

Development an innovative European
Sport Tutorship model for the dual career of
athletes

ESTPORT



Co-funded by the
Erasmus+ Programme
of the European Union

ESTPORT
Dual Career

PRESENTATION

"Development an innovative European Sport Tutorship model for the dual career of athletes" - ESTPORT is a European Project approved under the Erasmus+ Program, included in ERASMUS+ SPORT

AIMS

The aim of the program is to impact the current relationships between the employer and the university with a commitment made at the end of the project to maintain their relationships and tutoring programs with future students. The objective is also to influence the dissemination of the benefits of the program to national and European organizations with a personal interest in employability and to improve the behavior change of physical activity in this context.in the Erasmus + Program Guide.

IMPLEMENTATION

- 1 Development of Network groups at regional, national and European level among project partners, related to the project topic "Sport Tutorship" covered by the project. The network will bring together students/athletes, coaches, professors, educational institutions, sport authorities and organizations and other relevant stakeholders. The network will work as a forum for cooperation and exchange of knowledge and good practices.
- 2 Development of a comparative study / analysis of the situation on the academic and sport regulations applied by the Universities to the students/athletes.
- 3 Development of an innovative "Sport Tutorship" programme in the form of a Handbook which will combine methodology, guidelines, recommendations and conclusions.
- 4 Implementation of the Sport Tutorship programme in the participating Universities from Spain, Italy, Malta, Greece and the United Kingdom.
- 5 Validation of the Sport Tutorship programme under the supervision of the project partner Europa Community from the United Kingdom.

- 6 Organisation and development of 4 Workshops on Dual Career issues and on the Sport Tutorship programme. The target audience would range from students-athletes, sport faculties' staff to public authorities and other sport stakeholders.
- 7 Dissemination of the project actions, outcomes and developed products.

Conclusions

Of this project we draw the following conclusions:

- 1 Sport activity has an important impact on the learning process, as it takes time to deal with solvency the learning tasks, which requires the implementation of additional actions to reduce this negative effect.
- 2 The students face as key challenges for the alternation between studies and sports the need to meet dates of exams, the methodological adaptation or the evaluation system, the drawbacks to being able to work with classmates and the own stress generated by this dual activity.
- 3 The acquisition of learning strategies to improve the academic performance is seen as a measure to compensate for the limited time available to the student-athlete for studying, especially at the time of the course when sports activity is intense.
- 4 Students give great importance to virtual resources (classrooms, emails, etc.) in the educational process, because it allows monitoring of the courses, especially during periods when attendance is difficult because they have to prioritise high competition sport.
- 5 Improving the capacity of planning is seen as one of the most important skills in order to know how to distribute the activities and tasks in the daily schedule, both educational and sport tasks.
- 6 Optimizing the pre-university information is another factor to pay attention to, as at the time of attending to University, students only have general academic information (degrees, court notes, assignments, etc.). In this regard, it shows the need for more extensive and accurate information, covering other aspects of the academic student life.

PARTNERSHIP



UCAM

UNIVERSIDAD CATÓLICA
DE MURCIA

Fundación Universitaria
San Antonio (ES)



UNIVERSITY OF
THESSALY
PANEPISTIMIO THESSALIAS
(GR)



PAMUKKALE ÜNİVERSİTESİ
(TUR)



UNIVERSITY OF MALTA
L-Università ta' Malta

UNIVERSITA TA MALTA
(MA)



Leeds Trinity
University

Leeds Trinity University
(UK)



UNIVERSITA DEGLI STUDI DI
ROMA FORO ITALICO
(IT)



Elena Conde Pascual
Researcher



Alejandro Leiva Arcas
Researcher



Lourdes Meroño García
Researcher



José Luis Arias-Estero
Researcher

RESEACHERS



Antonio Sánchez Pato
Principal researcher

BUDGET

Overall Budget: 426.125 €

WHAT IS THE OPRI

The International Project Office (OPRI) is an office linked to the Vice-rectorate of Research, responsible for the management of international research projects at UCAM. The OPRI was founded to strengthen the collaboration between our partners all around the world in the field of research. The unit was established in 2012 and has built strong alliances in 36 countries in which the university has to date participated in 57 projects. The internationalization of the Catholic University of Saint Anthony, through the OPRI, is directed towards all of the university community, researchers as well as students. A total of 192 students have participated already in projects in a variety of countries all over the continent.

Currently we are leading international projects like LIFE Clean Up, and LIVERUR. UCAM also has been awarded a postdoctoral Marie Curie with the project "POCBIOPEP" related to the study of cellular markers in blood from the intake of Pork Cured BIOactive PEPTides. Likewise, the UCAM, recognized by European institutions for its work in research and management of sports projects, such as dual career (education + sport) is coordinating the projects "ESLP" inside the call Erasmus+ Sport.

OBJECTIVES

- 1 Increase international presence UCAM in the European Union through participation in networks of knowledge, technological and scientific platforms, dissemination seminars, technical conferences and other events promoting R&D organized by the EU, with the presence of renowned professionals.
- 2 Increase the participation rate of UCAM in European R&D, either as leaders or as partners.
- 3 Increase the success rate of proposals presented by researchers at the UCAM to European and international R&D.
- 4 Improve the rate of return derived from the participation of the UCAM in European R&D.
- 5 To promote European values.
- 6 Establish a commitment for university students towards European

OPRI DATA

Approved projects	57
Important active projects	16
Number of researchers involved in projects	71
Number of project partner countries	36
Number of students involved in projects	194
Total budget of approved projects	€11.877.492,70





UCAM considers the international communication as the key for its growth and in achieving great results together with the advancing contribution in all scientific areas.

With the OPRI, UCAM is aligned with the R&D policies of the European Union and the Ministry of Science and Innovation.



UCAM
OPRI International Project Office



UCAM
UNIVERSIDAD CATÓLICA
DE MURCIA



UCAM

UNIVERSIDAD CATÓLICA
DE MURCIA

For additional information about the project please contact UCAM at
opri@ucam.edu

Universidad Católica San Antonio de Murcia (UCAM)

Campus de Los Jerónimos

30107 Guadalupe (Spain)



<https://www.facebook.com/EstsportEU>



<http://www.sporttutorship.eu/>

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."