**Sports: Benefits for the Body and Mind**

**Blended Intensive Programme**

**“Alexandru Ioan Cuza” University, Iași, Romania**

***Call for partners***

What is it about?

The aim of this BIP is to show to students that having a healthy life style can be easy and fun. This can happen by being active and by practicing sports.

Where?

"Alexandru Ioan Cuza" University of Iasi, Romania

When?

17-21 April 2023

Who should attend?

B.A. students, M.A.students

Learning outcomes

* Have knowledge regarding a healthy style of life
* Know how to apply different strategies to maintain healthy and fit
* Have knowledge and skills to give first aid in case of emergency
* Know how to effectively use massage therapy techniques

Benefits

3 ECTS Credits

Course structure. Main topics

* Physical exercise for health and mindfulness
* Dance + Aerobic (Practical application)
* First aid course (theoretical +practical)
* Massage therapy techniques (Practical application)
* Sports competitions (volleyball, handball, basketball, football)