

# BE LIKE AN ATHLETE BLA

Newsletter # 2  
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This is the second edition of the Erasmus+ BLA - Be Like an Athlete project newsletter.

The COVID 19 pandemic has changed everyone's life, including student-athletes'. All research projects in which these students participate are behind schedule because schools and sport facilities were closed for a long time. This situation has had an impact on the implementation of the BLA project, which is delayed by several months.

For these reasons, the BLA team will request an extension of the deadline to the European Agency. In spite of this delay, the BLA team has been working hard, specially on the questionnaire that will provide the socio-psychological profile of the student-athletes involved in dual career programmes.

## ONLINE MEETINGS

Among many others, on 11th December 2020 the BLA academic partners held an online meeting to discuss the dissemination of the Social Psychological Profile Questionnaire - SPPQ (Output 1) and its statistical analysis.

Another important online meeting was held on 21st December 2020 to make a check point of the SPQQ dissemination amongst our target group A (student-athletes over the age of 18), to validate this questionnaire.

On 7th May 2021, the BLA team held another zoom meeting. The SPQQ validation was briefly explained during this meeting and a few changes were introduced in the questionnaire. The strategy for distributing the SPQQ to the largest possible number of participants in each country was also discussed.

All partners agreed on trying to reach 400 student-athlete participants.



## SPPQ- Socio-psychological profile questionnaire

The Socio-Psychological Profile Questionnaire is now validated in 5 languages: Portuguese, Italian, Spanish, Swedish and English. This means that the SPPQ is now being distributed to the student-athletes between the ages of 14 and 18 involved in dual career programmes, in each partner country. This will allow the definition of a common socio-psychological profile.

## SPPQ- DISSEMINATION

Our colleagues from Ireland have created a video in all 5 languages to promote the SPPQ and encourage student-athletes from all partner countries to participate and make their voice count.

Click here to access the English version:

<https://biteable.com/watch/2703308/8cb4ffdb24155826d3f8dc9a020e6850>



**Understanding the socio-psychological profile of student-athletes**

**What is the Be Like An Athlete questionnaire**  
The BLA questionnaire is an Erasmus+ funded project. The project is looking to understand more about the socio-psychological profile of student-athletes.

**What is a socio-psychological profile?**  
Personal, social, educational, and emotional competencies that help develop student-athletes within sport and school.

**Who can take part?**  
You must be in school and play sport, i.e. be a student-athlete. You must be between the age of 14-18 years old.

**What does the student-athlete need to do?**  
Complete 1 online survey using a smartphone/tables/laptop/PC. The questionnaire will measure the socio-psychological competencies of student-athletes. The survey will take 10 minutes to complete.

**Where can I get more information?**  
website: <https://belikeanathlete.eu>  
facebook/twitter: @BeLikeAthlete

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**PIKTOCHART**

## SENIOR ADVISORS: BLA PROJECT

Paula Baptista and Duarte Lopes are part of the BLA project as senior advisors.

Their main tasks include taking part in meetings, providing advice and suggestions about the development of the project, as well as making reports.

In his first report, Duarte Lopes highlighted that in spite of the Covid 19 situation the BLA team has been doing a great job. Regarding the BLA LOGO, he exalted the international contest.

Paula Baptista also highlighted the efficient project management during the pandemic. Concerning the SPPQ, she emphasised the European added value and stressed the quality of the scientific process behind the development of the questionnaire.

Both reports provide an in-depth summary of the work that has been carried out so far.

## SOCIAL NETWORKS AND WEBSITE

For additional and updated information on the development of the project, you can visit the website: <https://belikeanathlete.eu/>

Articles related to the project, similar projects, collaborations, synergies and news of the project can be found on the BLA Facebook page: <https://www.facebook.com/BeLikeAthlete>

The images and photos of the project are available on BLA's Instagram account: <https://www.instagram.com/belikeathlete/>

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