

4th International Conference of Physical Education and Sports Science - Indonesia

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Invited Speaker



Prof. Dr. Peter SCHANTZ

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Prof. Dr. Peter Schantz is professor in human biology as well as in physical activity and health at The Swedish School of Sport and Health Sciences, GIH, and at Mid Sweden University in Stockholm and Östersund, Sweden. He has authored and co-authored over 160 publications in human movement sciences. His main research interest deals with the multidisciplinary field of how movement, health and environment relates and may affect public health, as well as how to integrate those dimensions into physical education. He has served as a scientific advisor for the Swedish National Institute of Public Health as well as for the WHO in the developmental work of health economic assessments tools (HEAT) for cycling and walking.

How dependent upon environment are we for our physical activity and health?

The fields of human movement, environmental and epidemiological studies have during the last decade developed a new understanding about how the physical environment affects our physical activity (PA), health and well-being. This has to a large extent been possible through strong technical and methodological developments. In my lecture I will present various examples of this important development. One relates to how preschool environments can stimulate to PA, another how neighbourhood settings act on adults levels of PA, and a third example will deal with route environments in relation to cycling and its effects on both PA behaviour and environmental well-being. Active transportation can also enhance ambient air qualities, and the value of this in a public health context will be illuminated through a realistic example from the metropolitan area of Greater Stockholm, Sweden. Finally, I will present evidence on that environment may alter the physical exertion of PA, and discuss the role of physical education and health promotion in relation to this emerging field of knowledge.