



DOCUMENTS FOR PROJECT IMPLEMENTATION

PROJECT MANUAL GUIDE



Erasmus+



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PROJECT OVERVIEW

THE MODEL

The objective of the Project is to prepare an educational program for young athletes, thanks to which they could learn about the work of a coach in a given discipline, assess their predispositions to the profession and start collecting their first experiences.

THE GOAL

Participation in the courses will give participants the knowledge about their own predispositions to working in the profession of a sports trainer, which will allow them to plan a sports career in accordance with the requirements of a dual career. It will prompt trainees to look for knowledge about the possibilities of individual development, and give them knowledge about the sources of success in sport.

NETWORK

The trainings will be implemented in agreement with the institutions responsible for training of sports trainers in the respective country.

Each partner invites regional/ national sport federations, sport schools/ academies in each country to sign the protocol, with which they commit to include Trainer1.0 BETA Model (for 1 or more disciplines) in their usual / ordinary educational – training paths, in order to give sustainability to the Model and to ensure a long term impact of the project results within each country's sports community through the promotion of the “dual career approach”.





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MAIN GOAL

Bearing in mind the main goal of the project, namely the support for entities ensuring the optimal development of children and the youth, both, education- and sports-wise (sports clubs, sports organizations, sports associations, educational institutions, etc.), also taking into account the fact that the proposed training product efficiently combines school education with professional sports practice. In view of the above, the "Trainer 1.0 BETA" project is a comprehensive training program aimed at young athletes and sports entities that are diverse character- and discipline-wise, and stand on the threshold of a professional sports career.

HISTORICAL VIEW

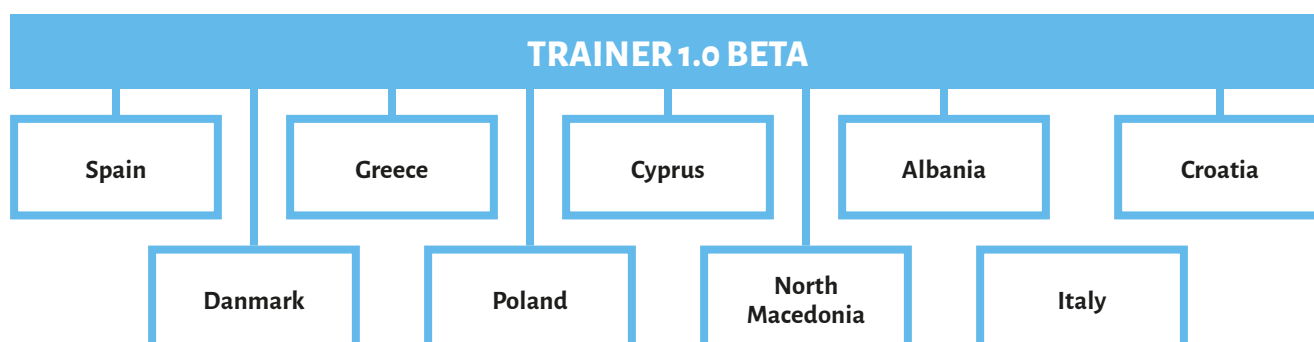
The project was created in 2018, thanks to the involvement of an international group of experts representing various sports disciplines – football, basketball, volleyball, handball, individual sports, etc. The year 2019 focused on activities related to the development of didactic solutions and patterns, applicable in practical athletic preparation, including working meetings and project works within individual sports disciplines covered by the project. The years 2020–2021 were

a period during which the previously developed teaching materials, tailored to the needs and specificity of individual sports, prepared by a narrow group of international experts, were tested and checked, and at the same time optimal, final solutions were proposed. The proposed form involved the organization of a training cycle for athletes along with project evaluation.

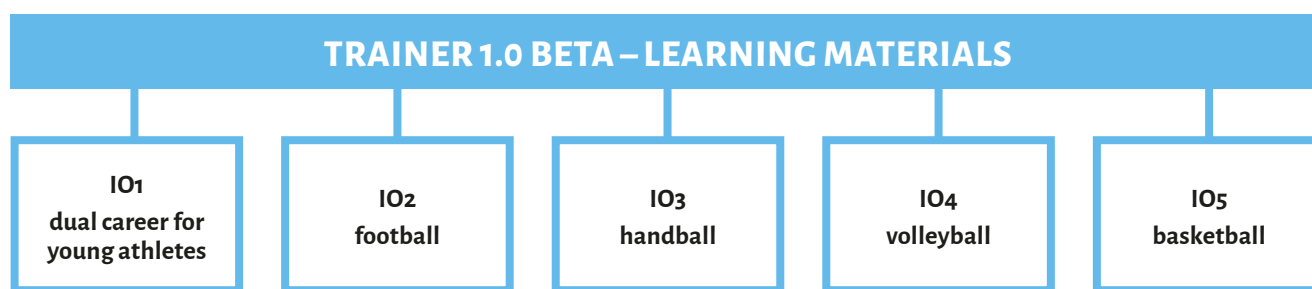
RANGE

The project, entitled: "Trainer 1.0 BETA", as a product of an international scale, includes activities aimed at constant strengthening, development and implementation of innovative practices aimed at representatives of the world of sport, with particular emphasis on the directions and guidelines preferred by the European Union regarding sports career planning in bi-directional way, at the same time meeting the needs of the sports community, working with talented young people on a daily basis.

Project participants (countries) – Spain, Denmark, Greece, Poland, Cyprus, North Macedonia, Albania, Italy, Croatia.



Scheme 1. Trainer 1.0 Beta – Project participants.



Scheme 2. Trainer 1.0 Beta - Learning materials.

LEARNING MATERIALS – TRAINING COURSE PROGRAMS

A coherent, superior, and at the same time over disciplinary element connecting all directions is the part devoted to the athletes planning of future careers in a dual way, decisively facilitating a smooth transition from the formula of a “professional” to the formula of a “retired” athlete, after a sports career – “dual career” / “Life aftermatch” (IO1).

Bearing in mind the design assumptions, where the project covered selected sports disciplines – team games, the developed teaching materials focus on four directions, which include: football (IO2), handball (IO3), volleyball (IO4), basketball (IO5).

Theoretical classes in the form of mini-lectures, interactive classes, discussion – projector, screen, extension cord, laptop. Practical classes, “mini training internships” for participants, conducting trainings. Primary assumption – initial preparation of the participant, a young athlete, to act as a coach in the future.

Formula of the classes – discussion, conversation, interaction with training participants, moderated by the teacher – sharing own experiences with young athletes, practical tips, etc.

The participants of the classes are young athletes at the threshold of their sports career, athletes and female athletes representing their parent sports entities.

SUPPLEMENTARY TEACHING MATERIALS – COMPLEMENTARY TRAININGS

The main added value generated through participation in the training is the incorporation of additional educational elements into the classes, key from the point of view of a competitor practicing competitive

sports, i.e., among others, the knowledge of legal conditions for signing a professional sports contract, knowledge of first aid (injuries), the awareness of pursuing a career in a “dual-track” way, and the basic psychology of a modern athlete.

PROPOSED DIRECTIONS OF DEVELOPMENT

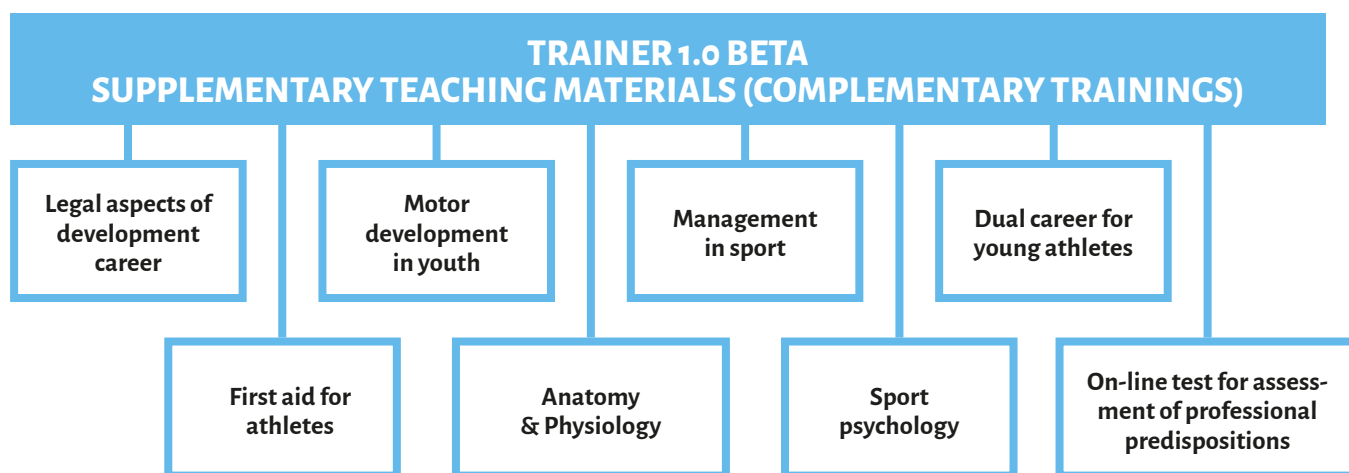
Practical testing of the developed didactic materials is possible thanks to the organization of a series of trainings, thematic courses, and “mini coaching courses” concerning the selected sports discipline. Organization of trainings in the appropriate formula and active evaluation carried out with the participants of the classes significantly help in finetuning the details of the proposed model activities aimed at athletes planning their future sports career in practice.

THE PROJECT IN PRACTICE – POSSIBILITIES

Who is the project dedicated to, when to start activities, where to look for practical solutions, how to find a competent partner for cooperation, etc.?

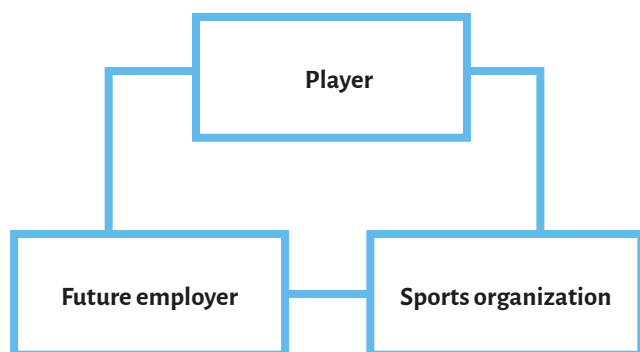
Skills and competences acquired during a sports career may make for invaluable resources, not only during competitive sports but also as capital in education or work.

In order to harmoniously combine a sports career, study and work, athletes must be aware of the factors, competences and qualifications that will be relevant in their personal and professional situation after the end of their career. However, in order to prepare for a smooth end of career, they must have the support of the environment, including coaches, club authorities, federations, managers and parents.



Scheme 3. Trainer 1.0 Beta - Supplementary teaching materials.

Numerous entities, organizations and sports associations are actively involved in the project, practically supporting the activities of entities interested in participating in the project, thanks to signed agreements and letters of intent supporting the project activities.

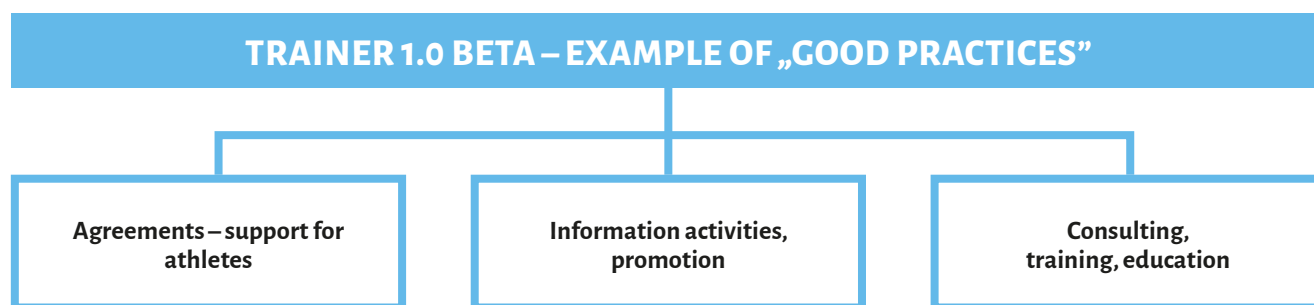


Scheme 4. Trainer 1.0 Beta – The Project in practice.

AGREEMENTS INCLUDED AS AN EXAMPLE OF “GOOD PRACTICES” – A SIGNIFICANT AMENITY FOR ATHLETES

Thanks to the signed agreements and letters of intent with the above-mentioned organizations, interested parties, aware of the needs of the sports community in the area of supporting a dual-career, declare joint activities to promote and develop the support system for young athletes.

Moreover, they declare the intention to cooperate in the area of dual-careers of athletes, in particular through information activities aimed at young athletes, to sensitize them to the importance of longterm career planning, along with the development of an advisory, information and training offer in cooperation with the broad environment of sports organizations, joint training tasks promoting the profession of a selected coach discipline, in particular the model developed by the Erasmus + project.



Scheme 5. Trainer 1.0 Beta - Example of “good practices”



www.max-sports.pl

TOWARZYSTWO SPORTOWE IRON MAN

is a non-profit organisation working in the area of training, economic and social research, specialized in the fields of sport and youth. The organisation was created in Gogolin in 2006 aimed to respond to the challenges of the human capital management and socio-labour inclusion.

Special project experiences consist in fighting against obesity and overweight and the promotion of active lifestyle, dual carrier and education in sports.

Another important field of our work is to improve the conscious and the importance of the values of sports. The association organized cross border events in football and cycling focused on Respect and Fair Play. Another project is the development and improvement of the voluntary work in sport clubs. T.S. Iron Man is formed by a professional team of people coming from different areas of expertise in research and projects' development, offering comprehensive services and working under strict quality criteria.

T.S. Iron Man activity at European level during the last 8 years provided us with a wide network of professionals and associates all over Europe. This network is formed of a variety of entities from complementary expertise and experience areas (social actors, NGOs, public and private training providers, public bodies and administration ...), helping create formal alliances to develop specific initiatives and inspiring our activity through the exchange of experiences, knowledge, methodologies, and results. T.S. Iron Man's main working fields are: sport, innovative trainings approach, especially young and adult athletes, trainers and other staff, disadvantaged collectives. It leads, coordinates and participates in the development and experimentation of training itineraries, contents and methodologies that promote innovation on the educational systems, as well as social and labour inclusion of vulnerable collectives.



www.wszic.pl

WYŻSZA SZKOŁA SPORTU

WSZIC was established to ensure that educated managers introduced professional and modern marketing and management solutions in their activities and implemented innovations into planning, directing, implementation and control processes, while using knowledge in the field of social and biological foundations of sport.

The High school achieve their goals through:

- original training program, corresponding to the realities of Polish sport,
- experienced staff of lecturers (theoreticians and practitioners) from both sport and psychology and economic sciences,
- innovative and practical forms of education (apprenticeships and workshops),
- emphasis on practical knowledge and gaining experience.

Competence and continuous development are the most important value for us, which is why we conduct numerous market researches on the basis of sport to get to know the realities of its functioning and how to best adapt the curriculum to them.

PRZEWODNIK PO PROJEKCIE

MOŻLIWOŚCI WYKORZYSTANIA REZULTATÓW PROJEKTU

CEL NADRZĘDNY

Mając na względzie cel nadrzędny projektu, w głównej mierze wsparcie dla podmiotów zapewniających optymalny rozwój zarówno edukacyjny, jak i sportowy dzieciom i młodzieży (kluby sportowe, organizacje sportowe, związki sportowe, placówki oświatowe, etc.), ponadto biorąc pod uwagę fakt, iż proponowany produkt szkoleniowy w umiejętny sposób łączy edukację szkolną z wyczynowym uprawianiem sportu, projekt „Trainer 1.0 BETA” jest kompleksowym programem szkoleniowym, skierowanym do młodych sportowców, na co dzień reprezentujących zróżnicowane pod względem charakteru oraz reprezentowanej dyscypliny podmioty sportowe, jednocześnie stojących u progu profesjonalnej kariery sportowej.

RYS HISTORYCZNY

Projekt powstał w 2018 roku, dzięki zaangażowaniu międzynarodowej grupy ekspertów reprezentujących różne dyscypliny sportu – piłka nożna, koszykówka, siatkówka, piłka ręczna, sporty indywidualne, etc.

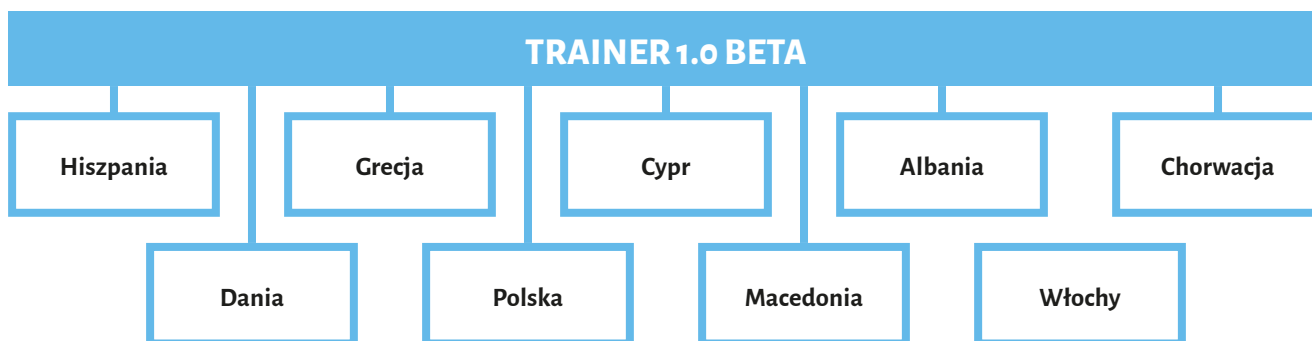
Rok 2019 to działania koncentrujące się na wypracowaniu dydaktycznych rozwiązań oraz wzorców, przydatnych podczas przygotowywania oraz zastosowania przez sportowców w praktyce – spotkania robocze, prace projektowe w ramach poszczególnych dyscyplin sportu objętych projektem.

