

BE LIKE AN ATHLETE BLA

Newsletter # 3
July 2022

CONTENTS

Output 1
Page 1

Output 2
Page 2

Multiplier events
Page 3

Presential meeting
Page 4

Social networks and website
Page 5

This is the third edition of the newsletter of the Erasmus+ BLA – Be Like an Athlete project

OUTPUT 1: BLA SOCIO-PSYCHOLOGICAL PROFILE QUESTIONNAIRE (SPPQ)

This socio-psychological profile questionnaire was based on other scales concerning the personal, social, educational, and emotional competencies that we believe are highly important to develop amongst student-athletes. This questionnaire was initially validated and then applied to student-athletes from all partner countries until November 2021. This output has already been published on the BLA website: <https://belikeanathlete.eu/en/outputs/>



Understanding the socio-psychological profile of student-athletes

- What is the Be Like An Athlete questionnaire**
The BLA questionnaire is an Erasmus+ funded project. The project is looking to understand more about the socio-psychological profile of student-athletes.
- What is a socio-psychological profile?**
Personal, social, educational, and emotional competencies that help develop student-athletes within sport and school.
- Who can take part?**
You must be in school and play sport, i.e. be a student-athlete. You must be between the age of 14-18 years old.
- What does the student-athlete need to do?**
Complete 1 online survey using a smartphone/tablet/laptop/PC. The questionnaire will measure the socio-psychological competencies of student-athletes. The survey will take 10 minutes to complete.

Where can I get more information?
website: <https://belikeanathlete.eu>
facebook/twitter: @BeLikeAthlete

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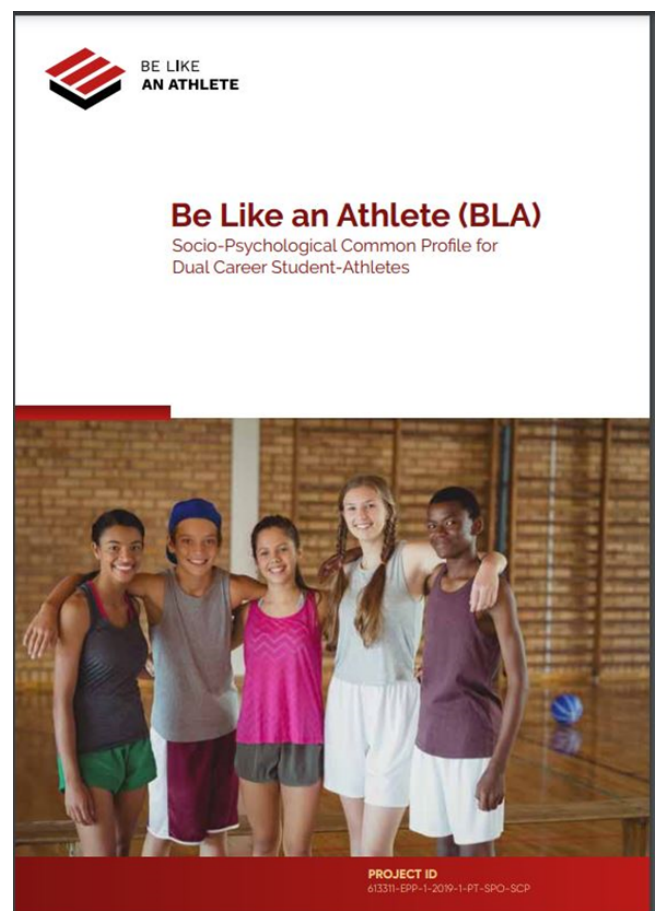
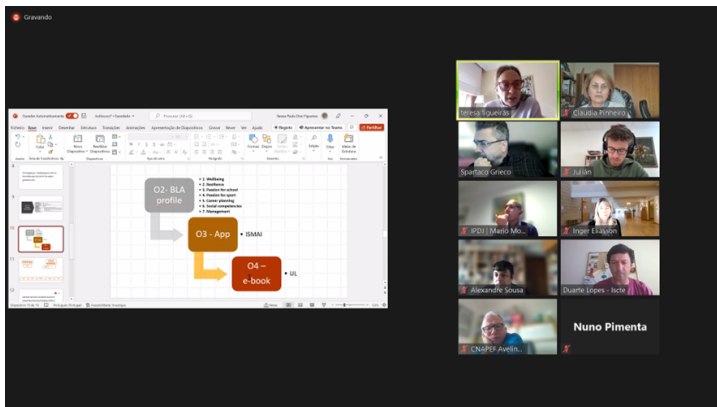
OUTPUT 2: BLA SOCIO-PSYCHOLOGICAL PROFILE

After a period of excellent work, a lot of Zoom meetings and strong commitment from all partners, output 2: Be Like an Athlete Socio-Psychological Common Profile was finally completed in December 2021.

