

Promoting good body posture through "Active School"

Prof. PaedDr. Elena Bendíková, PhD. & prof. Dr. Ricardo Ricci Uvinha presented at the “**International Conference of Sport, Health and Physical Education 2024**” collaborative research under the auspices of **WLO** and **FIEPS**. The authors pointed to the current lifestyle of the school population has a hypokinetic and sedentary nature, which is reflected in their physical activity routines as well as in their health, with an increasing trend in chronic noncommunicable diseases. The school environment is one of the options that can respond to this societal problem, which concerns not only Slovakia and Europe. Such a space is created by the concept of the "Active School." This concept motivates, creates, and promotes interest in various physical activities among pupils from the perspective of primary health prevention, with an emphasis on health-oriented fitness, of which body posture is a partial component. The aim of the pilot study was to show the positive impact on the body posture of female pupils and the importance of exercise program within the framework of the Active School. *The listed was the part of research project VEGA 1/0427/22 Prevention of pupils' postural health by physical activity.*

¹prof. PaedDr. Elena Bendíková, PhD., & ²prof. Dr. Ricardo Ricci Uvinha

¹prof. PaedDr. Elena Bendíková, PhD.: Department of Physical Education and Sports, Faculty of Education, Catholic University in Ružomberok, Slovakia, (World Leisure Organization, FIEPS World Ambassador,)

²prof. Dr. Ricardo Ricci Uvinha: School of Arts, Sciences and Humanities, University of São Paulo, Brazil (World Leisure Organization)

