



SPIRIT



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INTRODUCTION

BY SURESH MANI - LOVELY PROFESSIONAL UNIVERSITY

Chronic non-communicable diseases (NCDs) are becoming a major worldwide health issue, particularly in low- and middle-income nations, and account for 70% of all deaths worldwide. The impact of NCDs is especially noticeable in Southeast Asia, where limited resources have been employed to combat the disease. World Health Organization (WHO) has robust evidence that quantified escalating NCD-related burdens at national and local levels and reported social determinants of health and intra-country inequities. NCDs account for 62 percent of the entire burden of foregone DALYs in India, as well as 53 percent of all fatalities. The out-of-pocket costs associated with the acute and long-term impacts of NCDs are considerable, culminating in catastrophic health costs for families. NCD expenditures accounted for 5.17 percent of household consumption in India, according to a major national survey.

Physical activity at moderate or high-intensity and active sports participation were found to be effective in preventing and treating NCDs such as cardiovascular disease, stroke, diabetic Mellitus and cancers. According to the research published by Statista reveals that almost 10% of Indians are performing exercise less than one hour per week. Another study reported by Puma also explains that 57% of Indians haven't played a single sport even once in the last 12 months. The participation rate of Indians in the sport is less than 2%. In addition, a survey showed just 27.61% of Indonesians are exercising on a regular- basis which is only 28 out of 100 people who participate in physical activities routinely. Therefore, the physical activity and promotion of the community's participation in sport are now one of the main focuses for many nations to address the emerging common serious health concerns.

DTo archive these global threads, the European Commission committed to create the knowledge and skills, particularly assist in designing and creating new curricula for capacity building in higher education and vocational education and training in developing countries. Among, Sport and physical education as a vehicle for Inclusion and Recognition in India, Indonesia, and Sri Lanka / SPIRIT is part of a part of ERASMUS+ program under the KA2 – Cooperation for innovation and the exchange of good practices – Capacity Building in the field of Higher Education. SPIRIT project tries to address two existing problems in the 3 partner countries involved (Sri Lanka, India, and Indonesia). These problem includes the NCDs, emerged huge global health problem and low physical activity among the people in India, Srilanka and Indonesia.

Thus, the project attempts to create an interdisciplinary curriculum on sports management, sports nutrition, and physical education while also providing short courses for professional coaches, trainers, sports clubs, and organizations that want to learn how to use sport and physical education for inclusion. The project will also create SPIRIT student clubs to promote SPIRIT activities across schools and local communities. The main goal of SPIRIT is to create a modular program in Sport, physical education, and Health Sciences in 3 countries of Asia that contribute to increasing the recognition of the fundamental value of sport and physical activity for the individual and society, well beyond competition, as a powerful tool for the promotion of healthy lifestyles and socioeconomic development - putting special emphasis in vulnerable groups, female and students with special needs.

The main goal of SPIRIT is to create a modular program in Sport, physical education, and Health Sciences in 3 countries of Asia that contribute to increasing the recognition of the fundamental value of sport and physical activity for the individual and society, well beyond competition, as a powerful tool for the promotion of healthy lifestyles and socioeconomic development - putting special emphasis in vulnerable groups, female and students with special needs. The specific objectives are:

- To collect the EU and Asian best practices in inclusive practice using sport as a medium.
- To develop a curriculum and training program for teachers that enhances inclusion, diversity, tolerance, and healthy lifestyles, and nutrition.
- To develop LLL programs for trainers, coaches, sports clubs, and local communities.
- To develop guidelines for inclusive universities in India, Indonesia, and Sri Lanka.
- To create sport clubs units within each HEI that promote inclusion through student sport activities and volunteerism.
- To raise awareness of the activities in the project as a model for enhancing inclusive education and healthy lifestyles among local society and students.
- To create local communities of practice and network of sports as a vehicle for inclusive education.



EDITOR'S MESSAGE

BY DAMIEN HANET - EDULAB

Dear readers,

Welcome to this first newsletter! The first of many. The newsletter aim is to give you an overview of the project advancement, notable achievements, events, various contents and news. This document is a shared work from the consortium members of the SPIRIT project.

In this issue you will read a summary of the project advancement of the last six months as well as the objectives for the next six. Articles on our project by the USU team. And to finish some news relevant to our project.

We wish that you circulate this newsletter as widely as possible and don't forget to follow us on our Facebook group <https://www.facebook.com/SPIRITErasmus>

PROJECT UPDATE

BY DAMIEN HANET - EDULAB

Dear readers,

Our first official meeting took place on the 11th Jan of Feb (kick off + signing ceremony). Unfortunately due to the global pandemic we couldn't meet face to face but had to resort to doing these meetings and all the subsequent meetings virtually.

Our first meeting jump started the project and it was closely followed by our second meeting on the 1st and 2nd of February where our bidding partner, LPU, hosted a virtual signature of the partnership agreement. We were delighted to be joined by our Erasmus + desk officer Mr Eugenio.

