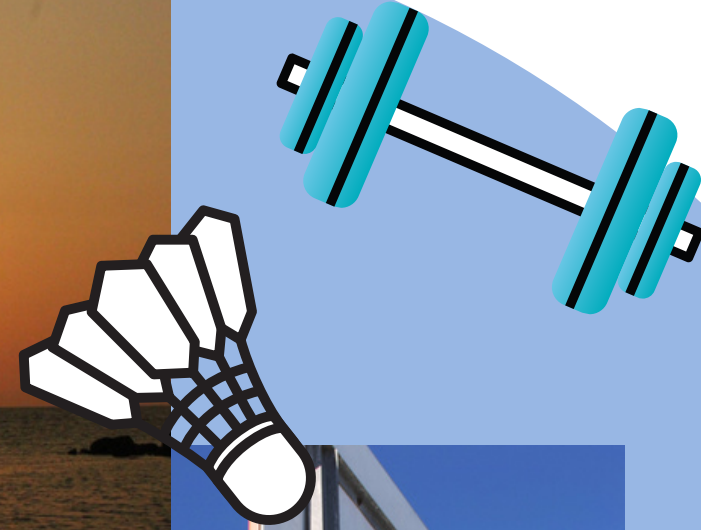




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SEMINAR: HEALTHY LIVING AND SPORTS



What is Health?


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- According to the WHO, "Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity".

This definition was established in 1946.

- According to the Spanish Royal Academy of Sciences (RAE), "State in which the organic being exercises normally all its functions".

- For Schopenhauer, "Health is not everything, but everything is nothing without health."

- And for Reindell, "Health is not private property, but a constant spiritual and physical task."



What is sport?

**What does
sport mean to
you? ?**





"Sport is a physical activity performed by a person or a group following certain rules and within a given physical space. It is generally associated with formal competitions and serves to improve physical and mental health"

performance

elite

ENDURANCE

Which sport do you practice?

Recovery after an injury



Do you know when sports originated?

There is evidence that indicates that the origin of classical sports dates back to approximately 4000 BC.

On the other hand, wrestling and marathon originate from ancient Greece. Traditionnaly, the Greeks in their culture attach a great importance to sport and created the Olympic Games of antiquity (the basis of modern Olympic Games), which took place from 776 BC to 393 AD.



A Visual History of Sports




Share

HISTORY OF SPORTS



The Atlantic

Watch on  YouTube



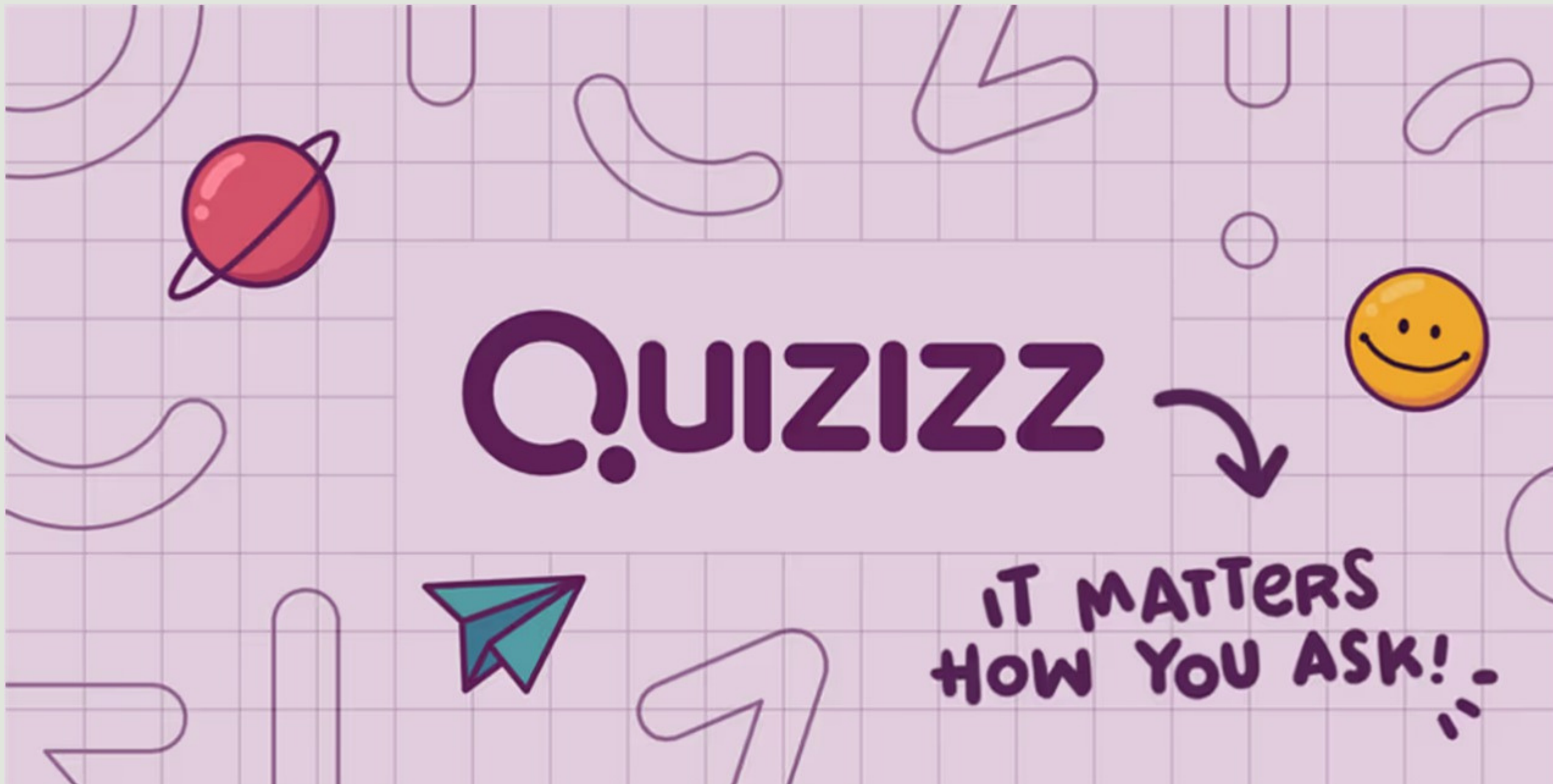
WHY DON'T WE PRACTICE SPORTS?

A pretty simple question, isn't it?

