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# Message from the Project Manager

BY SURESH MANI – LOVELY PROFESSIONAL UNIVERSITY

Non-communicable diseases (NCDs) are a major cause of death and disability throughout the world. Research has shown that physical activity, such as sport, can help in the prevention and management of NCDs. It is estimated that regular physical activity can reduce the risk of premature mortality by up to 30%, and it is important to emphasize the role of sport in reducing this risk. Not only can regular sport reduce one's risk of developing an NCD, but it can also help manage existing conditions like hypertension, diabetes, cancer, and obesity. Sport not only helps physically but also mentally; it encourages social interaction and provides a sense of purpose and meaning in life. There are many benefits associated with participating in sport for those who suffer from NCDs or who are at risk for developing them.

Despite the global Covid pandemic, the SPIRIT project was able to achieve its overall objectives. This was due to the hard work, dedication, and resilience of everyone involved in the project. We faced many challenges throughout the year, including restrictions on travel and face-to-face meetings, but this did not prevent us from working together to make sure that we achieved our goals. Through creative problem-solving and adapting our methods, we were able to make sure that implementation of objectives went ahead as planned.

We would like to extend our congratulations to all the partners for their successful planning and implementation of events in their respective countries. Through these efforts, the partners were able to meet the overall objectives that were set out to accomplish. These events showcased their dedication, hard work, and commitment to achieving the desired results under the SPIRIT project. It is through such collective efforts that we are successfully able to create a successful implementation of various tasks under the SPIRIT project. With this mindset and determination, we can push ourselves to go further than ever before and achieve anything we set our minds to.

The sky is indeed the limit!



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# Esport – The Novel Inclusive Sport

BY DAMIEN HANET - EDULAB

In the recent years, esport has developed itself in being one of the fastest growing segments of sport. Coming from the biggest, in terms of sales and income, cultural expression form, esport has a wide base of initiated fans. It is attracting big companies, and not only tech, and huge funding for their sponsoring of tournament and teams.

Esport, unlike a most other sports, was not completely disrupted by the COVID pandemic. Of course, teams couldn't face off each other on stage and/or in front of a public. But due to its nature it still took place and viewers flocked to online streaming platforms to watch their favourite players, teams and games.

Is esport really sport? The question was asked about a myriad of other officially recognised sport: chess, golf, formula one, horse riding, and so on. The Oxford Languages defines sport as: "an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment." Esport ticks all boxes: physical activity, mainly stemming from intense concentration for lengthy period of times; skill where decision making, timing, reflex, coordination, acute knowledge of game are needed to gain an advantage; competing solo or in teams against other; for entertainment. According to the online magazine Lineups in their article "Biggest eSports Live Events in History" of Tristian de la Navarre from 4th of June 2020, the 2015 world championship of League of Legends had 36 000 000 online viewers. The 2017 Crossfire world championship had 37 000 000 online viewers. The league of legends 2016 world championship with 43 000 000 online viewers. The Intel Extreme Master of 2017 which shows a combination of games (Counter strike: go, League of Legends and Starcraft II) had 46 000 000 online viewers. The 2018 mid-season League of Legends invitational had 60 000 000 of online viewers. Compared to a more traditional sporting event such as the 2019 Superbowl who had 98 200 000 unique viewers. It is a clearly gaining steam and followers.

## Esport and Women

Esport, in its majority, does not bar genders from participating in official competitions. The professional players in major games are predominantly male to an overwhelming degree. Female participation has always been present be it in broadcasting, tournament side (organisation, refereeing, admin, etc) or team side (owners, analytics, coaching, admin, creative, etc).

More is expected to have women as players. Rolemodels such as Scarlett a pro player of Starcraft II, Mystik a Halo and Dead or Alive 4 pro player, HaganeNoTema Attack on titan and brawlhalla pro or Ricky O a specialist in fighting games. Certain teams have started women talent development to provide environment for players to develop their skills and join either academy or main teams in professional events.

Of course, a general transition in the gaming community has to be done. The generally toxic and abusive communities of online competitive gaming are pointed has one of the biggest hindrances to women developing their skills in gaming. Most games have put in place anti abusing, swearing and defamation protocols with severe banning (forbidden to play the game), these problems are still very present.



