

Title of BIP: Physical Activity transition through life span

General information

Objectives and Description:

- To present the state of art on the impact of the physical activity on global health and quality of life through life span.
- Know and analyse life transitions during which levels of physical activity decrease and levels of sedentary life-style may increase
- Introducing the concept of physical literacy and resilience in life transitions.
- To provide tools to measure and monitor levels of physical activity, sedentary behaviour and their consequences on health and well-being.
- To explore the new technology to measure and monitor health parameters and the acceptance by the people of different ages.
- To discuss the ecological model health approach to design interventions to improve the levels of physical activity and global health in different age groups (children/adolescents; adults and clinical population and older adults).
- Implementing strategies to improve health literacy across different age groups.

Methods and outcomes:

A hybrid teaching mode will be adopted:

- In the week before the presential classes we will organize online meeting/classes to introduce the main topics and to allow the students to know each other.
- Active learning methodologies will be adopted to provide an interactive environment. The students will work in groups targeting to develop interventions for specific populations. The students will be encouraged to provide reflexive discussions, based on the scientific evidence and analysis of recent research on topic. During the pre-sential period, the students will explore and implement methodologies and tools to measure physical activity levels (accelerometry, GPS, apps) and health parameters.
- Extra-curricular activities will be organized to promote social interaction and networking across the student's groups and teachers such as climbing in the bask country.

Field of Education:

Sports Sciences – physical activity and health

Target audience / Participants profile:

Master students in sports sciences, adapted physical activity, kinesiology or related sciences

No of ECTS issued:

3 ECTS

Language of instruction and requirements:

English

Dates for physical activity : 8-12 june 2026

Location of physical activity:

Anglet (France)

Dates for virtual component:

April 2026

Virtual Component Description:

- presentation of the program, ice breaking activities
- analysis of a critical article on lifelong physical activity
- wrap up of the physical mobility

Organizing Board

Receiving/Host university:

Université de Pau Pays de l'Adour, France, ZUNQUIN Gautier, g.zunquin@univ-pau.fr

Sending/Partner universities:

P1. Politécnico da Guarda, Portugal (José Eduardo de Araújo Teixeira jose.eduardo@ipg.pt)

P2. Universitatea Transilvania din Brasov, Romania (DRUGAU Sorin sorin.drugau@unitbv.ro)

P3. Universitatea de Vest din Timisoara, Romania (MIRICA Silvia Nicoleta and nicoleta.mirica@e-uvt.ro)

P4. Yuriy Fedkovich Chernivtsi National University, Ukraine (HAKMAN Anna an.hakman@chnu.edu.ua)

Detailed programme

1. Planned activities during virtual component:

- presentation of the program, ice breaking activities
- analysis of a critical article on lifelong physical activity
- wrap up of the physical mobility

2. Planned activities during physical component:

see below

Application procedure

Students will apply for an Erasmus+ short term mobility at their home university.

	Dimanche 1 ou 8 Juin	Lundi 02 ou 09/06	Mardi 03 ou 10/06	Mercredi 04 ou 11/06	Jeudi 05 ou 12/06	Vendredi 06 ou 13/06
9h – 9h30		Official BIP opening	Arrival of the participants	Arrival of the participants	Arrival of the participants	Arrival of the participants
9h30 – 11h	Arrival of the participants	Ice Breaker Game Interactive Lecture and Group Discussion: Introduce and contextualize the concepts of physical activity and sedentary behavior across the lifespan.	Research Presentation and Critical Appraisal Workshop: Introduce key research advances in physical activity and health, and build skills in analyzing scientific studies.	Introduce and explore methodologies and tools used to measure physical activity and sedentary behavior.	Interactive Lecture and Group Exercise Objective: Introduce the ecological model and its application in planning interventions.	Student Presentations and Peer Feedback Objective: Provide students with an opportunity to present their developed work and engage in constructive peer feedback.
11h – 11h30		Physical Activity Break	Physical Activity Break	Physical Activity Break	Physical Activity Break	Physical Activity Break
11h30 – 13h		Concept Mapping Workshop : Explore the transition of physical activity and sedentary behavior across the lifespan and its relevance to local contexts.	Round Table Discussions: research advances in physical activity and their practical applications.	Data Analysis with New Technologies Introduce advanced algorithms and technologies for analyzing physical activity and	Case Study Analysis and Intervention Design	Collaborative Workshop to Finalize Guidelines Objective: Engage students in synthesizing their work into a

				sedentary behavior data.	Objective: Develop skills in designing interventions using the ecological model framework.	shared set of guidelines for promoting healthy and active lifestyles.
13h – 14h		Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
14h – 16h		Role-Playing Scenario : Understanding of the challenges and strategies for promoting physical activity across the lifespan	Evidence-Based Practice Simulation: in applying research findings to real-world health promotion scenarios.	Mountain Session (La Rhune)	Surf session	Final feed back from participants