

# BE LIKE AN ATHLETE BLA

Newsletter # 1  
October 2020

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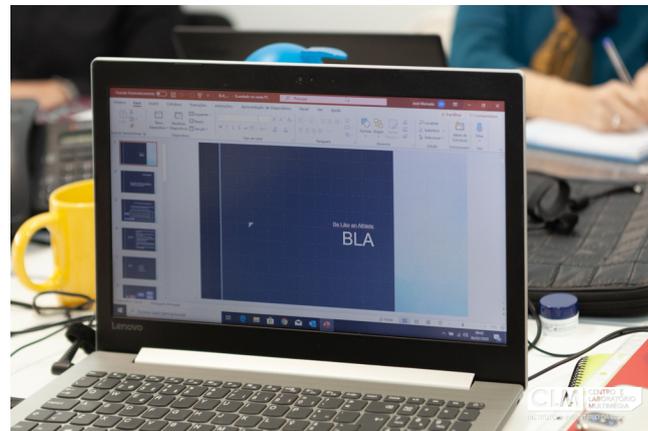
## THE BLA PROJECT

This is the first edition of the Erasmus + BLA - Be Like an Athlete project newsletter. This project combines the objectives of drawing a social-psychological profile of student-athletes involved in dual careers programmes and contributing to the positive development of youth. The project will outline a transnational socio-psychological profile of student-athletes involved in dual career programs. The aim is to improve sport and school results of those involved in dual careers programmes, while enhancing the balance of these two contexts. Simultaneously, through a better understanding of their social-psychological profile, BLA also aims to reduce youth withdraw from sport participation. this will help them to better acknowledge and develop their key personal, social, educational and emotional competencies. Furthermore, this profile will also have impact on those that are not involved in dual careers, improving, for example, their academic results and social competencies/skills. Direct participants are student-athletes from 12 to 18 years of age involved in dual career programmes, as well as non-athlete students.



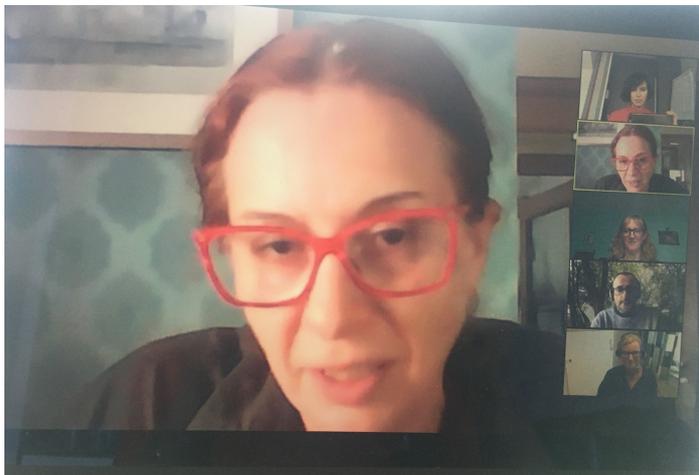
## KICK-OFF MEETING

The project's opening meeting took place between the 6th and 7th of February at the University Institute of Maia, with the presence of all partners. Important decisions were made for the project, namely about the project logo and the idea of opening an international competition to create it. It was also discussed the criteria to be used in the recruitment of student-athletes involved in dual career programs. All partners also commented on the socio-psychological competences they considered to be important and as such to be included in the questionnaire to be developed. The dissemination strategy was also, presented.



Led by Maiêutica - Cooperative of Higher Education C.R.L. (Portugal), the project has a partnership with the University of Limerick (Ireland), the University of Umea (Sweden), the National Council of Professionals in Physical Education and Sport (Portugal), the Consejo General de Colegios Profesionales de la Educación Física y del Deporte (Spain), the Associazione Sportiva Dilettantistica Margherita Sport and Vita Basket (Italy) and the Portuguese Institute of Sport and Youth (Portugal). The BLA project started on the 1st of January 2020 and will run for 30 months.





## LOGO

The contest for the LOGO of the project ended on the 20th of May having been submitted 39 proposals. On June 17, the jury of the contest met and decided to unanimously attribute the victory to Nico Castells' proposal. The jury justified its choice for the creativity, quality and originality in the visual translation of the symbiosis between education and sport that the logo presents. The graphic skills that the logo offers in different uses, scales and media were also highlighted.

## SPPQ- Sociopsychological profile questionnaire

After several meetings between March and June, the academic partners of the BLA - Be Like an Athlete project, completed the first version of the Socio-Psychological Profile Questionnaire (SPPQ) - Output 1. This questionnaire, which is currently translated into the languages of the partner countries involved, will be subject to a validation process in those same countries, which will run until the end of October 2020. After that, we will start collecting data to define the socio-psychological BLA profile.



**BE LIKE AN ATHLETE SURVEY**  
Understanding the socio-psychological profile of student-athletes.

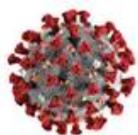
**FAQ** @belikeanathlete

**WHAT IS THE BE LIKE AN ATHLETE SURVEY ?**  
The BLA survey is an Erasmus+ funded project. The project is looking to understand more about the socio-psychological profile of student-athletes.

**WHAT IS A SOCIO-PSYCHOLOGICAL PROFILE ?**  
Personal, social, educational and emotional competencies that help develop student-athletes within sport and school.

**WHAT IS THE CRITERIA ?**  
We are looking for student-athletes over the age of 18 years to take part in our survey.  
AGE 18+

**WHAT DO I NEED TO DO ?**  
• Fill out 1 online survey using a phone/laptop/ipad  
• The survey will take 10-12 minutes to complete



Due the Pandemic of Coronavirus Disease 2019 (COVID-19) the Be Like an Athlete - BLA transnational team (Portugal, Ireland, Spain, Sweden and Italy) worked hard from home, in an attempt to accomplish the activities that could be done.

We developed the Social Psychological Profile Questionnaire (SPPQ) according to the project timeline. However, the SPPQ validation implies the participation of our target group A, 25% of student-athletes from 12 to 18 years old, who stayed at home, until now, fulfilling the recommendations in the various countries.

The execution of the validation was impeded by this situation, which delayed the project implementation, namely the application of the SPPQ (validated) to our target group B, 75% of student-athletes from 12 to 18 years old,

For these reasons, we will request an extension of our timeline.

## SOCIAL NETWORKS AND WEBSITE

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

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

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

### WITH THE SUPPORT OF

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