Because of laziness, because of an injury, because of a trip, because work prevents us from doing it, and the most frequently used excuse:



"I don't have time for it" but, do you feel guilty for taking time for yourself?



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WE WILL ESTABLISH SOME SOME OF THE REASONS WHY PEOPLE DO NOT INCORPORATE SPORTS IN THEIR ROUTINES:

- It is not an established practice in the family environment. Children internalize not practising sports**
- We are looking always for fast results**
- Pain avoidance**
- It becomes a stressful practice. If we do it to push ourselves and lose weight at all costs, instead of looking at it in a positive way, it becomes a stressor for our body and mind**

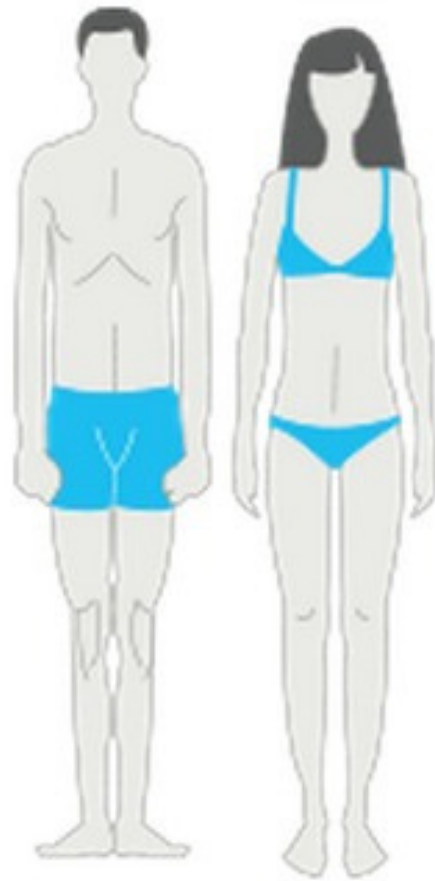


We found studies:

"it is much more difficult for an endomorph to do any physical activity than for a person of the ectomorph or mesomorph group, and that makes them more predisposed to lead a lazier life. If they exercise, it is more because of a medical recommendation"

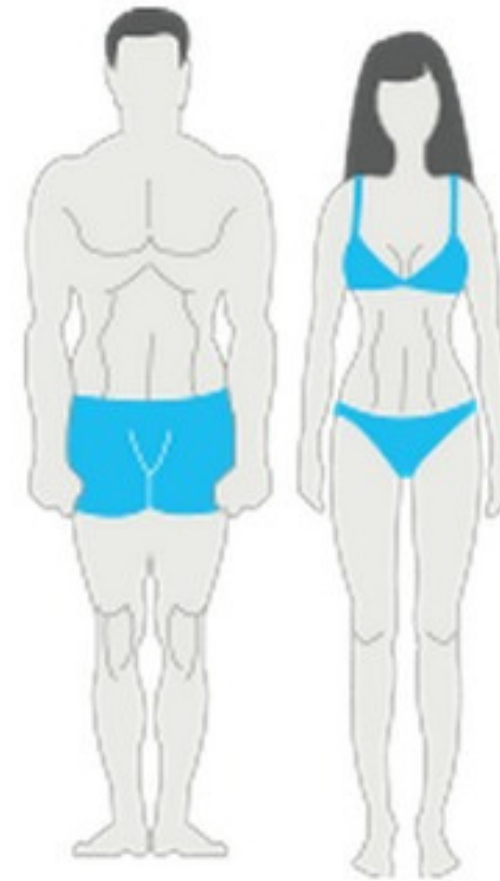
THREE BODY TYPES

ECTOMORPH



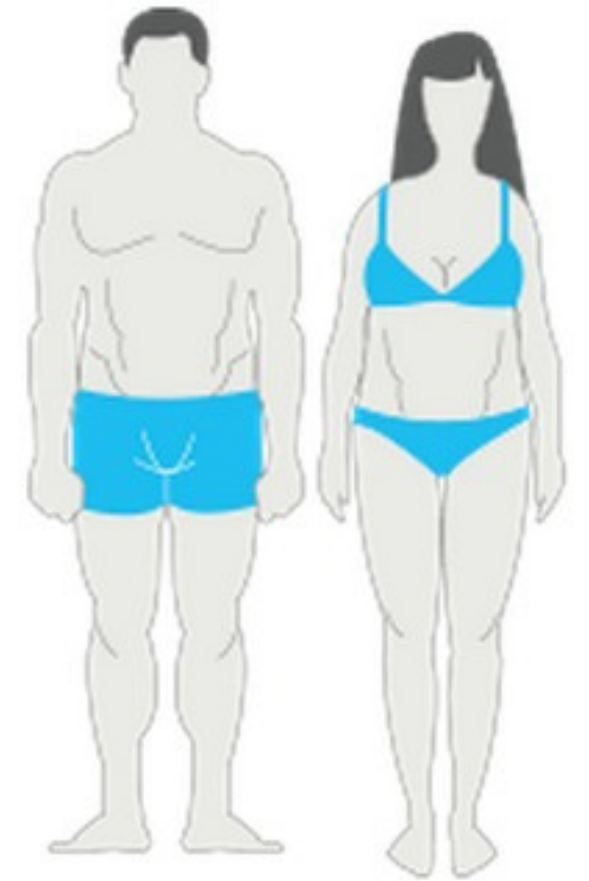
- Narrow hips and clavicles
- Small joints (wrist/ ankles)
- Thin build
- Stringy muscle bellies
- Long limbs

MESOMORPH



- Wide clavicles
- Narrow waist
- Thinner joints
- Long and round muscle bellies

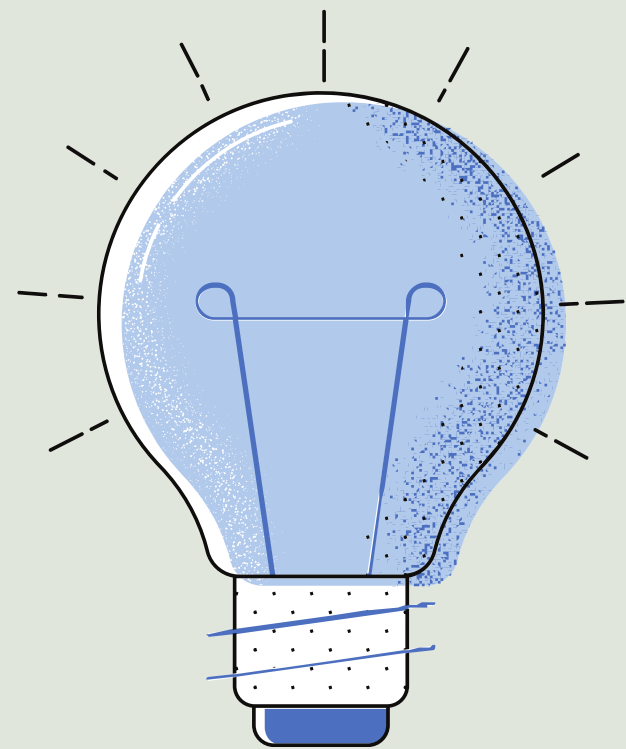
ENDOMORPH



- Blocky
- Thick rib cage
- Wide/thicker joints
- Hips as wide (or wider) than clavicles
- Shorter limbs



Do you believe that sport influences education, values, and if so, how?



