

ObLoMoV (Obesity and Low Motility Victims): combining physical activity and theatre to tackle inactivity in preteens

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Overweight and obesity are common issues in the modern society. Motivating youth to be physically active has become a real priority in educational systems. Earlier research demonstrates that overweight youth are not ready to practice endurance activities that are usually proposed in physical activity programmes. High Intensity Interval Training (HIIT) has shown to be a very effective way to fight against obesity. It should bring more chances to be accepted by inactive and overweight youths than endurance based physical activities.

Ivan A. Gončarov created the well-known Russian novel, Oblomov. It portrays a nobleman who is incapable to undertake any important action and presents links with the attitude of inactive youths. Using theatre approaches is considered as an original pedagogical method that could facilitate their involvement in physical activities.

Inspired by Oblomov, an Erasmus+ project called ObLoMoV (Obesity and Low Motility Victims) has been devised. Using “physical short shocks” and “theatre short stories”, it aims to prepare educators to implement an innovative Oblomov model designed to convert inactive preteens into active and healthy ones. Seven partners from Italia, Belgium, Finland, Greece, and Slovenia are involved. A detailed presentation of the project is available online (<https://www.oblomovproject.eu/>).

The symposium will be divided in four parts: (1) Explanation of the Oblomov model with principles of HIIT training and theatre input; (2) Description of the Belgian implementation with the content of the unit and the presentation of the in-service module proposed to the educators recruited for the project; (3) Description of the Finnish implementation with the subjects and the contexts where the Oblomov model can be adapted, and finally, (4) Description of the Greek implementation with first results of the teacher education and implementation on the field.