

BLENDED INTENSIVE PROGRAMME

Physical Exercise and Sport for All: Inclusion, Health and Participation

4 JUNE 2026

30 JUNE 2026

Online

15 - 19 JUNE 2026

On-site: Catania, Italy

3

ECTS CREDITS



*“Exploring barriers, experiences and good
practices in adapted physical activity and sport”*



Co-funded by
the European Union



	NOMINATION	START ONLINE	ON-SITE
	10 MAY	4 JUNE	15 - 19 JUNE

*Your local university may close the deadline earlier.
Please, confirm the dates with your International Relations Office

PRE-REQUISITES

- EUNICE student: Bachelor and Master students.
- Scientific background and interest in Sport and Inclusion.
- Healthcare and Smart Mobility. English B2.

HOW TO APPLY & ENROL

- Incoming students: contact your International Relations Office for application (Erasmus+ funding).
- Each university can select only 2 students + waiting list

Physical Exercise and Sport for All: Inclusion, Health and Participation

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Online Programme

The online component provides the theoretical foundations of inclusion in physical exercise and sport.

Students will explore:

- key concepts of inclusion and diversity,
- physical, social, and psychological benefits of sport for people with disabilities,
- barriers to participation in physical exercise and sport,
- key characteristics of different types of disabilities,
- examples of good practices at national and international levels.

Through videos and case studies, participants will also engage with real-life experiences.

Collaborative activities, including workshops and discussions, will support the development of inclusive physical exercise and sport project ideas.

Presential Programme

The BIP in Catania focuses on practical experience and direct interaction.

The program includes:

- testimonials from people with disabilities and relevant stakeholders,
- group discussions on barriers and opportunities in physical exercise and sport,
- development and presentation of inclusive project proposals with expert feedback,
- practical workshops in adapted sports (e.g. boccia, goalball, adapted athletics),
- a specific workshop on physical exercise for people with type 2 diabetes.

Students will share ideas and debate with feedback from specialists.

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