



Title of BIP: Sprint to Wellness: Nurturing Health by Understanding Human Development

General information
<p>Objectives and Description:</p> <p>Objectives:</p> <ul style="list-style-type: none"> Improve participants' knowledge and understanding of human development. Increase participants' awareness of human development stages and factors. Enhance awareness of holistic well-being, including physical, mental, and emotional aspects. Equip participants with stress reduction and mindfulness techniques. Foster an understanding of the interdisciplinary nature of health and human development. <p>Description:</p> <p>This BIP aims to provide a rich and immersive experience, blending cross-cultural perspectives, human development theory and sport in an engaging and educational manner, for increasing the knowledge and wellbeing of the participants.</p>
<p>Methods and outcomes:</p> <p>Methods – Lectures and workshops, analysis and discussions of real-life case studies representing different developmental stages, individual wellness assessments, goal-setting worksheets, demonstrations, collaborative planning, and reflection sessions.</p> <p>Outcomes - Participants develop practical skills for incorporating health related and relaxation techniques into their daily routines, leading to reduced stress and improved well-being.</p>
<p>Field of Education:</p> <p>Developmental Psychology, Health, Educational Psychology, Sport Psychology, Teacher training</p>
<p>Target audience / Participants profile: Students from UNITA partner universities</p>
<p>No of ECTS issued: 3 ECTS</p>
<p>Language of instruction and requirements: English understanding and writing</p>
<p>Dates for physical activity: April 2024</p>
<p>Location of physical activity: WUT</p>
<p>Dates for virtual component: March and May 2024</p>



Virtual Component Description:

March – Theoretical and Interdisciplinary understanding sessions: nature of health and human development

May – Journaling and reflection workshop

Organizing Board

Receiving/Host university:

Universitatea de Vest din Timișoara, Romania (Iuliana Costea, iuliana.costea@e-uvt.ro)

Sending/Partner universities:

P1. University of Turin, Italy (.....);

P2. Université Savoie Mont Blanc, France (.....);

P3. University of Beira Interior, Portugal (.....);

P4. Université de Pau et des Pays de l'Adour, France (.....);

Detailed programme

1. Planned activities during virtual component:

Lectures and workshops on the Human development and Health topics like:

- Psychology of wellbeing
- Foundations of Human Development
- Physical fitness and Human Development
- Cultural Competence in Wellness Theories
- Human Development and Aging
- Intersectionality in Health and Human Development

2. Planned activities during physical component:

1st day: Wellness assessment and goal setting – Outdoor Adventure and Teambuilding

2nd day: Fitness, Stress reduction and Mindfulness workshop - Providing tools for integrating these practices into daily routines.

3rd day: Community Health Outreach Project - Collaborating on a community health project, applying theoretical knowledge to real-world scenarios.

4th day: Mindful play and learning session - Exploring the role of play in human development through creative activities (participating in activities that promote creativity, social interaction, and learning),



5th day: Final Wellness Celebration – acknowledging achievements, sharing personal growth stories, and celebrating the successful completion of the program.

Application procedure

fill in application form available here: to be generated later

ESTUDIANTES DE LA UNIVERSIDAD DE ZARAGOZA

Nº de ayudas: 5

Requisitos:

*Estudiantes de la Universidad de Zaragoza matriculados en el curso 2023-2024 en estudios oficiales de grado, máster o doctorado de las áreas de conocimiento de Educación y/o Ciencias de la Salud y del Deporte. En el caso de estudiantes de grado deberán haber superado 60 créditos en sus actuales estudios hasta el curso 2022-23.

*Conocimiento de inglés acreditable, nivel mínimo A2, recomendado B1.

Solicitud:

Disponible desde la URL: <https://sede.unizar.es> a través del Servicio “Gestión de solicitudes (SOLICIT@)”

Seleccionar en el menú “Opciones” > “Iniciar Nueva Solicitud”

Identificarse con NIP + contraseña administrativa

En la opción “Catálogo de solicitudes clasificadas por categorías”, elegir “Estudiantes de Grado, Máster, Doctorado, etc”.

Seleccionar el formulario “Programas Intensivos Combinados –BIP-“

Documentación a aportar :

*Acreditación de conocimiento de inglés de acuerdo con los reconocimientos disponibles en:

https://www.acles.es/uploads/archivos/Tablas_ACLES/Tablas_de_certificados_reconocidos_por_ACLES_2023_02_03.pdf

*Los nacionales de países ajenos al Espacio Europeo de Educación Superior, acreditación de estar en posesión de un permiso válido para residir en España durante el período de realización de la movilidad.

*Quienes hayan cursado los estudios con los que han accedido a los de máster o doctorado en otra universidad, copia del expediente académico de esos estudios -ha de incluir la nota media-.

*Si cursaron esos estudios de acceso a máster o doctorado en el extranjero, además, la declaración de equivalencia de nota media: https://universidades.sede.gob.es/pagina/index/directorio/Equivalencia_notas_medias

Plazo de solicitud: hasta el 22 de febrero de 2024

