BLENDED INTENSIVE
PROGRAMME (BIP) PROPOSAL

INTEGRATING SPORT GAMES INTO TRAINING

5 - 9 MAY 2025

INTRODUCTION TO THE COURSE

The course “*Integrating Sport Games into Training*” 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 will bring together students in sports science and physical education from diverse backgrounds to enhance their understanding and skills in integrating sport games into various training contexts.

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.

WHO CAN PARTICIPATE?

The BIP is open to Bachelor’s students in sports and exercise sciences and physical education.

OBJECTIVES:

- **Theoretical Foundations:** Understand and apply key theoretical models that support the use of sport games in training.
- **Practical Skills:** Develop and implement effective training sessions that incorporate sport games.
- **Technological Integration:** Utilize modern tools and technologies for analyzing and improving sport game-based training.
- **Collaborative Learning:** Promote the exchange of ideas and best practices among participants from diverse backgrounds.
- **Professional Development:** Enhance participants’ coaching and training competencies through comprehensive theoretical and practical training.



METHODS:

- Lectures and Presentations
- Interactive Discussions
- Practical Workshops
- Case Study Analysis
- Technology Integration
- Group Projects
- Peer Feedback Sessions

LEARNING OUTCOMES:

- Enhanced Flexibility;
- Continuous Engagement;
- Practical Application;
- Reflective Learning;
- Technological Proficiency.

Through a combination of lectures, discussions, workshops, and collaborative activities, participants will gain the knowledge and skills needed to effectively integrate sport games into training regimens, all within a dynamic and supportive virtual environment.

CREDITS:

3 ECTS

DATES

- Online sessions: from 3 March 2025 to 28 April 2025
- In-person intensive week: 5-9 May 2025

VENUE:

Lithuanian Sports University, Kaunas, Lithuania

FINANCES:

- No fees for the BIP will be charged.
- Participants should apply for an Erasmus+ grant at their home institution.
- Travel, accommodation and meals are to be covered by the participants.

CONTACT PERSON:

Assoc. Prof. Dr. Rasa Kreivytė
Department of Coaching Science
rasa.kreivyte@lsu.lt