

TABLE OF ACHIEVED/PLANNED RESULTS

<u>Title and reference number of the work package (WP)</u>	<i>PREPARATION: Analysis and design of programs in sport sciences and physical education for inclusive universities</i> <i>Work Package (WP-1)</i>
<u>Indicators of achievement and or/performance as indicated in the project proposal</u>	Comparison of curricula in inclusive education through Sport and physical activities between Indian and EU HEIs, Study visits to Europe, Survey, and report with recommendations for implementation of SPIRIT curriculum package, and Sharing knowledge platform for curriculum development and elaboration of guidelines for inclusive universities

Activities carried out to date to achieve this result:

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
1.1	Comparison of curricula in inclusive education through Sport and physical activities between Asian and EU HEIs	January 2021	March 2021	Indonesia	Comparison of curricula in inclusive education through Sport and physical activities between Asian and EU HEIs	Comparison of Curricula Report : A report about a comparison of curricula in inclusive education. The report consists of the comparisons, conclusions, offers, and recommendations reflected in the comprehensive framework used for the elaboration of modular courses on sports, physical education, and health sciences in WP2.
1.2	Study visits to Europe	March 2021	April 2021	Indonesia	Virtual study visits to three European Higher Education Institutions were University of Nicosia (UNIC, Cyprus), Universite Politecnica de Valencia (UPV, Spain), and Lisbon (UL-IST, Portugal) will serve to compare programmes, observe best practices in inclusive education through sport and prepare the skeleton of curriculum according to Bologna.	Study Visit Report : A report about virtual study visits to three European Higher Education Institutions. This report consists of how the virtual study visits are done to produce the best practice in inclusive education.

1.3	Survey and report with recommendations for implementation of the SPIRIT curriculum package Sharing knowledge platform for curriculum development and elaboration of guidelines for inclusive universities	April 2021	June 2021	Indonesia	All Asian partners' HEI teams will conduct surveys among 15 sport centers, clubs, and associations to get feedback on expected learning outcomes for students. The curriculum should match the needs of sport centers and society. Survey and report with the defining and outlining demands for SPIRIT ideas in mind, the goal is to reach an understanding of the content of the syllabus.	Survey Report : A report about the survey results with 120 samples. The main conclusions are physical education, knowledge, skills, and competence are important for university graduates especially in physical education, sport science, nutrition, rehabilitation, and capability in communication and lifelong learning forms a necessary part of acquiring critical thinking to create good university-based graduates, especially in sport and nutrition education.
1.4	Sharing knowledge platform for curriculum development and elaboration of guidelines for inclusive universities	June 2021	August 2021	India	Edulab as part of the communication strategy within the consortium will create an internal platform where documentation and course descriptors and syllabi of each partner will be available. Likewise, based on the EU practices observed towards inclusive education for Sport Asian partners will produce guidelines that will be part of institutional documentation for the top managers. They serve as a roadmap to produce more inclusive universities in Asian partners by promoting inclusive practices in sport and physical education.	Final Report : A final report about the guidelines to build a curriculum in inclusive education through sport and prepare the skeleton of the curriculum according to Bologna.

Changes that have occurred in this result since the original proposal:

1. Study visits to Europe that should be face-to-face study visits change into virtual study visits because of the Covid-19 pandemic.
2. All data collection using face-to-face questionnaires changed to google-form online to get the data because of the restrictions Covid-19 pandemic.

