

## **Support of health of the school population during the nationwide "Science and Technology Week 2024"**

Prof. PaedDr. Elena Bendíková, PhD. (**World Ambassador of FIEPS**, member of **World Leisure Organization & COST**) together with assoc. prof. Robert Rozim, PhD. supported with their active approach through the project scheme VEGA 1/0427/22 the 21st year of the nationwide event **"Science and Technology Week 2024"** by holding lectures and practical workshops for pupils and students under the title **"Science and technology supporting the health of the school population"**. The central theme of the events was based on the central idea: **"Innovations to a Healthier Future"**, also presented by the **World Leisure Organization (WLO)** and the **European Cooperation in Science and Technology (COST)**.



The above-mentioned events took place at the Department of Physical Education and Sports, Faculty of Education, Catholic University in Ružomberok, in the period 11. 11. - 15. 11. 2024 under the supervision of the above-mentioned faculty teachers in cooperation with students of the bachelor's and master's study programs in physical education and physical education in combination, as well as a doctoral student Mgr. D. Židek. The students, together with the supervisors, prepared interesting lectures, and movement programs with a

preventive character in relation to health and the promotion of health-oriented fitness, as well as the possibilities of primary prevention of postural health.

Primary school pupils and secondary school students as well as students of the Faculty of Education had the opportunity to learn more about **WLO and COST** and to



directly become familiar with modern and accessible technologies and their use in terms of primary diagnostics of selected factors of health-oriented fitness in school practice, with a strong emphasis on sustainability (including environmental, economic and, above all, social aspects). In an interesting and simple way, prof. Bendíková and assoc. prof. Rozim approached and presented the work and results of the current research of the above-mentioned project as well as the connections and applicability of science and technology in lifestyle and health promotion of schoolchildren.



Thanks are due to all students and stakeholders involved in the preparation as well as the implementation and support of the project.



*assoc. prof. Robert Rozim, PhD.*