

GOOD PRACTICE / SPORT CLUBS

Physical Literacy, Environmental Citizenship, and Sustainability Course

by the University of Lisbon

AIM & OBJECTIVES:

To provide knowledge and skills for creating and implementing projects and strategies that promote physical literacy and environmental citizenship within the communities where trainees are based.

TARGET GROUP:

Professionals in education, sustainability, health, sports, and municipal services

KEY STAKEHOLDERS:

University, municipality

DESCRIPTION:

The programme integrates theoretical and practical components, emphasising hands-on learning and project development. It covers topics such as physical literacy, environmental education, public health, and sustainable development. The curriculum includes modules on active citizenship, environmental sustainability, and the use of technology to promote these competencies.

ADDED VALUE:

The course includes modules on the history and concept of physical literacy, active citizenship, environmental literacy, public health, and the Sustainable Development Goals, integrating theoretical knowledge with practical application.

LESSONS LEARNED:

The development of physical literacy is achieved through general education, physical education, sports, public health, and various cultural activities in society, contributing to the promotion of active and healthy lifestyles, participatory citizenship, and sustainable development.

RESOURCES & REFERENCES:

www.fmh.ulisboa.pt/ensino/pos-graduacoes/literacia-fisica-cidadania-ambiental-e-sustentabilidade