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SNATCH

SWIMMING AND NUTRITION AS
TOOLS FOR CONTAINING HEALTH

EDUCATIONAL PROGRAMME



Project Number: ERASMUS-SPORT-2022-SSCP-101090652



CEIPES

IPAK
Institute for Symbolic Analysis
and Development of Information
Technologies



Educational programme

1. Introduction

2. Brain

- The anatomy of brain and how it works
- The role of brain as survival organ.

3. Physical activities and disabilities

- Definition types of physical activities
- Inactivity and its consequences
- Benefits of physical activity
- Mental health and physical activity
- Exercises: How much and what type
- Exercise and Disease
- How to motivate people to be physical active
- Physical activities and people with disabilities
- Benefits of physical activity for people with disabilities
- Physical activities and promotion of social inclusion
- How to organize physical activity for people with disabilities.

4. Food

- Why is food important
- Microbiome
- Healthy food
- Unhealthy food
- Food and immune systems

- How storing, processing and cooking change the food.
- Food description of main categories
- Tips for healthy diet.

5. Sleep

- Process of sleeping
- The importance of sleep
- Dream
- REM and NREM sleep
- Dreaming as Overnight Therapy
- Dream Creativity
- Sleep disorders
- Sleep and society
- Tips for healthy sleep.

6. Environmental protection

- Main causes of environment pollution
- Individuals and environmental protection
- What to eat to save a planet
- Sport and environment
- Tips for reducing environmental pollution

7. Ageing

- Why we age
- How to slow down ageing
- Tips for healthy ageing.