Lata 2020–2021 to okres, podczas którego testowane oraz sprawdzane były wypracowane wcześniej materiały dydaktyczne, dostosowane do potrzeb oraz specyfiki poszczególnych dyscyplin sportu, przygotowane przez wąskie grupy międzynarodowych ekspertów, jednocześnie czas, kiedy zostały zaproponowane optymalne, finalne rozwiązania. Proponowana forma – organizacja cyklu szkoleń dla sportowców wraz z ewaluacją projektową.

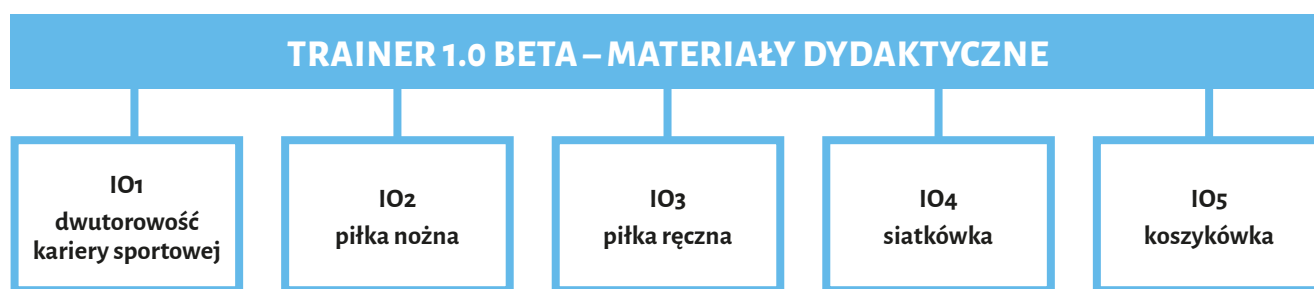
MIĘDZYNARODOWY ZASIĘG INICJATYWY

Projekt, pt.: „Trainer 1.0 BETA”, jako produkt o międzynarodowej skali, obejmuje działania mające na celu stałe wzmacnianie, rozwój oraz implementowanie innowacyjnych praktyk skierowanych do przedstawicieli świata sportu, ze szczególnym uwzględnieniem kierunków oraz wytycznych preferowanych przez Unię Europejską dotyczących planowania kariery sportowej w sposób dwutorowy. Inicjatywa wychodzi jednocześnie naprzeciw zapotrzebowaniom środowiska sportowego, pracującego na co dzień z utalentowaną młodzieżą.

Uczestnicy projektu (kraje) – Hiszpania, Dania, Grecja, Polska, Cypr, Macedonia, Albania, Włochy, Chorwacja.



Rysunek 1. Trainer 1.0 Beta – Uczestnicy.



Rysunek 2. Trainer 1.0 Beta – Materiały dydaktyczne.

WYPRACOWANE MATERIAŁY DYDAKTYCZNE – TRAINING COURSE PROGRAMS

Spójnym, nadrzędnym, jednocześnie ponad dyscyplinarnym elementem łączącym wszystkie kierunki jest część poświęcona planowaniu przez sportowców przyszłej kariery w sposób dwutorowy, zdecydowanie ułatwiający płynne przejście z formuły „wyczynowca” w formułę sportowca będącego „w stanie spoczynku”, po karierze sportowej – „dual career”/„life aftermatch” (IO1).

Mając na względzie założenia projektowe, gdzie projektem objęte zostały wybrane dyscypliny sportu – gry zespołowe, wypracowane materiały dydaktyczne koncentrują się na czterech kierunkach, do których należą: piłka nożna (IO2), piłka ręczna (IO3), siatkówka (IO4), koszykówka (IO5).

Zajęcia teoretyczne prowadzone są w formie mini wykładów, preferowane zajęcia interaktywne, mini „warsztat” – rzutnik, ekran, prezentacja multimedialna, etc. Zajęcia praktyczne to tzw. „mini staże trenerskie” dla uczestników, prowadzenie treningów z młodszymi grupami pod okiem doświadczonych opiekunów, etc. Założenie nadrzędne – wskazanie kierunku przyszłego rozwoju, wstępne przygotowanie uczestnika zajęć, młodego sportowca, do pełnienia roli trenera w przyszłości.

Formuła zajęć – dyskusja, rozmowa, interakcja z uczestnikami szkolenia, moderowana przez prowadzących zajęcia. Podzielenie się własnymi doświadczeniami z młodymi sportowcami, wskazówki praktyczne, etc.

Uczestnicy zajęć – młodzi sportowcy, stojący u progu kariery sportowej, zawodnicy oraz zawodniczki reprezentujący swoje macierzyste podmioty sportowe.

UZUPEŁNIAJĄCE MATERIAŁY DYDAKTYCZNE – COMPLEMENTARY TRAININGS

Bardzo cenną wartością dodaną uzyskaną dzięki udziałowi w szkoleniu jest wkomponowanie w zajęcia edukacyjnych elementów uzupełniających,

kluczowych z punktu widzenia zawodnika uprawiającego sport wyczynowo, tj., między innymi, wiedzy dotyczącej podstaw prawnych, niezbędnej podczas podpisywania profesjonalnego kontraktu sportowego, zasad udzielania pierwszej pomocy, kluczowych kierunków związanych z budową świadomości dotyczącej prowadzenia kariery w sposób „dwutorowy” czy podstaw psychologii, anatomii oraz motoryki współczesnego sportowca.

PROPONOWANE KIERUNKI ROZWOJU

Praktyczne przetestowanie wypracowanych materiałów dydaktycznych możliwe jest dzięki organizacji cyklu szkoleń, kursów tematycznych, „mini kursów trenerskich”, dotyczących wybranej dyscypliny sportu. Organizacja szkoleń w odpowiedniej formule oraz aktywna ewaluacja przeprowadzona z uczestnikami zajęć w znacznym stopniu pomagają w dopracowaniu detali i szczegółów proponowanych ostatecznie działań modelowych skierowanych do sportowców planujących swoją przyszłą karierę sportową w praktyce.

ZASTOSOWANIE PROJEKTU W PRAKTYCE – MOŻLIWOŚCI

Dla kogo dedykowany jest projekt, kiedy rozpoczynać działania, gdzie szukać praktycznych rozwiązań, jak znaleźć kompetentnego partnera do współpracy, etc.?

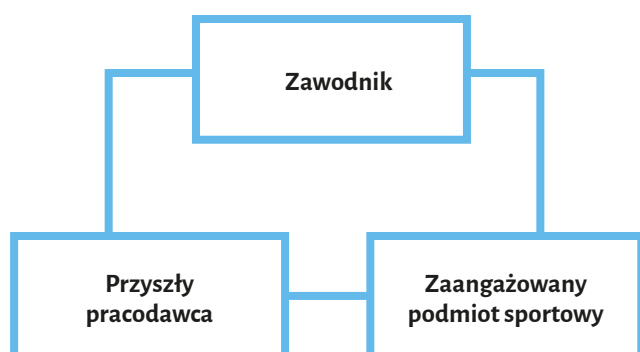
Umiejętności i kompetencje nabyte w czasie kariery sportowej mogą być bezcennymi zasobami, nie tylko w czasie wyczynowego uprawiania sportu. Mogą również stanowić kapitał w nauce lub pracy zawodowej.

Aby harmonijnie połączyć karierę sportową, naukę i pracę, sportowcy muszą mieć świadomość, jakie czynniki, kompetencje i kwalifikacje będą miały znaczenie w ich sytuacji osobistej i zawodowej po zakończeniu kariery. Jednak, aby się przygotować do płynnego zakończenia kariery muszą mieć wsparcie otoczenia, między innymi trenerów, władz klubowych, federacji, managerów, rodziców.



Rysunek 3. Trainer 1.0 Beta – Uzupełniające materiały dydaktyczne.

W projekt aktywnie zaangażowane są liczne podmioty, organizacje, związki sportowe, w sposób praktyczny wspierające działania zainteresowanych udziałem w projekcie podmiotów, dzięki podpisanym porozumieniom oraz listom intencyjnym wspierającym działania projektowe.

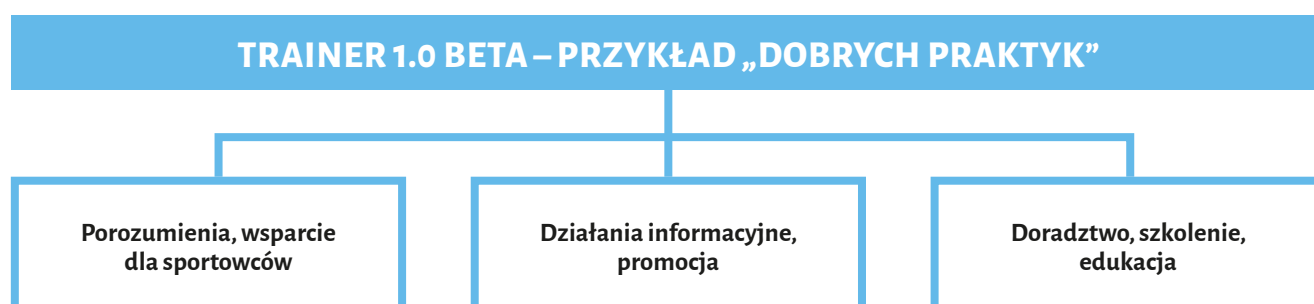


Rysunek 4. Trainer 1.0 Beta – Zastosowanie w praktyce (możliwości).

ZAWARTE POROZUMIENIA, JAKO ZNACZĄCE UDOGODNIENIA DLA SPORTOWCÓW – PRZYKŁAD „DOBRYCH PRAKTYK”

Dzięki podpisanym porozumieniom, listom intencyjnym z w/w organizacjami, zainteresowane strony, świadome potrzeb środowiska sportowego w obszarze wspierania kariery dwutorowej, deklarują wspólne działania na rzecz promocji i rozwoju systemu wsparcia młodych sportowców.

Ponadto, deklarują zamiar współpracy w obszarze kariery dwutorowej sportowców, w szczególności: działań informacyjnych skierowanych do młodych sportowców, uświadamiających konieczność długoterminowego planowania kariery zawodowej, rozwoju oferty doradczej, informacyjnej i szkoleniowej we współpracy z szerokim otoczeniem organizacji sportowych, wspólnych zadań szkoleniowych promujących zawod trenera wybranej dyscypliny, w szczególności modelu opracowanego w ramach projektu Erasmus+.



Rysunek 5. Trainer 1.0 Beta – Przykład „dobrych praktyk”.



INTERACTIVE MEDIA KNOWLEDGE TRANSFER

is a NGO working on vocational education, training and innovation. Located in Patras, Greece, provide an effective promotion of knowledge, vocational training and e-learning activities.

The direct aims of InterMediaKT include:

- Effective promotion of knowledge, vocational and adult training through e-learning activities,
- promoting science and advanced technologies to students and young people as a tool for becoming better citizens and more competitive professionals,
- supporting youth entrepreneurship & youth workers,
- support of local development through releasing the potential of alternative tourism,
- strengthening social cohesion by taking care to consider equality of genres, nationalities and groups, as well as encouraging professional participation whilst offering employment training programs for vulnerable groups.

ATHLETES PROFESSIONAL DEVELOPMENT ASSOCIATION – APDA

is a non-profit NGO involving professionals and volunteers in sports such as coaches, managers and athletes. APDA actively promotes the professional development and dual career of athletes in Cyprus through the development of the sport(s) and/or the Athlete's level in sports. Parallel aim is the promotion of the athletes' career and /or their financial and professional management.

APDA aims to become an accredited training center for athletes and coaches in Cyprus and actively contribute to the research field of the proposed project with its staff and members working in close contact with local and national Clubs in Cyprus.

ΟΔΗΓΟΣ ΧΡΗΣΗΣ ΤΟΥ ΕΡΓΟΥ

ΈΓΓΡΑΦΑ ΓΙΑ ΤΗΝ ΥΛΟΠΟΙΗΣΗ ΤΟΥ ΕΡΓΟΥ

ΚΥΡΙΟΣ ΣΤΟΧΟΣ

Λαμβάνοντας υπόψη τον κύριο στόχο του έργου, κυρίως την υποστήριξη φορέων που εξασφαλίζουν τη βέλτιστη ανάπτυξη, τόσο για την εκπαίδευση όσο και για τον αθλητισμό, για τους νέους (αθλητικοί σύλλογοι, αθλητικοί οργανισμοί, εκπαιδευτικά ιδρύματα κ.λπ.), λαμβάνοντας επίσης υπόψη το γεγονός ότι το προτεινόμενο εκπαιδευτικό προϊόν συνδυάζει τη σχολική εκπαίδευση με την επαγγελματική αθλητική άσκηση, το πρόγραμμα «Trainer 1.0 BETA» είναι ένα πρόγραμμα εκπαίδευσης που απευθύνεται σε νέους αθλητές, αθλητικές οντότητες που είναι διαφορετικές από άποψη χαρακτήρα και πειθαρχίας, και ταυτόχρονα βρίσκονται στο κατώτατο όριο μιας επαγγελματικής αθλητικής σταδιοδρομίας.

ΙΣΤΟΡΙΚΗ ΕΠΙΣΚΟΠΗΣΗ

Το έργο δημιουργήθηκε το 2018, χάρη στη συμμετοχή μιας εσωτερικής ομάδας ειδικών που εκπροσωπούν διάφορους αθλητικούς κλάδους – ποδόσφαιρο, μπάσκετ, βόλεϊ, χάντμπολ, ατομικά αθλήματα κ.λπ. Το έτος 2019 επικεντρώθηκε σε δραστηριότητες που σχετίζονται με την ανάπτυξη διδακτικών φάσεων – προτύπων, χρήσιμων κατά την προετοιμασία και εφαρμογή στην πράξη από αθλητές – συναντήσεις, έργα στο πλαίσιο αθλητικών κλάδων που καλύπτονται από το έργο.

Στις χρονιές 2020 – 2021, δοκιμάστηκε και ελέγχθηκε το προηγούμενο αναπτυγμένο διδακτικό υλικό, προσαρμοσμένο στις ανάγκες και την ιδιαιτερότητα των ατομικών αθλημάτων, το οποίο εκπονήθηκε

από μια κλειστή ομάδα διεθνών εμπειρογνομόνων, και ταυτόχρονα προτάθηκαν οι βέλτιστες, τελικές λύσεις. Προτεινόμενη μορφή – διοργάνωση κύκλου προπόνησης για αθλητές μαζί με την αξιολόγηση του έργου.

ΕΥΡΟΣ

Το έργο, με τίτλο: «Trainer 1.0 BETA», ως προϊόν διεθνούς κλίμακας, περιλαμβάνει δραστηριότητες που αποσκοπούν στη συνεχή ενίσχυση, ανάπτυξη και εφαρμογή καινοτόμων πρακτικών που απευθύνονται σε εκπροσώπους του αθλητικού κόσμου, με ιδιαίτερη έμφαση στις οδηγίες και τις κατευθυντήριες γραμμές που προτείνει η Ευρωπαϊκή Ένωση σχετικά με τον προγραμματισμό της αθλητικής σταδιοδρομίας με αμφίδρομο τρόπο, καλύπτοντας ταυτόχρονα τις ανάγκες της αθλητικής κοινότητας, συνεργασία με ταλαντούχους νέους σε καθημερινή βάση

Συμμετέχοντες στο πρόγραμμα (χώρες) – Ισπανία, Δανία, Ελλάδα, Πολωνία, Κύπρος, Βόρεια Μακεδονία, Αλβανία, Ιταλία, Κροατία.

ΕΚΠΑΙΔΕΥΤΙΚΟ ΥΛΙΚΟ – ΕΚΠΑΙΔΕΥΤΙΚΑ ΠΡΟΓΡΑΜΜΑΤΑ ΜΑΘΗΜΑΤΩΝ

Ένα συνεκτικό, υψηλού επιπέδου και ταυτόχρονα διεπιστημονικό στοιχείο που συνδέει όλες τις κατευθυντήριες γραμμές είναι το κομ-



Σχήμα 1. Trainer 1.0 Beta – Συμμετέχοντες του Προγράμματος.

TRAINER 1.0 BETA – ΕΚΠΑΙΔΕΥΤΙΚΟ ΥΛΙΚΟ



Σχήμα 2. Trainer 1.0 Beta – Εκπαιδευτικό υλικό.

μάτι που αφιερώνεται στον σχεδιασμό της μελλοντικής σταδιοδρομίας των αθλητών σε δύο άξονες, διευκολύνοντας με σιγουριά την ομαλή μετάβαση από το πρότυπο ενός «επαγγελματία» στον πρότυπο ενός «παλαίμαχου» αθλητή, μετά από μια αθλητική σταδιοδρομία – «Διπλή Καριέρα» / «Ζωή μετά το παιχνίδι» “Life aftermatch” (IO1).

Λαμβάνοντας υπόψη τις σχεδιαστικές υποθέσεις, όπου το έργο κάλυψε επιλεγμένους αθλητικούς κλάδους – ομαδικά αθλήματα, τα ανεπτυγμένα εκπαιδευτικά υλικά επικεντρώνονται σε τέσσερις κατευθύνσεις, οι οποίες περιλαμβάνουν: ποδόσφαιρο (IO2), χειροσφαίριση (IO3), πετοσφαίριση (IO4), καλαθοσφαίριση (IO5).