# Esport – The Novel Inclusive Sport

BY DAMIEN HANET - EDULAB

## Esport and disability

This is where esport is basically doing better than main stream sport. Differently abled have their own version of each sport, while in esport there are (in some cases) part of the general roster. League of legends pro players like the French Toucouille (suffering from brittle bone disease) or the American Brokylegs a pro player in street fighter (playing without hand or legs but whit his tongue).

The hardware builders and games have also come together with experts to create adapted gamepads, joysticks, control pads for differently abled players which will enable more people to be part of the community.

For people with mental disorders, the access to gaming is a little more difficult. Photosensitivity, complex and fast paced online gaming is difficult for some. Although, it does come in handy for those suffering with Asperger or autism as the AANE.org article “How Video Games Benefit Students With Special Needs” by Hilary Smith relates. It helps them socialise due to the less threatening and topic focus discussion, allowing them to make mistakes as everyone in the game which teaches them that is ok not to be perfect, flexibility in gaming environment changes a lot whether be it maps or champions, style of play or objectives it gets them used to change.

In all, esport has an opportunity to develop itself in an epitome of inclusivity be it gender wise or with people with disabilities. It is important tough to create safer space for women and pursue the development with inclusiveness in mind be it in the game conception or control conception. Most games, game developer label, tournament organisers appear to have seen the signs and are taking measure but as always more can and should be done.



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# Project Update

## Bharati Vidyapeeth University

Bharati Vidyapeeth (Deemed to be) University giving sincere thanks to the European Commission for giving a fortunate opportunity by signing an MOU with European Union SPIRIT partners which end at the capacity begin in the field of sport, physiotherapy & physical education through the research & community development, the project is given to a consortium of 12 universities to research course education in India, Indonesia & Sri Lanka under Erasmus+ project. We happy to mention that we are one of that 12 universities.

The SPIRIT project it 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 young age.

The main goal of the project is create a modular program in Sport and Health Sciences in 3 countries of Asia (India, Indonesia, Sri Lanka) that contribute to increase the recognition of the fundamental value of sport and physical activity for the individual society, well beyond competition, as a powerful tool for the promotion of healthy lifestyles and socioeconomic development – putting special emphasis to female and disable population.

The specific objectives of the project would be comprised in 6 work packages (WPs):

- 1) To share best practices and produce comparative report that serves as roadmap for WP2 – WP 1 preparation.
- 2) To produce modular courses for sport and health sciences that contribute to inclusive education in beneficiary countries – WP2 Development of teaching material
- 3) To provide students with transversal and soft skills that facilitate inclusive classrooms through workshops, teaching and learning material – WP 3 Development of learning capacities.
- 4) To elaborate lifelong learning modules(online) to be used in train-the-trainer workshops and seminars
- 5) To establish volunteering student clubs that organize inclusive sport events as main outreach strategy and a network of them WP 3 outreach and dissemination WP 5 relates to Quality Assurance WP 4 and WP 6 to project management.

Bharati Vidyapeeth (Deemed to be) University along with team SPIRIT organized event to enhance the collective wisdom shared during the panel discussion under WP 5 to raise awareness of benefits of sport and healthy lifestyle on January 22, 2022. The event was conducted online via Zoom and live telecasted on YouTube. It will be a strong platform for focusing on the importance and implementation in relation with Sport and Health Sciences. This event is profusely co-funded by the Erasmus+ Programme of the European Union, to reinforce the resolute goal.

# Project Update

## Bharati Vidyapeeth University

We believe, 'Our health is the nation's wealth', Sport is a major contributor to economic and social development. "Physical education" is the traditional taxonomy used to represent the educational discipline.

Since the onset of COVID-19 pandemic, the world has suddenly been disrupted from many regular aspects of life including sports and physical activities. The physical and mental growth of the emerging generation is at stake. A modifiable risk factor for many diseases is physical inactivity. At all stages of life, physical activity plays an essential role in the prevention of non-communicable diseases. Participation in sport and recreation can foster greater social and community cohesion and benefits, for the national and local economies. The decrease in physical inactivity may lead to noncommunicable diseases. Hence, we chose the apt discussion theme was "Sports and Physical Activity is a Medicine for Non-Communicable Diseases"

Purpose of the theme, knowledge sharing, success stories and good practices, identification of particular areas of concern and main challenges, and suggesting way to move forward in terms of action.

It was organized for understanding of physical activity and participation in physical activity as a preventive measure against different non communicable diseases. Different experts in sports and nutrition were invited as panelist for this event.

