2nd 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

























WELCOME

Welcome to the 2nd 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).

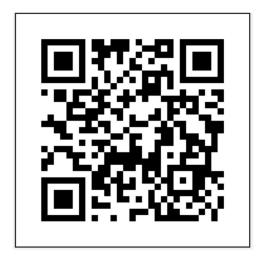
The aim of the seminar is to present the SFSS program, the developed research protocol, new data collection instruments, as well as practical applications.

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:







Scan me

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

GRADE ROOM

Training in the Program "Safe Fall-Safe Schools" Implementation and Research

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





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

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

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.