Θεωρητικές εκπαιδεύσεις με τη μορφή μικρών διαλέξεων, διαδραστικών μαθημάτων, συζητήσεων, παρουσιάσεων – με προτζέκτορα, οθόνη, Η/Υ. Πρακτικές εκπαιδεύσεις, «πρακτική άσκηση μικρής διάρκειας» για τους συμμετέχοντες, διεξαγωγή εκπαιδεύσεων. Πρωταρχική υπόθεση – η αρχική προετοιμασία του συμμετέχοντα, του νεαρού αθλητή, να λειτουργεί ως προπονητής στο μέλλον.

Ο τύπος των μαθημάτων – οι συζητήσεις, η αλληλεπίδραση με τους συμμετέχοντες της εκπαίδευσης, συντονίζονται από τον εκπαιδευτή – καθώς μοιράζεται τις δικές του εμπειρίες με νέους αθλητές, πρακτικές συμβουλές κ.ά.

Οι συμμετέχοντες στις εκπαιδεύσεις είναι νέοι αθλητές στην έναρξη της αθλητικής τους σταδιοδρομίας, αθλητές και αθλήτριες που εκπροσωπούν τις αθλητικές τους οντότητες.

ΣΥΜΠΛΗΡΩΜΑΤΙΚΟ ΕΚΠΑΙΔΕΥΤΙΚΟ ΥΛΙΚΟ – ΣΥΜΠΛΗΡΩΜΑΤΙΚΕΣ ΕΚΠΑΙΔΕΥΣΕΙΣ

Μια πολύτιμη προστιθέμενη αξία που επιτυγχάνεται χάρη στη συμμετοχή στις εκπαιδεύσεις είναι η ενσωμάτωση πρόσθετων εκπαιδευτικών στοιχείων στις εκπαιδεύσεις, βασικό στοιχείο από την άποψη ενός

διαγωνιζόμενου που συμμετέχει σε ανταγωνιστικά αθλήματα, όπως είναι, μεταξύ άλλων, η γνώση σχετικά με το νομικό πλαίσιο που απαιτείται κατά την υπογραφή ενός επαγγελματικού αθλητικού συμβολαίου,

η γνώση σχετικά με τις πρώτες βοήθειες – τραυματισμούς, η ευαισθητοποίηση για συνέχεια της σταδιοδρομίας με «αμφίδρομο» τρόπο ή τα βασικά στοιχεία για την ψυχολογία ενός σύγχρονου αθλητή.

ΠΡΟΤΕΙΝΟΜΕΝΕΣ ΚΑΤΕΥΘΥΝΣΕΙΣ ΓΙΑ ΑΝΑΠΤΥΞΗ

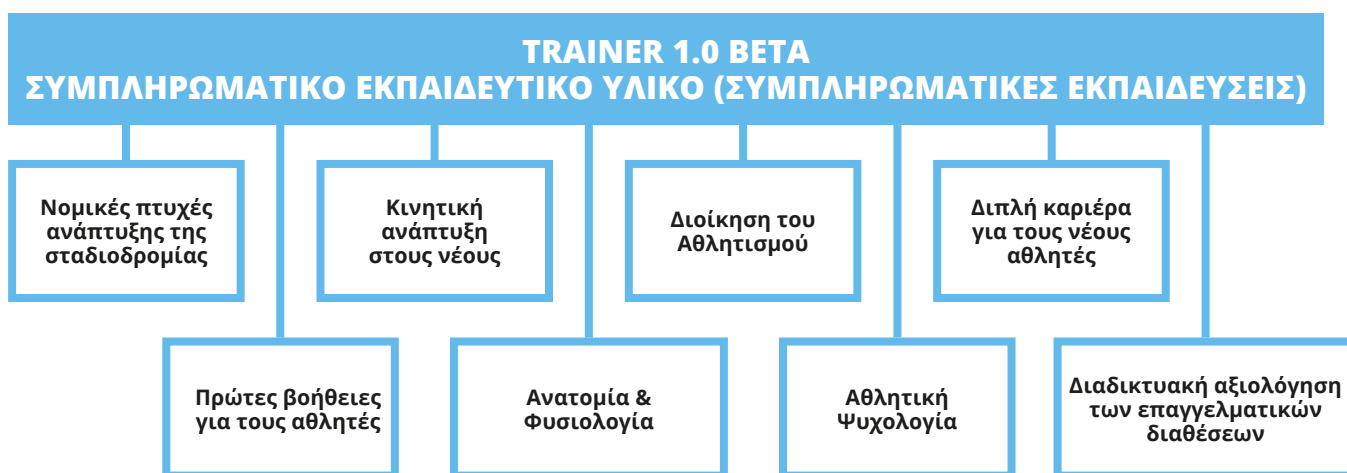
Η πρακτική εφαρμογή των ανεπτυγμένων διδακτικών υλικών είναι εφικτή χάρη στην διοργάνωση μιας σειράς εκπαιδεύσεων, προπονήσεων, θεματικών μαθημάτων, «προπονητικών μαθημάτων μικρής διάρκειας», σχετικά πάντα με τον επιλεγμένο αθλητικό κλάδο. Η οργάνωση των εκπαιδεύσεων/προπονήσεων με βάση τα κατάλληλα πρότυπα και η ενεργή αξιολόγηση που πραγματοποιείται με τους συμμετέχοντες στις εκπαιδεύσεις, συμβάλλουν σημαντικά στη τελειοποίηση των λεπτομερειών και των δραστηριοτήτων των τελικών προτεινόμενων μοντέλων που απευθύνονται σε αθλητές που σχεδιάζουν την μελλοντική τους αθλητική σταδιοδρομία στην πράξη.

ΤΟ ΕΡΓΟ ΣΤΗΝ ΠΡΑΞΗ – ΔΥΝΑΤΟΤΗΤΕΣ

Σε ποιους απευθύνεται το έργο, τότε θα πρέπει να ξεκινήσουν τις δραστηριότητες, που μπορούν να αναζητήσουν πρακτικές λύσεις, πως μπορούν να βρουν έναν ικανό συνεργάτη για συνεργασία, κ.ά.;

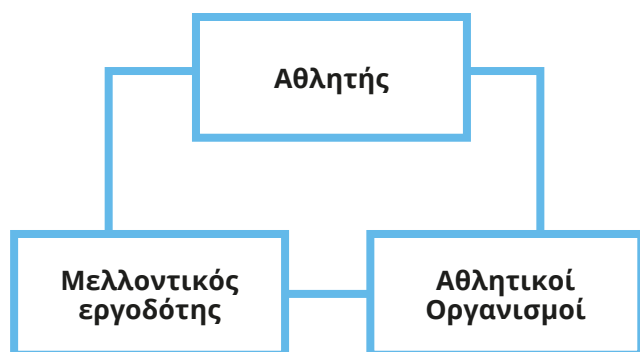
Οι δεξιότητες και οι ικανότητες που αποκτώνται κατά τη διάρκεια μιας αθλητικής σταδιοδρομίας μπορεί να είναι πολύτιμοι πόροι, όχι μόνο κατά τη συμμετοχή σε ένα ανταγωνιστικό άθλημα. Αλλά μπορούν επίσης να αποτελέσουν κεφάλαιο στην εκπαίδευση ή στην εργασία.

Προκειμένου να συνδυάσουν αρμονικά τον αθλητισμό, τις σπουδές και την εργασία, οι αθλητές θα πρέπει να γνωρίζουν ποιους παράγοντες, ποιες ικανότητες και ποια προσόντα θα είναι σχετικά με την προσωπική και επαγγελματική τους κατάσταση στο τέλος της αθλητικής τους σταδιοδρομίας. Ωστόσο, για να προετοιμάσουν μια ομαλή μετάβαση στο τέλος της σταδιοδρομίας τους, θα πρέπει να έχουν την υποστήριξη του περιβάλλοντος τους, συμπεριλαμβανομένων των προπονητών, των συλλόγων, των ομοσπονδιών, των στελεχών και των γονέων.



Σχήμα 3. Trainer 1.0 Beta -Συμπληρωματικό εκπαιδευτικό υλικό.

Πολυάριθμοι φορείς, οργανισμοί και αθλητικές ενώσεις εμπλέκονται ενεργά στο έργο, υποστηρίζοντας τις δραστηριότητες των φορέων που ενδιαφέρονται να συμμετάσχουν στο έργο, χάρη στις υπογεγραμμένες συμφωνίες και τις επιστολές πρόθεσης για την υποστήριξη των δραστηριοτήτων του έργου.

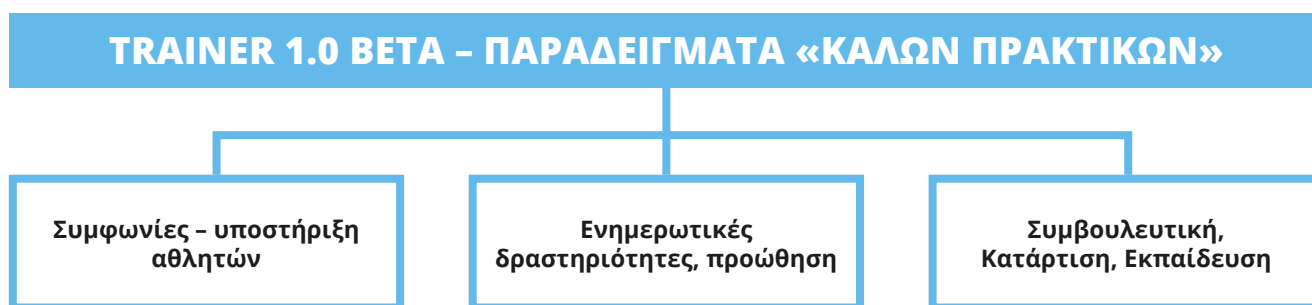


Σχήμα 4. Trainer 1.0 Beta – Το Έργο στην πράξη

ΣΥΜΦΩΝΙΕΣ ΠΟΥ ΠΕΡΙΛΑΜΒΑΝΟΝΤΑΙ ΩΣ ΠΑΡΑΔΕΙΓΜΑΤΑ «ΚΑΛΩΝ ΠΡΑΚΤΙΚΩΝ» – ΜΙΑ ΣΗΜΑΝΤΙΚΗ ΔΙΕΥΚΟΛΥΝΣΗ ΓΙΑ ΤΟΥΣ ΑΘΛΗΤΕΣ

Χάρη στις υπογεγραμμένες συμφωνίες, τις επιστολές πρόθεσης με τους προαναφερθέντες οργανισμούς, οι ενδιαφερόμενοι έχοντας επίγνωση των αναγκών της αθλητικής κοινότητας στον τομέα της υποστήριξης μιας διπλής σταδιοδρομίας, δηλώνουν κοινές δράσεις για την προώθηση και ανάπτυξη του συστήματος υποστήριξης των νέων αθλητών.

Επιπλέον, δηλώνουν την πρόθεσή τους να συνεργαστούν στον τομέα της διπλής σταδιοδρομίας των αθλητών, και πιο συγκεκριμένα: ενημερωτικές δραστηριότητες που απευθύνονται σε νέους αθλητές, ευαισθητοποιώντας τους για την ανάγκη μακροπρόθεσμου σχεδιασμού της σταδιοδρομίας, ανάπτυξη της συμβουλευτικής, παροχή πληροφοριών και κατάρτισης σε συνεργασία με το ευρύ περιβάλλον των αθλητικών οργανισμών, κοινά καθήκοντα κατάρτισης που προωθούν το επάγγελμα του προπονητή ενός επιλεγμένου κλάδου, με βάση το μοντέλο που αναπτύχθηκε από το πρόγραμμα Erasmus+.



Σχήμα 5. Trainer 1.0 Beta – Παραδείγματα «καλών πρακτικών»



FUNDACION UNIVERSITARIA SAN ANTONIO

is a private University in which higher education is offered, researchers are trained and professionals are prepared by means of the generation and transmission of science, technology and culture, by means of:

- Teaching methodology applied to small groups; continuous assessment; development of personal autonomy and spirit of service; promotion of teamwork; stimulation of personal and collective creativity, and in constant contact with professional environments through internships.
- Personalized teaching with a high level of dedication from the professors to the students and with trained tutors for academic, psychological and personal counseling.
- A University community composed of students, professors, administrative staff and services, and governing bodies based on the principles of cooperation and mutual support at the service of knowledge.
- International, national and regional orientation with particular attention to Spanish-speaking countries.

GUÍA DEL MANUAL DEL PROYECTO

DOCUMENTOS PARA LA EJECUCIÓN DEL PROYECTO

OBJETIVO PRINCIPAL

El objetivo principal del proyecto es el apoyo a las entidades que garantizan un desarrollo óptimo, tanto educativo como deportivo, para niños y jóvenes (clubes deportivos, organizaciones deportivas, asociaciones deportivas, instituciones educativas, etc.). El curso formativo propuesto en el proyecto combina eficazmente la educación escolar con la práctica deportiva profesional, el proyecto “Trainer 1.0 BETA” es un programa de formación integral dirigido a jóvenes deportistas de entidades deportivas de distintas disciplinas deportivas, y al mismo tiempo están en el comienzo de una carrera profesional en el deporte.

VISIÓN HISTÓRICA

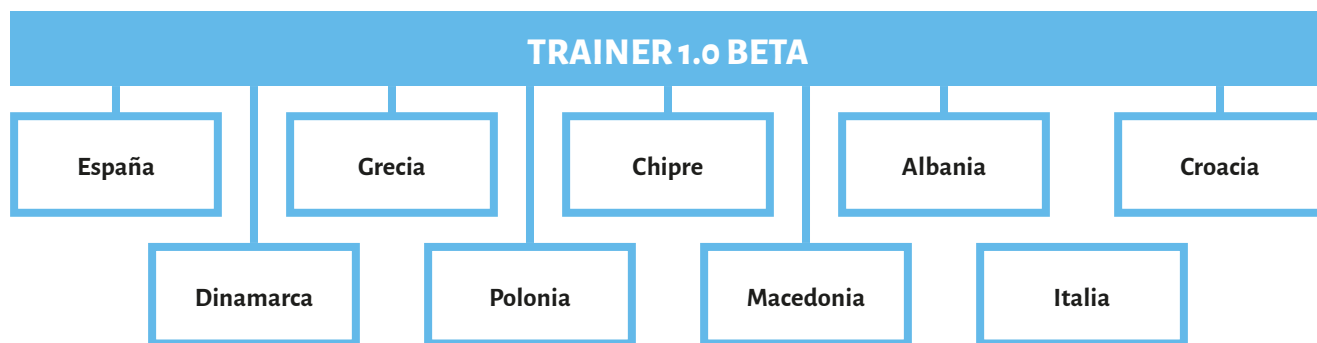
El proyecto se creó en 2018, gracias a la implicación de un grupo internacional de expertos que representan diversas disciplinas deportivas – fútbol, baloncesto, voleibol, balonmano, deportes individuales, etc. El año 2019 se centró en las actividades relacionadas con el desarrollo de un currículo formativo con distintas soluciones y patrones didácticos, útiles y que se pudieran desarrollar de manera práctica durante los periodos de preparación y competición de los deportistas – reuniones de coordinación y desarrollo del proyecto dentro de las disciplinas de-

portivas seleccionadas. Los años 2020–2021 fueron el periodo durante el cual se testaron y comprobaron los materiales didácticos previamente desarrollados, adaptados a las necesidades y especificidades de los deportes seleccionados, preparados por un reducido grupo de expertos internacionales, y al mismo tiempo el momento en que se propusieron soluciones óptimas y finales. Forma propuesta – organización de un ciclo de formación para deportistas junto con la evaluación del proyecto.

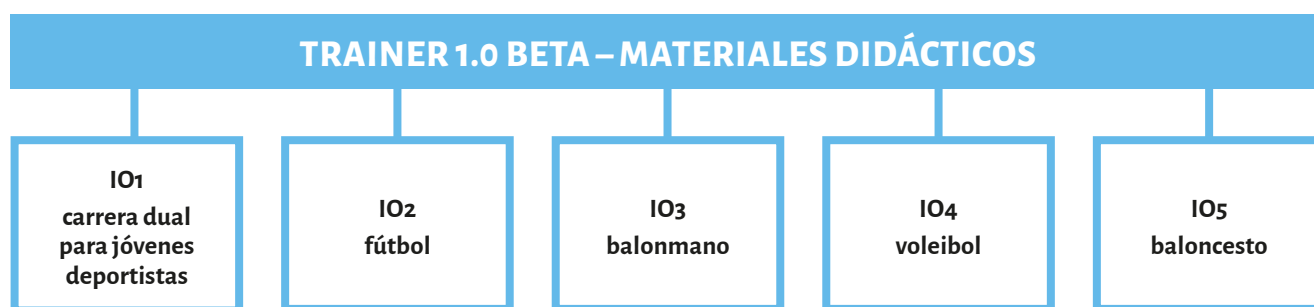
ÁMBITO

El proyecto, titulado “Trainer 1.0 BETA”, como producto de escala internacional, incluye actividades orientadas al fortalecimiento constante, al desarrollo y a la aplicación de prácticas innovadoras dirigidas a los representantes del mundo del deporte, con especial énfasis en las orientaciones y directrices preferidas por la Unión Europea con respecto a la planificación de la carrera Dual en deportistas-estudiantes, al tiempo que satisface las necesidades de la comunidad deportiva, trabajando diariamente con jóvenes talentos.

Participantes del proyecto (países) – España, Dinamarca, Grecia, Polonia, Chipre, Macedonia, Albania, Italia, Croacia.



Esquema 1. Trainer 1.0 Beta – Participantes del proyecto.



Esquema 2. Trainer 1.0 Beta – Materiales didácticos.

