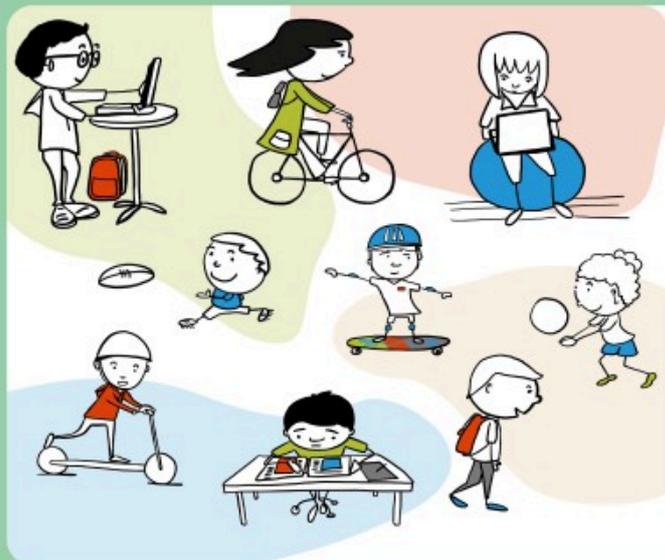


# 2PASS-4Health Congress

## How to get your school moving



## 2PASS 4HEALTH Congress

### How to get your school moving

Theoretical and practical approaches  
to promoting physical activity  
in schools

1st & 2nd December 2022

Département STAPS  
Tarbes - UPPA  
11 rue Morane Saulnier  
65000 TARBES

Contact : [2pass4health@univ-pau.fr](mailto:2pass4health@univ-pau.fr)

  2PASS-4Health



**2PASS  
4HEALTH**  
Promoting Physical Activity in  
Secondary School for Health



## 📄 Book of abstracts (PDF)

Contact: [2pass4health@univ-pau.fr](mailto:2pass4health@univ-pau.fr)

Free registration (funded by the Erasmus+ Sport programme of the European Union)

Registration & Abstract submission: <https://ode.univ-pau.fr/fr/enquetes/p4h.html>

### Key dates

- Deadline for submission of abstracts: **18 September 2022** 25 september 2022

- Return of expert reviews: **16 October 2022**

- Submission of final versions of abstracts: **30 October 2022**

- Registration deadline: **20 November 2022**

**Accommodation:** <https://www.tarbes-tourisme.fr/en/plan-my-trip/accommodation/>

## Theme / objective of the congress

The latest advances in the promotion of physical activity and the fight against sedentary lifestyle in schools (primary, secondary and university) will be presented by international experts in the field. These presentations will be partly theoretical (plenary lectures) but also practical with concrete examples and tools presented in dedicated workshops.

This congress will act as the closing event of the 2PASS-4Health project and will thus allow to share the results and tools created during this project. It is intended for the scientific community but also for all stakeholders involved in the promotion of physical activity, both at school level (school heads, teachers, management staff, school nurse) and at territorial level (city sports department, sports department heads, sports educators, extracurricular staff).

## Preliminary programme

	Thursday 1 <sup>st</sup> December	Friday 2 <sup>nd</sup> December
09:00		Conference 3
09:15		
09:30		Conference 4
09:45		
10:00		Poster session
10:15		Coffee break
10:30		
10:45		
11:00		
11:15		Oral presentations
11:30		
11:45		
12:00		
12:15		
12:30		
12:45	Welcoming	Lunch
13:00		
13:15		
13:30	Opening Speech	
13:45		
14:00	Conference 1	Practical workshop
14:15		
14:30	Conference 2	
14:45		
15:00		Conference 5
15:15		
15:30	Practical workshop	Conference 6
15:45		
16:00		Closing Speech
16:15		
16:30	Poster session	
16:45	Coffee break	
17:00		
17:15		
17:30		
17:45	Oral presentations	
18:00		
18:15		
18:30		

# Content of the plenary conferences

\* Opening speech

Lecturer: Julien Bois (University of Pau and Pays de l'Adour, France)

*Title:* The context: the level of physical activity and sedentary behaviour of children in school and the consequences for overall health.

