

# 2<sup>nd</sup> INTERNATIONAL TRAINING AND RESEARCH

## SEMINAR

# Safe Fall-Safe Schools

## *JUDO UKEMI AT SCHOOL*



## SEVILLE, SPAIN



SAFE FALL-SAFE SCHOOLS: research, training and transfer of the proactive and educational programme on protected and safe ways of falling in childhood based on judo. Analysis of its relationship with the prevention of injuries related to unintentional falls.

**JOINT RESEARCH PROJECT OF THE EUROPEAN JUDO UNION & THE UNIVERSITY OF SEVILLE**



**UNIVERSIDAD  
D SEVILLA**

1505



Departamento Educación Física y Deporte





## **WELCOME**

Welcome to the 2<sup>nd</sup> Seminar International Training & Research Safe Fall-Safe Schools, Judo Ukemi at School.

From the SFSS program we hope that this seminar will be a meeting point between Physical Education teachers and judo coaches.

Safe Fall-Safe Schools is an educational program, based on Judo (Ukemis), methodologically developed through scientific research, to teach children how to fall safely and securely.

The World Health Organization (WHO, 2021) points out that Falls are the second leading cause of unintentional injury deaths worldwide. This figure comes from the 37.3 million falls that are severe enough to require medical attention occur each year.

Faced with this problem of great social significance, and of great economic expense for all countries, the WHO launches the challenge of responding to this social problem with prevention strategies should emphasize education, training, creating safer environments, prioritizing fall-related research and establishing effective policies to reduce risk.

Institutions such as the European Judo Union and the University of Seville, together with eight other European universities, are sensitive to this WHO call and believe that Safe Fall-Safe Schools can respond to the WHO challenge, in a coherent and objective manner. Therefore, they have join forces to develop the Safe Fall-Safe Schools program and to bring Judo, and its Ukemis, closer to society (Judo More than Sport).

The aim of the seminar is to present the SFSS program, the developed research protocol, new data collection instruments, as well as practical applications.

## **STRUCTURE, MATERIAL**

In order to respond to the training needs of the programme and to support the Institutions and teachers/researchers involved in the initiative, in a section of the JudoKs website, various contents and materials of the programme will be uploaded, which will be used to work on during the sessions, among others:



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Specific exercises for assimilation and progressions of safe ways of falling, as well as a battery of games that provide kinaesthetic sensations related to balance, elements of perception and the transformation of patterns of response to falls.

- Theoretical and practical classroom sessions, both for University and Federative Trainers, as well as for university students, in order to facilitate and homogenise the contents taught. (In both cases the contents and exercises have been hyperlinked to video material of our own production, available online).

**Sportswear will be required for the practical sessions.**



## SCHEDULE

<b>Training in the Program "Safe Fall-Safe Schools" Implementation and Research</b>		
<b>DAY- Saturday, November 25th 2023</b>		
<b>ACTIVITIES</b>	<b>CONTENTS</b>	<b>Duration</b>
<b>Receipt of material delivery</b>	Reception of attendees and delivery of materials	15 minutes 09:00 /09:15
<b>Inauguration GRADE ROOM</b>	Presentation of the conferences and speakers, welcoming of the participants. Institutional acknowledgments	15 minutes 09:15 /09:30
<b>Theory session with multimedia support. GRADE ROOM</b>	Presentation of the program, describing the state of the situation, theoretical framework and foundation of the "Safe Fall-Safe Schools" (SFSS) program. Multimedia support tools for program development	60 minutes 09:30 /10:30
<b>Coffee Break</b>		15 minutes 10:30 a 10:45 h
<b>Theory session with multimedia support. GRADE ROOM</b>	Training in the standardized use of instruments, tools and protocols created for this research.	60 minutes 10:45 /11:45
<b>Theory session with multimedia support. GRADE ROOM</b>	The enhancement of the SFSS program in the school curriculum as a tool to promote the protection of the health and physical integrity of minors. A practical case.	60 minutes 11:45 / 12:45 h
<b>Lunch Break</b>		12:45 a 14:30 h
<b>Theory session with multimedia support. GRADE ROOM</b>	Proposal for future lines of research in the SFSS program	60 minutes 14:30 / 15:30 h



<b>Practical session</b> <b>GYM</b>	Structure of a session type of classroom, selection of exercises & implementation methodology.	60 minutes 15:30 / 16:30 h
<b>Coffee Break</b>		15 minutes 16:30 / 16:45
<b>Practical session</b> <b>GYM</b>	Observation protocol and data recording tools.	60 minutes 16:45 / 17:45 h
<b>Closing</b> <b>GRADE ROOM</b>	Closing of the training days. Acknowledgments to the attendees and, where appropriate, delivery of certificates of participation.	15 minutes 17:45 / 18:00 h
<b>Free time to visit Seville</b> <b>Enjoy</b>		

## REGISTRATION

Free registration. In case that you did not yet register for the seminar, please do it before 15 of November.

**Registration link:**

<https://forms.gle/ubkSA7wFCzzmtyQF9>

If you have any questions, please contact [mccampos@us.es](mailto:mccampos@us.es)

## FACILITIES

The facilities for the Seminar will be provided by the University of Seville.

The exact location and some suggestions for accommodation will be sent to all participants shortly.