MATERIALES DIDÁCTICOS – PROGRAMAS DEL CURSO DE FORMACIÓN

Un elemento coherente, vital y al mismo tiempo muy disciplinario, que conecta todas las posibilidades es la parte dedicada a la planificación de la carrera de los deportistas de forma dual, facilita sin duda una transición fluida del estatus de un “deportista profesional” a la fórmula de atleta “retirado”, después de una carrera deportiva – “carrera dual” / “Vida después del partido” (IO1).

Teniendo en cuenta los supuestos de diseño, donde el proyecto abarca las disciplinas deportivas seleccionadas – los deportes de equipo, los materiales didácticos desarrollados se centran en cuatro direcciones, que incluyen: fútbol (IO2), balonmano (IO3), voleibol (IO4) y baloncesto (IO5).

Clases teóricas en forma de mini conferencias, clases interactivas, debate-proyector, pantalla, alargador, ordenador portátil. Clases prácticas, “mini prácticas de formación” para los participantes, impartir formación. Supuesto principal – preparación inicial del participante, un joven atleta, para actuar como entrenador en el futuro.

Fórmula de las clases – debate, conversación, interacción con los participantes de la formación, moderado por el profesor – compartir experiencias propias con jóvenes deportistas, consejos prácticos, etc.

Los participantes de las clases son jóvenes deportistas en el comienzo de su carrera deportiva, de ambos géneros que representan a sus entidades deportivas de origen.

MATERIALES DIDÁCTICOS SUPLEMENTARIOS – FORMACIONES COMPLEMENTARIAS

Un valor añadido muy valioso que se obtiene gracias a la participación en la formación es la incorporación de elementos educativos adicionales a las clases, que son clave desde el punto de vista de un atleta que practica deporte de competición, es decir, entre otros, el conocimiento

de las bases legales necesarias a la hora de firmar un contrato deportivo profesional, el conocimiento de los primeros auxilios – lesiones, la concienciación de seguir una carrera de forma “bidireccional” o los fundamentos de la psicología de un deportista moderno.

DIRECCIONES DE DESARROLLO PROPUESTAS

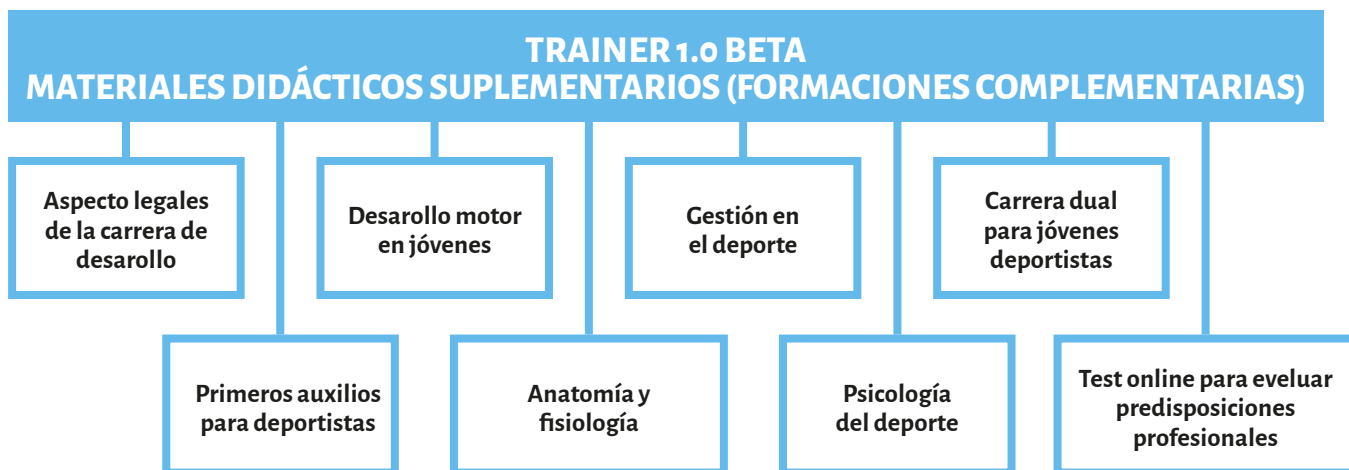
La prueba práctica de los materiales didácticos desarrollados es posible gracias a la organización de una serie de formaciones, cursos temáticos, “mini cursos de entrenamiento”, relativos a la disciplina deportiva seleccionada. La organización de las formaciones en la fórmula adecuada y la evaluación activa llevada a cabo con los participantes de las clases ayudan significativamente a perfeccionar los detalles y pormenores del modelo de actividades propuestas finalmente, dirigidas a los deportistas que planifican su futura carrera deportiva en la práctica.

EL PROYECTO EN LA PRÁCTICA – POSIBILIDADES

¿A quién va dirigido el proyecto, cuándo iniciar las actividades, dónde buscar soluciones prácticas, cómo encontrar un socio competente para la cooperación, etc.?

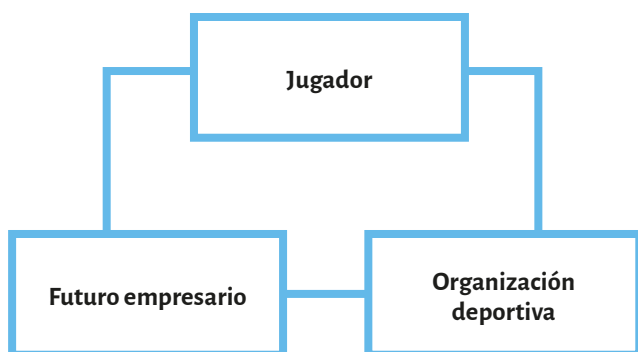
Las habilidades y competencias adquiridas durante una carrera deportiva pueden ser recursos inestimables, no solo en los deportes de competición, sino que también pueden constituir un valor añadido en la educación o el trabajo.

Para combinar de forma armoniosa la carrera deportiva, los estudios y el trabajo, los deportistas deben ser conscientes de qué factores, competencias y calificaciones serán relevantes en su situación personal y profesional una vez finalizada su carrera. Sin embargo, para preparar un final de carrera sin complicaciones, deben contar con el apoyo del entorno, incluidos los entrenadores, las autoridades de los clubes, las federaciones, los directivos y los padres.



Esquema 3. Trainer 1.0 Beta - Materiales didácticos suplementarios.

Muchos clubes, organizaciones y asociaciones deportivas participan activamente en el proyecto, apoyando prácticamente las actividades de las entidades interesadas en participar en el proyecto, gracias a los acuerdos firmados y a las cartas de intenciones que apoyan las actividades del proyecto.

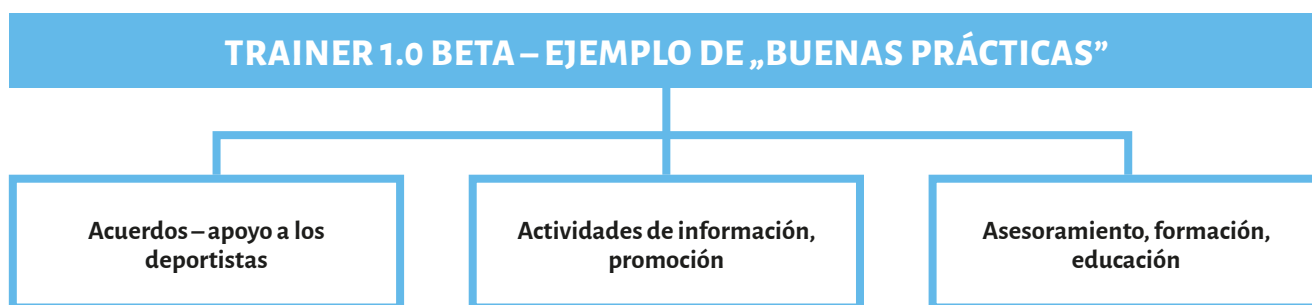


Esquema 4. Trainer 1.0 Beta – El proyecto en la práctica.

ACUERDOS INCLUIDOS COMO EJEMPLO DE “BUENAS PRÁCTICAS” – UNA AMENIZACIÓN SIGNIFICATIVA PARA DEPORTISTAS

Gracias a los acuerdos firmados, las cartas de intenciones con las organizaciones mencionadas, las partes interesadas, conscientes de las necesidades de la comunidad deportiva en el ámbito del apoyo a la carrera dual, declaran actividades conjuntas para promover y desarrollar el sistema de apoyo a jóvenes deportistas.

Además, declaran su intención de colaborar en el ámbito de carrera dual de los deportistas, en concreto: actividades de información dirigidas a jóvenes deportistas, concienciándolos de la necesidad de planificar la carrera a largo plazo, desarrollo de la oferta de asesoramiento, información y formación en colaboración con el amplio entorno de las organizaciones deportivas, tareas conjuntas de formación que promuevan la profesión de una disciplina de entrenador seleccionada, en concreto el modelo desarrollado por el proyecto Erasmus+.



Esquema 5. Trainer 1.0 Beta - Example of “good practices”



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Department for Sports Sciences and Clinical Biomechanics, Research group: Learning and Talent in Sport (LETS) - The Department deals with research, innovation and scientific knowledge based upon studies of the human body, the musculoskeletal system, sport, exercise, active living and movement. Attention is particularly paid to physical activity and exercise in sports and in health promotion, prevention, treatment of diseases and rehabilitation, including cultural, political, psychological and pedagogical aspects of sport and physical activity.

The Research Unit Learning & Talent in Sport (LET'S) builds on one of the Institute's original foundations – the pedagogy of human movement. LET'S' roles are: To research the innovative and applied use of the pedagogy of human movement and sports psychology in order to enhance participation, performance, learning and talent development, and the dual career of athletes.

In Denmark, Team Denmark (TD) is the national institution responsible for the promotion and funding of elite sports. Rooted in the strong belief of equality, the Danish Elite Sports Act (from 1984, revised in 2004) states that elite sport should be promoted in a socially responsible manner, ensuring athletes' education and their future contribution to the society. Thus, educational and career programmes are offered at all levels of an athlete's career, including financial support for student-athletes. There are 23 elite sport gymnasiums across the country where flexibility is granted. Three out of four universities have special offices with appointed staff helping student-athletes. TD and its partners provide job-related services for elite athletes at different stages of their career. There is, however, a greater need to provide solutions for athletes who would like to be educated in more practical related job outside academia (e.g., plumber, carpenter).

PROJEKT MANUAL GUIDE

DOKUMENTER TIL PROJEKT IMPLEMENTERING

FORMÅL

Projektets hovedmål er at understøtte den optimale udvikling af unge atleter i både uddannelse og sport gennem deres idrætsforeninger, sportsforbund og uddannelsesinstitutioner. "Trainer 1.0 BETA"-projektet er et omfattende træningsprogram rettet mod unge atleter som går efter en sportskarriere i forskellige sportsgrene. Alle sportsgrene har deres egne karaktertegn og kræver forskellige kompetencer og profiler. De forskellige værktøjer og øvelser skal hjælpe de unge atleter med at opbygge diverse kompetencer, som kan hjælpe dem med at imødekomme de mange krav og udfordringer, der er forbundet med en sportskarriere.

PROJEKTETS HISTORIE

Projektet blev oprettet i 2018 takket være inddragelsen af en international ekspertgruppe, der repræsenterer forskellige sportsdiscipliner – fodbold, basketball, volleyball, håndbold.

I året 2019 fokuserede projektgruppen på aktiviteter i forbindelse med udvikling af didaktiske modeller og læringsmaterialer, som er nyttige til forberedelsen og udvikling af atleter i praksis – der var internationale arbejdsmøder samt projektarbejde indenfor de forskellige respektive sportsdiscipliner, som er omfattet af projektet.

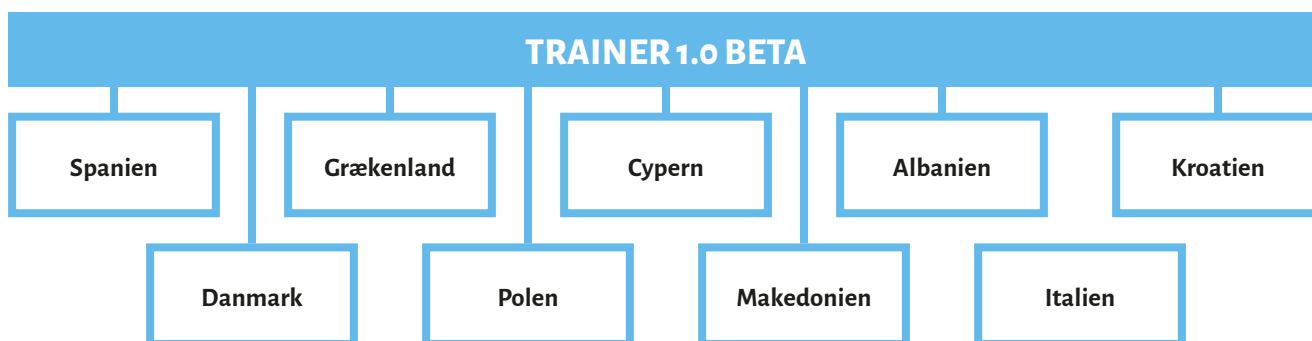
I årene 2020 - 2021 blev de udviklede undervisningsmaterialer skræddersyet til de enkelte sportsgrenes behov af en gruppe af internationale eksperter indenfor området. Materialerne blev testet gennem en række workshops i de forskellige sportsgrene, og erfaringerne herfra førte til en færdigudvikling af det endelige materiale.

Foreslået form - tilrettelæggelse af en træningscyklus for atleter sammen med projektevaluering.

OMFANG

Projektet med titlen: "Trainer 1.0 BETA", som et produkt af et internationalt samarbejde, omfatter aktiviteter, der har til formål at styrke, udvikle og implementere gennemførelsen af innovative tilgange rettet mod repræsentanter fra sportens verden med særlig vægt på anbefalinger og retningslinjer fra EU med hensyn til sportskarriere planlægning (Dual career), samtidig med at man arbejder målrettet med talentfulde unge på en daglig basis med sportens krav for øje.

Projektdeltagere (lande) – Spanien, Danmark, Grækenland, Polen, Cypern, Makedonien, Albanien, Italien, og Kroatien.



Figur 1: Trainer Beta 1.0 - Deltager i projektet

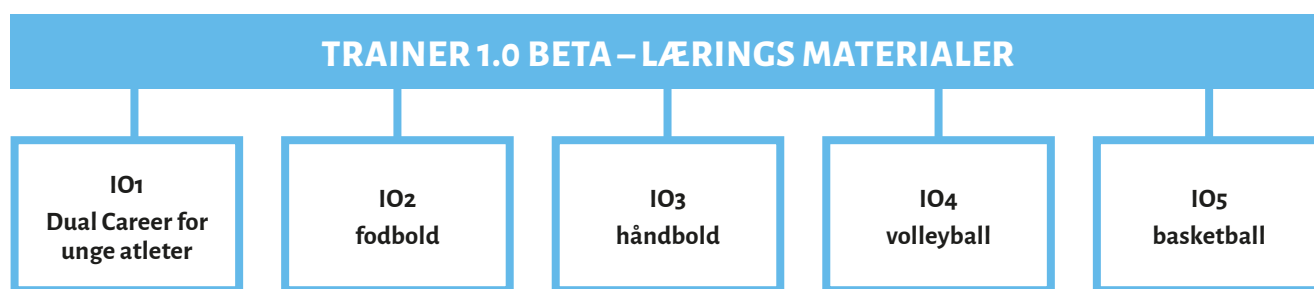


Figure 2: Lærings materialer

UNDERVISNINGSMATERIALER – UDDANNELSE KURSUSPROGRAMMER

Et sammenhængende og samtidig tværdisciplinært element, som forbinder alle retninger, er den del, der sætter fokus på atleters planlægning af deres fremtidige karriere på en dobbelt måde, hvilket helt klart hjælper med en gnidningsløs overgang fra "professionel sport" til "livet efter sporten" (IO1).

I betragtning af projektets design og antagelser dækker BETA trainer's undervisningsmaterialer over udvalgte holdsportsdiscipliner. Dette undervisningsmateriale er tilpasset til alle fire sportsgrene: fodbold (IO2), håndbold (IO3), volleyball (IO4), og basketball (IO5).

Derudover består forløbet af: Teoretiske workshop i form af mini-forlæsningsrelæsnings, interaktive lektioner, diskussion – med relevante undervisningsmaterialer som for eksempel projektor, skærm og bærbar computer, praktiske workshops, "mini træner praktikophold" for deltagerne, der gennemfører træninger. Den bagvedliggende ide er, at de unge atleter bliver forberedt til at fungere som træner i fremtiden.

Workshops organisering: diskussion, samtale, interaktion med træningsdeltagerne, der er faciliteret af underviseren, videndeling af egne erfaringer med andre unge atleter, praktiske tips osv.

Deltagerne i forløbet er unge atleter af begge køn, som står i starten af deres sportskarriere, og som stadigvæk er afhængige af deres forældre i forhold til deres udvikling.

KOMPLEMENTÆRE UNDERVISNINGSMATERIALER

En meget værdifuld merværdi opnået takket være deltagelsen i workshops er inddragelsen af specifikke uddannelseselementer i forløbet. Her er der blandet andet fokus på, hvordan man udvikler et kompe-

titivt mindset samt grundlæggende psykologiske egenskaber hos en moderne atlet, organisation af sin dual-career hverdag, viden om det nødvendige retsgrundlag, når man underskriver en professionel sportskontrakt, viden om førstehjælp og skader, viden om ernæring mm.