\* **Plenary conference 1**

*Lecturer:* **Catherine Woods & Enrique Garcia** (University of Limerick, Ireland)

*Title:* Rethinking schools as a setting for physical activity promotion in the 21st Century- what a systems approach can offer.

\* **Plenary conference 2**

*Lecturers:* **Léna Lhuisset** (University of Pau and Pays de l'Adour, France)

**Lionel Dubertrand** (City of Tarbes, Paul Sabatier University of Toulouse, France)

*Title:* Example of City/University cooperation in the promotion of physical activity for health: from the CAPAS-Cité project to today.

\* **Plenary conference 3**

*Lecturer:* **Alberto Aibar** (University of Saragossa, Spain)

*Title:* Sigue la Huella: mayor challenges from a twelve years evolution of a school-based intervention.

\* **Plenary conference 4**

*Lecturer:* **Leen Haerens & Katrien De Cocker** (University of Ghent, Belgium)

*Title:* Engaging students during PE: the role of a motivating teaching style.

\* **Plenary conference 5**

*Lecturers:* **Lucimere Bohn** (University of Porto, Portugal)

*Title:* Assessment and monitoring of adolescents' physical fitness.

\* **Plenary conference 6**

*Lecturer:* **Nicolas Fabre** (Université of Pau and Pays de l'Adour, France)

*Title:* 2PASS-4Health: a multi-level school-based intervention to promote physical activity among adolescents.

# Content of the practical workshops

## \* Workshop 1

Practical tools to promote PA at school (**Léna Lhuisset & Nicolas Fabre** - University of Pau and Pays de l'Adour, France)

## \* Workshop 2

Discover and improve your personal motivating teaching style (**Leen Haerens & Katrien De Cocker** - University of Ghent Belgium)

## \* Workshop 3

Using a co-creative approach in developing physical activity interventions for adolescents (**Alberto Aibar** - University of Saragossa, Spain)

## \* Workshop 4

Keeping youngsters involved: practical toolkit (**Catherine Woods & Caera Grady** - University of Limerick, Ireland)

## \* Workshop 5

Practical ways to measure physical activity and fitness in school context (**José Carlos Ribeiro** - University of Porto, Portugal)

# Presentation of the lecturers



**Pr. Julien Bois** (PhD in Sport and Physical Activity Sciences) is researcher in exercise and sport psychology, with a special focus in promotion of physical activity. His research is developed at the research group "Movement Balance Performance and Health" of UPPA and focus on intervention design, implementation and evaluation in promotion of physical activity. He teaches sport and exercise psychology, research methods and behaviour change techniques in promotion of physical activity at the Department of Sciences and Techniques of Physical and Sport Activities (STAPS). He was leader for UPPA, of the CAPAS-cité European project (2016-2020), in collaboration with the university of Zaragoza and the City of Tarbes. He is the coordinator of the present 2PASS-4Health projec



**Dr. José Carlos Ribeiro** is Associate Professor at the University of Porto. He has expertise in working in international and national projects. His main research area focus on research methods in the measurement of physical activity and physical fitness, active commuting, health and built environment and has already conducted several investigations in the school context.



**Dr. Catherine Woods** holds a Chair in Physical Activity for Health in the Department of Physical Education and Sport Sciences at the University of Limerick (UL). She is a member of UL's Health Research Institute (<https://www.ul.ie/research/hri>), and Director of Collaboration & Internationalisation within its recently established Physical Activity for Health Research Cluster (<https://www.ul.ie/hri/hri-research/research-clusters>). Her expertise is in lifestyle intervention development and knowledge translation. Current research priorities include understanding the determinants of physical activity in children and young people, and developing evidence-based interventions to promote physical activity in this cohort.



