Blended Intensive Programme (BIP) | 2026

Collecting and Analyzing Data in Team Sports

Dates for physical activity | 15 june – 19 june 2026

Proposed period for virtual component | 12 June

Objectives and Short description:
The Blended Intensive Program (BIP) *"collecting and Analyzing Data in Team Sports"* aims to provide students and young researchers with theoretical and practical knowledge on the use of technological and methodological tools for data collection in sport sciences. The program seeks to enhance participants' competences in the design, implementation, and interpretation of sport performance data using innovative digital instruments and analytical approaches.
Through a multidisciplinary and international approach, the BIP will bring together students from different European institutions to explore topics such as athlete monitoring, motion analysis, physiological and psychological assessment, and ethical aspects of data management.
The program promotes experiential learning by combining lectures, workshops, laboratory activities, and field demonstrations, fostering both scientific literacy and intercultural cooperation. Participants will develop technical and transversal skills, including teamwork, communication, and critical thinking, all aligned with the goals of the European Higher Education Area and the digital transition in sport education.

BIP Language and location of physical activity

- English/Spanish/Portuguese
- School of Education, Viana do Castelo (Portugal)

Coordinating Institution
Polytechnic University of Viana do Castelo

How to apply: Each candidate must come with an Erasmus short mobility grant financed by home/sending institution, must apply to International Relations Office from home University.
Procedures for registration will be sent to selected and nominate students by home Universities to internacional@ipvc.pt
Places are limited to 25 participants and will be filled in strict order of registration.
ECTS issued | 3 ECTS

Field of Education | 1014 Sports

Priorities addressed | Digital transformation

Dates for physical activity and programme

PHYSICAL MOBILITY SCHEDULE (32 hours)
Monday | 15-06-2026 (8 hours)
9.00-12.00 Registration and Opening and Welcome BIP
Luch at ESE Canteen
14.00-15.00 Soccer Data Analysis – State of Art
15.00-17.00 Collecting Data
17.00-19.00 Visit to Viana (Bira tour)
Tuesday, 16-06-2026 (8 hours)
9.00-12.00 Soccer Data Analysis and Interpretation
Lunch at ESE Canteen
14.00-15.00 Volleyball Workload – State of Art
15.00-17.00 Collecting Data
19.30 Welcome Dinner at Viana do Castelo
Wednesday, 17-06-2026 (8 hours)
9.00-11.00 Volleyball Data Analysis and Interpretation
11.00-13.00 Fitness Data in Team Sports – State of Art
Lunch at ESE Canteen
14.00-17.00 Collecting Data
19.00 Dinner at ESE Canteen
Thursday, 18-06-2026 (8 hours)
9.00-12.00 Fitness Data Analysis and Interpretation
Lunch at canteen
14.00-17.00 Strength and Conditioning at Crossfit Viana do Castelo
19.00 Dinner
Friday, 19-06-2026 (3 hours)
9.00-12.00 Stand Up Paddle Activity
Luch at ESE Canteen
14.00 Departure

Virtual Component Description
The virtual component will serve as a preparatory and integrative phase of the BIP, allowing participants to acquire foundational knowledge before the physical mobility. It will include:

- **Introductory online sessions**presenting the structure, objectives, and expected outcomes of the program;
- **Asynchronous learning materials**(video lectures, readings, and quizzes) on key topics such as data validity, reliability, and ethics in sport measurement;
- **Collaborative online activities**(discussion forums and group assignments) designed to foster early interaction among participants and build international teams;
- **Virtual laboratory demonstrations**of selected tools and software for data collection and analysis.

Methods
Methods and outcomes
Teaching methods will include:

- Interactive lectures introducing key concepts of sport data collection;
- Hands-on workshops using technological tools (e.g., GPS, accelerometers, video analysis, force platforms);
- Case studies and small-group projects based on real datasets;
- Peer learning and intercultural collaboration through mixed international teams;
- Expert panels and guest lectures from researchers and practitioners in sport science.

Assessment will be based on students' participation, practical assignments.
At the end of the program, participants are expected to:

1. Understand the principles and limitations of different data collection instruments used in sport;
2. Apply appropriate tools for monitoring physical, technical, and physiological variables in athletes;
3. Interpret and critically evaluate sport data for decision-making in training and research contexts;
4. Develop collaborative and intercultural competences in multidisciplinary sport projects;

Strengthen their readiness for postgraduate research or professional practice in sport performance analysis and technology.

Type of Participants
Students