FORESLÅEDE RETNINGER FOR UDVIKLINGEN

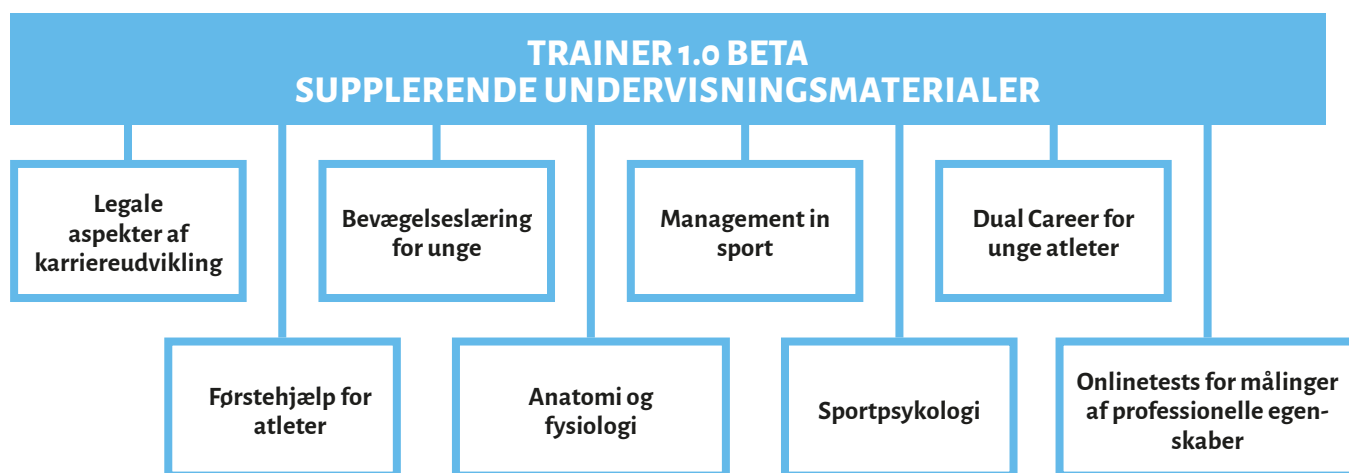
Praktisk afprøvning af de udviklede didaktiske materialer er mulig takket været tilrettelæggelse af en række kurser, tematiske workshops og "mini coaching kurser" i de udvalgte sportsdiscipliner. Afprøvning i de forskellige klubber i de forskellige lande sammen med den aktive evaluering af deltager og workshop bidrager til at forfine indholdet og levering af de endelige foreslåede aktiviteter, der har til formål at atleter planlægger deres fremtidige sportskarriere i praksis.

PROJEKTET I PRAKSIS – MULIGHEDER

Hvem er projektet henvendt til, hvornår ska man starte aktiviteter, hvor kan man finde praktiske løsninger, og hvordan finder man en kompetent samarbejdspartner osv.?

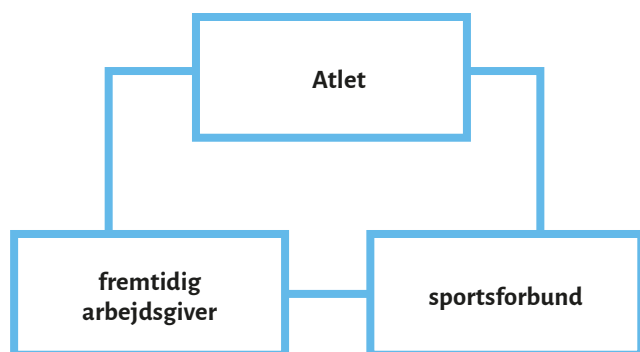
Færdigheder og kompetencer tilegnet i løbet af en sportskarriere kan være uvurderlige ressourcer, ikke kun under konkurrencesport, men også forstået som et kapital i anden uddannelse eller arbejde.

For at kombinationen af en sportskarriere med studier og arbejde kan lykkes, skal atleterne være opmærksomme på, hvilke faktorer, kompetencer og kvalifikationer der er relevante i deres personlige og faglige liv efter afslutningen af deres karriere. For at forberede sig på en gnidningsløs afslutning af sportskarrieren, skal atleterne også have fået støtte fra miljøet, herunder trænere, klub, forbund, ledere, skole og forældre.



Figur 3: Supplerende undervisningsmaterialer

Talrige idrætsforeninger og sportsforbund er aktivt involveret i projektet, og som praktisk talt støtter enhedernes aktiviteter og interessere i at deltage i projektet takket være underskrevne aftaler og hensigtserklæringer, der støtter projektaktiviteterne.

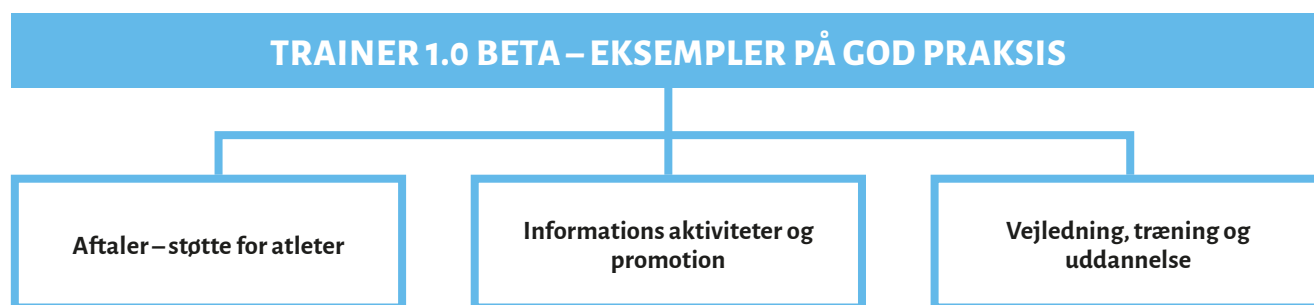


Figur 4: Projekt i praksis

AFTALER, DER INDGÅR SOM EKSEMPEL PÅ "GOD PRAKSIS" – EN BETYDELIG FORDEL FOR ATLETER

Takket være de underskrevne aftaler og hensigtserklæringer med ovennævnte organisationer er disse nu klar over, hvilke krav der stilles til sporten ift. at støtte dual career og igangsætte initiativer, som fremmer kombinationen af sport med uddannelse/arbejde for unge atleter.

Organisationer og klubber bakker op om at samarbejde med henblik på at støtte atlethers dual career, navnlig gennem: informationsaktiviteter for unge idrætsudøvere, hvilket gør dem opmærksomme på behovet for karriereplanlægning, udvikling af rådgivning, information og uddannelsesstilbud i samarbejde med det brede miljø inden for idrætsorganisationer, udvikling af fælles uddannelsesopgaver, der fremmer erhvervet som træner indenfor den enkelte sportsgren, især gennem den model, der er udviklet af Erasmus + projekt.



Figur 5: Eksempler på god praksis



AGJENCIA PËR ZHVILLIM RINOR

Youth Development Agency (YDA) is a non-profit organization established in 2014. The goal of YDA is to create a supportive environment for youth development in Albania and its neighbouring countries. The organization cooperates with youth, the marginalised groups, civil society and governmental structures by conducting trainings, consultancy, research and projects for social development, human rights, civic participation in good governance, transparency and integration of the country into the European Union.

Some of the specific objectives of the organization are:

- Promoting a healthy and active lifestyle for youth through sport;
- Increase youth education indicators;
- Increasing youth activation and participation in decision making;
- Enhancing youth organizational capacities;
- Promoting regional cooperation between youth groups.

UDHËDHUES PËR MANUALIN E PROJEKTIT

DKUMENTET PËR IMPLEMENTIMIN E PROJEKTIT

QËLLIMI PRIMAR

Duke pasur parasysh qëllimin kryesor të projektit, kryesisht mbështetjen për subjektet që sigurojnë zhvillim optimal, si arsimor ashtu edhe sportiv, për fëmijët dhe të rinjtë (klube sportive, organizata sportive, shoqata sportive, institucione arsimore, etj.), Gjithashtu duke marrë parasysh faktin se produkti i propozuar i trajnimit kombinon me shkathtësi arsimin shkollor me praktikimin profesional të sportit, projekti “Trainer 1.0 BETA” është një program trajnimi gjithëpërfshirës që synon atletë të rinj, subjekte sportive të ndryshme për nga karakteri dhe disiplina, dhe në të njëjtën kohë janë në pragun e një karriere profesionale sportive.

HISTORIKU

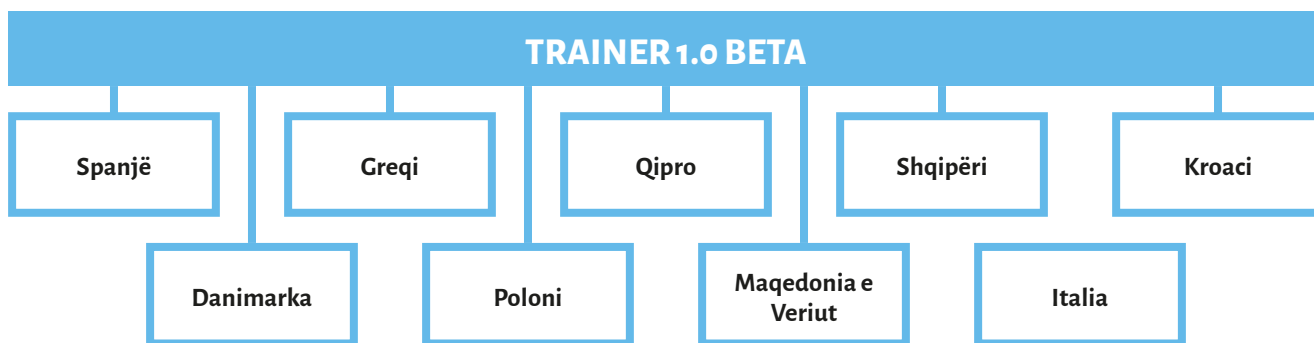
Projekti u krijua në 2018, falë përfshirjes së një grupi ndërkombëtar ekspertësh që përfaqësojnë disiplina të ndryshme sportive – futboll, basketboll, volejboll, hendboll, sporte individuale, etj. Viti 2019 u përqëndrua në aktivitetet në lidhje me zhvillimin e solucionit didaktik – mënyra dhe modele, të dobishme gjatë përgatitjes dhe aplikimit nga atletët në praktikë – takime pune, projekte punime brenda disiplinave individuale sportive të mbuluara nga projekti.

Vitet 2020 – 2021 ishte periudha gjatë së cilës u testuan dhe kontrolluan materialet mësimore të zhvilluara më parë, të përshtatura për nevojat dhe specifikën e sporteve individuale, të përgatitura nga një grup i ngushtë ekspertësh ndërkombëtarë, dhe në të njëjtën kohë koha kur u propozuan zgjidhje optimale, përfundimtare. Forma e propozuar – organizimi i një cikli trajnimi për atletët së bashku me vlerësimin e projektit.

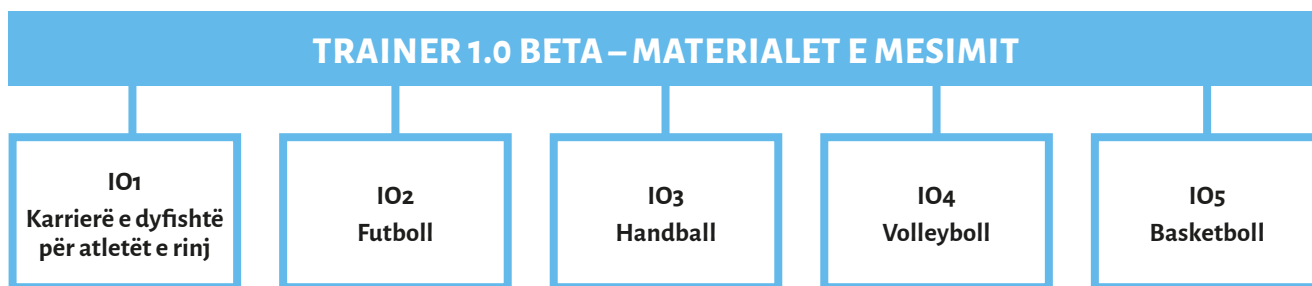
RANGU

Projekti, i titulluar: “Trainer 1.0 BETA”, si një produkt i një shkalle ndërkombëtare, përfshin aktivitetet që synojnë forcimin, zhvillimin dhe zbatimin e vazhdueshëm të praktikave inovative që synojnë përfaqësuesit e botës së sportit, me theks të veçantë në udhëzimet dhe udhëzimet e preferuara nga Bashkimi Evropian në lidhje me planifikimin e karrierës sportive në një mënyrë të dyanshme, në të njëjtën kohë duke përmbyshur nevojat e komunitetit të sporteve, duke punuar me të rinj të talentuar në baza ditore.

Pjesëmarrësit e projektit (vendet) – Spanja, Danimarka, Greqia, Polonia, Cyprus, Maqedonia, Shqipëria, Italia, Kroacia.



Skema 1. Trainer Beta 1.0 – Pjesëmarrësit në projekt.



Skema 2 Trainer Beta 1.0 – Materialet e Mesimit.

MATERIALET E MËSIMIT – KURSET E PROGRAMEVE TRAJNUESE.

Një element koherent, superior dhe në të njëjtën kohë mbi disiplinën që lidh të gjitha drejtimit është pjesa kushtuar planifikimit të sportistëve për karrierën e ardhshme në një mënyrë të dyfishtë, duke lehtësuar përfundimisht një tranzicion të qetë nga formula e një "profesionist" në formulën e një Atlet "i pensionuar", pas një karriere sportive – "karrierë e dyfishtë" / "Pasoja e jetës" (IO1).

Duke pasur parasysh supozimet e dizajnit, ku projekti përfshinte disiplina të zgjedhura sportive – lojëra ekipore, materialet e zhvilluara të mësimdhënies përqendrohen në katër drejtime, të cilat përfshijnë: futboll (IO2), hendboll (IO3), volejboll (IO4), basketboll (IO5).

Klasa teorike në formën e mini-leksioneve, klasa ndërvepruese, diskutim – projektor, ekran, kordon zgjatues, laptop. Klasa praktike, "praktika mini trajnimi" për pjesëmarrësit, duke kryer trajnime. Supozimi kryesor – përgatitja fillestare e pjesëmarrësit, një atlet i ri, për të vepruar si trajner në të ardhmen.

Formula e klasave – diskutim, bisedë, bashkëveprim me pjesëmarrësit në trajnim, të moderuar nga mësimdhënësi – ndarja e përvojave vetjake me atletë të rinj, këshilla praktike, etj.

Pjesëmarrësit e klasave janë atletë të rinj në pragun e karrierës së tyre sportive, atletë dhe atlete femra që përfaqësojnë entitetet e tyre të para sportive.

SUPLEMENTET DHE MATERIALET E MËSIMDHËNIES– TRAJNIMI PLOTËSUES

Një vlerë e shtuar shumë e vlefshme e fituar falë pjesëmarrjes në trajnim është përfshirja e elementeve shtesë arsimore në klasa, kyçe

nga këndvështrimi i një konkurrenti që praktikon konkurrencën sportet petitive, dmth., ndër të tjera, njohuri në lidhje me bazën ligjore të nevojshme kur nënshkruani një kontratë profesionale sportive, njohuri në lidhje me ndihmën e parë – lëndimet, vetëdijen për të ndjekur një karrierë në një mënyrë "të dyfishtë" ose bazat e psikologjisë së një atlet modern.

DIREKTIVAT E PROPOZUARA TË ZHVILLIMIT

Testimi praktik i materialeve didaktike të zhvilluara është i mundur falë organizimit të një serie trajnimesh, kursesh tematike, "kurse mini stërvitjeje", në lidhje me disiplinën e zgjedhur sportive. Organizimi i trajnimeve në formulën e duhur dhe vlerësimi aktiv i kryer me pjesëmarrësit e klasave ndihmon ndjeshëm në përsosjen e detajeve dhe detajeve të aktiviteteve të modelit të propozuar përfundimisht, që synojnë atletët që planifikojnë karrierën e tyre të ardhshme sportive në praktikë.

PROJEKTI NË PRAKTIKË – MUNDËSITË

Kujt i kushtohet projekti, kur të fillojmë aktivitetet, ku të kërkojmë zgjidhje praktike, si të gjesh një partner kompetent për bashkëpunim, etj?

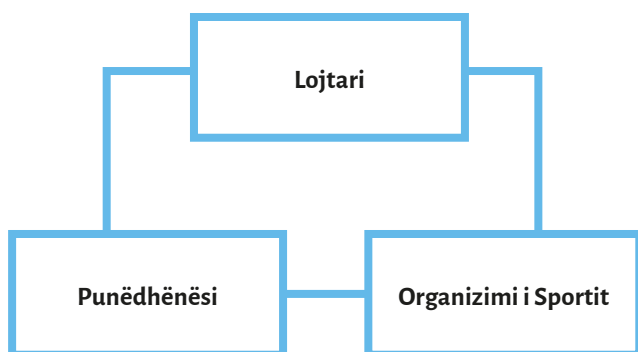
Shkathësitë dhe aftësitë e marra gjatë një karriere sportive mund të jenë burime të pavlefshme, jo vetëm gjatë sporteve konkurruese, por gjithashtu mund të përbëjnë kapital në arsim ose punë.

Në mënyrë që të kombinohen në mënyrë harmonike një karrierë, studim dhe punë sportive, sportistët duhet të jenë të vetëdijshëm se cilët faktorë, kompetenca dhe kualifikime do të jenë të rëndësishëm në situatën e tyre personale dhe profesionale pas përfundimit të karrierës së tyre. Sidoqoftë, në mënyrë që të përgatiten për një fund të qetë të karrierës, ata duhet të kenë mbështetjen e mjedisit, përfshirë trajnerët, autoritetet e klubit, federatat, menaxherët dhe prindërit.



