

Educational activities about WSB and Balance²

(WP3_D4.3)

I.M.Health

ERASMUS+ Sport

(Project No.: 101090407)

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1 Facts

- **PROGRAM:**
 - EDUCATIONAL TRAINING ACTIVITY OF WATER SKYBALL
 - EDUCATIONAL TRAINING ACTIVITY OF BALANCE
- **VENUE:**
 - FONTANUS SPORT CENTER, SZEGED, HUNGARY
- **DATE OF PERSONAL EDUCATIONAL TRAINING COURSES:**
 - SEPTEMBER 16, 2023 – SEPTEMBER 19, 2023
 - DURATION: 4-DAY
- **DATE OF ONLINE EDUCATIONAL TRAINING COURSES:**
 - Q4.2023 AND Q1.2024
 - NUMBER OF TRAININGS:
 - 6 ONLINE TRAINING OF WSB
 - 6 ONLINE TRAINING OF BALANCE
- **NUMBER OF PARTICIPANTS:**
 - PERSONAL TRAINING: 15 PARTICIPANTS
 - ONLINE TRAINING: 16 PARTICIPANTS

2 Evaluation Report

As a milestone in our project, we had our 2nd Transnational Project Meeting in Hungary from 16-19th September. The venue of the meeting was the sports center of Fontanus near Szeged, which enabled us to train and play in the official Water Skyball field.

As a preparation for the 3-month-long training programmes in the 4 participating countries (Germany, Austria, Slovenia, Hungary), we dedicated this meeting to discuss and finalize the fitness assessment method used before and after the Balance and Water Skyball training.

Together, a great set of exercises to easily and efficiently test basic fitness skills were developed.

The other major part of the meeting was the training of Water Skyball coaches and Balance trainers. Led by the Hungarian Water Skyball Federation and Fontanus Center, the project team members practiced Water Skyball and played the game every

day and learned, practiced Balance exercises. The participants made huge progress throughout the 4 days and learned the basics of the sport and the coaching techniques. Beside the 4-day long educational training courses we organised 6 follow-up online educational courses to share information regarding best practices of WSB and Balance courses.

3 Feedback questionnaires

Please rate the training sessions according to the following aspects. The scale is 1-5 (1 is the weakest, 5 is the strongest):

Questionnaire of Water Skyball training

	Training activity of Water Skyball
1. Preparedness of the lecturers	
2. Quality of the presentation materials	
3. English language qualities of the lecturers	
4. Quality of the training location	
5. Length of training session	
6. Usefulness of the training (mental part) to learn WSB	
7. Usefulness of the physical training to learn WSB (practice)	
8. How detailed was the training?	
9. How comprehensible was the training?	
10. Did you get enough information on WSB?	

Questionnaire of Balance training

	Training activity of Balance
1. Preparedness of the lecturers	
2. Quality of the presentation materials	
3. English language qualities of the lecturers	
4. Quality of the training location	
5. Length of training session	
6. Usefulness of the training (mental part) to learn Balance	
7. Usefulness of the physical training to learn Balance (practice)	
8. How detailed was the training?	
9. How comprehensible was the training?	
10. Did you get enough information on Balance?	

4 Photos

Target group of the educational activities

(Photo 1)



Water Skyball educational activity

(Photo 2)



Water Skyball educational activity

(Photo 3)



Balance educational activity

(Photo 4)



Water Skyball educational activity

(Photo 5)

