

# ***Increasing Movement in Teaching***

***(Movement in this context = increasing physical activity)***

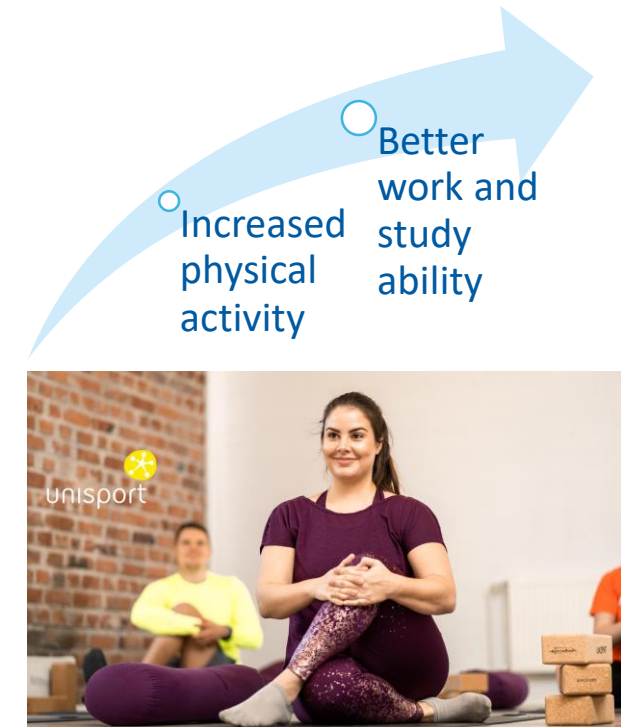
**Pedagogy hotline 10.6.2022 /Marika Syväoja**

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# University on the Move –programme

- UniSport's **University on the Move -programme** was launched in early 2021 and has been actively promoted since then.
- The goal of the programme is to create an **environment and way of working** that promotes an active lifestyle where physical activity increases and sitting decreases.
- **With the programme**
  - ✓ Practices that promote movement become established into the activities and daily life of universities, such as
    - Creating work and study environments that encourage physical activity.
    - Develop practices that encourage breaks while teaching, studying and working.
  - ✓ Increase interest and understanding of the benefits of increasing activity and reducing sitting, and motivate people to change their habits.



## Promoting movement at University

### 1. University on the Move

-Launched 01/2021.  
-Has received grant for 2022-2024.

- UniSport has launched and coordinates this programme.

### 2. Studies on the Move

-University of Helsinki, Aalto University and Hanken have joined the nationwide programme

- Nationwide programme of the Ministry of Education and Culture.
- University has named a responsible person.

These will be promoted in close cooperation.





# University on the Move programme

- **Promoting well-being is related to the strategy of the University of Helsinki:** In year 2030, the University of Helsinki will be the best place to study, teach, research and work.
  - The University of Helsinki joined the nationwide *Studies on the Move* programme in fall 2021. [Newsletter in Flamma 22.11.2021](#)
  - Information in Finnish and Swedish on the *Studies on the Move* programme <https://www.liikkuvaopiskelu.fi/fi>
- Steps to promote *University on the Move* have been planned together in a network that includes participants from HR services, Facilities and Properties, and Student services, as well as Student Unions.
- **Unisport received a project grant from the Ministry of Education and Culture** for a shared *University on the Move* programme between three universities (HY, Aalto and Hanken) for the period 1.6.2022-31.5.2024. The grant will be used to promote movement for the next two years.



## Current activity promoting measures e.g.

- **Break movement services provided by Unisport:**

- Free 15-minute 'Carefree shoulders' live streams.
- 'Break pro' break exercise application, which can be used during teaching too.
- 'Carefree shoulders' videos for free use.

<https://www.unisport.fi/en/sports/body-control-and-mobility/carefree-shoulders>

- **EveryMoveCounts campaign** in spring 2022 regarding students in the Capital Region.

- The network of higher education institutions in the capital region joined forces to communicate the importance of everyday activity for well-being and ability to study.
- Involved are UniSport, all universities and universities of applied sciences, student unions, the Finnish Student Sports Federation (OLL) and the Finnish Student Health Service (YTHS).

- **Take a Break with UniSport sessions** as a part of Well-Being Tuesdays (15.2.-3.5.2022)

- Included break exercises, tips and discussion opportunity with a professional.



# Why should activity and breaks be promoted?



- Higher education students sit approximately over 10 hours a day, so there's plenty of sitting.
- Constant and daily sitting e.g. increases the risk of musculoskeletal disorders (such as neck-shoulder and back pain), slows down metabolism and blood circulation, and affects mood.
- Taking a break from staying still, such as movement break while studying improves concentration and memory, thus affecting performance and learning outcomes.

## Sources:

- Kunttu, K., Pesonen, T. & Saari, J. (2017). Korkeakouluopiskelijoiden terveystutkimus 2016. Helsinki: Ylioppilaiden terveydenhoitosäätiön tutkimuksia 48. Saatavilla [https://1285112865.rsc.cdn77.org/app/uploads/2020/01/KOTT\\_2016-1.pdf](https://1285112865.rsc.cdn77.org/app/uploads/2020/01/KOTT_2016-1.pdf)
- UKK-instituutti <https://ukkinstituutti.fi/liikkuminen/paikallaanolon-terveyshaitat/>





## Possibilities to promote activity in teaching e.g.

- **Taking breaks from sitting and static work positions are incorporated into teaching and breaks are also included in online teaching.** For example:
  - ✓ Students are allowed to stand during lessons.
  - ✓ A movement symbol in teaching materials / slides that reminds to take breaks (see the symbol in the corner of this slide)
  - ✓ Breaks are held during online teaching and students are urged to stand and move every now and then.
- **Methods that activate students and reduce staying still are used in teaching.** For example:
  - ✓ Couple and group discussion are held standing. If possible, move to different parts of the lecture hall or hold discussions outside the hall. This automatically creates movement.



## Possibilities to promote activity in teaching e.g.

- **Break exercises are offered to take a break from studying.** For example:
  - ✓ The teacher plays a short 1-3 min break exercise video and encourages students to follow it. Note: Break Pro application is available to everyone in the university.
- **Teaching utilizes technology to increase movement.** For example:
  - ✓ Students are encouraged to walk outdoors while listening lecture recordings and online lectures.
- **Study and work ergonomics have been included in teaching and studies.** For example:
  - ✓ Offered as a part of wellbeing course or similar.





# Discussion on the possibilities of promoting movement in teaching

- What kind of practical experiences you have on promoting movement?
- Best ideas for promoting movement?



# Thank you!

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