

1222 • 2022
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ANNI



UNIVERSITÀ
DEGLI STUDI
DI PADOVA

Wellness and Sport at the University

2016 - 2020 Report

Short Summary

The University's Wellness and Sport Project



The University's Wellness and Sport Project aims at improving psychophysical health and wellness in the workplace and learning environment. The project raises awareness in the community by promoting the importance of maintaining a healthy lifestyle through physical activity and positive mental health. The project follows Goal 3, "Good Health and Well-being" of the UN 2030 Agenda aiming to environmental, social, and economic sustainability.



International ranking on Health and Wellness

2020:
201-300

2021:
84





Wellness and Sport Project data between 2016 and 2020

43.795

online **views** of materials related to Wellness and Sport projects from 2017 to 2021*

12.212

people involved
(students, personnel, and local community)

96

number of **initiatives**

49

initiatives aimed at **personnel**

27

public and private **collaborations** at the local, national and international level

26

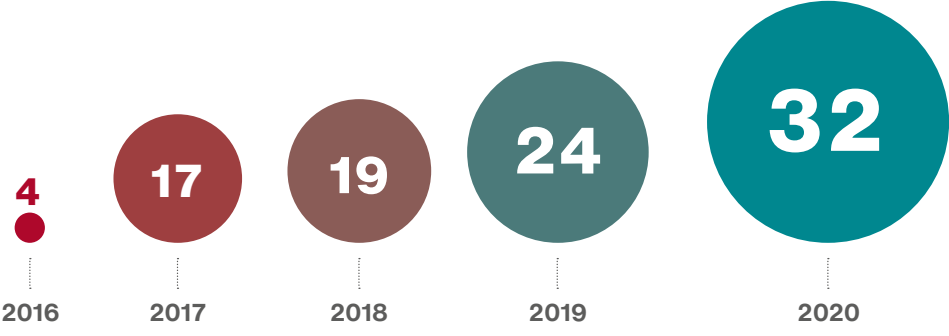
public initiatives aimed at academic and local community

21

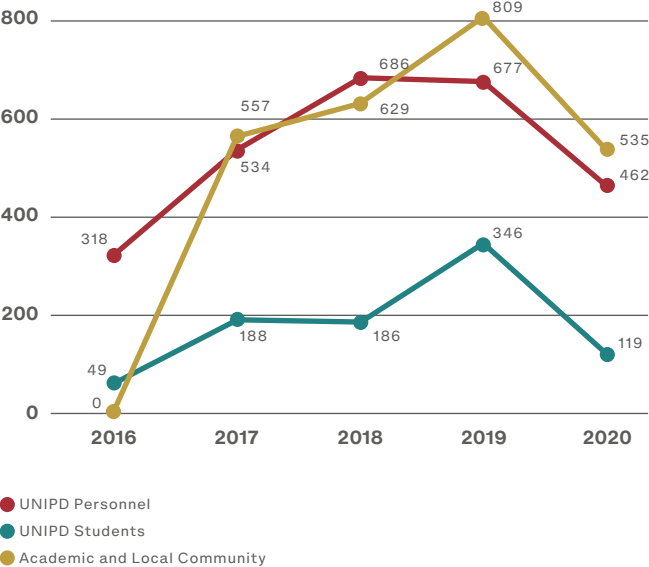
total number of initiatives aimed at **students**

*up to April 12, 2021

Wellness and Sport Initiatives



Participation Rates



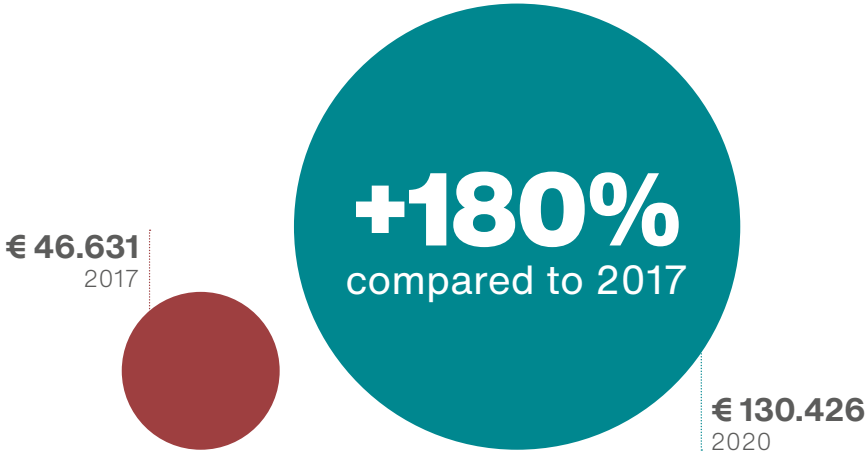
5.741

Students who participated, since 2019, to SleepRhythm UniPD project

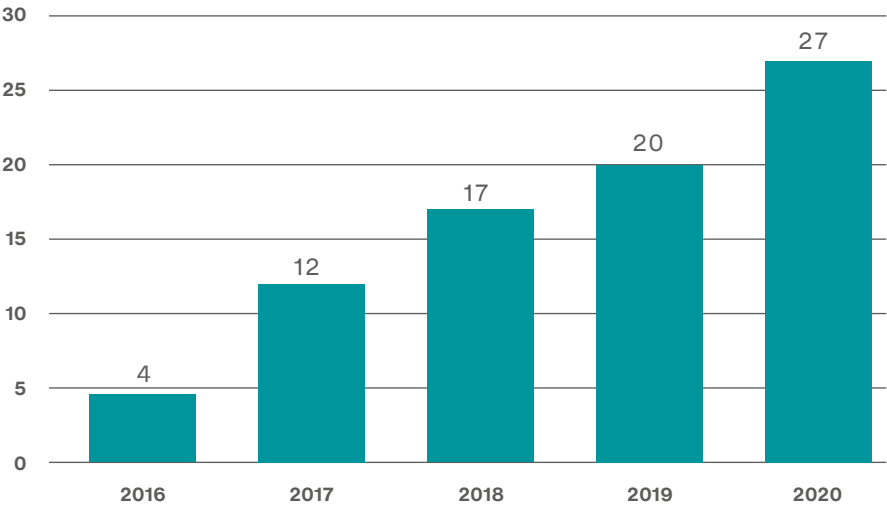
376

People who participated in the project "Evaluation of wellbeing and quality of life of personnel participating in Wellness and Sport projects", since 2018