Hon'ble Vice Chancellor, Prof. Dr. Manikrao Salunkhe, BVDU was inaugurated the program and gave the opening speech, and Prof. Dr. S. F. Patil, Executive Director, International Affairs, Research and Training, BVDU was Keynote Speaker for the event.

The panel discussion divided in 2 panels, the First Panel Discussion was on 'Role of Sports, Nutrition and Exercise in Non-Communicable Disease', were Keynote Speaker, Prof. Dr. Kirti Mahajan, Project Head & Director, International Relation, BVDU, and panelist are Lieutenant Colonel (Dr.) S. Srinivasa Rao, Indian Army, International Weight Lifting Coach, Dr. Geetanjali Bhide, Secretary of Association of Sports, Nutrition and Fitness Sciences, Sports and Fitness Nutritionist, Dr. Sachin Lakade, Cardiologist and Dr. Netaji Jadhav, Director of Sports & Physical Education, BVDU.

Panelist discussed on topics like role of Non-Communicable Diseases in our life, how physical inactivity responsible for non-communicable diseases, role of sport and exercise in daily life, importance of Nutrition, relation between Sports, Exercise & Nutrition, best practices and policies to be implemented to avoid Non-Communicable Disease. And the Second Panel Discussion was on 'Inclusion of Physical Literacy and Physical Education in School and College Curriculum', were Keynote Speaker Mr. Pullela Gopichand, Former Indian Badminton Player, Currently Chief National Coach for the Indian National Badminton Teams, and panelist are Mr. Nigel Green, Chair International Physical Literacy Association and Vice Chair of North Western

# Project Update

## Bharati Vidyapeeth University

Countries Physical Education Association, currently Physical Education and Physical Literacy

Consultant having been a Senior Lecturer in Physical Education at Liverpool, John Moores University, Mr. K. K. Sahu, Director for Open & distance learning and Director – IQAC, Laxmibai National Institute of Physical Education, Gwalior, Mr. Amit Malik, Head of Sports Social Impact Initiatives Abhinav Bindra Foundation and Ambassador for International Physical Literacy Association (IPLA), Panelist, Mr. Ashish Rawat, Facilitator/Head of Physical Education, Leading a team of Physical Education & Sports Experts at the Heritage School, Rohini, Advocating Physical Literacy Curriculum and Moderator, Dr. Gaurav Pant, Assistant Professor, College of Physical Education, BVDU.

Panelist discussed about inclusion of Physical Literacy and Physical Education in daily lifestyle, need of Physical Literacy in Indian Education system and society, lacunas in today's education system pertaining to sports, current practices and gaps in Physical Education & Sports in School/University Teaching with reference to Physical Education, how to overcome those gaps, corrective steps for inclusion of Physical Literacy and Physical Education in the School/College curriculum, best practices and policies to be implemented.

Partner Universities University of Nicosia (Cyprus), Universitat Politcnica De Valencia (Spain), Universidade De Lisboa (Portugal), Universitas Sumatera Utara (Indonesia), Lovely Professional University (India), Bangalore Educational trust (ISBR) (India), Educational Exchange Private Limited, Institut Pertanian Bogor (Indonesia), University Of Peradeniya (Sri Lanka), Sabaragamuwa University of Sri Lanka, Syiah kuala University (Indonesia) also participated in this event.

In view of the above, the event of panel-discussion was not only enrich the knowledge but also have an efficacious impact on the audience, student and common man, the beneficiary would be the society in total.





# Project Update

## Sabaragamuwa University

The Erasmus Team of the Sabaragamuwa University of Sri Lanka developed the two new courses under work package 2- Curricula development and support of capacity building in sport, physical education, and health sciences and work package 03- development of VLE and online courses.

Developing the modern curricula in sport and health sciences and physical education was based on the three areas; sports management, physical education/ exercise sciences, and nutrition. Sports and Physical Education are integral parts of the human education process by developing competencies related to Skill and Knowledge, thinking, decision making, expression, attitude to learning, humanity, and It provides a healthy lifestyle. At present, there is a lack of learning opportunities for Physical Education (PE) teachers, coaches, and trainers of many sports in Sri Lanka. They are struggling to achieve their higher education qualification.

