

3rd BRICSCESS 2024-New Delhi

Invited Speaker



Assoc. Prof. Dr. Nara Rejane Cruz de OLIVEIRA
Board of Directors, BRICSCESS
Human Movement Sciences Department
Federal University of Sao Paulo
Brazil

Assoc. Prof. Dr. Nara Rejane Cruz de Oliveira is Associate Professor of Human Movement Sciences Department at Federal University of Sao Paulo, Brazil, working at the Undergraduate and Graduate programs in Health. Dr. Oliveira completed her Doctoral degree in Education at University of Sao Paulo (USP) and her Master's in Physical Education at the State University of Campinas (UNICAMP), Brazil. She is Member of the Board of Directors of the BRICS Council of Exercise and Sport Science (BRICSCESS) and Scientific Advisor of the Global Community Health Foundation (GCH Foundation). Dr. Oliveira has published several articles in national and international journals, as well books and chapters. She has also attended many national and international scientific meetings as invited speaker. Her research interests include Physical Education and Health, Health Education, Childhood Education and Health, Sports, Leisure and Health, Education Higher.

Physical Education, Well-Being and Health among Brazilian Children During the Social Distancing Period

The global health crisis caused by COVID-19 pandemic imposed several social changes around the world. Due to high contagiousness and rapid spread, social distancing was recognized as the main public health intervention to avoid the virus transmission. However, the abrupt modification in human routine had a big impact on wellbeing and general health, particularly among children. According to the World Health Organization (WHO), physical activity was one of recommended measures for different target groups, in order to preserve mobility and reduce stress and anxiety, among other benefits, during the COVID-19 outbreak. Due to the need for social distancing, the educational activities were carried out remotely, including the Physical Education (PE) classes. However, according to a survey from the Brazilian Institute of Geography and Statistics (IBGE), 4.3 million children had no access to the internet, among them 4.1 million students of the public educational system, that represents 81,5% of all basic schools in Brazil. The same survey also showed that 49% of Brazilian municipalities faced issues such as lack of devices and internet access in public schools. These data highlight not only the digital inequalities but also the PE

teachers' challenges in carrying out remote activities in order to promote health and well-being. This presentation will focus on the possible/best practices in promoting well-being and health among Brazilian children through Physical Education, during the social distancing period, caused by COVID-19 pandemic. The following variables will be addressed: socioeconomic and educational context in Brazil, access and use of technology resources by schools and PE teachers during the pandemic, challenges to promote health literacy in the context of the United Nations agenda for sustainable development and future perspectives.