

<b>BIP GENERAL INFORMATION</b>
<b>Title:</b> Running science: Applying Biomechanics and Scientific Insights to Real-World Running
<b>Dates for physical activity:</b> from 24 <sup>th</sup> to 28 <sup>th</sup> of March 2025
<b>Proposed period for virtual component:</b> From 3 <sup>rd</sup> of march until physical activity.
<b>Host University and location of physical activity period:</b> San Jorge University (Spain)
<b>City of Venue:</b> Zaragoza (Spain)
<b>Main Teaching/Training Languages:</b> English
<b>ECTS issued:</b> 3 ECTS
<b>Type of Participants (Learners):</b> Priority will be given to undergraduate and master students/candidates.
<b>Contacts:</b> BIP Coordinator: Alejandro Molina ( <a href="mailto:amolinam@usj.es">amolinam@usj.es</a> ) International Office ( <a href="mailto:international@usj.es">international@usj.es</a> )
<b>BIP PROGRAM – short description</b>
<b>Programme Overview</b> <i>Running Science</i> focuses on integral attention to the runner, covering topics such as technique, biomechanics, footwear, nutrition, physiology, injury prevention, and rehabilitation. The aim is to enhance both performance and health.
<b>Virtual component</b> <i>Introduction to Running Science:</i> Participants will attend a live webinar to get an overview of the BIP objectives and structure and watch live and recorded lectures on biomechanics and running techniques.
<b>In-person component</b> <i>Biomechanical Analysis and Technology:</i> This includes interactive live workshops on the use of technology in biomechanical analysis and readings on advanced techniques. By bridging theory with practice, this component equips students with essential technical skills to analyse, interpret and refine running mechanics effectively.
<b>Objectives</b> <ul style="list-style-type: none"> <li>• Develop technical skills in biomechanical analysis: Learn different technologies and tools to evaluate running techniques based on scientific data.</li> <li>• Promote critical thinking through research-based projects: Encourage students to design small research projects that apply theoretical knowledge to practical problems.</li> <li>• Cultivate a multidisciplinary approach to runner performance and health: Foster an understanding of how the various aspects of running science interact from a multidisciplinary approach (physiotherapy, sports science, podiatry, ...).</li> <li>• Promote international collaboration and knowledge exchange: Encourage teamwork among students from different universities and nationalities to share approaches and experiences.</li> </ul>
<b>Benefits of Participation for students and lectures</b> <ul style="list-style-type: none"> <li>• Interdisciplinary learning bridging health and performance.</li> </ul>

- Networking with international experts and peers.
- Practical application of running science knowledge.
- Personal and academic development in an international setting.

#### **PARTNER REQUIREMENTS AND ERASMUS FUNDING**

##### **Requirements:**

- Four-six students for study mobility.
- Student profile: Bachelor's/Master's/Doctorate student in Physiotherapy, Sports Science, Podiatry, or areas related to health or sport.
- Students should have a good level of English (equivalent to a minimum of B2 according to the CEFR).
- Mandatory availability for both, virtual and presential mobility.
- One-two staff members for teaching mobility (lectures).
- A bilateral agreement with the host institution. This could be signed only for the BIP or extended in time for future mobilities between universities.

##### **ERASMUS funding:**

Each candidate must come with an Erasmus short mobility grant financed by home/sending institution, must apply to International Relations Office from home University.

Places are limited to 25 participants and will be filled in order of registration.