Economic Value



Collaborations with public and private companies, institutions, businesses, and associations at the local, national, and international level



Wellness and Sport activities during the Covid-19 emergency

Number of views of online materials in 2020 *

15.609

Project#UniPDSport

12.655

Qi Gong (Tao Yoga), Tai Chi Chuan, and Yoga online lessons

6.144

EduChef online cooking lessons

4.421

MUOVITID-19 Project

*up to April 12, 2021

Initiatives for students



3rd

2020, 2017, 2016

UNIPD MEDALS International Historical Rowing Challenge of Universities



1st

2017 EX-AEQUO with Venice Universities
2016 500-metre race



2nd

2019, 2018
2016 200-metre race

UNIPD MEDALS Lion Cup University Dragon Boat Championship



1st

2019 "Paolo Padova" Trophy
2017 "Paolo Padova" Trophy



2nd

2019
2018 "Paolo Padova" Trophy



3rd

2018, 2017

UNIPD MEDALS 1001VelaCup Trophy

Athletics

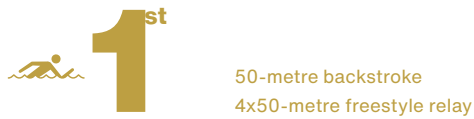


200-metres
100-metres
long jump



100-metres

Swimming



50-metre backstroke
4x50-metre freestyle relay



100-metre freestyle race
50-metre freestyle and skin race

UNIPD MEDALS Sport Trophy



PCU Futsal Challenge **2021**



PCU Chess Cup **2020**

UNIPD MEDALS PCU Games

Dual career students

	Individual athletes	C.U.S. athletes
2016-2017	23	20
2017-2018	38	30
2018-2019	35	27
2019-2020	32	33

EduChef

EduChef is a nutritional education program designed to promote a healthy lifestyle, as well as sustainable and responsible consumption. The program offers cooking lessons for first-year students enrolled in first and second level degrees, living alone. In 2021, the EduChef program was also organised for university personnel.

edu **©** CHEF

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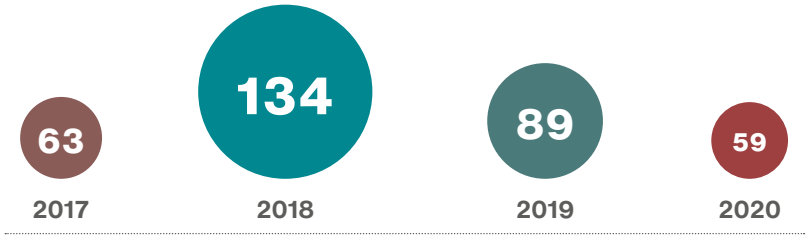
Students who participated to EduChef in 2017 and 2018

Initiatives for personnel

Number of Yoga Course Participants



Number of Tai Chi Chuan Course Participants



Number of Qi Gong Course Participants



Number of Interdepartmental Games Participants



University Corporate Wellness Service

Since 2017, the University Corporate Wellness Service has offered customised advice to prevent the harmful effects of a sedentary lifestyle by improving physical conditions and wellbeing. The service assesses the posture and fitness level of participants and provides personalized advice on improving physical activity. The Postural Gymnastics courses will start in 2021.

173

People who have benefited of the service since 2017

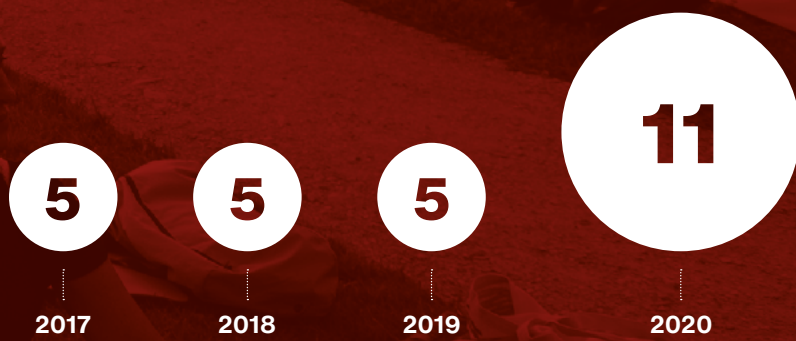
Summer Centres

Summer centres aim to support and facilitate a healthy work-life balance. For University personnel interested discounted rates are offered to send their children to summer activity centres. Organised by the C.U.S. Padua Sports Centre, this initiative offers sports activities such as athletics, rugby, frisbee, orienteering, volleyball, basketball, manual workshops for children.

203

Participants who have benefited from discounted rates supported by the University since 2019

Initiatives for the academic and local community



Networks

EAS - European Athlete Student for dual-career students

UNISPORT-ITALIA – Italian University Sports Network

Health, sport and wellness table
(among the initiatives organised for Padua European Capital of Volunteering for 2020)

R.U.S. (Italian University Network for Sustainability) - Food working group

PCU COMMITTEE Network

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