

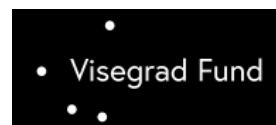
Project # 22320236

An innovative Physical Education model for sustainable environmental and personal health

STUDENTS' AND TEACHERS' OPINIONS ON THE GREENPE PROJECT

Julia (student, psychology MSc)

„A „greenPE” outdoor típusú testnevelés egyetemi hallgatóknak egy olyan innovatív megközelítésű kurzus volt, amely a fenntarthatóságot, a befogadást és a differenciálást ötvözi a hagyományos testnevelés keretein belül. Fenntarthatóságot valósított meg a gyakorlatban, mivel a foglalkozások kivétel nélkül a szabadban történtek, az egyetemi természetvédelmi területet is bevonva a felelős térhasználatba. Online tananyagokon keresztül (előadások és kézikönyv) egyúttal a hallgatók edukálása folyt a fenntartható életmódról a sporton keresztül. Befogadó szemléletű volt, mivel a programot a maximálisan felkészült szakember-team úgy alakította ki, hogy bármely szakos hallgató részt vehessen, függetlenül a fizikai képességeitől, ami azért is kihívás volt, mivel előzetesen nem tudható, milyen felkészültséggel érkeznek a résztvevők. A kétnyelvű instruálás külön érdeme volt a kurzust vezető oktatóknak, de kiemelendő a foglalkozásokat vezetőik professzionalizmusa, empátiája és segítőkészsége, a változatos gyakorlat-repertoár biztosítása. A differenciálás terén is sikereket könyvelhet el a program, mert a szakemberek figyelembe vették a hallgatók különböző képességszintjeit és igényeit, így a gyakorlatokat és tevékenységeket a hallgatók egyéni szükségleteihez igazították. Ezzel lehetőséget kaptak a hallgatók a saját fejlődésük ütemében való haladásra. A gyakorlati tapasztalatok révén a résztvevők meggyőződhetnek arról, hogy a fenntartható és befogadó sporttevékenységek is lehetnek élvezetesek és hatékonyak, akár az időjárási viszonyok ellenére. A véleménykérő kérdőívek pedig rámutattak arra, hogy a résztvevők véleménye fontos és számít. A program kiemelendő előnyei voltak, hogy általa a hallgatók egészségesebb életmódot folytathattak, fejlődött a résztvevők fizikai és mentális állapota és a rendszeres vérvételi eredmények tájékoztatást adtak az aktuális fiziológiás állapotról. További előny, hogy az ilyen programok által a hallgatók nyitottabbak és elfogadóbbak lesznek a különböző emberekkel és az eltérő képességekkel szemben. A hallgatók megtanultak a tréningek során együttműködni és egymást segíteni. A greenPE outdoor testnevelés egyetemi hallgatóknak tehát egy olyan innovatív program, amely hosszú távon hozzájárul a fenntarthatóbb és befogadóbb társadalom kialakításához, az egészségneveléshez. Javasolt lenne ennek a lehetőségnek a rendszeres felkínálása az egyetemisták részére, esetleg kredit-



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értéknek a hozzárendelése a tárgyhoz, valamint a programról rendszeres és erőteljes ismertető, népszerűsítő kampány lefolytatása.”

Udobong (student, physiotherapy major)

„I found the program very rewarding especially with all that I learned about body types, diet, exercise and the like. As a Physiotherapy student these are the kind of skills that I would apply in the future, making this experience more than fun but also educational. I also improved my physical capabilities with this training, slowly building up my stamina and flexibility. I know that consistent effort with the foundation given will allow me to reach my optimum physical health.”

Ramabulana (student, Geography MSc)

„I am grateful for the opportunity to participate in the GreenPE project. The program helped me reconnect with my physical activity and health in general, encouraging a more active and mindful lifestyle. I also appreciated the innovative approach of combining outdoor physical activities with theoretical knowledge, as well as the focus on sustainability and well-being. The exposure to different weather conditions and the regular assessments gave me a better understanding of how my body responds to environmental and physical challenges. Overall, it was a valuable and insightful experience that I will carry forward in both my academic and personal life.”