Therefore, the Erasmus team together with the Department of Sports Sciences and Physical Education(DSSPE) has come out with a concept of developing new courses in sports coaching aiming to train/educate an efficient PE teacher, sports coaches, trainers, physical training instructors, and school leavers who are actively engaged and interested in the field and conducting sports events related to physical training and sports. The two courses are;

- **Advanced Certificate Course in Physical Education and Sports Coaching.- AdvCert(PESC)**
- **Higher Diploma in Physical Education and Sports Coaching-HDip(PESC)**

By learning about Physical Education and Sports Coaching, people can enhance their physical education knowledge as well as they can enhance their knowledge of sports coaching skills. This course is designed as an advanced certificate course for professionals in the field who have not met the entry qualification for higher Sri Lanka Qualification Frame (SLQF) requirements.

At present, the first installment of these two courses was done (call the application August 2021) and called the application for the second installment in March 2022.



# Project Update

## Sabaragamuwa University

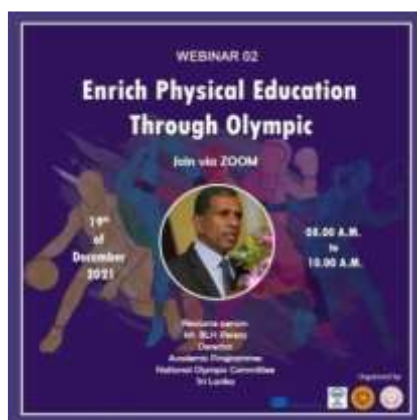
Work package 05 includes the organization of dissemination activities and events necessary to give visibility to the project and it will be achieved via multiplier events sharing project results with other key stakeholders and non-partner HEIs. As a result, the SPIRIT+ Erasmus project in the Sabaragamuwa University of Sri Lanka together with Peradeniya University organized the webinar series on 12.12.2021. This event aimed to improve the importance of the high-quality provision of inclusive physical activity, physical education, disciplines, knowledge, and sports science in selected areas. We believe that this event offered an excellent opportunity to the students, teachers, coaches who are engaged with sports. They can improve their knowledge and raise awareness of the benefits of sport and a healthy lifestyle.

### WEBINAR ON SPORTS NUTRITION

The project team organized a "Sports nutrition" webinar for school teachers and coaches as the first webinar in this series. T.S.H.Perera; who is an expert in sports nutrition was the keynote speaker of this webinar and it was held on December 12, 2021, from 8 a.m. to 10 a.m.



### WEBINAR ON ENRICH PHYSICAL EDUCATION THROUGH OLYMPIC



As the second webinar in this series, the project team hosted an "Enrich Physical Education through Olympic" webcast for undergraduate students, instructors, and coaches. Prof. B.L.H.Perera, who has been involved in athletics since he was a youngster, served as the webinar's resource person. He is a remarkable individual since few individuals in Sri Lanka participate in sports and pursue education. He is well-known for his motivational talks, kind words, and role as a motivator for students. His vast expertise and knowledge have inspired and driven students on their journey to numerous achievements. The webinar was held on December 19, 2021, from 8 a.m. to 10 a.m.

# Project Update

## Sabaragamuwa University

### PHYSICAL EDUCATION, SPORTS COACHING AND RESPONSIBILITIES



The project team organized a " Physical Education, Sports Coaching and Responsibilities " webinar for students, instructors, school teachers, and coaches as the third webinar in this series. Mr. V. Upali Amarathunga; deputy director of education, Sports branch, Ministry of education, Sri Lanka was the keynote speaker of this webinar and it was held on January 02, 2022, from 8 a.m. to 10 a.m.

### COMMUNITY SPORTS – BASEBALL V

As the fourth webinar in this series, the project team hosted a " Community Sports - Baseball V " webcast for undergraduate students, instructors, and coaches. Mr. Sujeewa Wijenayaka, who is the Technical Operational Manager of the Baseball & Softball Tokyo Olympic organizing committee was the resource person of this webinar. It was held on 06th of March 2022, from 08.00 a.m. to 10.00 a.m. via zoom video conferencing. It offered an excellent opportunity to the students, teachers, coaches who are engaged with sports to improve their knowledge and raise awareness of the benefits of sport and a healthy lifestyle.



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# Project Update

## University of Peradeniya

### DISCUSSION OF FUTURE ACTIVITIES

Two members from Erasmus + projects, the External Evaluator of the SPIRIT project Dr. Carlos Machado and Mr. Kyriakos from UNIC have visited University of Peradeniya on 7th of February and we had a very fruitful discussion about the project at the Dean's Office, Faculty of Arts. In this meeting, what we had done and the future plans were discussed in detail. The Dean, Faculty of Arts Dr. Prabath Ekanayake, Project Manager, Dr. Walter Senevirathna and some of the Project members were participated in this meeting. Ms. T. Liyanage and Ms H. Perera from the Sabaragamuwa University were invited to this occasion.