Please add as many tables as necessary

<u>Title and reference number of the work package (WP)</u>	<i>WP2: Development of Curriculum and Teacher Training Program</i>
<u>Indicators of achievement and or/performance as indicated in the project proposal</u>	<i>Created and piloted modular courses following Bologna Standards</i>

Activities carried out to date to achieve this result:

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
2.1	Design of training programs with course descriptors	June 2021	September 2021	Online	The training program was designed based on the course descriptor decided by the European partners. The European partners provided the course descriptor to Asian partners to follow in developing the courses.	List of courses selected Courses documentation
2.2	Training of selected teachers in Europe and Asia	October 2021	February 2022	Online	The training of the teachers was done accordingly and divided into three responsible European partners to lead namely UPV, UL, and UNIC. During the Covid-19 Pandemic, the training was done virtually through the zoom meeting platform. The training schedule was designed 2 days in a week and the European expert was taking turns in delivering the theoretical module and workshop activity.	List of virtual training List of teachers trained in virtual TOT
2.2	Training of selected teachers in Europe and Asia	May 9, 2022	May 14, 2022	Valencia, Spain	In this first physical meeting at UPV, the European Partners from UPV and UL delivered the workshop on Event Organization in Sports and Physical Education and Sports in Inclusive Education respectively. The Asian partners attended the training with the prepared questions and challenges found in preparing the courses.	F2F training at UPV (40 participants) Project documentation
2.2	Training of selected teachers in Europe and Asia	June 15, 2022	June 22, 2022	Medan, Indonesia	In the following meeting at USU, the European Partners from UNIC, UL, UPV delivered the workshop on Exercise and Health Disease, Diversity and Teaching Strategies and Innovation and entrepreneurship in sports management respectively.	F2F training at USU (31 participants) Project documentation

					The Asian partners attended the training with the prepared questions and challenges found in preparing the courses.	
2.2	Training of selected teachers in Europe and Asia	July 12, 2022	July 16, 2022	Phagwara, India	In the last meeting at LPU, the European Partners from UL, UPV and UNIC delivered the workshop on Motor Development, Marketing in Sports Management and Sports Nutrition for exercise and performance respectively. The Asian partners attended the training with the prepared questions and challenges found in preparing the courses.	F2F training at LPU (34 participants) Project documentation
2.3	Development of syllabi for selected courses	December 2021	July 2022	Online	The development of syllabi was conducted two months after the online training. The European partners guided the Asian partners to focus on the requested items based on the Bologna Standards. The Asian partners drafted and revised the developed syllabi based on the training and consultation given through online and physical meetings. The Asian partners are now ready with the developed syllabi.	List of modules developed by Asian partner HEI Modules developed by Asian partner HEI

Activities to be carried out to achieve this outcome (before the end of the project)

Activity N°	Activity Title	Start date	End date	Place	Description of the activity to be carried out	Specific and measurable indicators of progress
2.4	Running and piloting modular courses in Asia	February 2023	June 2023	Asian partners universities	Some other Asian partners will run the classes of the developed courses in the coming semester/Spring intake 2023.	Number of students involved Teaching materials developed and made available

Changes that have occurred in this result since the original proposal:

The training of the teachers (task 2.2) was partially done virtually through zoom meeting platform due to restrictions resulting from the Covid-19 Pandemic.

Please add as many tables as necessary

Title and reference number of the work package (WP)	WP3: Development of VLE and online courses
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Indicators of achievement and or/performance as indicated in the project proposal	
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Activities carried out to date to achieve this result:

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
3.1.	Training on VLE by UNIC	March 2021	May 2022	Valencia Spain Online	<p>UNIC has developed the university's Moodle platform an e-learning course on learning and e-learning. The course was demonstrated during the first physical meeting in Valencia in May 2022 (09-14)</p> <p>During the week-long meeting the first 2 days Monday and Tuesday provided the basics of on how to develop online course through lectures, demonstrations, and hands on workshops</p>	<p>Moodle online course up and running.</p> <p>Learning materials available on Moodle</p> <p>https://courses.unic.ac.cy/course/view.php?id=25055</p> <p>Draft course outlines are also available.</p>
3.2.	Development of LLL online courses for sport clubs, associations and local communities	May 2022	Ongoing	Cyprus and Phagwara, Punjab Online	So far, the Moodle learning platform was established and the courses to be developed were initiated and the partners are given access to the platform.	<p>Moodle Platform ready to upload learning material.</p> <p>See list at the next page</p> <p>Users created and trained.</p> <p>UNIC team is ready to assist.</p>