Judit (GreenPE teacher)

„Being part of the GreenPE program was an unforgettable experience—not just for those who already loved the outdoors, but also for those who were hesitant at first. As an instructor, it was incredible to witness the shift in mindset, watching participants embrace nature with open hearts. The fresh air, the thrill of movement, and even the challenge of working out in the rain or cold became moments of adventure rather than discomfort. Seeing them discover the joy of outdoor activity, break through their skepticism, and realize the true power of being in nature was immensely rewarding. This journey proved that every weather, every challenge, and every step taken outside is a chance to feel alive!”

Katinka (GreenPE student assistant, physical training BSc)



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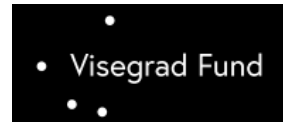
„A GreenPE által a legkiemelkedőbbben a kommunikációs készségeim fejlődtek, amiket a későbbi tanulmányaim során hasznosíthatok, illetve a munkámban elengedhetetlen lesz. Sokat segítettek a rám bízott feladatok a megnyilvánulásban, a tudás átadásában és további ismeretek szerzésében is. Felkészülten érkeztem az órákra, amiket előre megterveztünk, figyelve a terhelésre és a sérülés megelőzésre is. A játékosabb feladatokban, valamint a váratlan helyzetekben pedig a kreativitásomat és a problémamegoldó képességemet is fejlesztettem. Ezen kívül sok jó embert ismerhettem meg, akiknek visszajelzéseik alapján a program nagyon hasznos volt, szívesen mozogtak és az egész egy pozitív élmény volt számukra.”

Petra (student, medicine)

„Thanks to the Green PE project, I learned how to train effectively outdoors and how important proper clothing is in different weather. I also gained useful tips on healthy eating and staying active without a gym. It was interesting to see how nature can be part of exercise. However, some outdoor sessions were very cold or rainy, which made them less comfortable and more challenging. “

Karel (student, medicine)

“As someone who engages in sports on a daily basis, I enrolled in the Green PE course with low expectations of learning anything new. However, I was pleasantly surprised. Although I would have appreciated a faster pace, the course begins with a gradual introduction to physical activity, movement coordination, and basic strength training, making it accessible even for complete beginners. The lessons build on one another and progress according to your own development. The goal is to learn how to engage in outdoor sports activities in any weather and remain consistent in doing so. The program encouraged not only exercising with a motivated group but also maintaining a regular individual home workout routine. One lesson per week is not sufficient to develop a lasting habit—either the course needs to be more intensive, or the participants must have strong motivation. I’d like to highlight the outdoor training sessions focused on bodyweight exercises, which demonstrated various modifications and difficulty levels, targeted different muscle groups, and included exercises for the deep stabilizing system—an area I would emphasize even more. The lectures were highly educational, and having recordings available was a great benefit. They covered not just exercise but also topics like nutrition and injury prevention. The introductory lectures about the benefits of outdoor exercise could have been a bit



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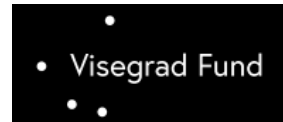
shorter in my opinion. Overall, I rate the course very positively and would suggest expanding it to include athletic disciplines if it continues in the next semester.”

Klára (student, nutritional therapy BSc)

“I really liked the variability of the exercises and the program on the GreenPE project. I met many new people who also love sports and like trying new things and challenges. I tried lots of new variations (types) of exercises that I had never heard of or tried before. The seminars (lectures) were really interesting and I learned many new things, not only about exercises, but also about nutrition, recovery/regeneration and the “fitness world” in general. Despite the not always suitable weather, we always met outside and overcame our comfort zones, which made us stronger and more resilient. We did some testing and carried out measurements at the start of the project, before Christmas, and then at the end of the project, to find out how and in what we improved - how our performances changed and how our answers to the questions were different. I’m really glad I joined this project, and I definitely recommend everyone to try it, because it will strengthen not only physical, but also mental health.”

Michael (GreenPE teacher)

“As part of the GreenPE project, we had the unique opportunity to deliver a well-rounded physical education program that combined theoretical and practical components in an engaging and inspiring way. The theory sessions were delivered weekly through online lectures and covered essential topics such as exercise physiology, training principles, load management, nutrition, outdoor exposure, and other health-related aspects of physical activity. At the same time, our outdoor practical sessions offered a multimodal training experience that included strength development, exercise technique, mobility and flexibility, neuromuscular coordination, core stability, balance, endurance activities like jogging, as well as yoga and recreational games. It was truly rewarding to witness the students' enthusiasm, consistent progress, and growing adaptability—not only to structured training and uncomfortable weather exposure, but also in their teamwork and overall physical literacy. I believe this holistic approach helped bridge the gap between scientific knowledge and real-life physical competence in a sustainable way.”