# Project Update

## ISBR Business School

ISBR Business School initiated an event called Video Pitch in December 2021. The objective of the event was to bring awareness about the SPIRIT project. The theme of the event was “Strategies to Prevent Non-Communicable Diseases in India” Posters were shared on all social media and the deadline to upload video was 18th January 2022. Individuals are supposed to create/ shoot videos related to the topic and upload on their social media page along with tagging SPIRIT and other partners. We had 13 respondents with only 3 being relevant to the topic. Two best videos were given certificates of Excellence and others received Certificate of Participation.



The poster for the SPIRIT Video Pitch event features the ISBR Business School logo and the SPIRIT logo, which is co-funded by the Erasmus Programme of the European Union. The main title is "SPIRIT Video Pitch" with an upload deadline of January 18, 2022. The central theme is "Strategies to prevent NON-COMMUNICABLE DISEASES in India". It includes instructions to upload a 3-minute video on social media, tag @SPIRITerasmus & ISBR, and use specific social media handles for Facebook, Instagram, Twitter, and LinkedIn. A central graphic shows a circular arrangement of icons representing various health and lifestyle factors. The poster also lists hashtags to be added, a registration link, and contact information for Ms. Shashin Singh and Dr. Shwetal Mahendhar. At the bottom, logos of partner institutions like Edulab and University of Nicosia are displayed.

# Project Update

## IPB University

IPB University team has been developing existing curriculums both in postgraduate and undergraduate programs. The curriculum developed under the postgraduate program is the Sport Nutrition course, and this course is done in the second semester of the program. The main learning outcome of the curriculum is to understand the role of nutrition to achieve optimum fitness beyond health not only for athletes but also for people in general, specifically by understanding: 1) the concept of fitness; 2) fitness physiology and fitness measurement (body composition); 3) energy balance and weight management; 4) nutrition for fitness; 5) nutrition for physical performance; 6) exercise and optimal health; and 7) nutrition for sport fitness.

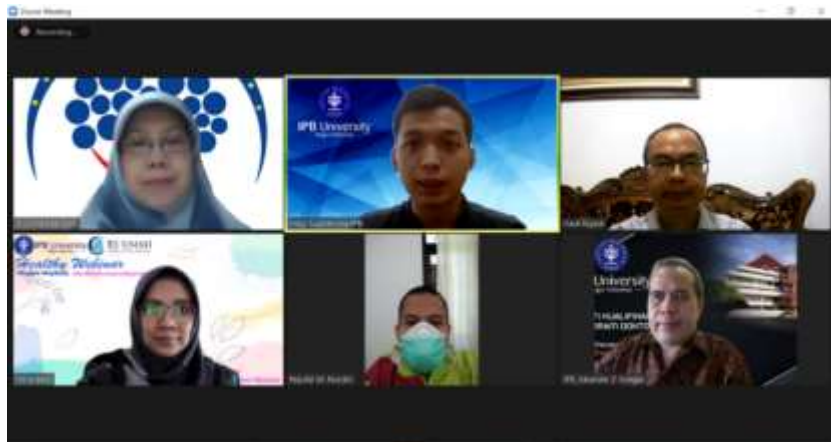
The Sport Nutrition course is also developed under the undergraduate program. The main difference is laying under the subjects learned to achieve the main learning outcome, which is by understanding: 1) the concept and transfer of energy (including the measurement of energy expenditure); 2) pulmonary system; 3) cardiovascular system; 4) muscular system and bones for sports; 5) physical fitness and its measurement; 6) nutritional strategies for optimal sports performance; and 7) nutrition for specific sports.

The second course is developed under the undergraduate program is the IPB Sport, which is done on the first and second semester, when students are still in the General Competency Education Program. The main learning outcome is to make students understand the importance of sports and apply sports in their daily lives.