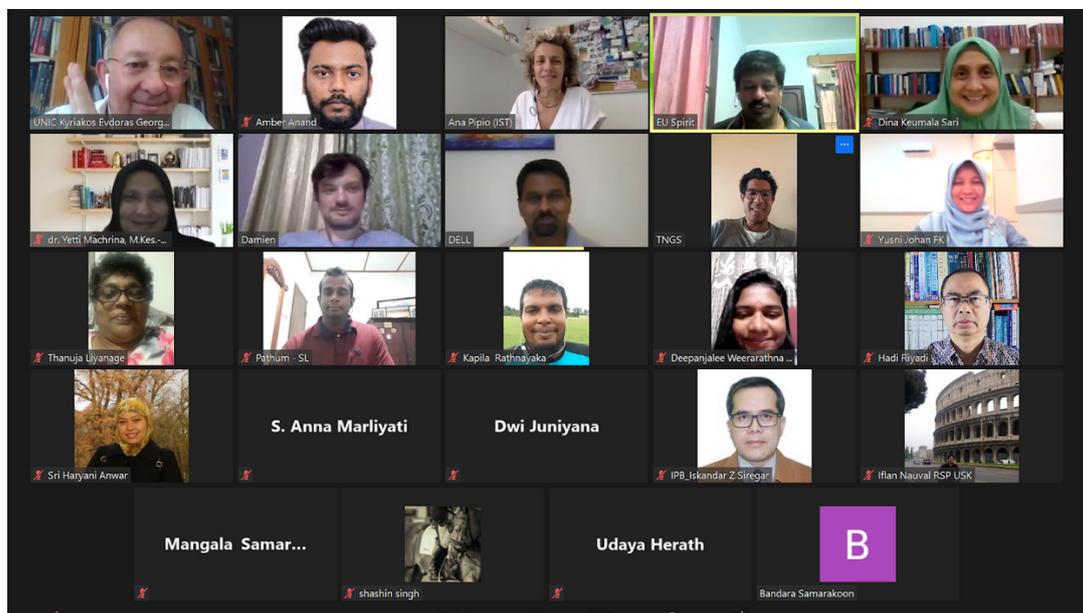
On the 12th of March we had our first progress and planning meeting for the virtual study visit to Europe. Subsequently, on the 17 and 26 of March we had a “virtual” tour of UNIC and UPV and on the 8th of April we had it for UL. The aim of the virtual tour is to understand what and how the European partners offer courses in the field of physical activity as well as showing their infrastructure and their project/clubs/activities.



On the 28th of April we held our monthly meeting where we discussed the study visits as well as the progress on the rest of the WP1. We talked about the internal and external quality and the social media and website strategies of WP5

On the 28th of May we held the meeting where we discussed the end of WP1 (preparation), the content and schedule for WP2 (teacher training and content development), the finalisation of the selection of the external evaluator and the roadmap for WP5.3 (creation of the sports club)

So in less than six months we managed to cover the WP1 (preparation), prepare the work of WP2 (teacher training and development). On-going work of WP4 (internal and external quality framework), WP 5 (dissemination, website, social media and student sport clubs), WP 6 (management, organisation of the project, meeting schedule).



THEY ARE TALKING ABOUT US

BY NENNI DWI APRIANTI LUBIS, DINA KEUMALA SARI, YETTY MACHRINA -
UNIVERSITAS SUMATERA UTARA

The SPIRIT project is based on the premise that a healthy mind and a healthy body are essential for the wellbeing of the people and that the most appropriate time to start building them is at a young age. This is the reason the project aims to develop academic programs and train teachers and coaches in physical education, sport science and nutrition who will join schools and clubs and put this new framework into action.

SPIRIT focuses on three critical issues for Asia and for Asian Universities including Universitas Sumatera Utara (USU), Institut Pertanian Bogor (IPB), dan Universitas Syiah Kuala (USK). This SPIRIT project focusing in (a) academic programs in the areas of physical education, nutrition and sport science (b) programs to combat the growing chronic noncommunicable diseases (NCDs) that have emerged as a huge global health problem in low- and middle-income countries and (c) provide for social inclusion in sports for people and groups of people who are excluded because of age, gender, social status, religion beliefs, sexual preferences, physical condition and abilities.

The main goal of WP1: Analysis and Design of Programs in Sport Sciences and Physical Education for Inclusive Universities is to lay down the foundations for the project in terms of the assessment needs of the Asian High Education Institutions (HEIs). As some of them have limited experience in curriculum development through CBHE projects, workshops on competence-based curriculum and Bologna principles will be organized. This activity supported by European HEIs including The University of Nicosia (Cyprus), Universitat Politècnica De Valencia (Spain), and Universidade De Lisboa (Portugal).

Universitas Sumatera Utara (USU) also participated in the development of this project, including the Faculty of Medicine, Faculty of Public Health, Faculty of Nursing, Faculty of Psychology, and Faculty of Engineering seeking to develop sports and nutrition education curricula. The development of this curriculum is to prevent non-communicable diseases by increasing physical activity and proper nutrition so that the entire academic community understands the importance of increasing physical activity. The aim of this project is also to disseminate in the community so that there can be better behavior changes in increasing physical activity and improving nutrition so as to create a community that is free from non-communicable diseases. Of course, the end result is to create a society, especially the young generation, who are healthy and of high quality. Results will help to identify gaps in terms of learning outcomes and what kind of trainings and course materials are needed to be developed in WP2: Curricula Development and Support of Capacity Building in Sport, Physical Education and Health Sciences and WP3: Development of VLE and Online Courses. The analysis of existing programs will also serve to define what kind of short courses are interesting for sport clubs and sport associations.



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