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Jan (GreenPE teacher)

“One aspect of GreenPE that I genuinely appreciated was its emphasis on conducting physical education sessions outdoors, which provided a refreshing and beneficial change for both students and instructors. However, the lack of centralized resources for the lessons meant I had to develop all materials myself, resulting in a significant and unsustainable time commitment, which could not be rewarded due to low financial support. While I valued the autonomy in designing the practical components, the organizational structure could be improved with better support and shared content to streamline lesson preparation across all centers. Moving forward, I believe that retaining the outdoor focus while addressing the need for more comprehensive teaching resources would greatly enhance the overall effectiveness and efficiency of the GreenPE program in future.”

Michal (student, recreation and entertainment management)

“This project taught me greater consistency. It definitely also gave me a lot of satisfaction and a sense of fulfillment from the progress I was making. During the exercises, both my mind and body would relax while working out — that was probably the greatest success of this project :)”

Kornelia (student, tourism and recreation)

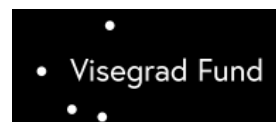
“At first, I wasn't completely convinced, but over time I couldn't wait for the next sessions. After each workout, I felt really good. The classes were enjoyable and held in a friendly atmosphere, which made me eager to attend them”.

Aleksandra (PhD student)

“The project led me to incorporate regular physical activity into my life. The meetings with other participants, along with the exercises I did on my own at home, resulted in increased motivation and a more structured daily routine”.

Ziemowit (student, health tourism)

“When it was cold I didn't want to take part, but an extra dose of exercise always helps. The project itself was super organized. I was able to learn a new technique and physical activity thanks to it instead of the usual hour-long walks”.



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Maciej (student, chemistry)

"I felt fulfilled and motivated to exercise, because otherwise I wouldn't have taken up regular sports. In addition, the atmosphere was great, I met a lot of new people. Overall, I was positively surprised that sports can be so enjoyable".

Dawid (GreenPE teacher)

"Very good! Students were happy to participate in the training. During the classes themselves, the atmosphere was very good, as shown by the assessments of well-being after the training".

Dominik (GreenPE teacher)

"As an instructor in the project, I was very pleased with the training sessions. Both the slow jogging form and the evening training sessions motivated us all, providing us with many good experiences. I am very pleased with both the participants and the entire team from Poland!"

Ewelina (GreenPE student assistant, sports science)

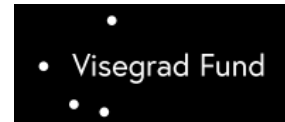
"As a sport science assistant, I felt great support from the project partners. There were moments when there was a lack of communication between the project executors regarding their duties and assigned work, as well as reliable execution - although this is the direction of work for the future. Overall, I assess the cooperation positively".

A student

"An interesting international project that created and offered the possibility of physical activity on campus. The outdoor environment, in terms of sustainability, offers suitable conditions for the implementation of physical activity. The exercise was more demanding, already carried out independently in the home environment, but I managed it. I am glad that I participated in the program. The mentioned physical activity program helped me in personal development and health promotion."

A student

"I liked the practical and theoretical lessons completed during the Green PE project. I appreciate the qualitative approach from the point of view of the project organizers as well as the lecturers. I am very glad that I was part of the international project. I supported the development of my physical competences and health literacy."



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A student

„I gained a comprehensive overview of theoretical knowledge and practical skills necessary to support my own health. Interesting diagnostics during the entrance and exit measurements with a focus on physical health (markers), which should be part of prevention when entering academia. Currently, I regularly perform exercises in an outdoor environment.”

A student

„I recommend it to everyone if they have the opportunity to participate in a similar or the same exercise program. I appreciate that the program had a health character with psychological and social support through questionnaires. Most of all, I feel great, outdoor exercises helped me change my perspective on the importance of physical activity as a form of health prevention. I learned better and I coped better with various more demanding situations at school in terms of psychological stress. The positive thing is that I also lost weight. I continue to exercise in my free time.”