The profile is based on the answers of more than one thousand student-athletes between 14 and 18 years old from Portugal, Ireland, Italy, Sweden, and Spain who were involved in dual career programmes in 2021 (n = 1192, females = 527, males = 657, mean age 16.4).

The Be Like an Athlete Socio-Psychological Common Profile for dual career student athletes includes the following seven variables: well-being; resilience; passion for school; passion for sport; career planning; social competencies; management.

This output has already been published on the BLA website: <https://belikeanathlete.eu/en/outputs/>

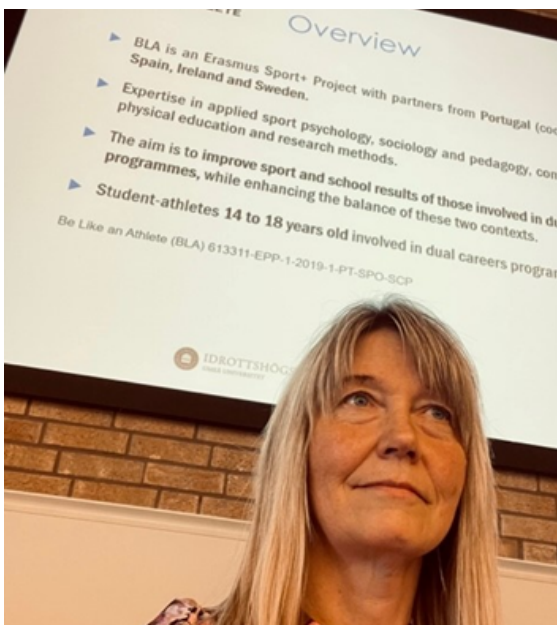


MULTIPLIER EVENTS

Outputs 1 and 2 are to be presented and disseminated to the school and sports community of each partner country.

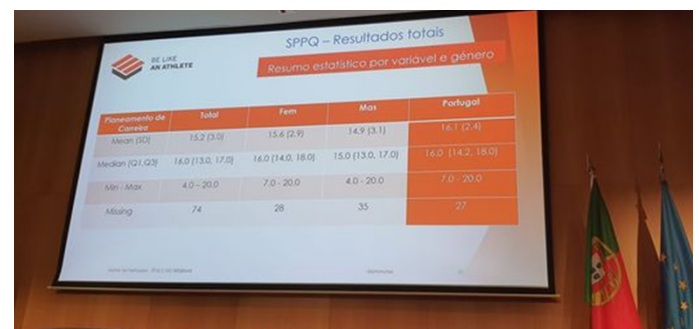
The Swedish partner had its multiplier event on 13 May in Umea. In this event there were participants from national and regional sport federations, coaches of dual career programmes, undergraduate sports students, sports researchers and doctoral students of sport.

The Portuguese multiplier event took place on 7 June in Lisbon and on 9 June in Maia. The Portuguese team decided to split the event in two (one in the north and one in the centre/south of Portugal) in order to reach more people. During these days the first and second outputs of the project were presented to coaches, teachers, athletes, student-athletes, and undergraduate sports and physical education students



These events created interesting discussions about the importance of supporting young athletes in balancing schoolwork and intensive sports training.

The other partners will have their multiplier events in September 2022.



FACE-TO-FACE MEETING

On 21 and 22 June 2022, a face-to-face meeting was finally held in Limerick, Ireland. During this meeting, the first draft of the mobile application - output 3 - was presented by ISMAI/IPMAIA and discussed. The team is highly committed to the development of this output because we believe that a mobile application will be a very important digital tool to enhance the BLA profile. This app will help student-athletes to understand, strengthen and monitor their social-psychological competencies. We should have the first draft of output 3 by September 2022.

The first draft of the e-book of guidelines was also presented and the whole team decided to have another online meeting in July to present and discuss a more complete version of this e-book.



SOCIAL NETWORKS AND WEBSITE

For additional, updated information on the development of the project, consult the website: <https://belikeanathlete.eu/>

Articles related to the project, similar projects, collaborations, synergies and news of the project can be found on the BLA Facebook page: <https://www.facebook.com/BeLikeAthlete>

Images and photos of the project are available at BLA's Instagram account: <https://www.instagram.com/belikeathlete/>

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