



Universitat de Lleida

inefc

Institut Nacional
d'Educació Física
de Catalunya
Lleida
Generalitat
de Catalunya

1st INTERNATIONAL WEEK INEFC LLEIDA

Lectures – Research – Social activities – Networking

Academic staff

Administrative staff

Undergraduate / Postgraduate students

27th – 29th November 2023

1st INTERNATIONAL WEEK INEFC LLEIDA

OVERALL GOAL: Foster internationalisation in tertiary education for **FACULTY STAFF** (academics and non-academics) and **STUDENTS**

TOPICS (non comprehensive):

- First-hand experiences of internationalisation
- Sports Sciences-related fields (HEPA, strength and conditioning, physical education, sports performance, sports injury, sports psychology, sports management, research methods, sport and leisure, biomechanics,...)
- Academic management (library services, quality control and assessment, international support, project management,...)

HOW?

- Job shadowing
- Market place of visiting organisations
- Lectures and Workshops
- Physical activity and sport practice

1st INTERNATIONAL WEEK INEFC LLEIDA



FOREWORD

The **National Institute of Physical Education of Catalonia (INEFC)** is a leading academic and research institution in the field of physical activity and sport. The **Lleida campus**, affiliated centre of the **University of Lleida (UdL)**, began in 1983 to offer a 5-year degree in Physical Education. Ever since, academic programmes changed to adapt new times until today fully integrates with the ECTS.

Currently, INEFC hosts 800+ undergraduate students (4-year BSc in Sport Sciences, 240 ECTS) and graduated students taking part in Master and Doctorate Programmes. It staffs 50+ lecturers and professors and 30+ administrative and technical professionals.

https://inefc.gencat.cat/ca/inefc_lleida/

<https://www.udl.cat/ca/en/>

1st INTERNATIONAL WEEK INEFC LLEIDA



INTERNATIONAL PARTNERSHIP

1997 – First international exchange students from the *Universität Bayreuth* (Germany) and *Université de Picardie Jules Verne* (France).

1997 to 2023 – 300+ exchange students from 50 partner universities, 16 countries in Europe, America and Asia.

Partnering or coordinating 17 ERASMUS+, 3HP, POCTEFA projects.
PIC number: 938317861

1st INTERNATIONAL WEEK INEFC LLEIDA

TEACHING

BSc in Sports Sciences

BSc in Sports Sciences & Physical Therapy

BSc in Sports Sciences & Teaching Education

MSc in Sports Management

MSc in Sports Direction

PhD in Physical Education and Sports

[See the INEFC Lleida Campus Study Guide \(attachment\)](#)

1st INTERNATIONAL WEEK INEFC LLEIDA

RESEARCH

Research Groups at INEFC

- Motor Action (GIAM)
- Social and Educational Research of Physical Activity and Sport (GISEAFE)
- Human Movement
- Didactics of Physical Activity for Education, Culture and Wellness (DECUBIAF)
- Development and Innovation in Fitness and Exercise
- Physical Activity, Diet and Health (GRAFAIS)
- Sports Sciences (GRCEIB)
- Complex Systems and Sport
- Innovation in Designs

https://inefc.gencat.cat/ca/inefc_lleida/reerca_i_doctorat/grups_de_recerca/

1st INTERNATIONAL WEEK INEFC LLEIDA



PROGRAMME OVERVIEW

	MONDAY 27	TUESDAY 28	WEDNESDAY 29
Morning session 1	Fostering staff mobility	Workshop 2. Partnering E+, Horizon	Library services
Morning session 2	Workshop 1. Research	Workshop 2. Research ----- Erasmus marketplace	Erasmus marketplace
Afternoon	Sport tournament (students & staff)	Welcoming reception at University of Lleida	Active tourism.
Evening	Social dinner	City visit	

Note: Participants are invited to lead a workshop or deliver a presentation for these topics or others. Send email to mobilitat.inefcld@gencat.cat

1st INTERNATIONAL WEEK INEFC LLEIDA

HOW TO PARTICIPATE?