					<p>The partners have developed the course outlines and are currently working on the learning material.</p> <p>The work on course development continued during the meeting in LPU Phagwara, Punjab in 10 – 17 July 2022 with the development of the course outlines for all courses to be developed.</p>	<p>All LLL course outlines are finalized.</p> <p>https://drive.google.com/drive/folders/1T2U9iVitWqA7TuIDXGA6UFGs6IzsDxeH</p>
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Activities to be carried out to achieve this outcome (before the end of the project)

Activity N°	Activity Title	Start date	End date	Place	Description of the activity to be carried out	Specific and measurable indicators of progress
3.2.	Development of LLL online courses for sport clubs, associations and local communities	May 2022	Ongoing	Cyprus		
3.3.	Piloting and running of LLL courses				Not yet planned for the new year.	

Changes that have occurred in this result since the original proposal:

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LLL Courses

No.	University	Leader	Name of the LLL Course
1	ISBR Business School	Dr Sheetal Mahendher	Marketing and Communication for Sports https://courses.unic.ac.cy/course/view.php?id=27421

2	Universitas Sumatera Utara	Dina Keumala Sari	Exercise and Nutrition Management in Cancer https://courses.unic.ac.cy/course/view.php?id=27422
3	Lovely Professional University	Dr. Sunaina Ahuja	Excellence in Managing Fitness and Wellness Center https://courses.unic.ac.cy/course/view.php?id=27423
4	Bharati Vidyapeeth University	Dr Kirti Mahajan	Innovation and Entrepreneurship in Sports Management https://courses.unic.ac.cy/course/view.php?id=27424
5	Universitas Syiah Kuala	Prof. Hizir Sofyan	Sport Technology and Industry https://courses.unic.ac.cy/course/view.php?id=27425
6	IPB University	Sri Anna Marliyati	Nutrition, Exercise and Healthy Lifestyle https://courses.unic.ac.cy/course/view.php?id=27426
7	Sabaragamuwa University of Sri Lanka	Dr. Thanuja Liyanage	Traditional Sport and Out door activities https://courses.unic.ac.cy/course/view.php?id=27427
8	University of Peradeniya	Dr. Walter Senevirathne	Innovative Teaching strategies for Inclusion https://courses.unic.ac.cy/course/view.php?id=27428

Title and reference number of the work package (WP)	WP 4: Quality monitoring and control of SPIRIT
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Indicators of achievement and or/performance as indicated in the project proposal	<ul style="list-style-type: none"> · Topics addressed in evaluation reports encompass all project main topics · Evaluation reports are finished on schedule and have an impact on following project phases and improvements
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Activities carried out to date to achieve this result:

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
4.1	Internal quality control of the project	15-03-21	Ongoing	All Project Partners	<p>WP4 was presented in the first months of the project, during the MoU Signing Ceremony and Meeting With Eu-Spirit Partners (virtual), followed by presentations and discussion of the Quality Control and Monitoring Plan (QCMP) in the Monthly Progress Meeting – March 2021 (virtual) and Project Meeting in Valencia – May 2022.</p> <p>The Quality Control and Monitoring Plan (QCMP) aims to systematically collect, analyse, and use data to answer questions about the effectiveness of the project as well as to provide all details for internal monitoring and checking quality (templates, deadlines, tools etc.) throughout the project. In the context of the current project, quality is described as the degree to which the project fulfils requirements. The elements of quality management identified through this approach are Quality Standards; Quality assurance and Quality control.</p> <p>An Internal Quality Committee (IQC) was established, which will consist of persons nominated by and from the consortium. Several online and F2F meetings of the IQC were organised.</p>	<p>QCMP - Quality Control and Monitoring Plan</p> <p>Presentations: WP4 Quality – Feb 2021 WP4 Quality Plan - Mar 2021 WP4 Quality – May 2022</p> <p>Surveys Reports: Virtual Study Tour Virtual ToT UPV Meeting Valencia USU Meeting Medan LPU Meeting India</p> <p>Project Logs</p> <p>List of IQC meetings</p>
4.2	External Independent monitoring evaluations	15-04-2021	15-06-22 15-12-23	All Project Partners	<p>A tender procedure was conducted for an external independent evaluator. An e-form for the evaluation of bids received for external project evaluation was produced. Two bids were collected and evaluated, and the SC decided on CM Consulting.</p>	<p>Minutes of external evaluator decision</p>

