



EMPOWERING HEALTH AND WELLBEING THROUGH INCLUSIVE SPORTS EDUCATION

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ICONTE AUGUST 2023



With the support of the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

SPORT OPPORTUNITY TO ACQUIRE NEW KNOWLEDGE

SPORT ACTIVITIES OFFER A POWERFUL PLATFORM TO IMPART VALUABLE KNOWLEDGE TO INDIVIDUALS WITH DISABILITIES. AMONG THE MOST BELOVED SPORTS FOR THIS COMMUNITY IS SWIMMING, AS THEY FIND GREAT JOY AND FULFILLMENT IN PARTICIPATING IN ORGANIZED SWIMMING PROGRAMS

EDUCATION HEALTHY LIFESTYLE

PHYSICAL ACTIVITY FOR HEALTH,

THE IMPORTANCE OF QUALITY SLEEP,

THE BENEFITS OF A HEALTHY DIET,

ENVIRONMENTAL PROTECTION,

TIPS FOR HEALTHY AGING.

SWIMMING AND NUTRITION AS TOOLS FOR CONTAINING HEALTH

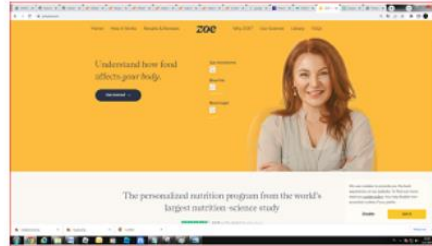
THE ERASMUS PROJECT "SWIMMING AND NUTRITION AS TOOLS FOR CONTAINING HEALTH" AIMS TO BRIDGE THIS GAP BY DEVELOPING AN EDUCATIONAL PROGRAM, WEB PORTAL, AND TOOLS DESIGNED TO EQUIP SWIMMING TRAINERS WITH THE SKILLS TO TEACH CHILDREN WITH DISABILITIES ABOUT HEALTHY LIVING.

WEB PORTAL

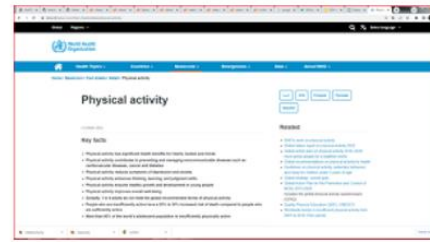
<https://snatch-project.eu/index.html>



Sleep Scotland website
A lot about sleep



Zoe website
About healthy diet



Who website
Physical activity



Environment Agency website
Europe and environment

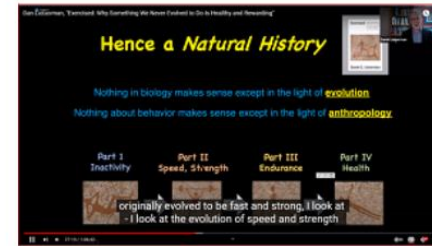
Video



Walker talk at Google
Why we sleep



Tim Spector talk about food
At Zoe Science and Nutrition



Lieberman "Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding"

PROJECT RESULTS

EDUCATIONAL PROGRAM AND MATERIALS HAVE BEEN DEVELOPED.

THE WEB PLATFORM IS DEVELOPED AND READY FOR USE.

IN SEPTEMBER 2023, THE PILOT EDUCATION PHASE WILL COMMENCE, ENGAGING SWIMMING TRAINERS TO ACQUIRE THE NECESSARY KNOWLEDGE AND EXPERTISE TO EFFECTIVELY INSTRUCT CHILDREN WITH DISABILITIES IN THE PRINCIPLES OF A HEALTHY LIFE.

A family of five is enjoying a swimming pool. A man stands in the water, a woman and two children are near the edge, and another child is leaning over the pool deck. The pool deck is tiled and has a drain grate with several yellow blocks scattered around it. The text "THANK YOU FOR ATTENTION" is overlaid in white, bold, sans-serif font in the center of the image.

THANK YOU FOR
ATTENTION

A group of people are floating in a pool of water, their heads and shoulders above the surface. The water is a deep teal color with some ripples. The text "THANK YOU FOR ATTENTION" is overlaid in the center in a white, bold, sans-serif font. The background is slightly blurred, focusing attention on the text and the people in the water.

THANK YOU FOR
ATTENTION