



MOVE YOUR BODY
STRETCH YOUR MIND

Workshop 5: Optimizing Life- and Study-Planning of Elite Student Athletes





MOVE YOUR BODY
STRETCH YOUR MIND



Optimizing elite athlete's life- and study planning in educational institutions like universities.

Group 1:

Discuss first with the group,

how the life -and study planning of athletes has been taken account in your country? Which body / organisation is taking care of it?

Then consider together:

- **Why** educational institutions should support elite athlete's life- and study planning?
- **How** educational establishments (secondary school, universities) could optimize life and study planning for elite athletes?



MOVE YOUR BODY
STRETCH YOUR MIND



Optimizing elite athlete's life- and study planning in sport organisations (federations, associations)

Group 2:

Start to discuss with the group,

how the life -and study planning of athletes has been taken account in your country? Which body / organisation is taking care of it?

Then consider together:

- **Why** sport organisations should support elite athlete's life-and study planning?
- **How** sport organisations (association, federation) could optimize life and study planning for elite athletes?



MOVE YOUR BODY
STRETCH YOUR MIND



How to optimize athlete's life-and study-planning in Europe?

- communication between sport federation and the educational system → responsibility
- individual study planning and individual support
- counselling
- motivate the teacher; why should I do my courses flexible?
- willingness to co-operate and be flexible
- athlete's willingness to solve the problems



MOVE YOUR BODY
STRETCH YOUR MIND



Thank you!

Hope to see you again in Oulu.

