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

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https://www.oblomovproject.eu/

I do believe in movement! I do, I do!
Introduction

The Oblomov methodology offers a new pedagogical method aiming to support an active and healthy lifestyle in 11-13 years old youths.
Origin of the name

✓ Oblomov: a well-known Russian novel by Ivan A. Gončarov
✓ Portray of a nobleman who is unable of undertaking any important action
✓ Link to the laziness as a risk for the entire lifestyle and the dissemination of the overweight and obesity epidemic

Goals of the projects

✓ Promoting an active and healthy lifestyle among pre-adolescents (11-13 years-old)
✓ Developing autonomy, creativity, and cooperation
✓ Using new technologies
✓ Involving youths’ entourage (parents, family, school, associations)
✓ Producing resources for sustainable changes
General principles

Open scenario Theater  
High Intensity Interval Training

Oblomov
obesity and low motility victims

Course of the Oblomov project

1  2  3  4
Course of the Oblomov project

- **Creation of the methodology**
  - Meetings in Milano
  - Creation of three scenarios
  - 2h/week 10 weeks Performance

- **Adaptation by each team**
  - Belgium
  - Finland
  - Greece
  - Italy
  - Slovenia

- **Preparation of educators**
  - 2 days
  - Follow up by one open scenario specialist

- **Implementation**
  - Specific to each partner according to local opportunities

Structure of the symposium

- **Integrating high intensity intermittent training (HIIT) in theatre open scenarios: foundations of an original approach**
  - Jacopo Vitale - Istituto Ortopedico Galeazzi, Milano, Italy
  - Laura Pasetti - Piccolo Teatro di Milano, Italy

- **Educating teachers with OBLOMOV methods: Reflections from the Implementation in Greece**
  - Nikolaos Digelidis, Vasiliki Zisi, Elizana Pollatou, Dimitra Katsarou - School of Physical Education and Sport Science, University of Thessaly, Greece

- **OBLOMOV – model as part of curriculum in different contexts**
  - Saara Ehalt, Kirsti Lauritsalo and Arja Sääkslahti - University of Jyväskylä, Finland

- **Combining HIIT, open scenarios, and health recommendations: Implementation of the OBLOMOV method in Belgium**
  - Nicolas Franck, Maurine Remacle, Alexandre Mouton, Marc Cloes - Department of Sport and Rehabilitation Sciences, University of Liège, Belgium
Illustrations

- [https://almabooks.com/product/oblomov/](https://almabooks.com/product/oblomov/)
- [https://www.marketing-mojo.com/blog/before-you-spend-another-dollar-on-digital-advertising-complete-these-4-steps/](https://www.marketing-mojo.com/blog/before-you-spend-another-dollar-on-digital-advertising-complete-these-4-steps/)
- [https://letsgowiththechildren.co.uk/family-events-and-places-to-go-in-june/](https://letsgowiththechildren.co.uk/family-events-and-places-to-go-in-june/)