

The EMPATIA project: *Education Model for Parents of Athletes In Academics*

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Background

Among the various stakeholders involved in nurturing talented and elite athletes, parents play a unique and important role in both the sport and academic contexts, mainly acting at the meso and most proximal dimension of an athlete's dual career support network. Despite the need of parenting education to ensure a long-term development of athletes has been highlighted in Canada and in the United States of America, no dual career parenting education programme is currently available to inform parents on the complexities and challenges of supporting their sons and daughters in combining sports and education.

Aim

The primary aim of the EMPATIA project is to structure an evidence-based e-learning multi-lingual educational programme specifically tailored for dual career parenting, thus implementing the EU Guidelines on Dual Careers of Athletes.

Content and structure

The project Team will bring together the combined experience of academic and sport experts to: 1) collect eminence-base knowledge on parents' experiences, perceptions, opinions and needs in supporting athletes as students, as well as competences acquired through formal, non-formal and informal (sports) education career; 2) develop a conceptual framework of dual career parenting, which will provide a sound theoretical basis for dual career actions and policies; 3) develop a dual career parenting education programme based on a solid theoretical background, which will ensure its wide applicability in Europe; 4) validate the developed online multilingual dual career parenting education programme at the level of the participating Member States, which could be adopted also at European level; 5) target a high number of parents of dual career athletes from different sports and academic contexts, enabling them a dual career parenting education via a distance and self-regulated learning; and 6) raise the awareness of parents, academic and sport staff and policy makers on the promotion of dual career education supporting staff, which could contribute to the enhancement of dual career in Europe.