**AWWE
SOME**

A vibrant, multi-colored rainbow with seven distinct bands: red, orange, yellow, green, blue, indigo, and violet. The rainbow is positioned between the words 'AWWE' and 'SOME'.

First of all, we must know that sport alone does not educate

It is important to have a critical mindset about an assumption that is not entirely true: sport alone does not educate

self-esteem

recognition

favors equal opportunities

loyalty

Sport is a great pedagogical tool






transmits culture

allows socialization

emotional control

AN ALMOST ENDLESS LIST!

We will focus on young people and children: sometimes we also find family members who create negative behaviors and attitudes during their children's sports practice. We are referring to:

-  **Promotion of very highly competitive demands**
-  **Culture of success: only winning counts**
-  **Aggressive behavior**
-  **Putting pressure on the coaches**
-  **Not accepting the decisions of the sports coaches**

watch

[Click here](#) to visit the page.

THANKYOU

Date of the presentation:
14.03.2022

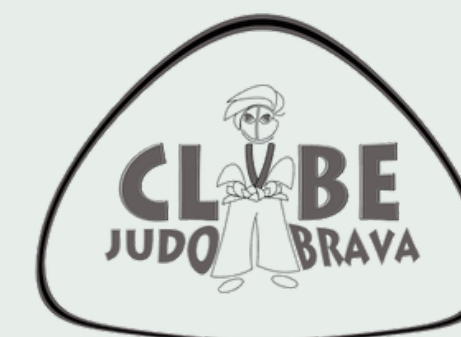
Number of participants:
14





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SEMINAR: Sport for mental and psychological well-being



CONTENT

First Session

- Mental and psychological well-being - what is it?
- Mental and psychological benefits of practising sport
- Consequences of not practising sport

Second Session

- Sport as therapy
- Psychological disorders associated with sport
- Mindfulness

Let's start remembering...

<https://www.youtube.com/watch?v=GNWaWJm1A1g>





Sport as therapy



Tell us, what alternative therapies do you know?



SPORT AS THERAPY

Can you think how sport could help in therapy?

Would you base a therapy around sport?



That is why it is not only doctors who recommend the practice of sport to strengthen health, but psychologists also recommend physical exercise as a way to reduce stress, anxiety, depression, prevent dementia, and focus. Sport establishes a routine that makes it easier for the person to concentrate and sleep.

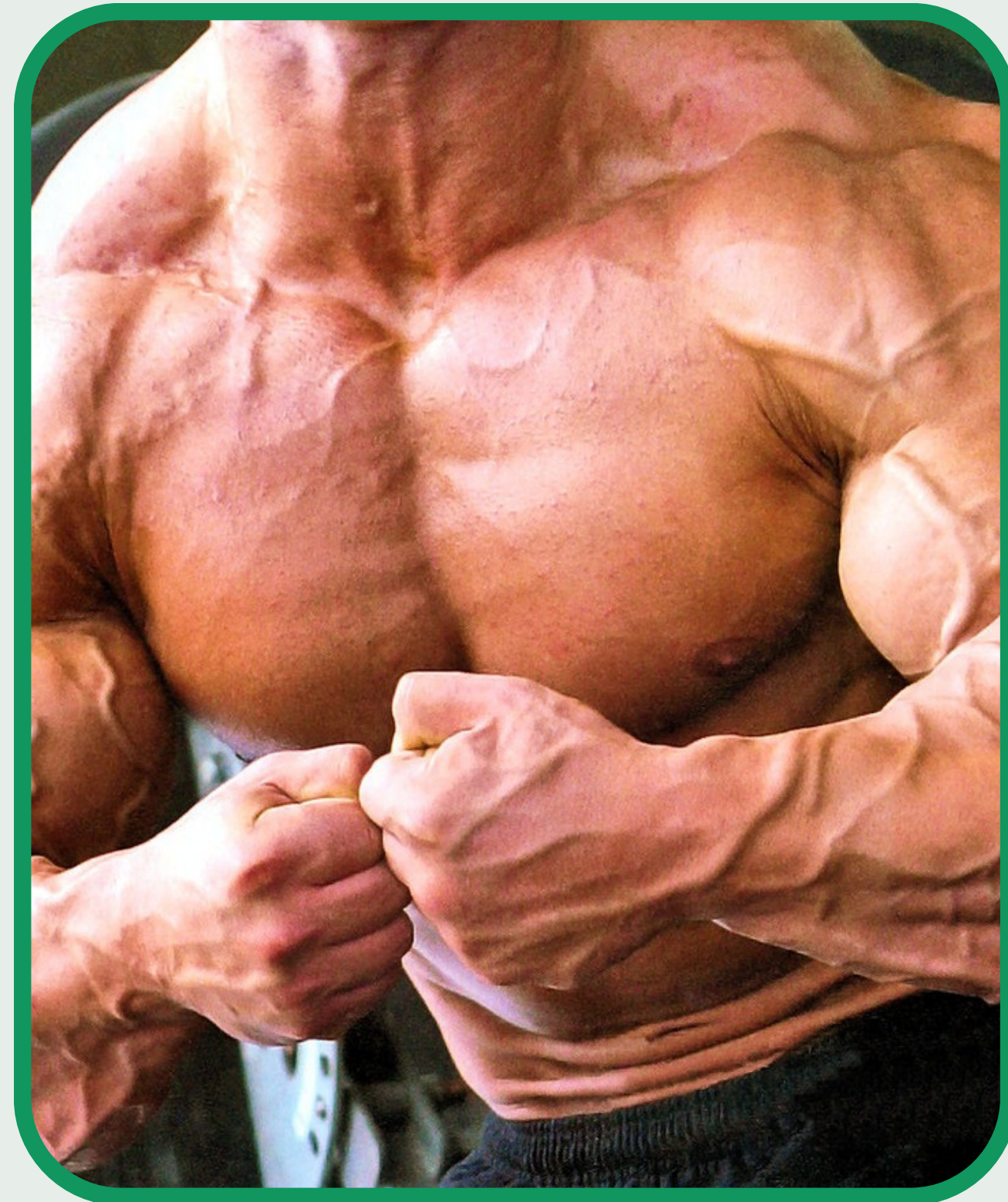


El ejercicio físico nos ayuda a "sudar" las pequeñas cosas que nos alejan de la felicidad.



