



## INTERNATIONAL TRAINING COURSE

### EPIK Sport

## CALL FOR PARTICIPANTS

#### TRAINING PROGRAMME OF THE EU PROJECT “EPIK”

##### Summary:

The EPIK Sport project is a 24-month Erasmus+ Collaborative Partnership project that aims to improve the safety and well-being of children and young people in sport by developing an Educational Prevention and Intervention Kit (EPIK) training programme for sports coaches and students of health and sports studies. The programme aims to improve their skills and competences in injury prevention and management, promote collaboration and ensure a safe and supportive sports environment. The project aims to address the gap in education and training of sports coaches and sports medical staff (students) in injury prevention and management.

##### Call for participants:

##### International training Course EPIK on Injury Prevention

We are pleased to announce a two-day course on injury prevention supported by the Erasmus+ EPIK SPORT programme. This course is designed to equip participants with theoretical knowledge and practical skills in injury prevention and management.

We are looking for 12 coaches and 12 students from health and sports disciplines who are interested in learning how to implement injury prevention training programs for athletes and who want to improve their understanding of injury management in a sports context.

##### Course details:

- Dates: 30th and 31st March 2025

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- Duration: 2 days, 14 hours in total
- Location: Faculty of Sport and Physical Education, University of Nis (Carnojevica 10a, Nis, Serbia)
- Price: supported by the Erasmus+ EPIK SPORT program

**Agenda:**

Each day will be divided into two parts: a theoretical session in the morning and a practical session in the afternoon.

**Application process:**

- How to apply: [nemanjastankovic84@hotmail.com](mailto:nemanjastankovic84@hotmail.com)
- Selection criteria: Candidates with previous experience in coaching or sports medicine will be given preference, but all motivated individuals are invited to apply.

We look forward to your participation!

For more information or any inquiries, please contact: [nemanjastankovic84@hotmail.com](mailto:nemanjastankovic84@hotmail.com)

**Day 1.**

	<b>Time</b>	<b>Topics</b>
<b>Welcome word</b>	09:00- 09:15	<ul style="list-style-type: none"> <li>• Welcome speech and agenda overview</li> </ul>
<b>EPIK SPORT Introduction – Educational, intervention and prevention tool</b>	09:15 – 09:45	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Details of the program objectives</li> </ul>
<b>Module 1 Implementation of an exercise program for injury prevention</b>	09:45 – 10:45	<ul style="list-style-type: none"> <li>• Secure support from key stakeholders</li> <li>• Develop an interdisciplinary team</li> <li>• Identify barriers and solutions</li> <li>• Design a context-specific program</li> <li>• 4 steps to injury prevention</li> </ul>
<b>Open discussion</b>	10:45 – 11:30	<ul style="list-style-type: none"> <li>• From a coaching perspective on injuries and injury prevention</li> <li>• Encouraging collaboration between coaches and students of health and sports majors</li> </ul>
<b>Module 1 Implementation of an exercise program for injury prevention</b>	11:30 -12:30	<ul style="list-style-type: none"> <li>• Introduction to the injury prevention pyramid (athlete recruitment, load monitoring, sports development, movement efficiency, structured injury prevention programs, injury assessment and rehabilitation)</li> </ul>
<i>Launch break</i>	12:30 – 13:30	

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<b>Module 1 Practical session</b>	13:30 -15:30	<ul style="list-style-type: none"> <li>Structured injury prevention programs (practical application)</li> </ul>
<b>Closing remarks, assessment and rating of Day 1</b>	15:30 – 16:00	<ul style="list-style-type: none"> <li>Open discussion, additional questions</li> <li>Participant evaluation</li> <li>Participant evaluation on day 1</li> </ul>

## Day 2.

	<b>Time</b>	<b>Topics</b>
<b>Welcome word</b>	09:00- 09:15	<ul style="list-style-type: none"> <li>Welcome speech and agenda overview</li> </ul>
<b>Module 1 Implementation of an exercise program for injury prevention</b>	09:15 – 10:45	<ul style="list-style-type: none"> <li>Injury Prevention Pyramid Part 2 (Athlete Recruitment, Load Monitoring, Sports Development, Movement Efficiency, Structured Injury Prevention Programs, Injury Assessment and Rehabilitation)</li> </ul>
<b>Open discussion and evaluation</b>	10:45 – 11:30	<ul style="list-style-type: none"> <li>Coach and parent education</li> <li>Open discussion, additional questions</li> <li>Evaluation of the “Implementation of an injury prevention exercise program” part of the program</li> </ul>
<b>Module 2 Acute Injury Management</b>	<i>11:30 -12:30</i>	<ul style="list-style-type: none"> <li>Theoretical foundations of acute injury treatment</li> <li>PEACE and LOVE: a new protocol/acronym for injuries</li> </ul>
<i>Launch break</i>	12:30 – 13:30	
<b>Module 2 Practical session</b>	13:30 -15:30	<ul style="list-style-type: none"> <li>Acute Care</li> <li>Introduction to Basic Life Support and Automated External Defibrillators. Understanding Basic Life Support (BLS)</li> </ul>
<b>Final remarks, assessment and evaluation of the EPIK training program</b>	15:30 – 16:00	<ul style="list-style-type: none"> <li>Question and Answer Session among Participants</li> <li>Participant Evaluation</li> <li>Evaluation of EPIK Training Program by Participants</li> </ul>