LECTURING

- Deliver a single lecture / presentation (within the International Week specific schedule).
- Deliver several lectures (embedded in a regular BSc Sports Sciences course).
- Attending lectures / presentations.

NETWORKING

- Participation/leading a workshop.
- Job shadowing.
- Small groups meeting with researchers/lecturers/non academic staff/students.

MARKET PLACE

- Information of your home organisation.

1st INTERNATIONAL WEEK INEFC LLEIDA

KEY DEADLINES

2nd October	Open registration
31st October	Final programme
10th November	Registration deadline

1st INTERNATIONAL WEEK INEFC LLEIDA

MORE INFORMATION

[I came to Lleida because not coming seemed crazy... \(YouTube\)](#)



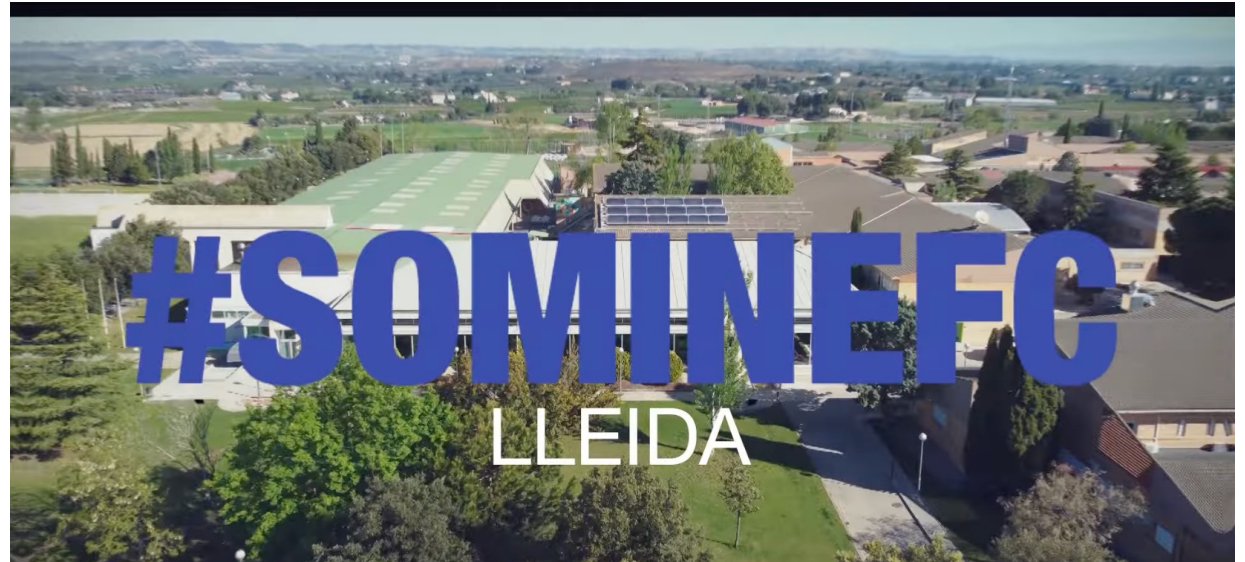
I came to Lleida because not coming seemed crazy

1st INTERNATIONAL WEEK INEFC LLEIDA



MORE INFORMATION

[Study at INEFC Lleida... \(YouTube\)](#)



1st INTERNATIONAL WEEK INEFC LLEIDA

MORE INFORMATION

[Liupdub INEFC Lleida... \(YouTube\)](#)



1st INTERNATIONAL WEEK INEFC LLEIDA



MORE INFORMATION

How to get to Lleida ? → [Link here](#)

Organising Committee

Dr. Cristina Torrelles

Ms. Laura Gallego

Dr. Sebastià Mas

mobilitat.inefcld@gencat.cat

www.inefc.cat/lleida