Psychological disorders associated with sport

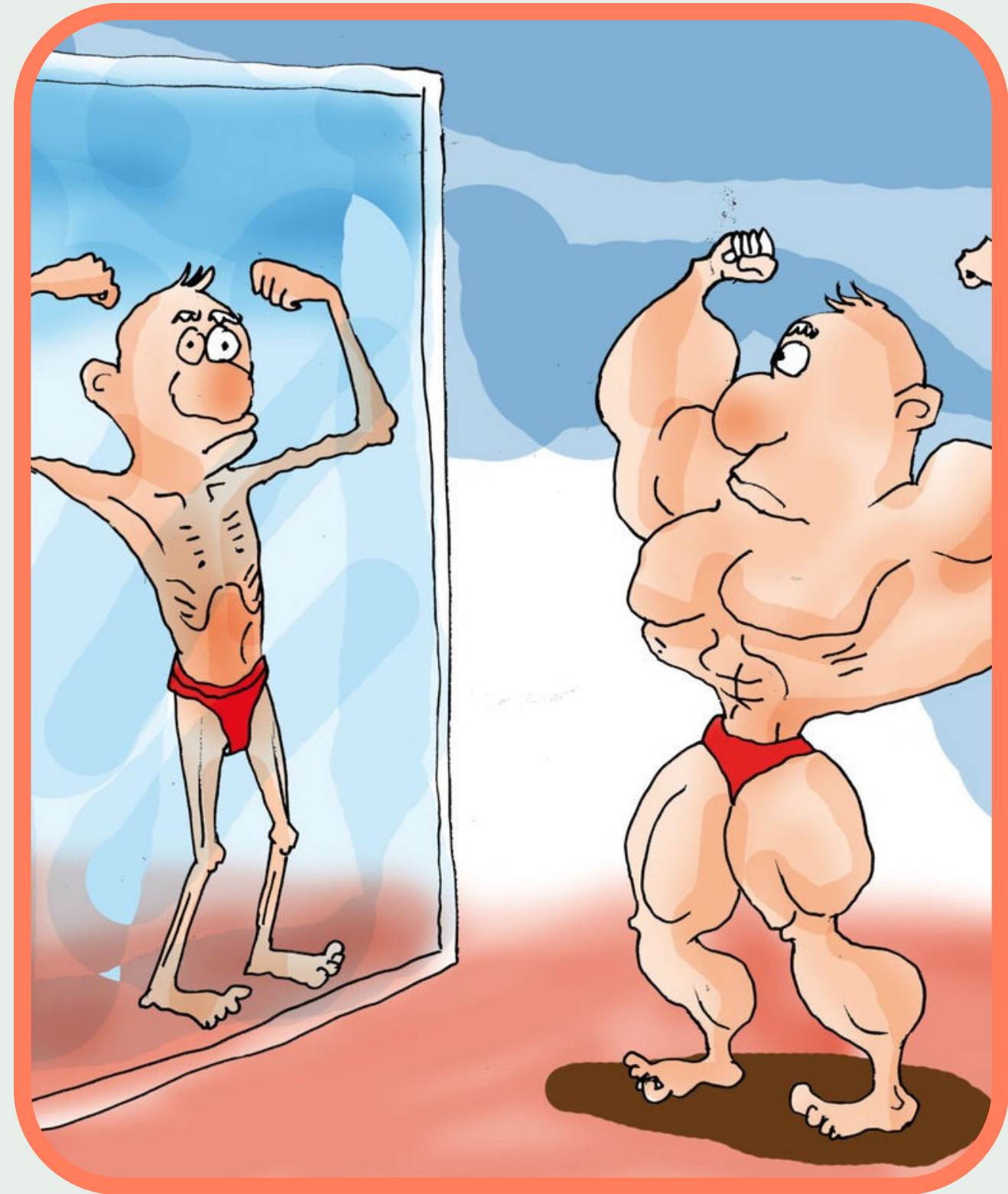
VIGOREXIA



What do you think are the most common symptoms of this disorder?

Did you know about this problem?