					A written interim evaluation report was submitted, covering the first 14 months (January 2021 until March 2022) of the project's implementation (Report I). The external evaluator also prepared a mid-term evaluation on the verification of learning outcomes on developed curriculum (Report II).	Report I - 1st Interim Evaluation report Report II - verification of learning outcomes on developed curriculum
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Activities to be carried out to achieve this outcome (before the end of the project)

Activity N°	Activity Title	Start date	End date	Place	Description of the activity to be carried out	Specific and measurable indicators of progress
4.1	Internal quality control of the project			All Project Partners	Continued the quality evaluation and monitoring of the project as set out in QCMP, made with the aid of specific documents according to the specificity of the process or deliverable. The process will be conducted by the IQC and each of the partners and co-ordinated by the leader. During the project reports will be produced with suggestions of improvements or corrective measures if necessary. A final quality control report will be produced and its conclusions will be integrated in the Project Final Report. Final report will serve to do an impact analysis of the project.	Public Presentations of evaluation results; Regular Quality Reports Final Quality report.
4.2	External Independent monitoring evaluations	01-08-2022	15-01-24	All Project Partners	<ul style="list-style-type: none"> • A written and oral (face to face or online) interim evaluation report to be submitted, to assess the designed learning outcomes in year 2. • A written and oral (face to face or online) final evaluation report to be submitted by 15 January 2024. 	2 nd Interim Evaluation report Presentation of the 2 nd Interim Evaluation report Final Evaluation report Presentation of the Final Evaluation report
4.3	Quality assurance of modular courses (including student and teacher assessment)	15-06-22	15-07-23	All Project Partners	<p>An assessment of the updated or renewed modular courses will be done through peer review and teacher and student questionnaires before and after the courses.</p> <p>Peer reviews will be conducted by EU experts to the three beneficiary countries before and by the end of the piloting phase of the modular. Three local external experts from health or sport associations will be consulted.</p>	Peer reviews Report Reports on the questionnaires Public Presentation of the results

Changes that have occurred in this result since the original proposal:

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Please add as many tables as necessary

<u>Title and reference number of the work package (WP)</u>	WP5: Dissemination
<u>Indicators of achievement and or/performance as indicated in the project proposal</u>	<p><i>Project website and social media account</i></p> <p><i>Number of visits and like on the page, number of engagements, number of posts, number of reaches</i></p> <p><i>Organizing/participating in at least 3 events nationally or internationally</i></p> <p><i>Creation of one club in each university</i></p> <p><i>Events at sport club</i></p> <p><i>Creation of a portal</i></p>

Activities carried out to date to achieve this result:

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
5.1.	maintenance of project website and social media	M1	Ongoing	Online	<p>Edulab is collaboration with LPU have created the website on the servers of LPU. Due to constraint, it is currently in the process of shifting to Edulab server for Edulab and ease of maintenance.</p> <p>A facebook account has been created. As of now 41 posts relating to the project, the partners involvement, the partners events and on topic news have been posted.</p> <p>A newly created LinkedIn account has been created and the strategy has been planned. The activity on it is still to early for any impact</p>	<p>Website: number of visits</p> <p>Facebook: number of likes to the page, number of posts, number of reach and engagement. The number of likes is not as much as expected (29) although the page has been shared widely to all the consortiums. The number of post is satisfying (41) taking into account the covid which meant a slow start for sport activities. The reach and engagement to our post are quite good in comparison to the likes of the page (3648 reach and 554 engagement)</p>