Skema 3. Trainer Beta 1.0 – Materialet plotesuese mesimore.

Subjekte të shumta, organizata dhe shoqata sportive janë të përfshirë në mënyrë aktive në projekt, duke mbështetur praktikisht aktivitetet e subjekteve të interesuar për të marrë pjesë në projekt, falë marrëveshjeve të nënshkruara dhe letrave të qëllimit që mbështesin aktivitetet e projektit.

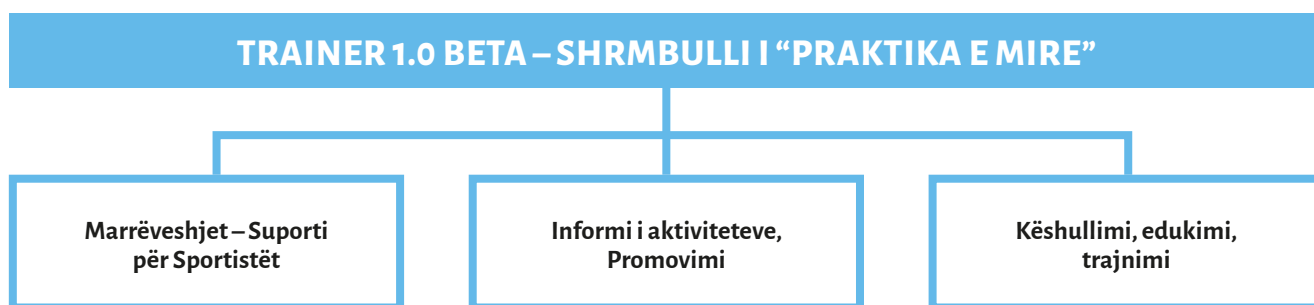


Skema 4. Trainer Beta 1.0 – Projekti në praktik.

MARRËVESHJET E PËRFSHIRA SI SHEMBULLI “PRAKTIKAT E MIRA” – NJË AMBIENT KOMOD PËR ATLETËT

Falë marrëveshjeve të nënshkruara, letrat e qëllimit me organizatat e lartpërmendura, palët e interesuara, të vetëdijshme për nevojat e komunitetit sportiv në fushën e mbështetjes së një karriere me dy drejtime, shpalosin aktivitete të përbashkëta për të promovuar dhe zhvilluar sistem mbështetës për atletët e rinj.

Për më tepër, ata deklarojnë synimin për të bashkëpunuar në fushën e karrierës dy-pistëshe të atletëve, në veçanti: aktivitete informuese që synojnë atletë të rinj, duke i bërë ata të vetëdijshëm për nevojën për planifikim afatgjatë të karrierës, zhvillimin e këshillimit, informacionit dhe trajnimit ofrojnë në bashkëpunim me mjedisin e gjerë të organizatave sportive, detyra të përbashkëta trajnimi që promovojnë profesionin e një disipline të përzgjedhur të trajnerëve, në veçanti modelin e zhvilluar nga projekti Erasmus +.



Skema 5. Trainer Beta 1.0 – Shembulli “Praktika e mire”.



www.hnk-gorica.hr

FC GORICA

is a professional football club. The club invest lots of effort in development of young athletes, and the academy currently takes care of over than 450 kids, on two locations, playing in 22 selections. For that work to be sustainable, we employ similar number of coaches with high educational standards.

The academy policy that all youth players must continue their education at least to finishing secondary school level, but also have a desire to be a leader in region in helping our athletes to obtain second career after finishing with sports.

VODIČ KROZ PROJEKT

MOGUĆNOSTI KORIŠTENJA REZULTATA PROJEKTA

GLAVNI CILJ

Imajući na umu glavni cilj projekta, uglavnom potporu subjektima koji osiguravaju optimalan razvoj i obrazovni i sportski za djecu i mlade (sportski klubovi, sportske organizacije, sportska udruženja, obrazovne ustanove itd.), također uzimajući u obzir činjenicu da predloženi proizvod za obuku vješto kombinira školsko obrazovanje i profesionalno bavljenje sportom, projekt "Trainer 1.0 BETA" sveobuhvatan je program treninga namijenjen mladim sportašima koji zastupaju raznolike u karakteru i disciplini sportske subjekte, a istodobno su na pragu profesionalne sportske karijere.

POVIJESNI POGLED

Projekt je nastao 2018. godine, zahvaljujući sudjelovanju međunarodne skupine stručnjaka koji predstavljaju različite sportske discipline – nogomet, košarku, odbojku, rukomet, individualne sportove itd.

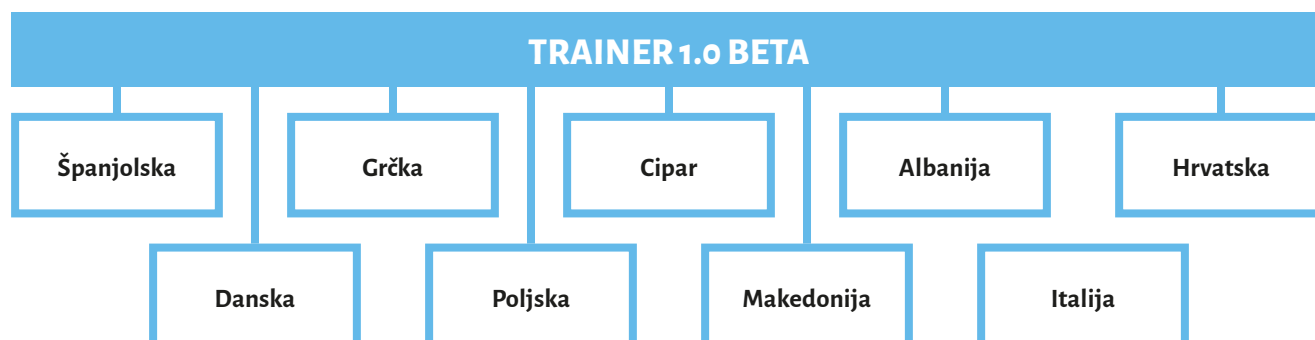
2019. godina usmjerena je na razvoj didaktičkih rješenja i paradigmi, korisnih tijekom pripreme i primjene od strane sportaša u praksi – radni sastanci, projektni radovi u okviru pojedinih sportskih disciplina obuhvaćenih projektom.

Godine 2020. – 2021. razdoblje je tijekom kojeg su se testirali i provjerovali prethodno razvijeni didaktički materijali, prilagođeni potrebama i specifičnostima pojedinih sportova, koje je pripremala uska skupina međunarodnih stručnjaka, a ujedno i vrijeme je bilo optimalno, predložena su konačna rješenja. Predloženi oblik – organizacija ciklusa obuka za sportaše uz ocjenu projekta.

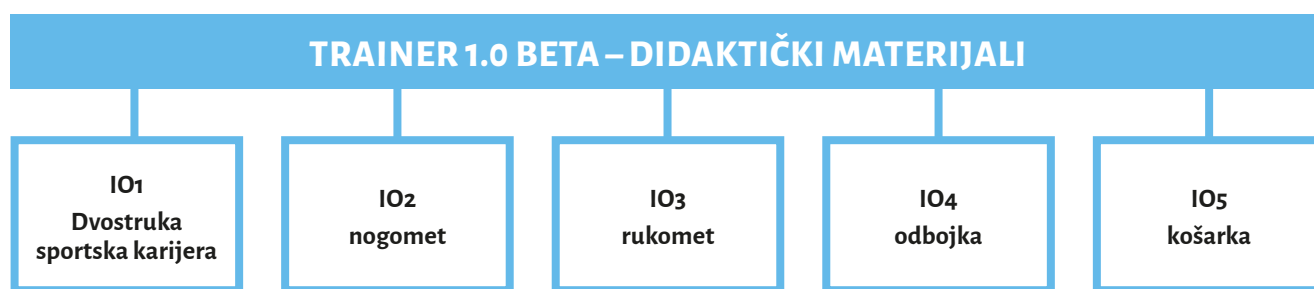
MEĐUNARODNI OKVIR INICIJATIVE

projekt, pod naslovom: "Trainer 1.0 BETA", kao proizvod na međunarodnoj razini, uključuje aktivnosti usmjerene na stalno jačanje, razvoj i primjenu inovativnih praksi usmjerenih na predstavnike svijeta sporta, s posebnim naglaskom na smjerove i smjernice koje Europska unija preferira u pogledu planiranja sportske karijere na dvostruki način. Istodobno, inicijativa zadovoljava potrebe sportske zajednice, koja svakodnevno radi s nadarenim mladima.

Sudionici projekta (države) – Španjolska, Danska, Grčka, Poljska, Cipar, Makedonija, Albanija, Italija, Hrvatska



Slika 1. Trainer 1.0 Beta – Sudionici



Scheme 2. Trainer 1.0 Beta – Learning materials.

DIDAKTIČKI MATERIJALI – TRAINING COURSE PROGRAMS

Koherentan, nadmoćan i istodobno više nego disciplinski element koji povezuje sve smjerove dio je posvećen dvostrukom planiranju budućih karijera sportaša, definitivno olakšavajući nesmetan prijelaz iz formule “profesionalca” u formulu “umirovljenog” sportaša, nakon sportske karijere – “dual career” / “life aftermatch” (IO1).

Imajući na umu pretpostavke projekta, gdje je projekt obuhvatio odabrane sportske discipline – timske igre, razvijeni nastavni materijali usredotočeni su na četiri smjera, koji uključuju: nogomet (IO2), rukomet (IO3), odbojku (IO4), košarku (IO5).

Teorijska nastava izvodi se u obliku mini predavanja, preferirana je interaktivna nastava, mini “radionice” – projektor, platno, multimedijaska prezentacija itd. Praktična nastava je tzv. “Mini trenersko stažiranje” za polaznike, provođenje treninga s mlađim skupinama pod nadzorom iskusnih učitelja itd. Glavna pretpostavka – ukazivanje na smjer budućeg razvoja, početna priprema polaznika nastave, mladog sportaša, da u budućnosti djeluje kao trener.

Formula nastave – rasprava, razgovor, interakcija sa sudionicima obuke, moderiraju nastavnici. Dijeljenje vlastitih iskustava s mladim sportašima, praktični savjeti itd.

Sudionici nastave – mladi sportaši na pragu svoje sportske karijere, sportaši i sportašice koji predstavljaju svoje izvorne sportske subjekte.

DOPUNSKI DIDAKTIČKI MATERIJALI – COMPLEMENTARY TRAININGS

Vrlo vrijedna dodana vrijednost koja se dobiva zahvaljujući sudjelovanju na obuci je uvrštavanje dodatnih nastavnih elemenata u nastavu, ključnih sa stajališta natjecatelja koji se bave sportom, tj., između

ostalog, znanja o pravnoj osnovi koja je potrebna prilikom potpisivanja ugovora o profesionalnom športu, pravila pružanja prve pomoći, ključnih smjerova vezanih za izgradnju svijesti o vođenju karijere na “dvostruki” način ili osnove psihologije, anatomije i motoričkih sposobnosti modernog sportaša.

PREDLAGANI SMJEROVI RAZVOJA

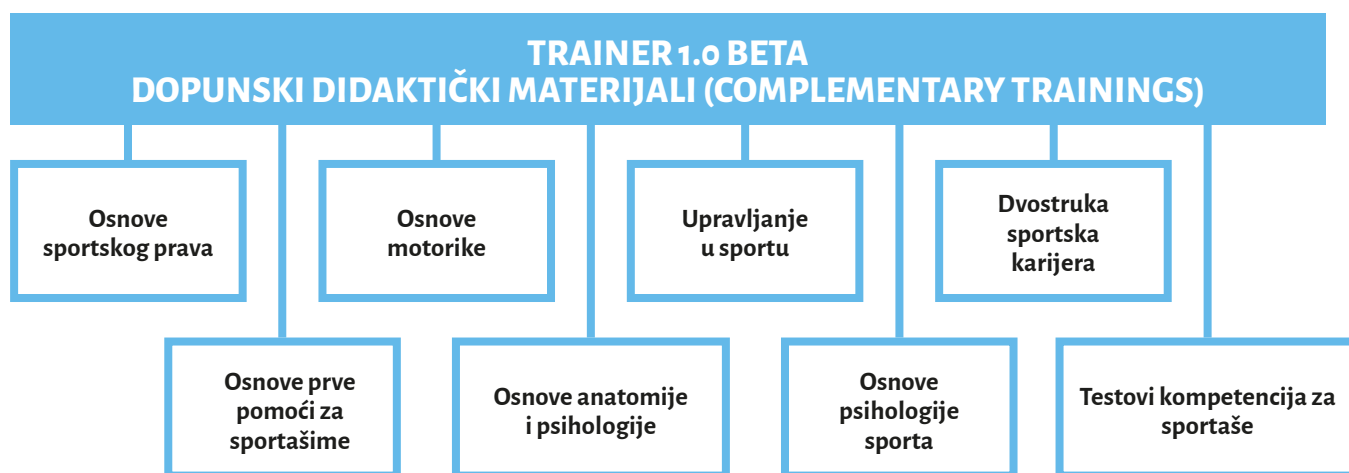
Praktično testiranje razvijenih didaktičkih materijala moguće je zahvaljujući organizaciji niza obuka, tematskih tečajeva, “mini tečajeva trenera”, povezanih s odabranom sportskom disciplinom. Organizacija treninga u odgovarajućoj formuli i aktivno vrednovanje provedeno sa sudionicima nastave značajno pomažu u izradi detalja i pojedinosti konačno predloženih modela aktivnosti usmjerenih na sportaše koji planiraju svoju buduću sportsku karijeru u praksi.

PRIMJENA PROJEKTA U PRAKSI – MOGUĆNOSTI

Kome je namijenjen projekt, kada započeti aktivnosti, gdje potražiti praktična rješenja, kako pronaći kompetentnog partnera za suradnju itd.?

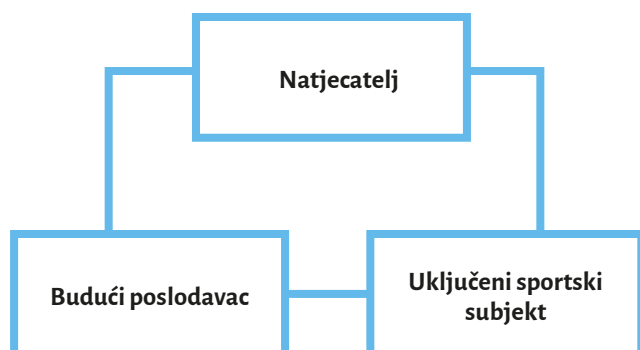
Vještine i kompetencije stečene tijekom sportske karijere mogu biti neprocjenjivi resursi, ne samo tijekom profesionalnog bavljenja sportom. Oni također mogu predstavljati kapital u studiju ili profesionalnom radu.

Kako bi skladno kombinirali sportsku karijeru, studij i rad, sportaši moraju biti svjesni koji će imbenici, kompetencije i kvalifikacije biti relevantni u njihovoj osobnoj i profesionalnoj situaciji nakon završetka karijere. Međutim, da bi se pripremili za nesmetan završetak karijere, moraju imati podršku okoline, uključujući trenere, klupske vlasti, saveze, menadžere i roditelje



Slika 3. Trainer 1.0 Beta - Dopunski didaktički materijali.

Brojni subjekti, organizacije i sportska udruženja aktivno su uključeni u projekt, praktično podržavajući aktivnosti subjekata zainteresiranih za sudjelovanje u projektu, zahvaljujući potpisanim ugovorima i pismima namjere koji podržavaju projektne aktivnosti.

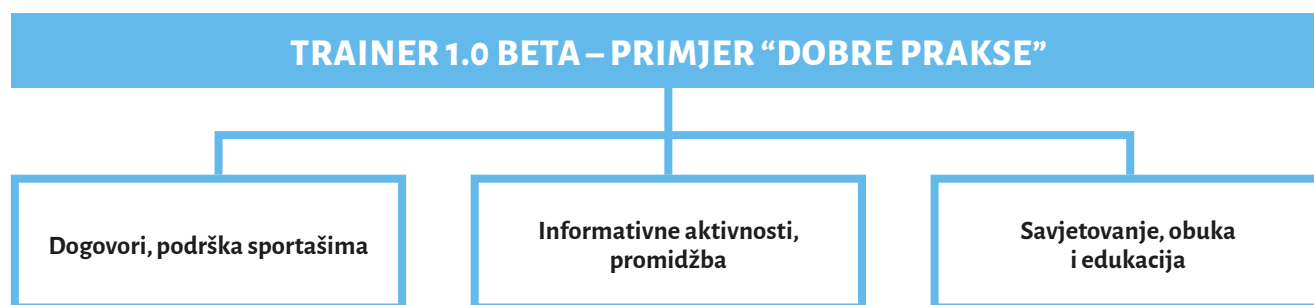


Slika 4. Trainer 1.0 Beta - Primjena u praksi (mogućnosti).

SKLOPLJENI SPORAZUMI KAO ZNAČAJNO OLAKŠANJE ZA SPORTAŠE – PRIMJER “DOBRE PRAKSE”

Zahvaljujući potpisanim ugovorima, pismima namjere gore spomenutih organizacija, zainteresirane strane, svjesne potreba sportske zajednice u području podupiranja dvostruke karijere, izjavljuju zajedničke aktivnosti za promicanje i razvoj sustava potpore za mlade sportaše.