# Project Update

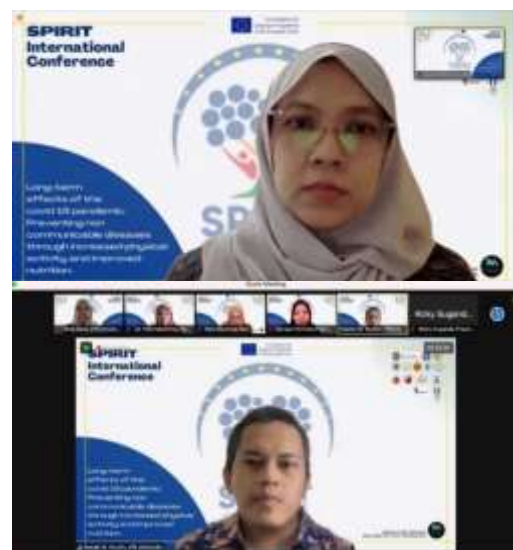
## IPB University



IPB University also participated in Survey and Report with Recommendation for Implementation of SPIRIT Work Package (WP 1.3) coordinated by Prof. Dina Keumala Sari from Universitas Sumatera Utara (USU). IPB University contributed to the WP by distributing needs assessment questionnaire to sport nutrition communities around West Java and Jakarta area. This activity was done around May to June 2021.

In order to develop the existing courses, IPB University is planning to procure equipment with support from the Erasmus+ SPIRIT project. The equipment proposed by IPB university are: 1) treadmill track; 2) indirect calorimeter; 3) strength multigym; 4) heart rate sensor; and 5) sit & reach test. All equipment proposed is needed to modernize the existed sport nutrition lab so that students can better understand the subjects they are learning by conducting hands-on experiments.

Other than developing courses, IPB University team also participated in the first SPIRIT International Conference hosted by Universitas Sumatera Utara (USU), in collaboration with two other universities from Indonesia which are IPB University and Universitas Syah Kuala (USK). IPB University delegated Dr. Mira Dewi as one of the speakers at the plenary session on the second day of the conference (October 9th, 2021). Dr. Mira Dewi delivered a presentation about "Nutritional Strategy to Improve Body's defense against Covid-19" which is relevant to the situation we are dealing with globally. IPB University team also delegated Dr. Naufal M. Nurdin as the moderator for the second plenary session on the same day.



# Project Update

## Universitas Sumatera Utara (USU)

### THE ERASMUS SPIRIT PROJECT STARTED COOPERATION WITH THE ACTIVITIES OF THE DEVELOPMENT OF SPORTS AND NUTRITION CURRICULUM IN THREE ASIA COUNTRIES WITH THREE EUROPEAN COUNTRIES

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), and Universitas Syah 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 support by European HEIs including The University of Nicosia (Cyprus), Universitat Politècnica De Valencia (Spain), and Universidade De Lisboa (Portugal).



# Project Update

## Universitas Sumatera Utara (USU)

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.

### **VIRTUAL STUDY VISITS TO THREE EUROPEAN COUNTRIES IN THE DEVELOPMENT OF SPORTS AND NUTRITION EDUCATION CURRICULUM GIVING INPUT IN THE DEVELOPMENT OF SPORTS AND NUTRITION EDUCATION CURRICULUM**

In Work Package 1.2, a study visit to Europe has been carried out in March and April 2021. This activity was initially carried out offline but due to the Covid-19 pandemic, it was carried out online, as 'Virtual Study Visits'. For this reason, all activities use online applications, both city and university visits. the purpose of this WP1.2 is to visit universities in Europe, in order to get a new perspective on sports education, especially for Inclusive SPIRIT Asian Universities.

This activity contains program comparisons, observing sports education practices arranged in a consensus-based Bologna curriculum. This activity went smoothly and successfully, with a large number of participants. Here participating Asian countries can see various types of curriculum applied in European countries. Countries in Asia see different types of curriculum and learning techniques applied. The University of Nicosia, Universitat Politècnica De Valencia, and the Universidade De Lisboa showed the curriculum applied. The University of Nicosia emphasizes not on sports education but also on sports nutrition, also as seen in the diversity of existing techniques and laboratories supported by appropriate equipment. The Polytechnic University of Valencia shows excellence in the field of Sport Management and innovation. In addition, clubs for cultural sports and special needs are also featured. The University of Lisbon demonstrates excellence in sports education, training techniques and formed sports clubs. Sport club performed in all these European universities including vulnerable groups, female and students with special needs.



