

## Partners:



### The right movements

At the end of January, the REBALANCE consortium met in Turku, Finland to discuss the work done and set guidelines for the future goals. Project management tasks, financial report, Overview of Educational Methodology and Content Development, Educational Platform, Micro credentials Framework were discussed during the meeting.

The REBALANCE team conducted an anonymous survey and Consultation rounds with semi-structured interviews, during which they determined the needs and achievements of Physiotherapists and Professional Sports Trainers of each country participating in the project. The survey, in which 90 respondents participated, confirmed the necessity to provide Physiotherapists and Trainers with a training curriculum which would broaden their horizons in the digital performance of their practice teaching or instructing their clients and patients.



## Next steps:



The next steps consist of creating an OER educational methodology to help the professionals of the target groups to improve their services and actively include digital practices in combination with their "in presence" services. The training course will use self-paced e-learning, with an option for a trainer's assistance. The theory developed should take into consideration the combination of Physiotherapy and Physical Exercise, focused on Musculoskeletal problems basically linked to sedentary lifestyle and non-ergonomic, equipment and digital practice in combination with face-to-face evaluation and sessions.

The best way to follow the news of the REBALANCE project is to join us on social networks, Facebook and LinkedIn, as well as visit our website.