5.2.	Organisation of promotional material, round tables, SPIRIT days, national and international conferences	M1	Ongoing	Online for now	<p>Due to the pandemic, the partners couldn't host any physical events, and most didn't have the resource to conduct online programme. The first year was a bit slow but saw nonetheless, several activities happening notable in Indonesia and India.</p> <ol style="list-style-type: none"> 1. An international conference was hosted by our partners from USU on October 8 and 9th in 2021. 2. LPU organized a talk on World Physiotherapy Day in September 2021. 3. Our Sri Lankan partners, joined forces to organized a webinar in December 2021. 4. BVP kicked off 2022 with a panel discussion on Sport and Physical Activity. 5. A hybrid webinar/seminar took place in August in 2022. At least 2 more are planned in India and Indonesia. 6. ISBR, Bangalore: video pitch event on Strategies to prevent Non-Communicable diseases in India with last date of submission on 18th January 2022 	<p>Partners have created more than three events per year. Mostly online, due to the pandemic. In 2022, we have seen more hybrid events getting organized.</p> <p>Supporting Documents</p> <ol style="list-style-type: none"> 1. USU Conference 2. LPU Webinars 3. BVP Panel Discussion 4. ISBR international Conference 5. SUSL & Up Webinars
5.3	Creation of SPIRIT student sport clubs and multiplier workshops on volunteerism	M16	Ongoing	Online and on campus	<p>The creation of the club is delayed. This was mainly due to the global sanitary conditions and the delays in purchasing equipment.</p> <p>The WP5 team have created a roadmap to help the partner create their clubs. Some partners managed to create clubs faster than others but as now all partners have created their clubs.</p> <p>We can now proceed to the second part of the project: workshop on volunteerism. For that the WP5 team has contacted people who do engage a lot with volunteers in the field of sports and outside to create a syllabus for the partners. A two-hour session on volunteerism will be given later</p>	<p>All partners have a club.</p> <p>USU Sport Club</p>

5.5	Local portal as informal platform for communities of practice	M16	Ongoing	Online	The WP5 team has created a document to help the partner sharing their best practices when it comes to club management.	One form to regroup the best practices
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Activities to be carried out to achieve this outcome (before the end of the project)

Activity N°	Activity Title	Start date	End date	Place	Description of the activity to be carried out	Specific and measurable indicators of progress
5.1	maintenance of project website and social media	M1	Ongoing	Online	Continuous effort on website update, social media update and increasing our general stats	Same as above
5.2.	Organisation of promotional material, round tables, SPIRIT days, national and international conferences	M1	Ongoing	Online for now	More events organized in participated by the partners	Same as above
5.3.	Creation of SPIRIT student sport clubs and multiplier workshops on volunteerism	M16	Ongoing	Online and on campus	Workshop on volunteerism and syllabus creation	Creation of a syllabus 2-hour training session
5.4	Organisation of inclusive sport events through SPIRIT student sport clubs	Jan 2023	M36	In the clubs	Creation of inclusive sport events that could be coupled with 5.2 and publicity created by 5.1	At least 1 event per semester per club
5.5	Local portal as informal platform for communities of practice	Jan 2023	M36	Online	Portal linking the partners and their clubs to share their best practices	Creation of the platform

Changes that have occurred in this result since the original proposal:

A delay in the club creation due to COVID and slow in purchasing the equipment.

Please add as many tables as necessary

<u>Title and reference number of the work package (WP)</u>	WP6: Project Management and Administration of SPIRIT
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<u>Indicators of achievement and or/performance as indicated in the project proposal</u>	Communication and coordination day-by-day. Organisation Management plans and meetings per year (virtual and F2F). Financial and administrative management and project reporting
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Activities carried out to date to achieve this result:

