

**3<sup>rd</sup> BRICSCESS 2024-New Delhi  
Invited Speaker**



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**Prof. Dr. Fatma Saçlı Uzunöz** is currently working at Department of Coaching Education and she is also the Founding Director of the School of Sports Science and Technology at Nevşehir Hacı Bektaş Veli University, Cappadocia, Turkey. She earned her master's and PhD degrees in sport sciences and technology from Hacettepe University, Ankara. She is a member of international and national scientific associations. Her research interests include teaching models and methods, teacher qualities, critical thinking in sport sciences, initiatives in physical activity and health promotion, creative drama in education. She has published in this area in national and international peer review journals and presented scientific papers at various national and international conferences. She has contributed to chapters in scientific books and also completed scientific projects in the field of sport sciences.

**Physical Activity Involvement from Classrooms to Houses: Case from Cappadocia Region of Turkey**

In the framework of Whole School, Whole Community, Whole Child Model (WSCC), scientific results of positive effects on the holistic development of On-Line-Streaming (OLS) Brain Breaks (BB) were our milestone to promote physical activity in Cappadocia region of Turkey since 2014. Our journey in creating an active and healthy society began with 300 kids' involvement after convincing the school principals, then it spread all over the city schools with 7000 students' and 300 teachers' participation after persuasion the directorate of provincial education of Nevşehir. Based on our experimental study results we moved BB on higher education with 1500 youths' participation, then we applied BB all over the university to promote physical activity step by step. The practice as movement culture which became their lifestyle, especially for students from sport sciences was also moved to schools and sports clubs in their own positions after graduation. It was another turning point for us that all people stayed in their homes all over the world with global problem Covid-19 pandemic since March 2020. During that time it was a great opportunity to make our university students as a locomotive in order to engage all family members in physical activity in many cities in Turkey. In this presentation, there will be concrete examples from children in active classrooms to family at active homes as outcomes of collaboration among educational institutions, school leaders, city, and also families to improve physical activity level in society within the context of holistic development.