Štoviše, izjavljuju namjeru suradnje u području dvostruke karijere sportaša, posebno: informativne aktivnosti usmjerene na mlade sportaše, čineći ih svjesnima potrebe dugoročnog planiranja karijere, razvoja savjetodavnih usluga, informativnih i ponuda treninga u suradnji sa širokim okruženjem sportskih organizacija, zajednički zadaci treniranja koji promiču zanimanje odabrane trenerske discipline, posebno model razvijen u projektu Erasmus+.



Slika 5. Trainer 1.0 Beta - Primjer “dobre prakse”.



www.unisa.it

UNIVERSITY OF SALERNO

The mission of the University of Salerno is to carry out research and educational programs, developing links with the surrounding area while respecting the environment, with the aim of creating, enriching and, at the same time, offering a scientific, cultural heritage to students, enterprises, institutions and in general to the whole community.

The university's institutional goals are:

- Research;
- Teaching and Education;
- Support for outstanding students and the diversely able;
- Development of the Campus as a community of individuals who share the same interests and values;
- Development of links with key players in the local area.

The University motion analysis laboratory is one of the most advanced in southern Italy for technology and human resources, which conduct research activities in the field of evaluative sports and educational sports.

GUIDA AL MANUALE DEL PROGETTO

DOCUMENTI PER L'IMPLEMENTAZIONE DEL PROGETTO

OBIETTIVO PRINCIPALE

Tenendo presente l'obiettivo principale del progetto, principalmente sostenere gli enti che assicurano uno sviluppo ottimale, sia educativo che sportivo, per bambini e giovani (società sportive, organizzazioni sportive, associazioni sportive, istituzioni educative, ecc.), tenendo anche conto del dato che il prodotto formativo proposto combina abilmente l'istruzione scolastica con la pratica sportiva professionale, il progetto "Trainer 1.0 BETA" è un programma di allenamento completo rivolto a giovani atleti, entità sportive diverse in termini di carattere e disciplina, e allo stesso tempo sono alle soglie di una carriera sportiva professionistica.

VISIONE STORICA

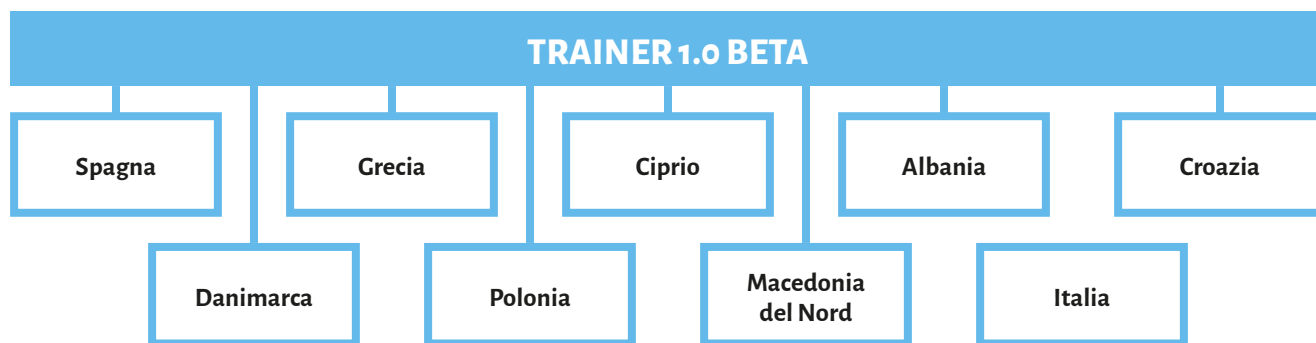
Il progetto è nato nel 2018, grazie al coinvolgimento di un gruppo internazionale di esperti in rappresentanza di varie discipline sportive – calcio, basket, pallavolo, pallamano, sport individuali, ecc. L'anno 2019 si è concentrato su attività legate allo sviluppo di soluzioni e schemi didattici, utili durante la preparazione e l'applicazione da parte degli atleti nella pratica – riunioni di lavoro, lavori di progetto all'interno delle singole discipline sportive coperte dal progetto. Gli anni 2020-2021 sono stati il

periodo durante il quale sono stati testati e controllati materiali didattici precedentemente sviluppati, adattati alle esigenze e alle specifiche dei singoli sport, preparati da un ristretto gruppo di esperti internazionali, e allo stesso tempo il momento ottimale, definitivo sono state proposte soluzioni. Forma proposta – organizzazione di un ciclo di allenamento per gli atleti insieme alla valutazione del progetto.

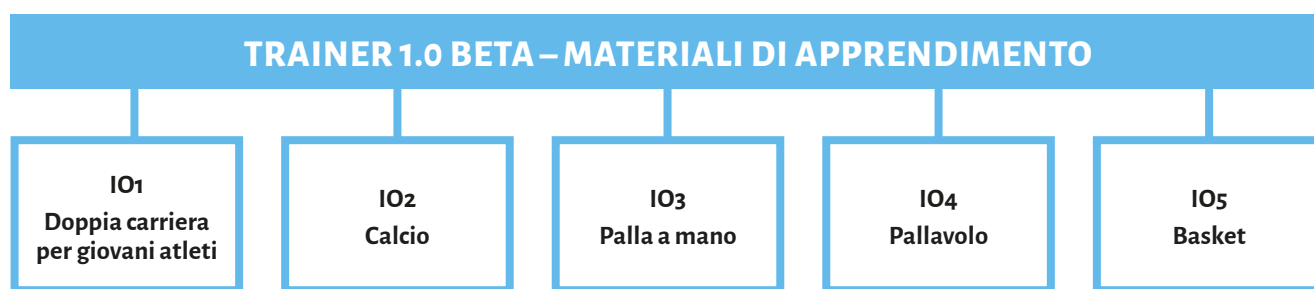
DESTINATARI

Il progetto, dal titolo: "Trainer 1.0 BETA", in quanto prodotto di scala internazionale, prevede attività volte al costante rafforzamento, sviluppo e implementazione di pratiche innovative rivolte ai rappresentanti del mondo dello sport, con particolare enfasi sugli indirizzi e le linee guida privilegiate dall'Unione Europea per quanto riguarda la pianificazione della carriera sportiva in modo bidirezionale, rispondendo allo stesso tempo alle esigenze della comunità sportiva, lavorando quotidianamente con giovani di talento.

Partecipanti al progetto (paesi) – Spagna, Danimarca, Grecia, Polonia, Cipro, Macedonia, Albania, Italia, Croazia.



Schema 1. Trainer 1.0 Beta – Partecipanti al Progetto.



Schema 2. Trainer 1.0 Beta – Materiali di Apprendimento.

MATERIALI DIDATTICI – PROGRAMMI DEI CORSI DI FORMAZIONE

Un elemento costante, ellettivo e, al tempo stesso, interdisciplinare, che caratterizza tutte le fasi progettuali, è la pianificazione delle future carriere da parte degli sportivi in modo duplice, facilitando sicuramente un passaggio graduale dalla formula di un “professionista” alla formula di un atleta “in pensione”, dopo una carriera sportiva – “doppia carriera” / “Life aftermatch” (IO1).

Tenendo presenti le ipotesi di progettazione, in cui il progetto copra discipline sportive selezionate – giochi di squadra, i materiali didattici sviluppati si concentrano su quattro direzioni, che includono: calcio (IO2), pallamano (IO3), pallavolo (IO4), basket (IO5).

Lezioni teoriche sotto forma di mini-lezioni, lezioni interattive, discussione – proiettore, schermo, prolunga, laptop. Lezioni pratiche, “mini stage formativi” per i partecipanti, conduzione di corsi di formazione. Presupposto primario: preparazione iniziale del partecipante, un giovane atleta, ad agire come allenatore in futuro.

Formula delle classi – discussione, conversazione, interazione con i partecipanti all’allenamento, moderata dall’insegnante – condivisione delle proprie esperienze con i giovani atleti, consigli pratici, ecc.

I partecipanti alle classi sono giovani atleti alle soglie della loro carriera sportiva, atleti e atlete che rappresentano le loro entità sportive.

MATERIALE DIDATTICO SUPPLEMENTARE – CORSI DI FORMAZIONE COMPLEMENTARI

Un valore aggiunto molto prezioso ottenuto grazie alla partecipazione alla formazione è l’incorporazione di ulteriori elementi educativi nelle classi, fondamentali dal punto di vista di un atleta che pratica sport ago-

nistici, ovvero, tra l’altro, la conoscenza della base giuridica necessaria al momento della sottoscrizione di un contratto sportivo professionistico, conoscenza di pronto soccorso – infortuni, consapevolezza di intraprendere una carriera in modo “bidirezionale” o le basi della psicologia di un atleta moderno.

INDICAZIONI DI SVILUPPO PROPOSTE

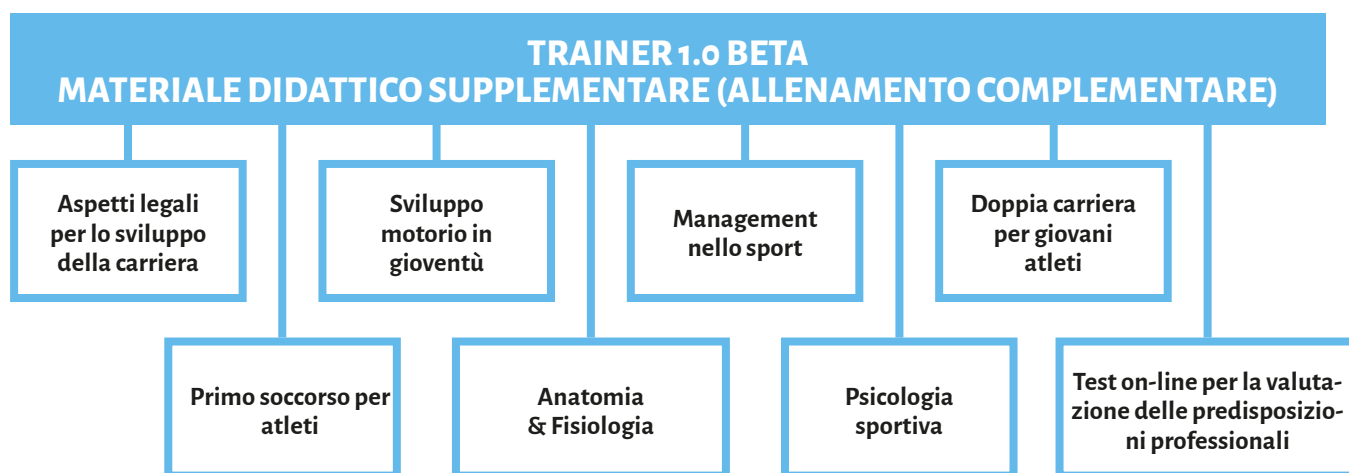
La sperimentazione pratica dei materiali didattici sviluppati è possibile grazie all’organizzazione di una serie di allenamenti, corsi tematici, “mini corsi di coaching”, riguardanti la disciplina sportiva prescelta. L’organizzazione degli allenamenti nella formula appropriata e la valutazione attiva effettuata con i partecipanti alle classi aiutano in modo significativo ad affinare i dettagli delle attività modello finalmente proposte, rivolte agli atleti che pianificano in pratica la loro futura carriera sportiva.

IL PROGETTO IN PRATICA – POSSIBILITÀ

A chi è dedicato il progetto, quando iniziare le attività, dove cercare soluzioni pratiche, come trovare un partner competente per la cooperazione, ecc.?

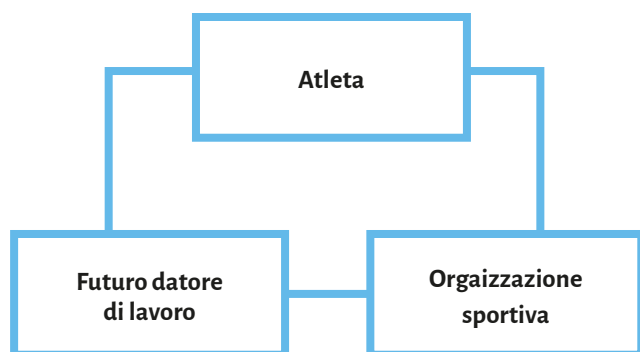
Le abilità e le competenze acquisite durante una carriera sportiva possono essere risorse inestimabili, non solo durante gli sport agonistici, ma possono anche costituire un capitale nell’istruzione o nel lavoro.

Al fine di combinare armoniosamente una carriera sportiva, studio e lavoro, gli atleti devono essere consapevoli di quali fattori, competenze e qualifiche saranno rilevanti nella loro situazione personale e professionale dopo la fine della loro carriera. Tuttavia, per prepararsi a una fine della carriera senza troppe difficoltà, devono avere il sostegno dell’ambiente, inclusi allenatori, autorità di club, federazioni, dirigenti e genitori.



Schema 3. Trainer 1.0 Beta – materiale didattico supplementare.

Numerosi enti, organizzazioni e associazioni sportive sono attivamente coinvolti nel progetto, supportando praticamente le attività degli enti interessati a partecipare al progetto, grazie ad accordi firmati e lettere di intenti a supporto delle attività del progetto.



Schema 4. Trainer 1.0 Beta – TIL Progetto in pratica.

GLI ACCORDI INCLUSI COME ESEMPIO DI “BUONE PRATICHE” – UNA MODIFICA SIGNIFICATIVA PER GLI ATLETI

Grazie agli accordi firmati, lettere di intenti con le suddette organizzazioni, le parti interessate, consapevoli delle esigenze della comunità sportiva nel settore del sostegno di una doppia carriera, dichiarano di impegnarsi in attività congiunte per promuovere e sviluppare il sistema di sostegno per i giovani atleti.

Inoltre, dichiarano l'intenzione di cooperare nel settore della dual career degli atleti, in particolare: attività di informazione rivolte ai giovani atleti, al fine di renderli consapevoli della necessità di una pianificazione della carriera a lungo termine, sviluppo della consulenza, offerta di informazione e formazione in collaborazione con l'ampio ambiente delle organizzazioni sportive, compiti di formazione congiunti che promuovono la professione nell'ambito di una disciplina mediante l'implementazione del modello sviluppato per il progetto Erasmus+.



Schema 5. Trainer 1.0 Beta – Esempio di “buone pratiche.”



www.macedoniasport.com

ASSOCIATION FOR SPORT AND SPORT ACTIVITIES SPORT TALENT

Association for sport and sport activities SPORT TALENT (North Macedonia)- promoting talented young people and professional football players, in the sport field from Republic of Macedonia and their development into professionals in relevant sports or their improvement as professionals in relevant sports. Elaboration of the development of the talents, organizing sport events/training camps where the participants would introduce themselves to scouts/agents/agencies/clubs.

Преглед на проектот

Документи за имплементација на проектот

Главна цел

Имајќи ја предвид главната цел на проектот, во главно поддршка за субјектите а притоа обезбедувајќи оптимален развој; образовен и спортски, за деца и млади (спортски клубови, спортски организации, спортски здруженија, образовни институции, итн.), а притоа, земајќи го предвид фактот дека предложениот модел за обука вешто комбинира училишно образование со професионално спортско вежбање, проектот „Trainer 1.0 BETA“ е сеопфатна програма за обука наменета за млади спортисти, спортски субјекти кои се разновидни во однос на карактерот и дисциплината, и истовремено се на прагот на професионална спортска кариера.

Историски преглед

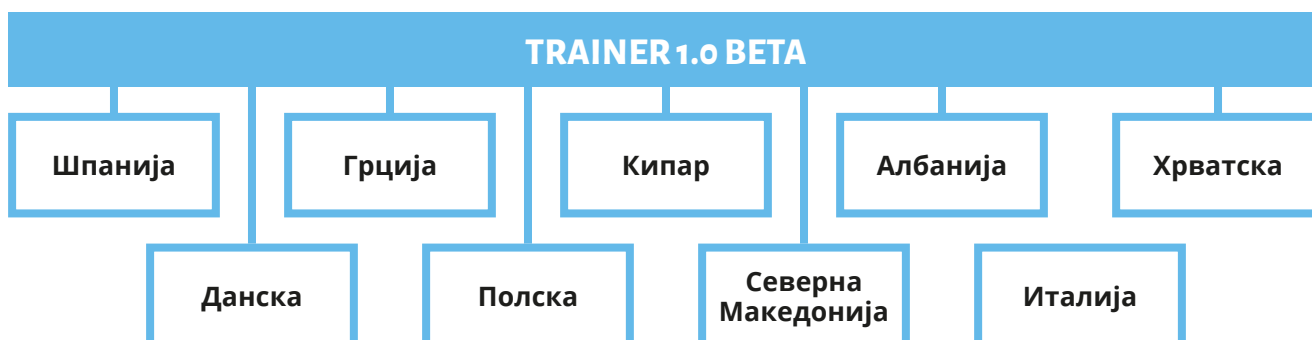
Проектот е создаден во 2018 година, благодарение на вклученоста на меѓународна група експерти кои претставуваат различни спортски дисциплини; фудбал, кошарка, одбојка, ракомет, индивидуални спортови итн. Во 2019 година фокусот се задржа на активности поврзани со развој на дидактички решенија и модели, корисни за време на подготовката и примената од страна на спортистите на практични работни состаноци, проектни работи во рамките

на одредени спортски дисциплини опфатени со проектот. Годишите 2020-2021 беа периодот во кој беа тестирани и проверени претходно развиените материјали за тренирање и обука, прилагодени на потребите и специфичноста на одредени спортови, подготвени од тесна група меѓународни експерти, додека во оптимално време, беа предложени конечни решенија. Предлог-форма – организација на тренинг циклуси за спортисти заедно со евалуација на проектот.

