

Winter active school of undergraduate education for students of physical education and sports

Seven lecturers, one staff member, and three PhD. students from the Institute of Sport Economics and Management at the Faculty of Economics and Business of the University of Debrecen participated in the **Active School Sport and Recreation Programs** organized by Department of Physical Education and Sports, Faculty of Education, Catholic University Ružomberok from February 12-14, 2025. The Hungarian colleagues travelled as part of the **Pannonia Program**, supported by the Hungarian Government, for an exchange of experiences. The mobility program was designed to promote health, health-oriented fitness and an active lifestyle through **active school** and **winter outdoor sports**, with a particular emphasis on skiing. The primary objectives included equipping participants with both theoretical knowledge and practical skills to better understand and advocate for the physical and mental benefits of winter sports. Additionally, the program sought to encourage the integration of **sustainable practices** into sports activities, fostering environmentally conscious behavior.

A key focus was on building a **network of professionals and educators** who can collaborate to inspire active lifestyles within their communities. Through interactive experiences and shared learning, participants were also empowered to develop and implement **campaigns highlighting the health and social benefits** of winter sports. Ultimately, the program aimed to cultivate a **supportive community** that values health, sustainability, and cooperation.

This mobility initiative played a significant role in the **modernization and internationalization** strategies of the participating institutions by fostering **cross-border collaboration and knowledge exchange**. The experiences gained through the program allow institutions to integrate **innovative approaches to health promotion and sustainability** into their curricula, aligning with contemporary educational priorities.

By focusing on outdoor winter sports and their **positive impact on well-being**, the program introduced **experience-based teaching methods** that encourage **active participation and lifelong learning**. Furthermore, it strengthened **international networks**, opening pathways for **joint research, future collaborations, and the sharing of best practices**.

The emphasis on sustainability underscored the institutions' commitment to addressing global challenges and preparing participants to be advocates for **environmentally conscious practices**. Additionally, the program contributed to the **international visibility** of the

institutions involved, highlighting their dedication to promoting **health, active lifestyles, and ecological responsibility** on a global scale.

The program featured a **diverse range of activities** combining **theoretical and practical elements** to enhance knowledge and skills in **winter outdoor sports**. Participants attended lectures on the **health benefits of winter sports**, interactive **workshops on communication techniques**, and **practical skiing sessions** tailored to different skill levels. Sustainability remained a central theme, with dedicated sessions on **ecological practices in winter sports** and group activities aimed at designing **community engagement campaigns**.

Beyond skiing, participants took part in **outdoor snow treks**, including a guided hike to **Vlkolínec, a UNESCO World Heritage Site**, where they explored the cultural and natural heritage of the region. The program also provided opportunities for **cultural exchange**, introducing participants to **Slovak folk-dance elements** and **innovative music-based movement programs**, allowing them to experience new forms of physical activity. These cultural and movement-based workshops facilitated **mutual learning**, as participants shared insights into each other's **sports and movement traditions**.

Outdoor activities such as **snowshoeing and team-based winter games** helped strengthen teamwork and foster a deeper connection with nature. Finally, **reflection workshops** and **action plan development sessions** ensured that participants could apply their newly acquired knowledge and skills in their local contexts.

The education also included a physical activity program focusing on physical literacy and postural health in undergraduate education.

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prof. PaedDr. Elena Bendíková, PhD.

World Ambassador of FIEPS & Member of WLO