

#35 WHERE IS PHYSICAL AND HEALTH EDUCATION HEADING IN POLAND?

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Study

Topic for advocacy HEPA - Physical Activity and Health and Local Clubs / Education and Active Schools / Obesity and behavioural change

http://www.uni-muenster.de/imperia/md/content/sportwissenschaft/eu-studies/gkgk/where_is_physical_and_health_education_heading_in_poland.pdf

Description of the good example

The study was carried out by Michael Bronikowski, an associate professor of the Department of Didactics of Physical Activity at the School of Physical Education in Poznan (Poland). It presents the most important aspects in developing physical culture from historical and sociological perspectives, followed by an explanation of the present system of physical and health education in Poland. In addition, there are examples of unique models and community programs used in Poland to enhance health awareness of Polish citizens with recommendations for the future.

Target - Who can best use this example or document?

Policy makers, department of health, federal office of sport, federal office of public health, local and national governments, grassroots sport organisations, not-for-profit organisations.

**All information in this entry is sourced from the link above and contact mentioned in the document.*

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

The study has relevant resources and many good practices that can help in building capacity and knowledge-sharing among other countries. It establishes cross-sector physical activity alliances on a national level, and embodies a local community approach.

Learning points - What can we learn from it?

The information about the cost of physical inactivity and factors influencing activity behaviour is a good ground for building further knowledge base for active advocacy as well as describing promising strategies.

Further information

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