**Dr Leen Haerens** developed a sound and distinctive program of research with a clear mission: "investigating what is needed to successfully motivate youngsters' towards lifelong engagement in physical activity for health". She investigates (1) teachers' and coaches' (de-)motivating strategies in relation to relevant outcomes such as youngsters' activity levels, (2) antecedents of teachers' (de-) and coaches' motivating strategies, and (3) whether teachers and coaches can be trained to implement motivating strategies, hereby starting from Self-Determination Theory (SDT, Deci & Ryan, 2000). She has become one of the leading scholars internationally in her field. Leen Haerens has published over 90 articles in high-impact peer-reviewed journals. She authored or co-authored several book chapters and two books. She has accumulated extensive experience in delivering workshops to teachers (i.e. about healthy schools) and sports coaches both nationally (M-factor) and internationally (University of Lima, Peru). Particularly impactful was the realization of an evidence-based **online environment** (<https://vobserver.dreamsandcreations.site>) in which students and teachers can a) self-assess their motivating style, and b) upload videos of their own lessons/trainings to code their own motivating style.



**Dr. Alberto Aibar Solana** (PhD in Sport and Physical Activity Sciences) is currently teacher at the Faculty of Human Sciences and Education at the University of Zaragoza, Spain. Member of the EFYPAF research group. His main research area focus on PA promotion and PE from a psycho-social approach. He has already conducted several investigations in the school context. He was part of the European project CAPAS-cité (2016-2020), in collaboration with the University of Pau and the City of Tarbes.



**Dr. Léna Lhuisset** (PhD in Sport and Physical Activity Sciences) is researcher in exercise and sport psychology, with a special focus in promotion of physical activity and cognitive processes. Her research is developed in the research group "Movement Balance Performance and Health" of UPPA and focuses on intervention design, implementation and evaluation for promotion of physical activity and its effects on cognition. She teaches at the Department of Sciences and Techniques of Physical and Sport Activities (STAPS). She was part of the CAPAS-cité European project (2016-2020), in collaboration with the university of Zaragoza and the City of Tarbes.



**Lionel DUBERTRAND** is the manager of the Maison Sport-Santé CAPAS-Cité of the city of Tarbes. He is also an associate lecturer at the Faculty of Sport and Human Movement Sciences of the Paul Sabatier University in Toulouse, where he teaches in the master's programme "Development engineering through sport and leisure". He was the leader of the European project CAPAS-cité (2016-2020), in collaboration with the University of Pau and the University of Zaragoza and the City of Huesca.



**Dr. Nicolas Fabre** is a research engineer at the University of Pau for the 2PASS-4Health project. He already held this position for the CAPAS-Cité project (2016-2020). In this context, he has developed skills in the field of physical activity promotion, particularly in the implementation of interventions with different populations (children, adolescents, adults) and in PA measurement techniques (e.g. accelerometry). He also works at the Maison Sport-Santé in Tarbes where he is in charge of physical fitness assessment protocols.



**Dr. Lucimere Bohn** is Invited Assistant Professor at the University of Porto. She has some expertise in working in international projects based her PhD process as well as at a national level. She is focused on intervention programs targeting namely cardiac and metabolic diseases. In addition, she has already conducted several investigations in the school context.



**Dr. Enrique García Bengoechea** is currently a Fellow in the Succeed and Lead Programme at the University of Limerick, in Ireland. Prior to this, he has held academic appointments at Victoria University in Melbourne and the University of Western Sydney, McGill University in Montreal, and the Alberta Centre for Active Living, affiliated with the University of Alberta, in Edmonton. Dr. Bengoechea has been a member of the Research Team of the Kahnawake Schools Diabetes Prevention Project, a long-standing community-academic partnership in the Indigenous community of Kahnawake (Canada), and is currently a member of the Research Team of the Built Environment and Active Transport to School (BEATS) study, based at the University of Otago in New Zealand. His research interests include chronic disease prevention; the social determinants of health; health behaviours and policy; intervention development, implementation and evaluation; community engagement and participatory research; and active commuting and the built environment. He also has an interest in youth development and socialisation in sport. Dr. Bengoechea has served

as research and evaluation consultant to the Methodological Developments Platform of the Quebec Support Unit for Patient-Oriented Research and the International NGO Right to Play.