

THE THEACHER IS THE BEST APP!



JEROEN CAERS

Can technology contribute to a better motivational learning environment in PE class? Find out all about it in this BIP

Jeroen Caers, teacher educator

JOIN US FOR A BLENDED INTENSIVE PROGRAM

IT IN SPORTS

The Sports Department of the Thomas More University of Applied Sciences located in Turnhout, Belgium, invites you to join a blended intensive program on IT in Physical Education (PE) class.

ABOUT THE PROGRAM

How can IT in the movement context contribute to a learning climate where everyone is motivated to move? In this course, we reach out to you with lots of trends and developments so that you can graduate future-proof. You will become the best app in PE class!

ESPECIALLY FOR

- Physical Education Students
- Physical Education Teachers

ORGANIZATION

The lessons are a combination of theory and practical applications, which are completed either individually or in teams. The BIP focuses on handling technology in the exercise context with the goal of increasing a positive learning environment in PE Class.

5/5 - 9/5/2025

**THOMAS
MORE**
Turnhout, Belgium

BLENDEN INTENSIVE PROGRAM ON IT IN THE SPORTS

ONLINE START

The program starts with a digital introduction and the formation of international study groups

In this introduction, you will get a general outline of digital technology in physical education. We already inspire you with examples and you can already start looking for contents where you like to use an IT tool.

ON CAMPUS WEEK

The online classes are followed by an in-person week @Thomas More Turnhout.

How can we create a more motivational learning environment in physical education class? Which IT tools can we use for this purpose? How can we use apps creatively in physical education lessons? We take a digital journey through the following topics:



Wearables. What wearables are there? How do they work and how can we target them in physical education lessons?



Multimedia learning. How to easily design task cards and movement videos. Which teaching style fits the use of task cards in physical education lessons?



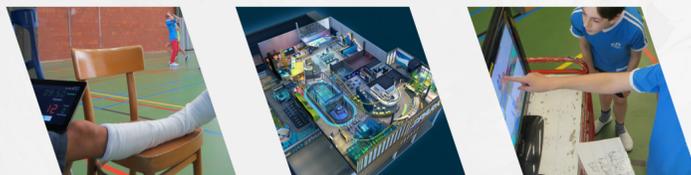
Exergaming. How can we break sedentary behaviour with gaming? We visit Sparkx, een sportpretpark in Hasselt waar we 50 verschillende sporten kunnen proberen, fysiek of ondersteund met augmented en virtuele realiteit.



Coaching. How can we use apps in evaluating students in physical education class taking into account our lesson goals and in a more motivational learning environment.



Apps & tablets. How can we use tablets functionally in Physical Education lessons? Which apps are applicable in our exercise practice?



RESULTS & ONLINE WRAP UP

Full of new ideas and insights about implementing apps in your physical education class, you will leave our campus.

At home, you will work on using this form of work in a training or physical education lesson. You deploy it creatively with clear added value.

You will present the results and share your creation with your peers in the last online class.



WHEN

Online class - april 2025
5/5/2025 - 9/5/2025 on campus
online class - june 2025



INVESTMENT

You pay: your own accommodation costs, lunches & dinners
We arrange a complete program
The Erasmus+ fund covers up to a maximum of €70/day (if available in your country).



ASSESSMENT

Online presentation
A video of a piece of exercise practice with the implementation of an app & digital instruction videos for three levels.



DISCOVER OUR REGION

The bow cannot always be tight! There is time to explore our region. We take a trip to Sparkx in Hasselt. We discover the best places in Antwerp in an interactive way and explore our campus city of Turnhout.



ECTS

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NUMBER OF PARTICIPANTS

Maximum 20

CONTACT

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Sport at Thomas More



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