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Keynote Speaker



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Prof. Dr. Gregor Jurak is working at the University of Ljubljana, Slovenia. He is a member of SLOfit research group (www.slofit.org). He has experience as PE teacher, coach, university asistent and professor, project manager of several national sport projects, director of Sport Foundation and vice-dean. His main research interests include Physical Fitness, Physical Activity, Motor Development, Didactics of PE and Sports management. He has published more than 70 research papers. He is member of editorial board in few scientific journals and he was president of organisational committee of two international congresses Youth Sport (2008, 2010). Additionally, he is or he was a head of few national project teams in EU projects. He has experience in setting up national programs in the field of HEPA (he is the first author of current National Programme for Sport; co-author of few national promotional sport programs). He has also experience in setting up national IT projects in sport and physical activity (SLOfit, national sport facilities database, public financed sport programs database) and physical fitness intervention programs. He is national delegate in few international organizations and forums (FIEP, EUPEA, GoFPEP, CEREPS) as well as in EU member state XGs.

30 Years of SLOfit: Its Legacy and Perspective

Slovenia is a pioneer of surveillance of physical fitness of schoolchildren. For more then 30 years, national system SLOfit monitors and evaluates the annual changes in the physical fitness of children and adolescents aged 6 to 19. The purpose of this article is to present the legacy of the SLOfit and some further perspectives of its development. On the national level, the SLOfit data serves as scientific backbone for most of the physical activity policies, and the policies, related to school physical education. Every April, almost the entire Slovenian school population, is measured by 8 motor tests and 3 anthropometric measurements. Annual measurements allow researchers to constantly monitor the population developmental trends, while teachers use the analysed data to identify children with special developmental needs, to follow the development of every individual child and adjust the teaching process to the needs and capabilities of children. Centralised management and evaluation of data with unique feedback system enables children and parents to compare their development with the development of their peers and identify the needs for improvement. Slovenian educational policy, informed by the SLOfit data, managed to develop one of the most efficient system of physical education and extracurricular sports programs in the world, which results in very favourable level of physical fitness and physical activity of children in Slovenia in comparison to the rest of the world. In the future, we want to explore SLOfit even more for physical activity interventions. We have prepared a web application My SLOfit, which allows student, their parents, teachers and physician web access to students' SLOfit results, with feedback about health risk. With support of My SLOfit we would like to introduce new paradigm of collaboration between school and health sectors in local settings.