



Nordplus Higher Education 2015

„Recreative activities for healthy lifestyle”

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Project partners:

- SE-The Swedish School of Sport and Health Sciences (SE-GIH)
- NO-Telemark University College (NO-TUC/HiT)
- LT-Lithuanian Sports University (LT-LSU)
- EE-Tallinn University (EE)

The aim of the project Recreative activities for healthy lifestyle is to continue cooperation with Sweden, Norway, Estonia and Lithuania. Latvian Academy of Sport Education (LASE) has chosen cooperation with The Swedish School of Sport and Health Sciences (GIH), Telemark University College (HIT), Tallin University (TLU), and Lithuanian Sports University (LSU) in the field of recreation in order to gain new experience as well as to improve previously gained skills and competences. Cooperation with the institutions of higher education will allow to improve the recreation bachelor and master study programmes. By involving academic staff of other Latvian institutions of higher education LASE students and the teaching staff will gain new knowledge in the field of recreation and find out novelties in the theory of active lifestyle and in practice. Norway and Sweden have perfected outdoor education physical activities in winter (cross country skiing, Alpine skiing, telemark skiing, skiing tourism etc.) and summer (hiking, nordic walking, nordic blading, canoeing, orienteering, tourism, survival skills etc.). Currently we are planning to develop similar recreative programmes together with Estonia and Lithuania in order for students to understand the positive impact recreation has on a healthy lifestyle. Students will have an opportunity to master the recreative part of the programme also in Estonia and/or Lithuania. The main focus of the programme will be on practical seminars in order to gain practical skills and competences.

Teachers mobility from Norway, Sweden, Estonia, Lithuania to Latvia is planed teaching and development of teaching materials. Outside practical classes Masters and Bachelor study programs and their content in training recreation specialists in each country will be compared. A common Master or Bachelor study program me development will be started with one or more countries.