



SportsComp

Higher education to improve competency in Sports Physiotherapy

1.9.2023-31.8.2026

2023-1-FI01-KA220-HED-000155843

Armi Hirvonen, Project Manager

Jamk University of Applied Sciences

7.2.2025



















Project background and basic details

- Erasmus+, Key Action 2: Cooperation Partnerships for Higher Education
- Project duration: 3 years (36 months): 1.9.2023-31.8.2026
- Project budget 400 000 €
- Visit our website: https://ifspt.org/erasmus-plus-sportscomp/















Project partners

- Jamk University of Applied Sciences (Jamk), Finland:
 - Project Coordinator. Jamk leads Work Package 1 (Project management and Coordination), and Work Package 4 (Implementation of e-learning courses),
- Vrije Universiteit Brussel (VUB), Belgium
 - Leads Work Package 2 (Updating the sports physiotherapy competencies),
- University of Thessaly, (UTH) Greece
 - Leads Work Package 3 (E-learning courses in sports physiotherapy),
- International Federation of Sports Physical Therapy, Switzerland (IFSPT)
 - Leads Work Package 5 (Communication and Dissemination),
- University of Tartu, Estonia















Project background and objectives

- Project was formulated through the need to update sports physiotherapy competencies at EQF 7 level.
- The general objective of the project is to increase the quality of sports physiotherapy education and profession through sports physiotherapy competence development.
- The specific objectives include:
 - long-term sports physiotherapy competence development of the academia, students, and professionals through updating sports physiotherapy competencies for the higher education institutions and sports physiotherapy organisations at EQF 7 level,
 - to support the development of English taught Master programmes, courses, and flexible study options in sports physiotherapy through developing e-learning courses in sports physiotherapy at EQF 7 level (3 x 5 ECTS Credits) and materials through competence-based education (CBE), utilising digitalisation.















Project Work Packages and Outputs

WP 1 Project management and Coordination, Jamk (Project Management Group)

Quality Assurance (Quality Assurance Team)

1.9.2023-31.8.2026

WP 2

Updating the sports physiotherapy competencies through research

Output: Final Report 1.9.2023-31.7.2024

VUB



WP 3

E-learning courses in sports physiotherapy

Output: Three e-learning courses in sports physioterapy

(5 ECTS, EQF level 7)

1.6.2024-31.3.2025

UTH



WP 4

Implementation of elearning courses

Output: integration of courses to curricula, Tutor Guide

1.3.2025-28.2.2026

Jamk

WP 5 Communication and Dissemination
Output: Sports Physiotherapy articles
1.9.2023-31.8.2026, IFSPT (Dissemination Team)





Tips for applicants How to prepare a successful project proposal















Getting started









Read the Erasmus+ Programme Guide

Get to know the aim of the Call, funder's guidelines and criteria

Get to know the application process

Develop a strong consortium with varied competences

Ensure geographical distribution of partners

Consider how many partners are needed

Start early

Make a clear schedule

Find a suitable team of experts for the work

Ensure that everyone knows the timings and deadlines





Formulating project objectives

Ideate with the consortium and discuss partners' expertise

What is everyone bringing to the project?

Set internal processes early

Who is doing what from your team, who is the key responsible person?

Develop clear aims and objectives

Develop clear needs

Specify target groups

What are we trying to solve and for whom? What is the change we are aiming to create with our project? What is the added value? Is the idea innovative?

Stick to the idea and objectives

Agree on common terminology

Develop a LFM (Logical Framework Matrix)

Writing work becomes lengthy if objectives and aims are unclear

Read and gather materials

Do not start the writing work before you have sufficient knowledge regarding the current developments on your topic.

Address Horizontal values and read e.g.,
Erasmus priorities and EU priorities.





Writing work



- Create a clear proposal. It should be as precise as possible and function as a work plan for project implementation what works in paper should work in practice
- o Structure Work Packages (WPs) clearly, use frameworks and apply them in practice
- o Develop a Gantt from an early on to ensure that project activities can be carried out within the set timeframe
- Develop clear indicators and follow them
- Ensure that partners have clear roles in the project (who is doing what, how expertise is used)



- o Develop milestones and outputs / deliverables ensure you know how many you can have
- Answer the questions asked in the proposal check against the Call criteria justify your answers
- Write clearly, avoid jargon and repetition
- Be aware of plagiarism
- o Remember sustainability cost efficiency indicate only the mobilities that are important and justify them



- Develop the budget alongside the writing work (start after WPs are drafted)
- Use the help of a financial expert, if possible
- o Ensure that budget is reasonable, realistic and agreed upon
- Budget needs to reflect partners' roles in the project





Finalising your proposal

Check consistency (narrative part vs. the budget)

Proofread and check the language
Ask a colleague to read your proposal

Double check that you have all the details from the partners ready early in the portal

Select priorities jointly

Double Check that Annexes are in order

Submit on time – preferably day or two before the deadline

Ensure that partners know the timetable and you know their timetables (what are the administrative processes in each organisation before submission can be made)

Inform partners of the evaluation timetable and the steps to be taken if your proposal gets funded

Ensure you have the contact details of those persons who should be informed of the submission and evaluation process





Thank you! Good luck with writing your proposal!