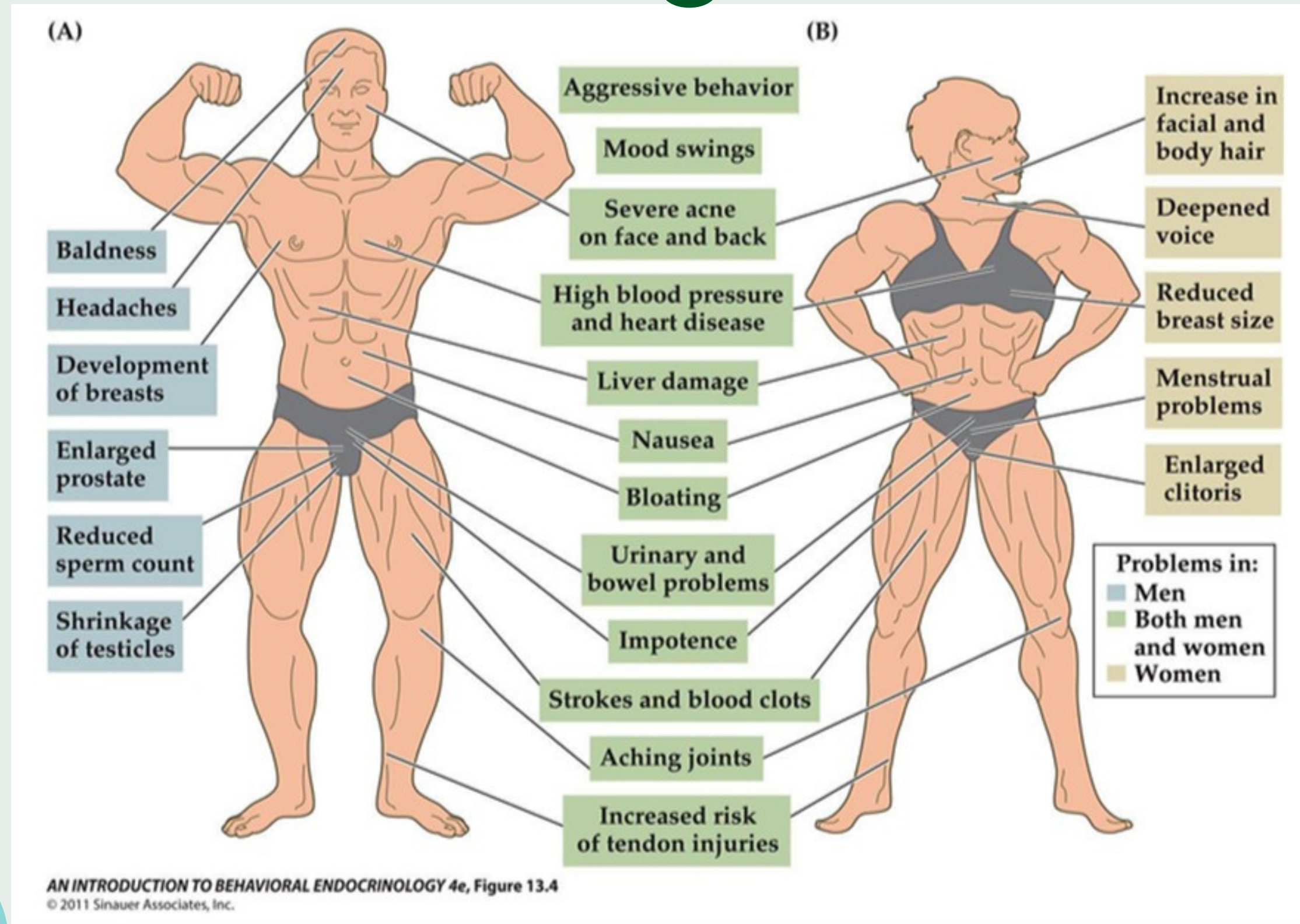
Just as doing a lot of sport can be harmful to the body, obsessing about it can also lead to problems.





Vigorexia is a disorder in which the sufferer becomes obsessed with their physical condition and appearance to the point that it interferes with their daily life and affects their eating behaviour. Vigorexia sufferers count calories, have an exaggerated intake of protein and carbohydrate and usually consume metabolic chemicals such as anabolic steroids.

Which do you think are the consequences of vigorexia?

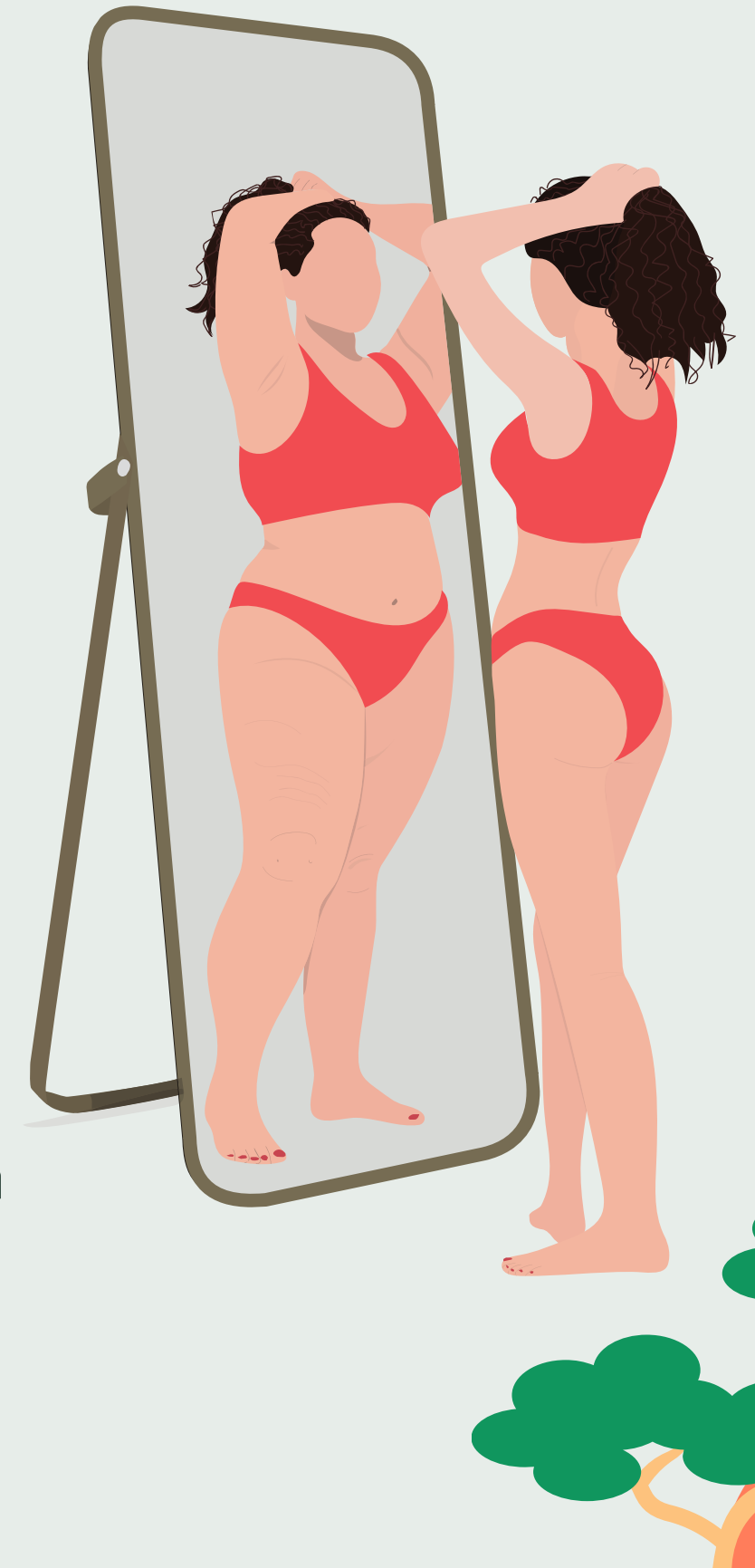


And you, do you think we are too exposed to a toxic relationship with our bodies?