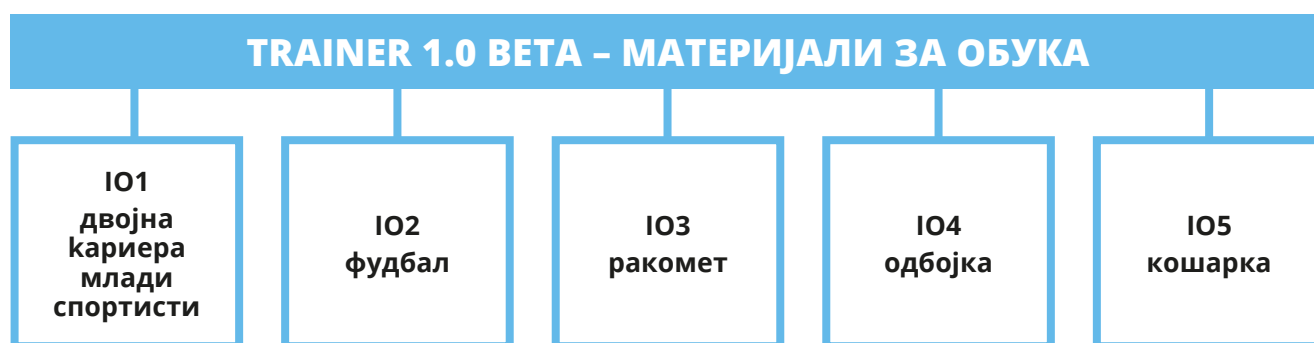
Опсег

Проектот под наслов: „Тренер 1.0 БЕТА“, како производ од меѓународно ниво, вклучува активности насочени кон постојано зајакнување, развој и имплементација на иновативни практики насочени кон претставници во светот на спортот, со посебен акцент на претпочитаните насоки и упатства од страна на Европската унија во врска со планирањето на спортската кариера на двоначен начин – „двојна кариера на спортисти“, истовремено задоволувајќи ги потребите на спортската заедница, работејќи со талентирани млади луѓе на дневна основа.

Учесници во проектот (земји) – Шпанија, Данска, Грција, Полска, Кипар, Македонија, Албанија, Италија, Хрватска.



Шема 1. Trainer 1.0 Beta - Учесници во проектот.



Шема 2. Trainer 1.0 Beta - Материјали за обука.

Материјали за обука – програми за тренинг курс

Кохерентен, супериорен и истовремено дисциплински елемент што ги поврзува сите насоки е делот посветен на планирањето на кариерите на идни професионални спортисти на двоен начин, дефинитивно олеснувајќи го непречениот премин од формулата на „професионален“ во формулата на „пензиониран“ спортист, по завршувањето на спортската кариера, со непречен премин кон „двојна кариера“ / „живот по натпревар“ (IO1). Имајќи ги предвид претпоставките за дизајнот, каде што проектот опфаќаше избрани спортски дисциплини – тимски игри, развиените материјали за обука се фокусираат на четири насоки, кои вклучуваат: фудбал (IO2), ракомет (IO3), одбојка (IO4), кошарка (IO5). Теоретска настава во форма на мини предавања, интерактивни часови, дискусија, проектор, екран, продолжен кабел, лаптоп. Практични часови, „пракса низ мини тренинзи“ за учесници, спроведување обуки. Примарна претпоставка – почетна подготовка на учесникот, млад спортист, за да дејствува како тренер во иднина.

Формула на часовите – дискусија, разговор, интеракција со учесниците на тренинзите, модерирана од тренерите – споделување сопствени искуства со младите спортисти, практични совети, итн.

Учесници на часовите се млади спортисти на прагот на нивната спортска кариера, машки и женски пол, што ги претставуваат нивните родителски спортски субјекти.

Дополнителни наставни материјали – комплементарни

Обуки Многу вредна додадена вредност добиена благодарение на учеството во тренинг обуката, е вклучување на дополнителни образовни елементи во вообичаената настава, клучни од гледна

точка на натпреварувач што практикува натпреварувачки спортови, т.е., меѓу другото, знаење за правната основа неопходна при потпишување на професионален спортист договор, знаење за прва помош – повреди, свесност за градење на кариера размислувајќи „двонасочно, со можост за двона кариера“ или основите на психологијата на модерен спортист.

Предложени насоки на развој

Практично тестирање на развиените дидактички материјали е можно благодарение на организацијата низ низа обуки, тематски курсеви, „курсеви за мини тренинг“, во согласност со избраната спортска дисциплина. Организација на тренинзи со соодветен модел и активна евалуација спроведена со учесниците на часовите, значително помагаат во рафинирање на деталите и конечно предложените активности на моделот, насочени кон спортисти кои ја планираат својата идна спортска кариера во пракса.

Проектот во пракса – можности

На кого е посветен проектот, кога да започнеме активности, каде да барам практични решенија, како да најдеме компетентен партнер за соработка итн.?

Вештините и компетентноста стекнати за време на спортската кариера може да бидат непроценливи ресурси, не само за време на спортски натпреварувања, туку исто така може да претставуваат капитал во образованието или работата.

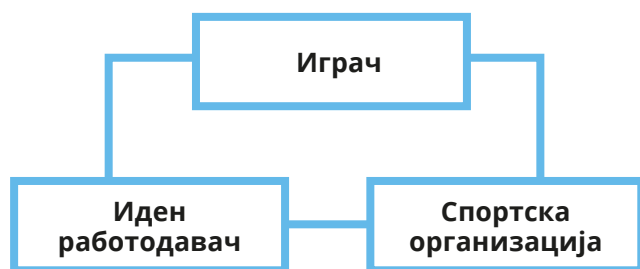
Со цел хармонично да ги комбинираат спортската кариера, студирање и работа, спортистите мора да бидат свесни кои фактори, компетенции и квалификации ќе бидат релевантни во нивната лична и професионална ситуација, по завршувањето на нивната кариера. Сепак, за да се подготват за непречено завршување на кариерата, тие мора да имаат поддршка од



Шема 3. Trainer 1.0 Beta - Дополнителни материјали за обука.

околината, вклучувајќи ги тренерите, овластените лица во клубовите, федерациите, менаџерите и родителите.

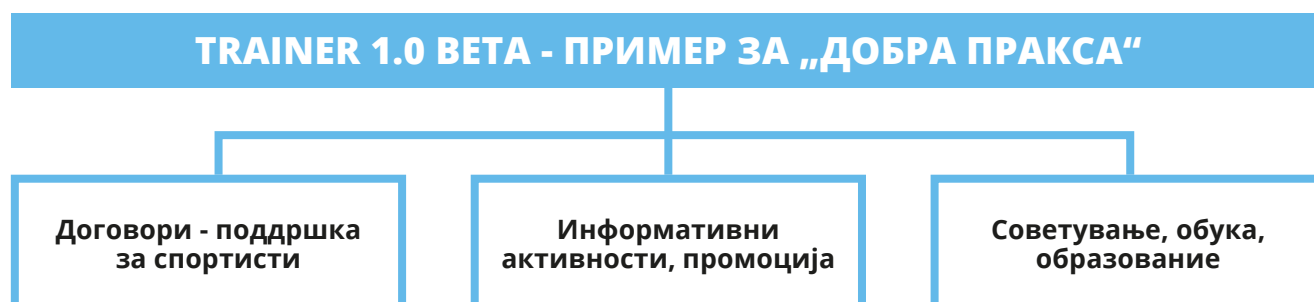
Бројни субјекти, организации и спортски здруженија се активно вклучени во проектот, практично ги поддржуваат активностите на субјектите заинтересирани да учествуваат во проектот, благодарение на потпишаните договори и протоколи за поддршка на проектните активности.



Шема 4. Trainer 1.0 Beta - Проектот во пракса.

Договорите се вклучени како пример за „добри практики“ – значајна угодност за спортистите

Благодарение на потпишаните договори, протоколи со горенаведените организации, заинтересираните страни, свесни за потребите на спортската заедница за поддршка на двонасочна/двојна кариера, дејствуваат заеднички активности за унапредување и развој на системот за поддршка на младите спортисти. Покрај тоа, тие ја изјавуваат намерата за соработка во областа на двонасочна/двојна кариера за спортистите, особено со: информативни активности насочени кон млади спортисти, подигнувајќи ја свесноста за потребата од долгорочно планирање на кариерата; развој на советодавна, информативна и тренинг понуда во соработка со пошироката околина на спортски организации; заеднички задачи за тренинг што ја промовираат професијата на избрана спортска дисциплина за тренери, особено моделот развиен од проектот Еразмус + (Trainer 1.0 Beta).



Шема 5. Trainer 1.0 Beta - Пример за „добри практики“.

ERASMUS+ TRAINER 1.0 BETA PROGRAM IN THE EUROPEAN QUALIFICATIONS FRAMEWORK

BY TOMASZ SEWERYNIAK AND GABRIEL PAWLAK

The **European Qualifications Framework** is a common European reference framework binding national qualifications systems. The framework functions as an instrument that makes qualifications more readable and easier to understand in different countries and systems in Europe. Their two main objectives are: promoting the mobility of citizens between countries and facilitating their lifelong learning. Both of these goals are of great importance in sport. The first will facilitate the exchange of trainers' knowledge based on increased mobility. The second promotes the professional development of trainers and supports and facilitates the implementation of dual careers for athletes.

It seems that the **Erasmus + Trainer 1.0 Beta** program is a great opportunity to assess what level of coaching qualifications athletes achieve as part of the training process. Another important activity may be the description of the learning outcomes in the program and its reference to the EQF. Based on the EQF levels, the program participant's profile (U-18 player) and the assumed learning outcomes, it can be concluded that EQF level 2 is probably the right reference point.

There are 3 ways of acquiring qualifications and validating learning outcomes. Qualifications can be obtained by:

- formal education (schools),
- non-formal education (courses, training),
- informal learning (self-education, apprenticeship or role).

The European Qualifications Framework makes it possible to link different national qualifications systems and frameworks based on a common **European reference point – eight reference levels**. The levels cover the full scale of qualifications, from basic (Level 1, e.g. school certificates) to advanced (Level 8, e.g. doctoral degree).

As an instrument for promoting lifelong learning, the European Qualifications Framework covers all levels of qualifications obtained in gen-

eral education and training, both vocational and academic. In addition, the framework also deals with qualifications obtained in initial and continuing education and training. The eight reference levels are described by learning outcomes attributed to knowledge, skills and competences.

The European Qualifications Framework recognizes the huge diversity of education and training systems in Europe, and therefore it is necessary to shift the focus to learning outcomes to allow comparison and cooperation between countries and institutions. Shifting the focus to learning outcomes:

- supports a better match between the needs of the labour market (for knowledge, skills and competences) and education and training pro-vision
- facilitates the validation of non-formal and informal learning
- facilitates the transfer and use of qualifications across different countries and education and training systems. It also recognises that Europe's education systems are so diverse that comparisons based on inputs, say length of study, are impracticable.

Confirmation of the acquisition of qualifications is given by validating entities that must meet certain requirements regarding the methodology for measuring qualifications. This is particularly important for confirming the effects of informal and non-formal learning. Other entities that can confirm qualifications are schools and colleges that, based on their curriculum, ensure that appropriate qualifications are obtained.

The EQF is a unified platform on the basis of which the countries of the community have developed National Qualifications Framework (NQF). NQF reflects the effects that are obtained in the process of formal and informal education in a given country. These effects should be consistent with the overall effects contained in the EQF. Due to the specific nature of the trades, it was also necessary to develop frameworks for individual sectors (Sectoral Qualifications Framework – SQF) of the economy, in-

Table 1. Descriptors defining levels in the European Qualifications Framework (EQF) [see page 2]

https://ec.europa.eu/ploteus/sites/eac-eqf/files/leaflet_en.pdf

cluding the sport sector. This frame contains specific professional tasks and learning outcomes, i.e. knowledge, skills and competences necessary to conduct professional activity in sport.

Acquiring qualifications based on different paths is very strongly reflected in the education and learning process implemented in the process of training athletes. This process takes into account specialist knowledge, special skills (sports technique – sport skills) and many social competences forming the athlete's qualification profile. The organization of this process takes very diverse forms, using many methods and techniques of working with an athlete, including informal education and learning carried out by the athlete himself. Obtained effects will of course be used during sports competitions, but they are also important elements of qualifications of persons educating other athletes. Despite the diversity associated with the sporting traditions of countries, educational systems, the specificity of training organizations and finally the work style of trainers and educators, the end result is often comparable.

Valuable and original qualifications useful in the profession of an instructor and trainer gained during the process of training an athlete has not yet been confirmed in the formal qualification system. It is a gap that needs to be filled by indicating the learning outcomes possible during the sport training process.

To better understand the description of qualifications in EQF, it's worth looking at examples shown in the Table 2.

Glossary of important terms (https://ec.europa.eu/ploteus/sites/eac-eqf/files/referencing_report_2012.pdf).

Apprenticeship is the systematic, long-term training alternating periods at the workplace and in an educational institution or training centre. The apprentice is contractually linked to the employer and receives remuneration (wage or allowance). The employer assumes responsibility for providing the trainee with training leading to a specific occupation.

Competence is the proven ability to use knowledge, skills and other abilities to perform a function against a given standard in work or study situations and in professional and/or personal development. In the EQF, 'competence' is described in terms of responsibility and autonomy.

Formal learning is learning that occurs in an organized and structured environment (in a school/training centre or on the job) and is explicitly designated as learning (in terms of objectives, time or resources). Formal learning is intentional from the learner's point of view. It typically leads to certification.

Informal learning is learning resulting from daily activities related to work, family or leisure. It is not organized or structured in terms of objectives, time or learning support. Informal learning is in most cases unintentional from the learner's perspective. It typically does not lead to certification.

Knowledge is the outcome of the collection and assimilation of information through learning. In the EQF, knowledge is described as theoretical and/or factual.

Learning outcomes are statements of what a learner knows, understands and is able to do on completion of a learning process.

Non-formal learning is learning which is embedded in planned activities not explicitly designated as learning (in terms of learning objectives, learning time or learning support), but which contain an important learning element. Non-formal learning is intentional from the learner's point of view. It normally does not lead to certification.

Qualification is achieved when a competent body determines that an individual has achieved learning outcomes to given standards. A qualification is a formal outcome of an assessment and validation process.

Sector is a range of professional activities on the basis of their main economic activity, product, service or technology (e.g. chemicals) or as a transversal professional category (e.g. marketing).

Table 2. Specification of qualifications descriptors in level 2 and 3 of SQF
(Based on polish SQF in sport: http://akademiatrenerska.pl/uploaded_files/15081519971000_wydawnictwo-ibe-ok9-wersja-zaakceptowana-przez-ibe.pdf).

SQF in sport level 2 specification	SQF in sport level 3 specification
Knowledge – he/she knows:	Knowledge – he/she knows and understands:
Basic rules for organizing and conducting Sports classes, including safety rules	Principles of planning, organizing, conducting and monitoring activities in a given sport
The specificity of a given sport and its rules	Rules for organizing small sports events (e.g. competitions, sports festivals)
The basic functions of sport	Rules for applying methods, forms and measures in implementation activities in a given sport
Rules of sport competition	Specific terminology in a given sport
Methods, forms and means used in a given sport (including exercises, methods of movement teaching, organizational forms of classes, sports equipment) and basic rules for their use in the organization and conducting sports activities	Needs, motives and barriers to participate in classes and sporting activities
Commonly used terms for a given sport	Styles of group management
	The role of sport, in particular in terms of health lifestyle and improving physical fitness and sporting skills
Has the skills necessary to:	Has the skills necessary to:
Assist in organizing and conducting sports activities	Plan, organize, lead and monitor independently sports activities and small sporting events based on the provided work scheme, modifying it taking into account the possibilities, needs and interests of participants and external conditions;
Conduct fragments of sports activities with help and / or under direct supervision	Plan, organize and conduct classes and sports events, caring for attractiveness and atmosphere of their course;
Demonstrate basic exercises for a given sport	Choose methods, forms and measures typical of the given sport according to the possibilities, needs and interests of the participants and external conditions;
Provide necessary information to sport participants to participate in sport (e.g. on required equipment sports rules, rules of the game, safety rules) and encourage them to be physically active	Explain and teach basic exercises for a given sport
Prepare facilities and equipment for sports activities	Use new technologies to support participation in sports activities
Provide first-aid	Adapt the style of management of the training group to the goals and the needs of its participants
Compliance with health and safety regulations and legal conditions of sporting activities	Solve typical problems that arise during classes and small sporting events (e.g. varied level of physical fitness and skills, different goals and needs in the group of participants)
	Communicate with sport participants using simple communication and motivation tools (e.g. praise)

SQF in sport level 2 specification	SQF in sport level 3 specification
Is ready to:	Is ready to:
Take into account the easy to predict effects of participation in implemented sports activities	Bear responsibility for reliable implementation of activities and small sporting events and participants' health and security
Promoting sport and fair play principles through his/her own attitude	To promote sport through educational activities and providing the information
Care for physical fitness necessary for proper demonstrating physical exercises	Taking into account current and deferred effects of participating in classes and small sports events
Controlling the quality of own work, including the guidelines of persons supervising the organization and conducting sports activities	Ongoing assessment of tasks performed
	Monitoring people with lower qualifications in sport
	Systematically supplementing knowledge and skills in the field of sporting activities

Sectoral qualifications system is concerned with the qualifications process confined to a specified sector and may exist at national and international level.

Sectoral Qualifications Framework (SQF) is defined as the structures and processes established by a sector for the development and implementation of qualifications, including institutional arrangements, quality assurance, assessment and awarding procedures, skills recognition and other mechanisms that link education and training to the labour market.

Skill is the ability to apply knowledge and use know-how to complete tasks and solve problems. In the EQF, skills are described as cognitive (use of logical, intuitive and creative thinking) and practical (involving manual dexterity and the use of methods, materials, tools and instruments).

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