



SPORTSCOMP
Higher Education to
Improve Competency
in Sports Physiotherapy



**Co-funded by
the European Union**

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

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UNIVERSITY OF
THESSALY

VUB VRIJE
UNIVERSITEIT
BRUSSEL



FINNISH NATIONAL
AGENCY FOR EDUCATION



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

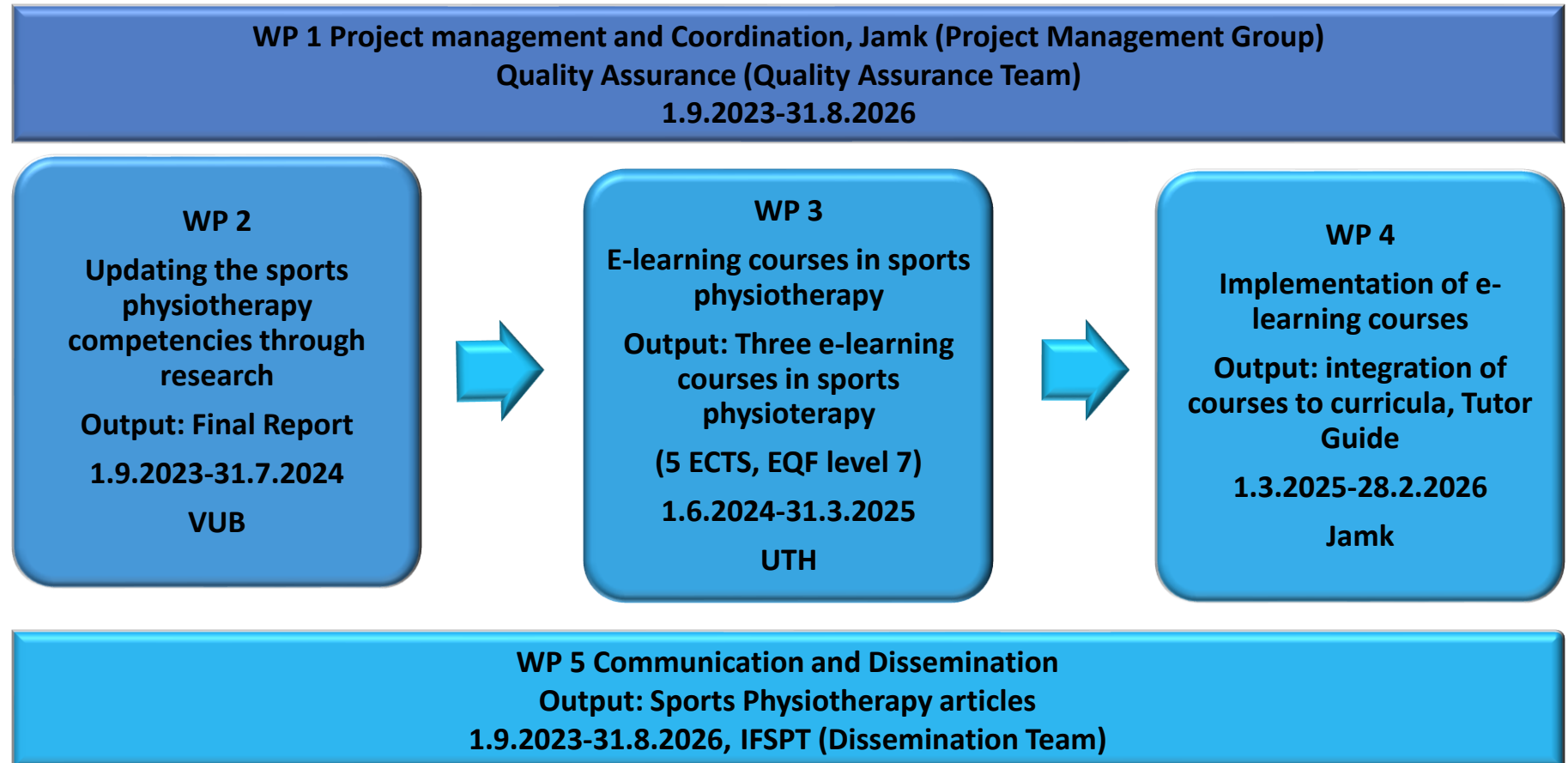
- **Jamk University of Applied Sciences (Jamk), Finland:**
 - Project Coordinator. Jamk leads Work Package 1 (Project management and Coordination), and Work Package 4 (Implementation of e-learning courses),
- **Vrije Universiteit Brussel (VUB), Belgium**
 - Leads Work Package 2 (Updating the sports physiotherapy 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





