

INVITATION



**Thursday, 30.03.2023
9:00-14:00
Frederick University
Limassol campus**

A whole school approach promoting Health Enhancing Physical Activity (HEPA)

HOST ORGANISATION



Co-funded by the
Erasmus+ Programme
of the European Union



Invitation

Frederick University invites you to the conference

A whole school approach promoting Health Enhancing Physical Activity (HEPA)

Thursday, March 30 2023, 9:00-14:00

Frederick University, Limassol campus
Amphitheatre, 3rd Floor

RSVP by 24/3/2023 at <https://forms.gle/aNsNsdR5V4oU7ct77>

The conference is organized in the framework of the HEPA Project, co-funded by the Erasmus+ program of the European Union with the aim to analyse the best practices implemented to promote physical activity among young populations and develop a school-based global resource to address the global issue of physical inactivity among this age group.

How can the school environment influence the promotion of health enhancing physical activity? HEPA project suggests a holistic approach based on the recommendations of the World Health Organization.

Frederick University is the project's coordinator. Project partners are Aristotle University of Thessaloniki (Greece), Cardiff Metropolitan University (UK), Directorate of Secondary Education of Pieria (Greece), EuropeActive (Belgium), University of Jyväskylä (Finland), University of Bolzano (Italy) and the Cyprus Olympians Association (Cyprus).



AGENDA

9:30 – 9:50 **Welcome**

9:50 – 10:10 **The importance of a cross-sectoral approach to HEPA**
Declercq Lukas, EU & Public Affairs Director, EuropeActive Brussels, Belgium

10:10 – 10:30 **Using whole system approaches to promote health enhancing physical activity in Wales, UK**
Paul Sellars, Research Associate, Centre for Health, Activity and Wellbeing Research, Cardiff Metropolitan University, Wales, UK

10:30 – 10:50 **Creating physical active school environments in Finland**
Timo Jaakkola, Associate Professor in Sport Pedagogy Faculty of Sport and Health Sciences, University of Jyväskylä, Finland & Mikko Huhtiniemi, Development Manager and Researcher, Faculty of Sport and Health Sciences, University of Jyväskylä, Finland

10:50 – 11:00 **Questions and discussion**

11:00 – 11:30 **Coffee break**

Multiplier Event

A whole school approach promoting Health Enhancing Physical Activity

11:30 – 12:00 **A whole school approach for the promotion of health enhancing physical activity – co-development of the educational material**
Vassilis Barkoukis, Associate Professor at the Department of Physical Education and Sport Science of the Aristotle University of Thessaloniki, Greece

12:00 – 12:20 **Erasmus+ Sport HEPA project: Policies and recommendations**
Georgios Raptis, Physical Education Teacher, Educational coordinator at the 3rd Regional Centre for Educational Planning of Central Macedonia, Greece

12:20 – 12:40 **Promoting physical activity at school through active breaks in class**
Panos Constantinides, Assistant Professor, Department of Physical Education and Sport Sciences, Frederick University, Cyprus

12:40 – 12:50 **Interdisciplinary art teaching and physical activity promotion**
Victoria Pavlou, Associate Professor, Department of Education, Frederick University, Cyprus

12:50 – 13:15 **Questions and discussion**

13:15 -14:00 **Reception**

Moderator: *Elena Papacosta, Assistant Professor, Department of Physical Education and Sport Sciences, Frederick University, Coordinator of HEPA project*

KEYNOTE SPEAKERS:

EuropeActive Brussels, Belgium

Declercq Lukas - EU & Public Affairs Director

Lukas joined EuropeActive in 2018 taking on the health enhancing physical activity policy file. Currently he is responsible for EuropeActive's EU and public affairs work, which includes managing relationships with the EU institutions, the WHO and EuropeActive's national association partners, as well as the successful implementation of EuropeActive's EU funded project activities. Before joining EuropeActive, Lukas has been working on European Territorial Cooperation for the province of East-Flanders. As part of the Certifying Authority, Lukas was involved in several Interreg programmes, including Interreg Europe. Prior to his work on European Territorial Cooperation, Lukas was part of the international relations team of the Belgian Court of Audit, where he was working on open data in a European framework.

Lukas holds a master's degree in political science and in sport and exercise sciences.

Cardiff Metropolitan University, Wales, UK

Paul Sellars - Research Associate, Centre for Health, Activity and Wellbeing Research

Paul is a Research Associate at Cardiff Metropolitan University in the Centre for Health, Activity and Wellbeing Research (CAWR). Paul's research focus is upon wellbeing across different environments. To date, Paul has been awarded an MSc in applied sport psychology and an MSc by research, while he is currently completing a PhD which explores wellbeing in sport and business environments. Paul holds a position within The Welsh Institute of Physical Activity, Health and Sport (WIPHAS) in which he is the theme lead for mental health and wellbeing, and is an accredited British Association for Sport and Exercise Sciences (BASES) Sport & Exercise Scientist.