# Project Update

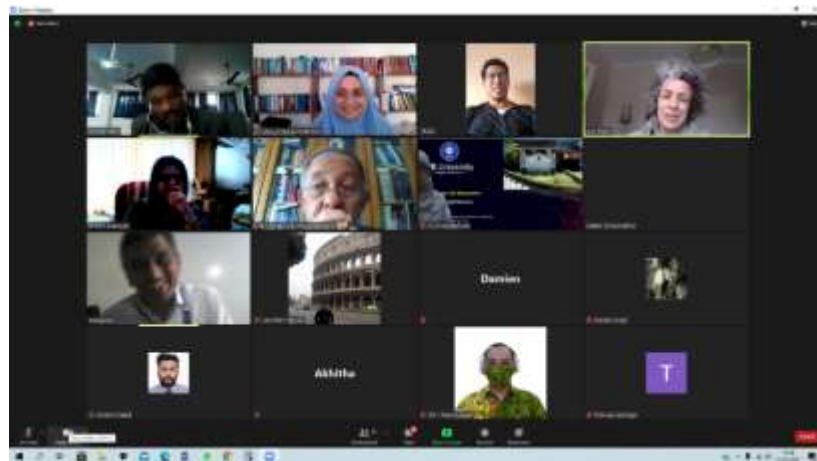
## Universitas Sumatera Utara (USU)

Universitas Sumatera Utara (USU) together with the Bogor Agricultural Institute (IPB), Syah Kuala University (USK) received new input and views on the curriculum in Europe. There are so many topics about sports education that support development and teaching methods, so this can be applied at USU later.



The output of this task were to created and piloted modular courses following Bologna standards to enhance inclusion, diversity, and healthy lifestyles through sport and nutrition. At the end of this activity, the inclusive Asian Universities can improved teaching competencies, updated teaching, and comprehensive curriculum. For the next program, enter WP 1.3, an activity that obtains as much information as possible about the need for university graduates who understand the importance of exercise and nutrition.

### THE ERASMUS SPIRIT PROJECT DISTRIBUTED A QUESTIONNAIRE ON THE IMPORTANCE OF DEVELOPING SPORT AND NUTRITION CURRICULUM IN THREE ASIAN COUNTRIES



In the next stage, following up on the signing of a collaboration with Erasmus in the Sport and Physical Education as A Vehicle for Inclusion and Recognition in India, Indonesia, and Sri Langka (Erasmus + SPIRIT) project in February, the University of North Sumatra was honored to be the coordinator in the Work phase. Package 1.3: Survey and Report with Recommendation for Implementation of SPIRIT Work Package (WP 1.3).

According to Prof.Dr.dr.Dina Keumala Sari, MGizi., SpGK as the coordinator, WP 1.3 aims to provide recommendations in the preparation of sports and nutrition education curricula that

# Project Update

## Universitas Sumatera Utara (USU)

meet the needs of policy makers and the community. WP 1.3 lasts for 15 weeks where filling out the questionnaire is carried out from May to June 2021 which is held online using Google forms which are distributed via WhatsApp and email applications. A total of 43 sports clubs, 13 fitness centers and 11 sports and nutrition institutions spread across India, Indonesia and Sri Lanka participated in filling out this WP 1.3 questionnaire.

This questionnaire contains the need for the importance of sports education and sports nutrition, the role of sport in reducing non-communicable diseases, knowledge and attitudes about the importance of the curriculum developed to produce graduates who understand sports education and sports nutrition.

Furthermore, this program will be developed with capacity building trainings on sports and nutrition education. This training activity will be guided directly by resource persons from European partners, namely The University of Nicosia (Cyprus), Universitat Politècnica De Valencia (Spain), and Universidade De Lisboa (Portugal).

### **THE SPIRIT INTERNATIONAL CONFERENCE DONE ON OCTOBER 8-9<sup>TH</sup>, 2021: GIVE A NEW PERSPECTIVE TO PHYSICAL ACTIVITY AND NUTRITION**

Universitas Sumatera Utara was proud to be able to host SPIRIT International Conference as a virtual conference. Indonesia joined three university which are Universitas Sumatera Utara, Institut Pertanian Bogor, and Universitas Syah Kuala to held this conference.

This was a conference that held for the first as disseminate SPIRIT Project, co-funded by Erasmus plus programme of The European Union. SPIRIT is a team project that has a title: **Sport and Physical education as a vehicle for Inclusion and Recognition in India, Indonesia and Sri Lanka (SPIRIT).**

Sport and physical education is now being developed in the Asian Universities based on the need to prevent Non-Communicable Diseases. The recent global crisis in sports and nutrition education has become a very important topic, especially education at a young age. Sports and Nutrition Education in the educational curriculum structure of some institutions are not the main focus, especially with the COVID-19 pandemic. That is currently being experienced throughout the world, so based on this problem, this is the time to disseminate about the importance of sport, physical education, and nutrition to prevent non communicable diseases to all academic world and society.