Activity N°	Activity Title	Start date	End date	Place	Description of the activity carried out	Specific and measurable indicators of achievement
6.1	Communication and coordination day-by-day	15-01-2021	14-01-2024	India Online	<ol style="list-style-type: none"> The Steering committee included 4 members- Suresh Mani (LPU), Ana Pipio (UL-IST), Walter Senevirathne (UOP), and Damien Hanet (EduLab). A steering committee was constituted as part of the quality assurance strategy for the ongoing assessment and implementation of the project. The steering committee will also be responsible for dealing with any risk, problem, and conflict that may arise during the project. At the start of the project, a Project Executive Committee (PEC) comprised of all project partner leaders will be formed and directed by the project coordinator (PC). The PEC will discuss and monitor the project progress on monthly project meetings according to project management, and communication plan, and quality control management. 	Steering Committee composition Steering Committee: minutes of the meeting Project Management Plan Dissemination and exploitation plan Risk Analysis Report Project 1st periodic report

					<p>3. Project coordination (LPU) has been communicating with Works Package Leaders, and the Local Project Management Team on a day-to-day basis to manage, evaluate and monitor the project results through group/individual WhatsApp messages, zoom meetings, and Cellular / WhatsApp calls and emails, and shared google drives. During the global covid-19 pandemic, the consortium had regular monthly progress meetings via Zoom / Google meet, and the MoM was prepared and shared with the partners</p> <p>4. Regular communication with the project officer and update the project implementation, and deviation if any via email and zoom meetings. The revised travel plan with budget and equipment lists were approved by the project officer.</p> <p>5. The project agreement between LPU and other consortium partners, and 1st pre-financing were completed as per project guidelines</p>	<p>Monthly progress Meeting Minutes</p> <p>Meeting with Project Officer</p> <p>Partnership Agreement</p>
6.2	Organization Management plans and meetings per year (virtual and F2F).	15-01-2021	14-01-2024	India Online / Offline	Due to the global COVID-19 pandemic, there was no physical meeting was organized from the beginning (Jan 2021) of the project until May 2022. The study visit and training of trainers were organized via Zoom / Webex. The initial virtual training of the trainer was delivered from October- 2021 to January 2022. There were three training of the trainers (TOT) as part of WP2 conducted in UPV, USU and LPU.	<p>TOT Travel: UPV TOT Travel: USU TOT Travel: LPU</p>
6.3	Financial and administrative management and project reporting	15-01-2021	14-01-2024	India Online / Offline	At the beginning of the project, the project coordinator held a virtual workshop and briefed the project financial management guidelines to the consortium, and the same was reinforced during monthly progress meetings. This was supported by EduLab and UoL. The finance management presentation and meeting recording were made available for all the members of the consortium via shared google drive. In addition, a financial management guideline was shared as part of	<p>Project 1st periodic report</p> <p>Time sheet and Joint declaration</p> <p>Equipment Procurement</p>

					the 1st periodic report with the consortium which includes reporting templates, and communication standards.	
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Activities to be carried out to achieve this outcome (before the end of the project)

Activity N°	Activity Title	Start date	End date	Place	Description of the activity to be carried out	Specific and measurable indicators of progress
6.1	Communication and coordination day-by-day	01-02-2023	14-01-2024	India Online/offline	<ol style="list-style-type: none"> Day-to-day communication with the consortium for successfully piloting the courses which are developed under the project Review the status of equipment procurement Monthly progress meetings with consortium 	Compile the final equipment list procured. Minutes of the meeting of a monthly project meeting.
6.2	Organisation Management plans and meetings per year (virtual and F2F).	01-01-2023	14-01-2024	India Offline / Online	Prepare a revised study tour plan along with students in the month of March 2023 and received endorsement from the project officer.	Number of studies tours with participant details and
6.6	Financial and administrative management and project reporting	01-01-2023	14-01-2024	India Online/Offline	Review the timesheet, joint declaration, and ITR every three or six months and support the consortium in preparing the reports.	Compiling the financial document, and submitted along with the final report

Changes that have occurred in this result since the original proposal:

A delay in the fund transfer to the consortium due to government policy and guidelines. Slow purchasing of equipment, and lack of physical meetings till May 2022 due to the global COVID -19 pandemic.

Please add as many tables as necessary