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Tips for applicants

How to prepare a successful project proposal

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Getting started

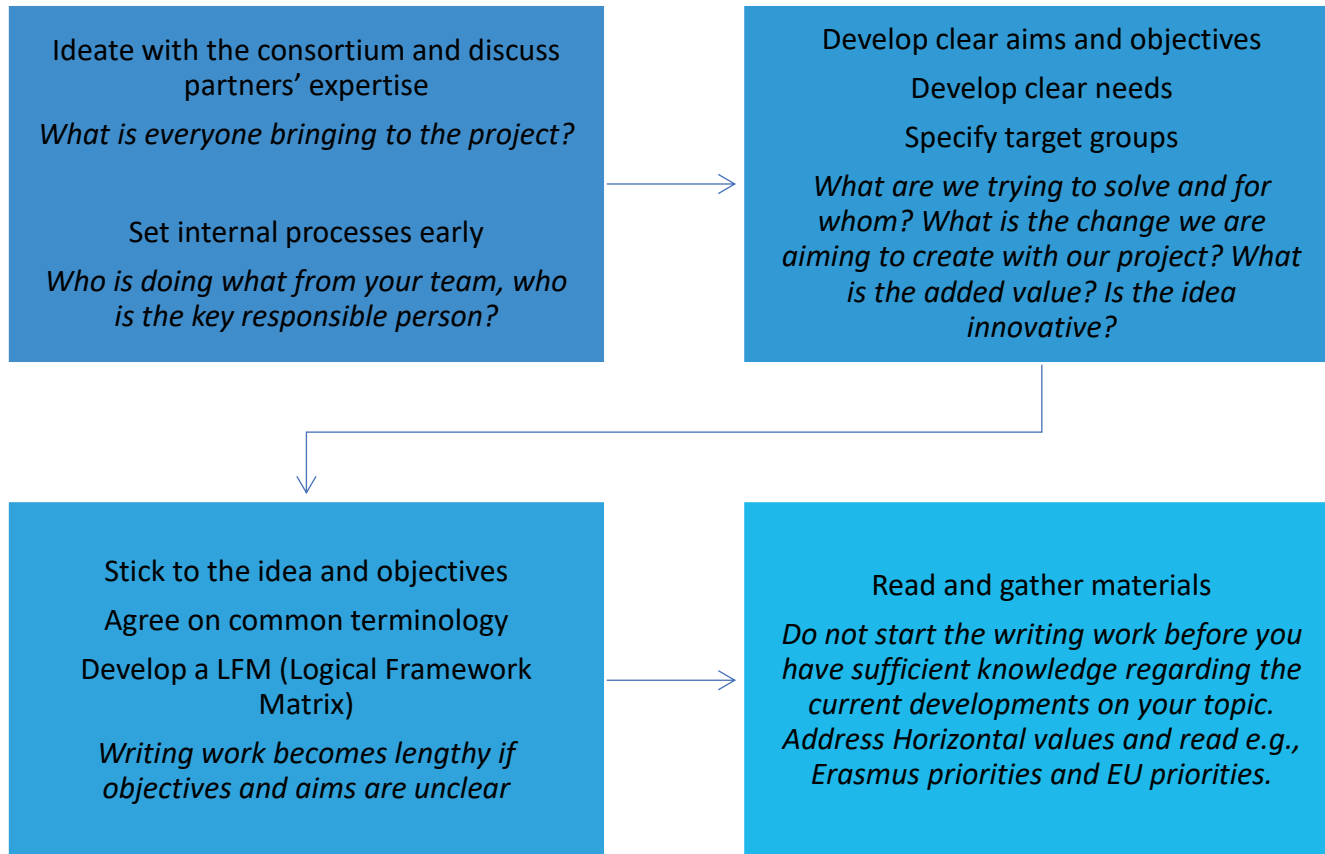


Read the Erasmus+ Programme Guide
Get to know the aim of the Call, funder's guidelines and criteria
Get to know the application process

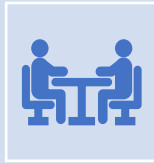
Develop a strong consortium with varied competences
Ensure geographical distribution of partners
Consider how many partners are needed

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



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
- Structure Work Packages (WPs) clearly, use frameworks and apply them in practice
- 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)



- 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
- 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
- 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



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Thank you!
**Good luck with writing your
proposal!**

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