University of Jyväskylä, Finland

Timo Jaakkola- Associate Professor in Sport Pedagogy Faculty of sport and health sciences

Timo Jaakkola is Associate Professor in sport pedagogy at the Faculty of sport and health sciences in the University of Jyväskylä. His research topics include motor development and learning, physical activity and exercise motivation, and well-being within children and adolescents. He has also a long history to teach Finnish physical education teacher training students in areas of motor development and learning.

Mikko Huhtiniemi- Development Manager and Researcher, Faculty of sport and health sciences,

Mikko Huhtiniemi works as a Development Manager and a researcher at the Faculty of

Sport and Health Sciences, University of Jyväskylä, Finland. He is in charge of the development and coordination of the Move! – national monitoring system for physical performance of all Finnish 5th and 8th grade students. His research interest include motivation, affects, health-related fitness, motor competence, and physical activity of children and adolescents.

Aristotle University of Thessaloniki, Greece

Vassilis Barkoukis, Associate Professor at the Department of Physical Education and Sport Science

Dr Barkoukis is an Associate Professor at the Department of Physical Education and Sport Science of the Aristotle University of Thessaloniki. His research interests involve the study of the social-cognitive determinants of sport- physical activity- and physical education-related behaviours, and has published several research articles and book chapters on these topics. He co-authored the first meta-analysis on the psychological determinants of doping and co-edited the first book on the psychology of doping. He served as coordinator, national coordinator or research associate in 20 European Union, 7 WADA and 4 IOC funded projects.

Directorate of Secondary Education of Pieria, Greece

Georgios Raptis, Physical Education Teacher, Educational coordinator at the 3rd Regional Centre for Educational Planning of Central Macedonia

Dr Georgios Raptis was born in 1961. He is a physical education teacher and an Educational Coordinator at the 3rd Regional Centre for Educational Planning of Central Macedonia, Greece. He grew up in a patisserie because of his parents occupation. He used to study and do his homework there, a fact that helped him to gain experiences that he has exploited and transferred in the educational process. During his school years, play and work dominated his daily life, while the dominant modes of education included copying loads of pages and corporal punishment. Because of them, he has developed and faces education from his own alternative perspective, promoting co-operation and mutual help. He likes to research, to try and to be involved in different activities in nature.

Frederick University

Elena Papacosta, Assistant Professor at the Department of Physical Education and Sport Sciences

Dr Papacosta is an Assistant Professor of Exercise Physiology and the program coordinator at the Physical Education and Sports Sciences program at Frederick University. Additionally she is appointed as Council Board Member at Cyprus Sports Organisation, the highest

sport authority in Cyprus, by the Ministerial Council in July 2021. Her research interests are on the neuroendocrine responses to stress and health-enhancing physical activity for health promotion. She served and currently serving as coordinator or research associate in several projects funded by the European Union and 2 projects by national funds.

Panos Constantinides, Assistant Professor at the Department of Physical Education and Sport Sciences

Dr Panos Constantinides is an Assistant Professor of Curriculum and Teaching in Physical Education at School of Education and Social Sciences, Frederick University. He previously worked for public schools in New York, for Brooklyn Hospital and for Queens College, City University in New York. His research work includes publications of textbooks, research articles in international research journals, numerous presentations in international conferences such as the AERA, AIESEP, OMEP, ECSS and other and interventions for special populations. His research interests include effective teaching in physical education and sports, health and fitness for better quality of life and physical literacy. He has organized educational workshops both in Cyprus and in the United States for Physical Education specialists, teachers and the general population. Dr Constantinides is affiliated with international organizations and associations such as the AERA, AIESEP, OMEP, ECSS, and other. He's a reviewer in international research journals such as Teaching & Teacher Education, Journal of Teaching in Physical Education and other. During his seventeen years at Frederick University, he has designed and developed bachelor, master and vocational programs of study for Frederick University. Recently he contributed with his research work in the hiring of 600 Physical Education teachers in New York's public schools, for better quality physical education classes.

Victoria Pavlou, Associate Professor, Department of Education

Dr Victoria Pavlou is an Associate Professor of Visual Arts Education at the Education Department of Frederick University, Cyprus. Her teaching and research focus on the initial and continuous professional development of generalist teachers in art education and on children's learning preferences, motivation and creative potential. Her professional passions include changing attitudes, building confidence and connecting art with real-life issues. She has experience in numerous European-funded projects as a partner and/or external evaluator. She was the coordinator of the CARE (Visual art education in new times: Connecting Art with REal life issues, 2019-2022) project, and currently, she coordinates the CARE/SS (Critical ARts Education for Sustainable Societies, 2022-2024) European-funded project. She is a member of the International Society of Education through Art (serving for several years in the European Regional Council - elected and co-opted), a member of the editorial board of the International Journal of Education through Art (IJETA) and a guest editor of the first 2023 IJETA issue, that focuses on 'Art, Sustainability and Partnerships'.