

BIP – BLENDED INTENSIVE PROGRAM

IDENTIFICATION AND
PROPOSAL OF STRATEGIES TO
MINIMIZE AVERSION TO
PHYSICAL CONTACT IN RUGBY



INTRODUCTION

This Blended Intensive Program (BIP) focuses on the pedagogical, psychological and social dimensions of team sports, using rugby as an educational and formative context. Rugby is one of the most widely practiced team sports worldwide, with a strong cultural, social and educational impact in regions such as Oceania, the British Isles, South Africa and parts of the Americas. At a global level, it is recognised not only as a competitive sport, but also as a powerful tool for the development of values such as respect, discipline, solidarity and teamwork.

Despite its international relevance, rugby has a comparatively limited sporting, educational and media impact in countries of south-western Europe, where it is often positioned as a minority sport when compared to football or basketball. This reduced visibility can influence students' previous experiences, perceptions and attitudes towards rugby, particularly regarding physical contact, which is a defining feature of the game.

Physical contact in rugby and other opposition sports frequently generates aversion among students due to fear, lack of confidence, insufficient technical competence or the absence of progressive pedagogical approaches. Within educational contexts, this aversion may limit participation, learning opportunities and the inclusive potential of team sports. For this reason, rugby provides a highly relevant educational framework to analyse how physical contact is experienced, interpreted and managed, and to design pedagogical strategies that promote safety, trust and gradual progression in physical education and sport.



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THE PURPOSE OF THE BIP

General objectives:

In line with the principles of inclusive education and student-centered learning, this BIP aims to explore, analyse and design pedagogical strategies to reduce aversion to physical contact in rugby and other team sports.

Specific objectives:

- To identify psychological, social and technical factors related to physical contact in rugby.
- To analyse students' perceptions of physical contact in educational and sporting contexts.
- To design pedagogical strategies that promote safety, trust and gradual progression.
- To foster socio-emotional competences, teamwork and critical reflection.
- To transfer pedagogical approaches to other opposition and team sports.

METHODS AND OUTCOMES

The methodology combines theoretical input, reflective practice and experiential learning. Students will engage in diagnostic assessments, collaborative online work, supervised tutorials, practical workshops and case study analysis. The program promotes evidence-based pedagogy, reflective dialogue and progressive exposure to physical contact in safe learning environments.





GENERAL PROGRAMME

Virtual Mobility Schedule

Weeks 1–6 (Virtual):

- Theoretical introduction to psychology of physical contact and social dynamics in team sports.
- Diagnostic questionnaires.
- Online collaborative group work.
- Tutorials and academic supervision.

Physical Mobility Schedule

Week 7 – Onsite (Vic, Catalonia):

- Practical workshops focused on trust and group dynamics.
- Progressive rugby practice (non-contact to controlled contact).
- Analysis of real case studies.
- Reflective debates.
- Academic, sporting and cultural activities.

Final assessment and closing

Week 8 – Virtual:

- Final project presentations.
- Collective evaluation and feedback.



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PHYSICAL MOBILITY SCHEDULE (ONSITE – VIC)

All activities included in the Physical Mobility Programme will be carried out jointly with students participating in the BIP of the Bachelor's Degree in Physical Activity and Sport Sciences at the Universitat de Vic – Universitat Central de Catalunya, as well as with students from partner institutions.

Tuesday (Afternoon)

18:00 – 18:30

Reception and Official Welcome

Participants are officially welcomed and introduced to the programme. The session provides initial orientation and practical information for the physical mobility.

18:30 – 19:15

Ice-breaking Activities and Group Dynamics

Interactive activities designed to foster group cohesion, trust and social integration.

19:15 – 20:00

Programme Orientation and Introduction

Overview of the programme structure, objectives and organisational guidelines.

Wednesday

10:00 – 13:00

Build Your Team: Global Sports Activity Day

Team-based matches and cooperative games in different sports to promote teamwork and communication.

13:00 – 14:00

Lunch break

14:00

Departure to Sant Boi de Llobregat

15:30 – 17:00

Visit to Unió Esportiva Santboiana (Sant Boi de Llobregat)

Exploration of the city and one of the most significant rugby clubs in Catalonia, focusing on its educational, social and sporting model.

17:00 – 18:00

Masterclass: Psychological and Pedagogical Aspects of Rugby

Session led by Dr. Sergi Guerrero, head coach of the first team, linking theory with high-level practice.

18:00 – 19:00

Training Session with the First Team of UE Santboiana

Observation of a high-performance rugby training session.

Thursday

09:00 – 10:30

Traditional Catalan Games Session

Joint session with CAFE students focusing on cultural exchange and experiential learning.

11:00 – 12:00

Masterclass: The Mental Factor in Contact Sports

Exploration of psychological aspects such as fear management and confidence.

12:00 – 14:00

Project-Based Group Work

Collaborative work to discuss and develop different aspects of the project.

14:00 – 16:00

Lunch break

16:00 – 17:30

Visit to the City of Vic – Sports History Walking Tour

Guided tour focused on the history of sport and physical culture in Vic.

Friday

10:00 – 12:00

Non-Contact Rugby Matches (Morning Session)

Friendly non-contact matches between teams from Catalonia, Italy and Portugal.

13:00 – 14:30

Free Group lunch

14:30

Inter- and Intra-University Rugby Sevens Tournament

Voluntary participation in a university rugby sevens tournament.

Afternoon

Free time

Saturday

09:30 – 11:00

Olympic and Sports Museum Visit (Barcelona)

Visit focused on the Olympic Movement and the social impact of sport.

Afternoon and Evening

Free time in Barcelona

Sunday

12:00 – 14:00

UE Santboiana Rugby Match in Sant Boi

Attendance at a rugby match in an authentic Catalan rugby context.

14:00

Free lunch and departure



APPLICATION PROCEDURE, PARTICIPANTS AND ACADEMIC FRAMEWORK

Application Procedure Requirements

The BIP is addressed primarily to undergraduate students and Master's students in Physical Activity and Sport Sciences or related degrees. Participants must demonstrate an academic interest in team sports, education and international learning contexts.

No English level is required. Students must commit to full participation in both the virtual and the physical mobility components.

Selection Criteria

Each partner institution is responsible for the internal selection of its participants.

How to Apply

Selected students must be officially nominated by their home institution through the International Relations Office and participate under an Erasmus+ short-term mobility grant. Academic coordination and confirmation of participation are carried out jointly by the teaching staff of the partner institutions.

Type of Participants

The programme is mainly addressed to students and teaching staff from partner institutions. Teaching staff may come accompanying or as reference lecturers, contributing to academic coordination, supervision and pedagogical support.

Academic Integration and ECTS

The BIP is academically integrated into existing degree programmes and linked to specific course units related to team sports and pedagogy. Students are required to actively participate in all learning activities, including project-based group work, practical sessions and final presentations.

Successful completion of the BIP leads to the recognition of 3 ECTS credits, based on participation, project development and final assessment.

Main Teaching / Training Language

Catalan – Italian – Portuguese

Mobility Periods

Virtual Component: March 2nd – April 15th (online collaborative work, tutorials and academic supervision).

Physical Mobility: 14th-19th April (onsite intensive week in Vic)

Host Institution

Universitat de Vic – Universitat Central de Catalunya (UVic-UCC)

Location of Physical Mobility: Vic (Catalonia, Spain), with specific activities in Barcelona and Sant Boi de Llobregat.



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