

HUM-943 Physical Activity Applied to Education and Health

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The AFAES “Physical Activity Applied to Education and Health” Research Group was founded in 2013 in the Department for Didactics of Musical, Plastic and Corporal Expression of the Faculty of Humanities and Education Sciences of Jaén University.

This Research Group comprises professors and researchers in the fields of Physical Activity and Sports Education, Psychology and Sciences. Its principal objective is to research the benefits of practicing a physical activity in education and health from a triple viewpoint: physical, social and psychological. Another goal is to transfer the research results to society.

Research lines

- Educational innovation
- New active teaching-learning methodologies
- Didactics of Physical Education
- Parental educational styles
- Psychological, cognitive and academic effects of physical activity
- Physical activity and health - Physical, social and mental benefits
- Physical activity in special populations (ADHD, Overweight-Obesity, etc.)

Related services and products

- [Teacher training, didactics and school organization](#)
- [Physical exercise](#)
- [Physical education](#)
- [Medicine of Physical Education and sport](#)
- [Communication and health](#)
- [Didactics of Physical Education](#)
- [Training of Physical Education educators](#)
- [Healthy physical exercise](#)
- [Psychology of physical exercise and sport](#)

Spanish website: <https://bit.ly/2EEabHe>