

1. Record Nr.	UNINA9910647213703321
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Titolo	Life in Health 2021 : Proceedings of the International Conference held on 9–10 September 2021
Pubbl/distr/stampa	Brno : , : Masaryk University, , 2021 ©2021
Edizione	[1st ed.]
Descrizione fisica	1 online resource (184 pages)
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Disciplina	362.109437
Soggetti	Public health - Czechoslovakia
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Preface 4 -- Health promotion and health protection research 5 -- The impact of COVID-19 on Physical Activity of Czech children 6 -- Risk of Mobile Phone Addiction in Secondary School Pupils 31 -- The cognitive dimension among university students in the area of sexual and reproductive health with an emphasis on the issue of delayed/late pregnancy and parenthood 63 -- Movement and Health in virtual topics of pedagogy practice of Physical Education students at FSpS MU 76 -- Health promotion and health protection projects and programmes 88 -- Application of the brief intervention method in prevention of HIV/AIDS spread - 6 years of project implementation 89 -- Contributions of the School Settings to the Promotion of Health-enhancing Physical Activity - dissemination of the HEPAS project results in the context of the Czech curriculum changes 96 --

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Sommario/riassunto

This book of proceedings is about the health promotion and health protection in the Czech Republic and abroad. It summarises the findings from more than forty authors' research who participated at the interdisciplinary conference Life in Health 2021, which took place on 9 and 10 September 2021 at the Faculty of Education, Masaryk University in Brno, Czech Republic. The conference was held by the Department of Physical Education and Health Education of the Faculty. The conference focused on health promotion and health protection research, projects and programmes in this area and related educational aspects. In terms of content, the conference was relatively broad and provided space for topics relating to holistic health promotion and protection and health education. This included research-based and theoretical knowledge of educational, healthcare, medical, psychological and social disciplines, thus combining the perspectives of various specialists in the area. The papers published in this book of proceedings represent both general and specific approaches to the promotion of public health, and can be adequately used in the education of children as well as the general population. A number of individuals have been of assistance during the lengthy process of planning the conference and writing and editing this book. We wish to thank the English editors for helping write readily understandable texts that flows logically and are well structured. We would also like to thank all the colleagues from Physical Education and Health Education Department at the Faculty of Education, Masaryk University, for their fellowship and assistance; and also the management of our Faculty who strongly supported us and we thank them for that. In addition, we would like to thank all of you who will read this book of proceeding and give us feedback.
