

Multiplayer Event 10th June 2016, Warsaw, Poland

Agenda

1. Introduction to Move project
2. Presentation of project design
3. Analysis of possibilities to introduce the project in life
4. Competences needed in sport
5. Valuable experience in training competencies

Multiplayer Event organized on 10th June 2016 by the Polish University Sports Association, Warsaw as part of the MOVE Project of the ERASMUS + Program, was focused on social competences necessary for the high level professional realization of every sport specialist, for personal development, for the application of acquired knowledge in various social environments and for participation in civil activities. The Multiplayer Event was attended by over 30 academics, coaches, managers of sport on regional and national level of Polish sport; representants of sports universities and many activists in Polish sports.

At the beginning of the meeting, all representatives of sport were acquainted with the objective of the MOVE Project. The main values for which the project was funded were described. The problems it should solve in sports have been presented. Next, the successive stages of the project with the description of the measures contained in each of them were described. Soft skills in sports are now becoming a very important and interesting topic. In previous years, only hard skills, based on passing knowledge and the value of this knowledge, were thought to be important. Soft skills, which can affect the quality of knowledge and the effectiveness of its acquisition, used to be ignored.

During the presentation the diagrams with basic information from surveys among coaches conducted in Poland were presented. In the survey, 67 men and only 38 women were interviewed. At this point the group has already pointed that the profession of coaching is dominated by men. This can be caused by various reasons. Respondents' age and common answers are not surprising. In Poland, a lot of young coaches work at the universities. Nearly 2/3 of them are under 40. Data from the question on changes in physical activity was not surprising either – 68% of the respondents stated that they are noticeable. Together we agreed that this is a result of modern popularity of sports and greater availability of sports facilities, for example open-air gyms in public parks. Competition as the most common answer on the question of the functions of sport does not surprise either. Academic Polish Championships, that have been organized by the Polish University Sports Association for 50 years, are well-developed. It is a competition for students and university staff in more than 40 disciplines, organized countrywide. Thanks to them, students can apply for sports scholarships at their universities. It is a good way not only to improve physical activity among students, but also to promote the university. Chancellors are also involved in winning – through donating the teams they contribute to their success and can be awarded with trophies during the solemn Sports Gala. The respondents were also aware of other functions of sports such as entertaining, causing well-being and educational.

In the next part all the attendees began to discuss the methods of introducing the results of the MOVE Project to practical training of coaches and instructors. The whole stage should be based on a thoughtful system that would be accepted in the coaching and training environment. Introducing soft skills to training will be a very laborious process that only well implemented will result in a more effective learning processes. There has been, however, pointed out that it is hard to determine which soft skills are particularly needed in sports and finding them should be preceded by studies and surveys. The attendees expressed the hope that the project will meet the criteria and the conclusions that have been developed will be prepared for the practical implementation in sports environment.

In the last part the discussion concerned the analysis of the best practices for the training of competence in sport. Since 2015 a system of National Qualifications Framework in sport has been created in Poland; it specifies and compares the level of competences in all European Union countries. It focuses mainly on hard skills. Together we came to conclusion that enriching it with soft competences would be an excellent idea. In addition, attention was drawn on the topic of soft skills attained through sport. This is a current issue in Poland and it enables the promotion of athletes in the labor market. With such approach we can argue that systematically practiced sport can develop the necessary soft skills such as regularity, strength of purpose, determination and discipline. These are competencies that are useful in everyday life, not only in sport, and through this sport it can be formed.

Thanks to the meeting with activists and discussing the most important issues concerning the MOVE project in the Erasmus plus program, we were able to clearly see how soft skills are needed in sport and how through sport you can train these skills. The message for subsequent project activities is to pay attention to the bidirectional process of the competences in sport. We believe that this perspective can make the problem of shaping the soft skills less complicated.