Today we have talked about vigorexia and sport, but there are other eating disorders and body dysmorphia that affect us as a society and are more frequent than we imagine. Can you think of any?

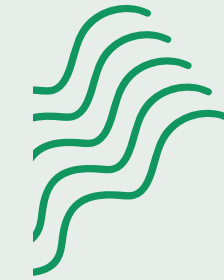
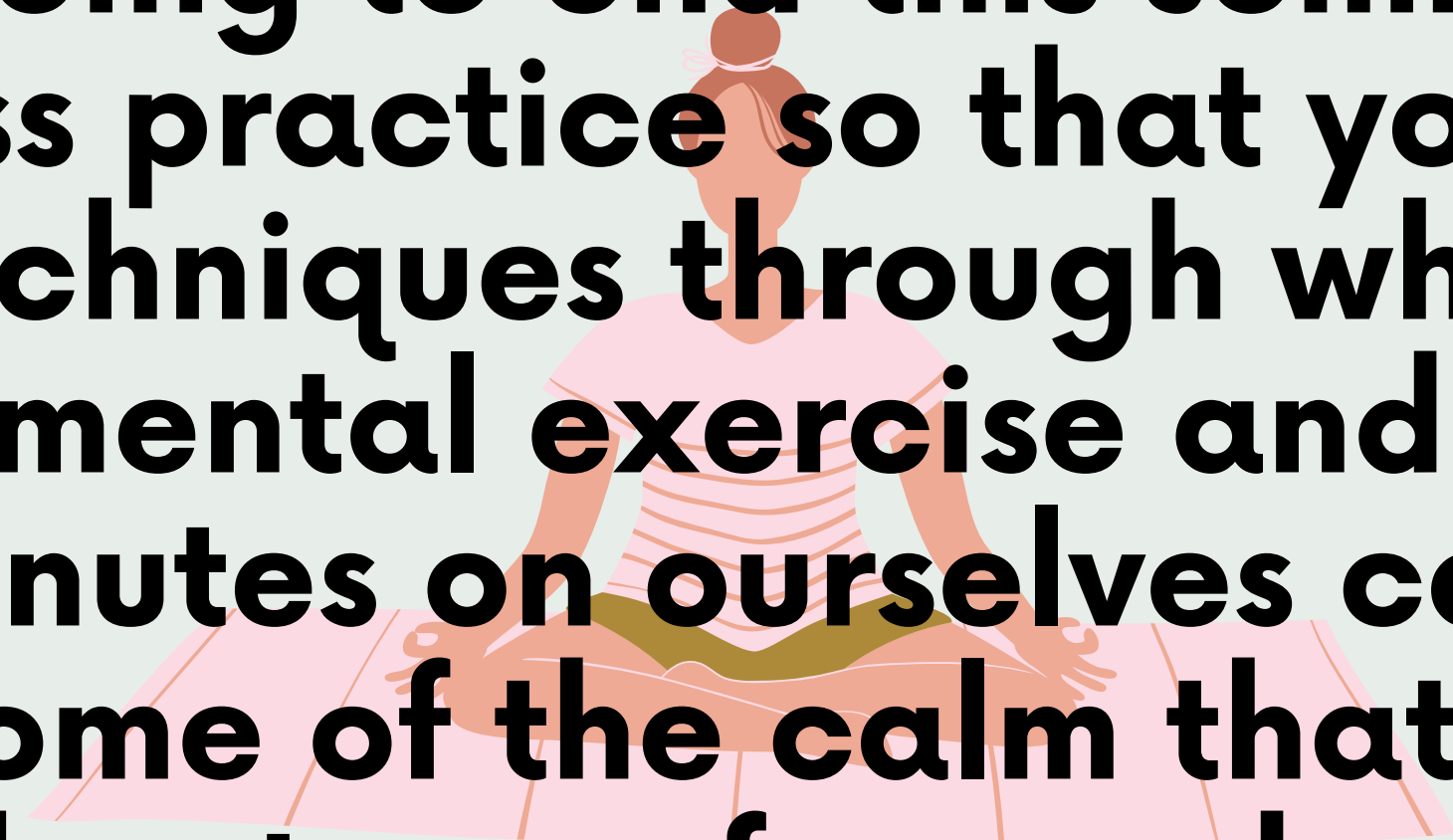
Do you think the cause may be more social? Is there an overexposure in media, social networks and the entertainment industry?

What do you think we can do as a society to prevent these disorders?



Mindfulness

We are going to end this seminar with a mindfulness practice so that you can learn some techniques through which, with breathing, mental exercise and focusing for a few minutes on ourselves can give us back some of the calm that we lose in the stress of everyday life.





**Any
questions?**

Thank You!



Date of the presentation:
18.03.2022

Number of participants:
17





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SEMINAR:

ADVANTAGES AND DISADVANTAGES OF WORKING WITH NATURE



Why the contact with nature is important?



**promote respect,
tolerance,
sensitivity,
appreciation
and emotions.**

**Cognitive
development**

**Reduces
school
failure**

**SOCIAL
DEVELOPMENT**

**promote a high
self-esteem
ans
self-confidence**

Disadvantages of working with nature

Legislation

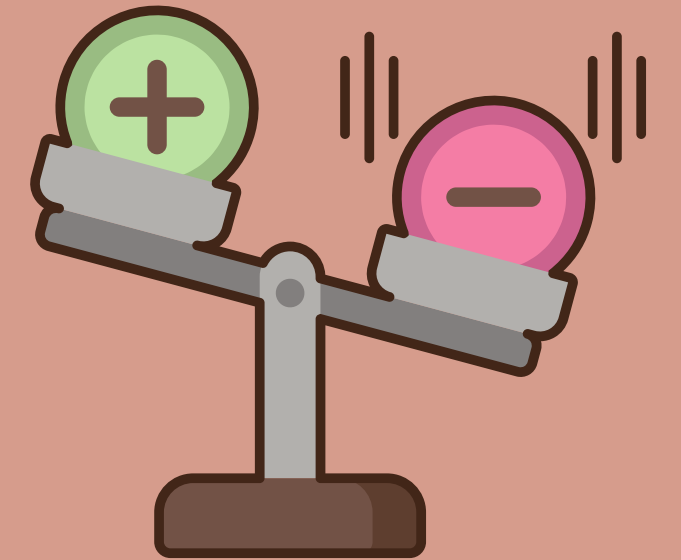
**Lack of knowledge
to practice
and work
in nature**