In this SPIRIT International conference, joined 16 speakers from 7 countries, 31 oral presenters, and more than 100 participants. This also had cooperation with journal publisher that willing to publish selected papers which were Indonesia Biomedical Journal (indexes by Scopus), Journal Gizi dan Pangan (indexes by Sinta 2) and Jurnal Media Ilmu Keolahragaan Indonesia (indexes by Sinta 4).

# Project Update

## Universitas Sumatera Utara (USU)

This conference had cooperation with sport and nutrition which were Perhimpunan Dokter Gizi Medik Indonesia (PDGMI) and Perhimpunan Ahli Ilmu Faal Olahraga Indonesia (PAIFORI).

LINK SPIRIT INTERNATIONAL CONFERENCE WEBSITE:

<https://ocs.usu.ac.id/SIC/SIC2021>

Link you tube day 1:

[\(15\) SPIRIT International Conference 2021 Day 1 - YouTube](#)

Link youtube day 2:

[\(15\) SPIRIT International Conference 2021 Day 2 - YouTube](#)

**FINAL ANNOUNCEMENT**  
**SPIRIT International Conference**

Co-funded by the Erasmus+ Programme of the European Union

Scopus®

Long-term effects of the covid-19 pandemics: Preventing non-communicable diseases through increased physical activity and improved nutrition.

October 8<sup>th</sup> - 9<sup>th</sup>, 2021  
9 AM - 5 PM WIB, Indonesia Timur

Conference will be conducted via Zoom

**Keynote Speaker :**

**OPENING REMARKS**  
Dr. Muryanto Amin, S.Sos., M.Si  
(Rector of Universitas Sumatera Utara)

**SPECIAL GUEST**  
Nicolas Vermeit  
(Physiotherapist & Marathon Runner)

**Speakers:**

- Kyriakos E. Georgiou, University of Nicosia
- Ivan Salazar, Universitat Politècnica De Valencia
- Prof. Dr. dr. Dina Kusuma Sari, M.Diet., Sp.GK, Universitas Sumatera Utara
- Dr. dr. Mira Dewi, MBI, Institut Pertanian Bogor
- Dr. dr. Yety Macharia, M.Kin., APOK, ISAKLP, Universitas Sumatera Utara
- Prof. Dr. Hidir Setyan, Universitas Syiah Kuala
- R. Rizky Sugenta Prowoolaga, dr., M.Kin., Ph.D, PP PDGM
- Dr. Fadhil Harisah, Changi General Hospital
- Prof. Dr. Noorazli Muhamad (PhD), Universiti Kuala Lumpur, Royal College of Medicine Perak
- Dr. Sunesh Mani, Department of Physiotherapy, Lovely Professional University
- Dr. Raghuram V. MD, Trichy SRM Medical College Hospital & Research
- Prof. Dr. Kirti Mahajan, Bharati Vidyapeeth Deemed University, Pune
- Prof. Dr. Ganesh Parat, Bharati Vidyapeeth Deemed University, Pune
- Ms. T.S. Harshani Perera, Sabaragamuwa University of Sri Lanka
- Ms. T.P. Liyanage, Sabaragamuwa University of Sri Lanka
- Dr. Asela J B Srinivasake, University of Peradeniya - Peradeniya - Sri Lanka (Faculty of Medicine)

**Physical Activity & Sport**

- Long term effect of Covid-19 related to sport, physical activity and nutrition intake
- Physical activity in Pandemic era its relationship with NCDs
- How to achieve good performance of Athlete in Pandemic Era
- Sport Management to improve the sport quality

**Nutrition in Sport**

- The importance of Nutrition in Sport to achieve Maximum Performance of athletes
- Nutrogenesis in sport
- Impact of Nutrition in Covid-19 pandemic

**General Health & Nutrition**

**Registration Fee**

Attendance - Free  
Oral Presentation - 100,000 IDR  
The Publication Fee Will Be Informed Later

**Registration Dates**

- September 23rd, 2021: Abstract and full paper submission deadline
- September 28th, 2021: Notification of acceptance
- October 8th-9th, 2021: Conference date

**Important Dates**

**CONTACT US**

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