

1. Record Nr.	UNINA9910586577203321
Autore	Rupp Robert
Titolo	Physically Active University Teaching : Introduction to the Heidelberg Model of Physically Active Teaching
Pubbl/distr/stampa	Wiesbaden : , : Springer Fachmedien Wiesbaden GmbH, , 2022 ©2022
ISBN	3-658-38679-7
Descrizione fisica	1 online resource (48 pages)
Collana	Essentials
Altri autori (Persone)	DoldChiara BuckschJens
Disciplina	378.17
Soggetti	Educació superior Psicologia de l'aprenentatge Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- What You Can Find in This essential -- Foreword -- Preface -- Contents -- 1 Introduction -- 2 Being physically active during University Teaching Pays Off -- 2.1 Findings from a Health Perspective -- 2.2 Findings from the Perspective of Work, Cognition and Learning Research -- 3 Change Sedentary Behavior-Theoretical Considerations -- 4 Heidelberg Model of Physically Active Teaching -- 4.1 Basic Idea -- 4.2 Components of a Physically Active University Teaching -- 5 Practical Examples -- 5.1 Physically Activating Teaching Methods: "Podcast Walk" -- 5.2 Curriculum-based Physical Activity: Module "physically-activating school and teaching design" -- 5.3 Active Design: "Stand-up Lab" and "Seminar Meadow" -- 5.4 Activating Lecturer Training: Live-Online-Training "essentials of physically activating university teaching" -- 5.5 Physical Activity Breaks: "Student motion sensors" and "activity break stickers" -- 6 Thoughts on Implementation -- 7 Conclusion -- What You Can Take Away from This essential -- References.
Sommario/riassunto	In this volume, the authors present an innovative teaching-learning concept that uses the potential of movement-activating approaches to make university teaching more motivating, more efficient for learning

and more conducive to health.

---