**Adverse weather
conditions**

**Opposition
by family
members**

**Long distances to
the natural
environment**

Degree of interest



METHODOLOGY

Differences between formal, non-formal and informal education

What elements of nature or values can be applied to education

Educational techniques that can be transferred from the classroom to nature

Empathy map: young people at risk or not at risk of exclusion

DIFFERENCES BETWEEN FORMAL, NON-FORMAL AND INFORMAL EDUCATION

Learning		
Formal	Non-Formal	Informal
Full-time educational pathway	Complementary learning activities	Deliberate, self-directed learning
Structured, planned, facilitated	Structured, planned, facilitated	Unstructured, spontaneous, self-motivated
Schools, colleges, universities	Courses, workshops, seminars, training	Anywhere
Diplomas & degrees	Skills & capabilities	Personal development and self-fulfillment

WHAT ELEMENTS OF NATURE OR VALUES CAN BE APPLIED TO EDUCATION

MORALITY



ETHICS



EMPATHY



RESPECT



EDUCATIONAL TECHNIQUES THAT CAN BE TRANSFERRED FROM THE CLASSROOM TO NATURE

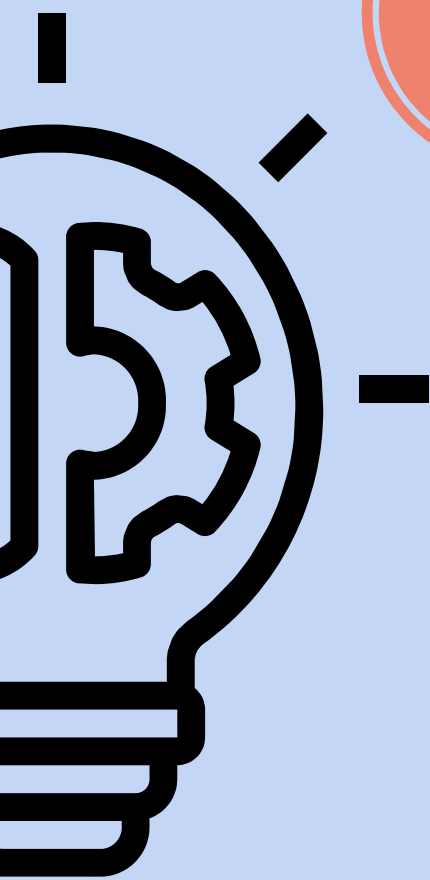
TWO QUESTIONS TO CONSIDER

1

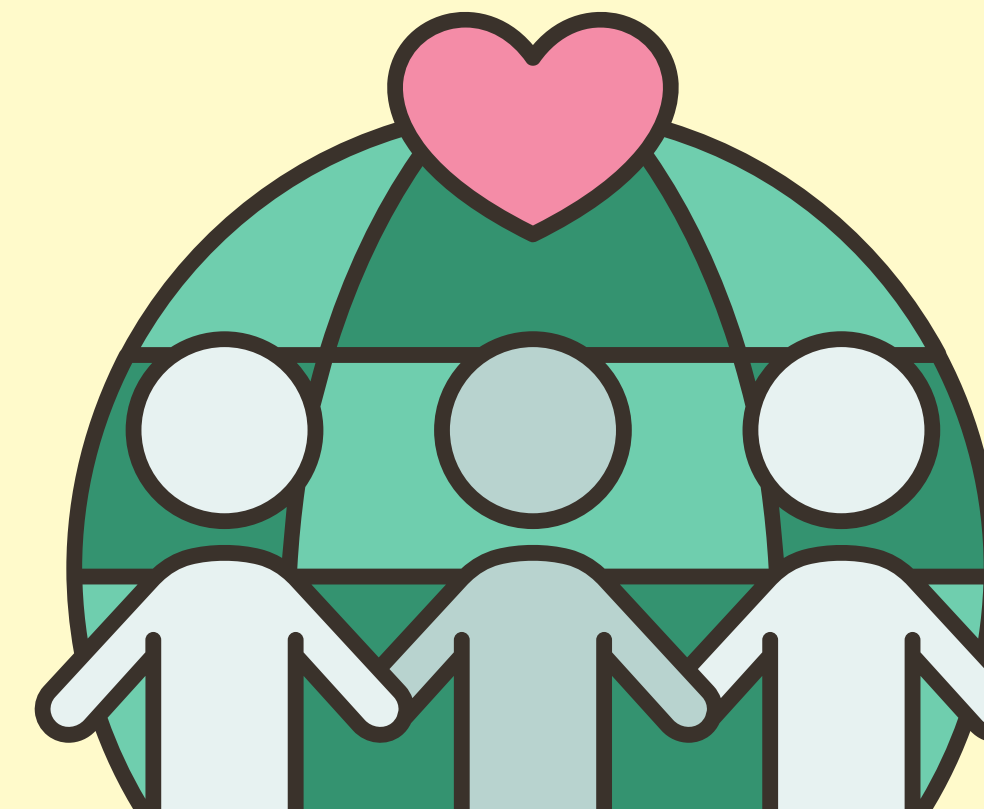
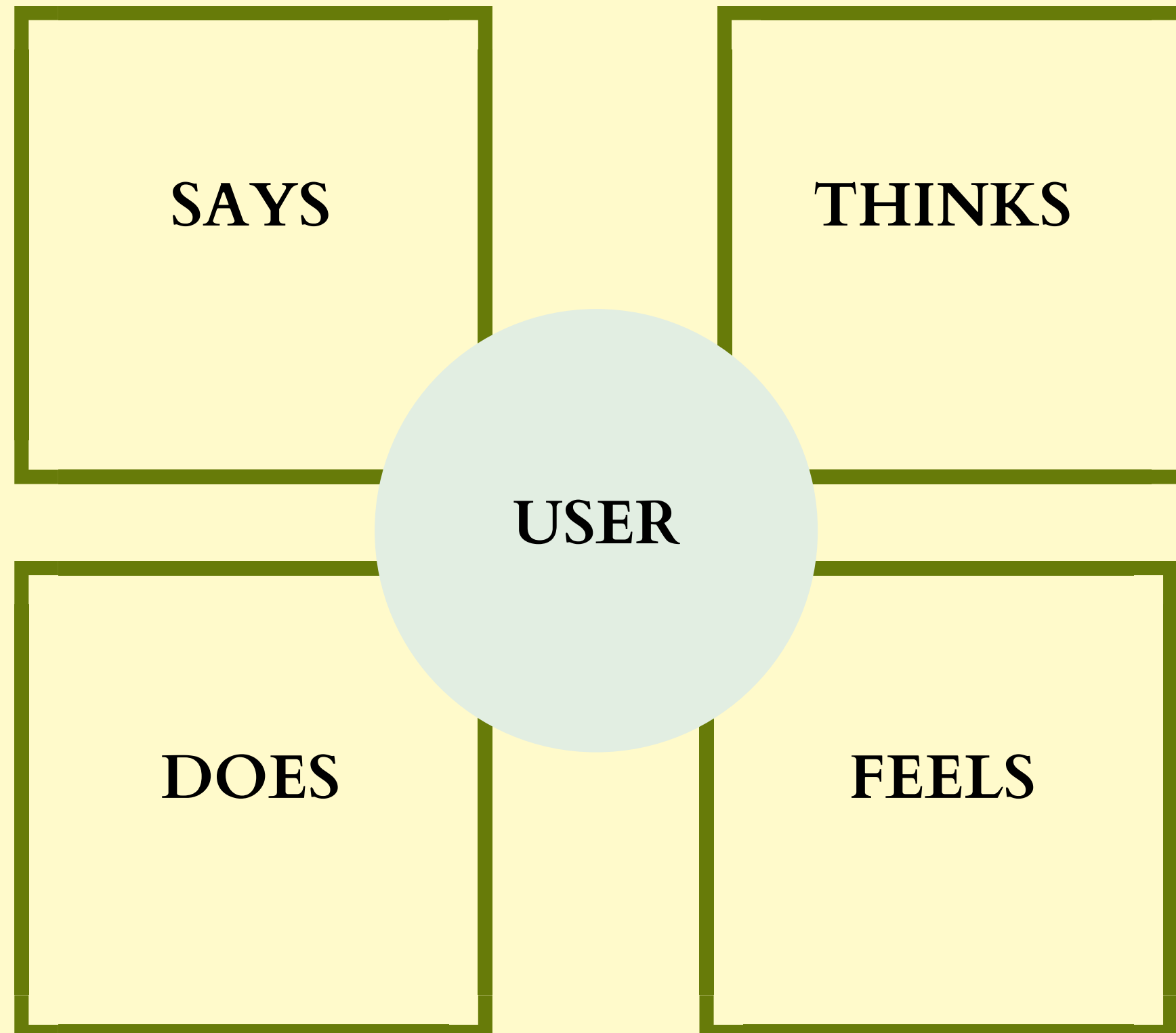
What should change in schools?

