

Sport – the key to an active and balanced life

Blended Intensive Programme “Alexandru Ioan Cuza” University, Iași, Romania

Call for partners

What is it about?

The program focusing on the implementation of social skills for sports students in sports settings aims to enhance the ability of athletes to interact effectively with others both on and off the field. This type of program would cover various aspects of social and active behavior, including communication, teamwork, leadership, conflict resolution and emotional regulation, tailored to a sports environment. Here's a potential outline for how such a program could be structured:

Objective Setting and Assessment

Objective: Improve the social skills of sports students, including effective communication, cooperation, leadership, and conflict management, within sports environments.

Assessment: Begin with an initial evaluation of students' current social skills using self-assessments, peer reviews, and observations in sports settings.

Where?

"Alexandru Ioan Cuza" University of Iasi, Romania

When?

27.04. 2026 -1.05.2026

Who should attend?

Students, athletes, teachers, coaches and sports psychologists.

Learning outcomes

Key Social Skills to Develop

Communication Skills:

Verbal and non-verbal communication during games, practices and team meetings.

Active listening and giving constructive feedback.

Teamwork:

Collaboration with teammates during both practice and competition.

Building trust and managing group dynamics.

Leadership Skills:

Empowering teammates, leading by example, and developing the confidence to guide a team.

Understanding different leadership styles and their application in sports.

Conflict Resolution:

Techniques for resolving interpersonal conflicts in a constructive manner.

Managing disagreements during practice or games.

Emotional Regulation:

Developing self-awareness and managing emotions like frustration, excitement, or anxiety in high-pressure situations.

Coping strategies for maintaining mental focus during competition.

Benefits

3 ECTS Credits

Benefits

Enhanced team cohesion and performance due to improved communication and collaboration.

Better conflict management, leading to a more harmonious team environment.

Personal growth in leadership and emotional intelligence, translating to better sportsmanship and on-field behavior.

Positive impact on academic performance as social skills influence overall student well-being and discipline.

This type of program would be especially beneficial for students in competitive sports, where high levels of collaboration, emotional resilience, and leadership are essential for success.

Course structure. Main topics

Program Delivery Methods

Workshops and Seminars:

Facilitate interactive sessions on key topics like leadership, emotional intelligence and conflict management.

Guest speakers, including coaches, sports psychologists and professional athletes, to share real-world experiences.

Role-Playing and Simulations:

Use sports scenarios (e.g., team huddles, handling on-field conflict) to practice communication, teamwork and leadership.

Peer Mentoring:

Pairing students with mentors to provide guidance on how to improve social skills through practice in real-life sports settings.

Group Activities and Team-Building Exercises.

Integration into Regular Training

Include social skill exercises into regular training sessions, ensuring students get frequent opportunities to practice.

Make the development of social skills part of the team culture, with regular reflection and feedback about communication and teamwork.

Evaluation and Feedback

Ongoing assessment through feedback from peers, coaches and sports psychologists.

Self-reflection and journaling about personal progress in applying social skills during sports practices and competitions.

Continuous improvement through setting new goals and strategies after evaluating initial progress.

Organize exercises that require collaboration and trust, such as team-building games, communication drills, or problem-solving tasks.

Incorporating Technology:

Use video analysis to review group dynamics and communication during actual practice or competition.