



## **Online Seminar: Physical activity, sedentarism, precariousness: contexts, challenges and perspectives**

Contenu sous forme de paragraphes

This workshop, organized by the research center Violences, Innovations, Policies, Socializations and Sports (VIPS2 - EA 4636) will take place online on November 17, 2020.

It concludes the interventional research on precariousness, physical and sports activities and sedentary lifestyles, (PRECAPSS - VIPS2 / IREPS Bretagne - 2017-2020), funded by the French National Cancer Institute.

In the current context of promoting physical activity for well-being and health, and its inclusion in the national political agenda, this day proposes to take stock of physical activity for health: "sport on prescription", individual non-drug treatment, but also group workshops adapted to non-sporting people to improve their well-being, self-esteem, and even their social and / or professional (re)integration.

The benefits of physical activity on the health and well-being of people, those who are ill as well as those who are not, are numerous. Researchers and professionals are urged to examine a host of questions related to the issues at stake, whether it be within the framework of education, sports venues (clubs or organizations), at the crossroads of professional practices, or directed to people in precarious situations and/or far from sports practice.

The seminar is intended for teacher-researchers, students and professionals involved in this rapidly evolving field.

Registration is necessary.