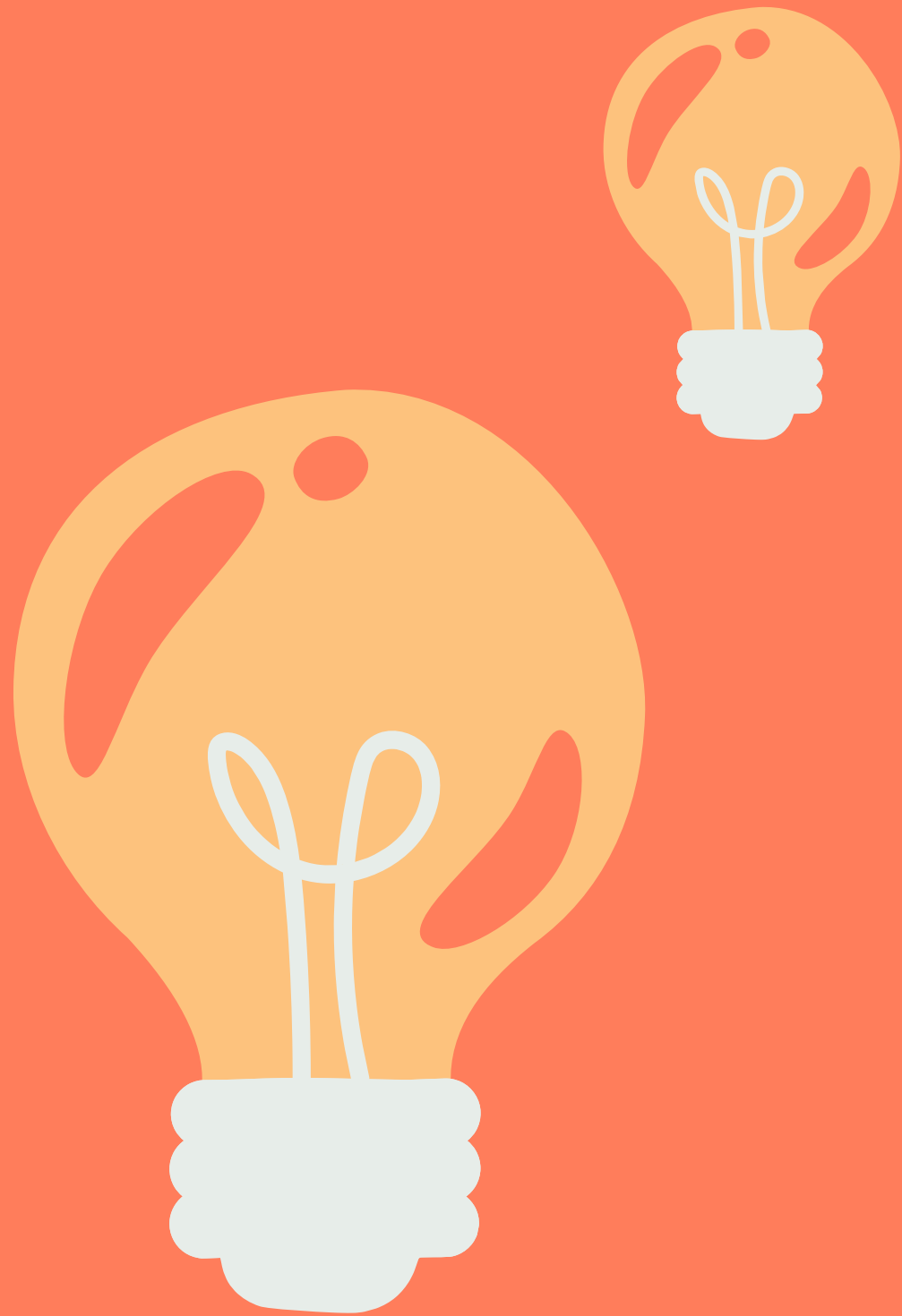
2

Is it compatible with new technologies?



EMPATHY MAP





**Any
questions?**

THANK YOU!

