



Sport - Friendly City with Public Spaces that Promote Physical Activity and Sport

July 8, 2022
Fórum Lisboa

Urban sports are increasingly taking on new forms of practice, putting into question the way cities should be urbanistically planned. The growing number of citizens who choose to regularly use public space for sports encourages changes in the urban culture of cities and the redefinition of their centers so that they are attractive and safe.

This congress intends to analyze and discuss the characteristics that urban spaces must have to enhance the practice of physical and sports activities by specific users and the benefits of urban restructuring for the population in general.

TIME (WEST)

9.00 - 9.30

OPENING - WELCOME

Lisbon City Council, Portugal
Faculty of Human Kinetics – Lisbon University, Portugal

9.40 - 10.25

KEYNOTE 1: Everyday Cycling. Why?

Lars Bo Andersen, Western Norway University of Applied Sciences, Norway

10.30 - 12.30

SYMPOSIUM 1: Physical Activity-Friendly Cities

Moderator:

Frederico Lopes, Faculty of Human Kinetics – Lisbon University, Portugal

20' **Presentations:**

Latent Demand for Active Modes and the Design of Urban Infrastructures

Filipe Moura, Instituto Superior Técnico – ULisboa, Portugal

20' *Sport and the Right to the City*

Juan Manuel Murua, Spain

20' COFFEE BREAK

20' *Urbanism and Sport*

Agustín Fernández González, Pontevedra City Council, Spain

20' *Sport in the City, Challenging's for Today and Tomorrow*

Daniel Casas-Valle, Urban Dynamics, Netherlands

20' *Promoting Active Mobility Through Public Space Intervention*

Joana Almeida, Lisbon City Council, Portugal

90' LUNCH BREAK

14.00 - 16.45

SYMPOSIUM 2: Urban Sport 4 All - Designing positive experiences

Moderator: Eduarda Marques da Costa, Institute of Geography and Spatial Planning – Lisbon University, Portugal

Presentations:

20' *A Wide Scope on Learning to Cycle: From Scientific Evidence to a Community-Based Project*

Rita C. Matos & Frederico Lopes, Faculty of Human Kinetics – Lisbon University, Portugal

20' *Proximity Contexts as a Trigger for Physical Activity Practice - the Example of LMA*

Ana Louro, Institute of Geography and Spatial Planning of the University of Lisbon, Portugal

20' *Thinking Health in a Global Perspective: MOVIDA.polis*

Rui Fonseca-Pinto, ciTechCare - Polytechnic of Leiria, Portugal

15' BREAK

45' **KEYNOTE 2: Built and Social Neighborhood Environments for Physical Activity and Sports**

James Sallis, University of California San Diego, USA

20' *Urban Environments that promote Physical Activity*

Paulo Rocha, Portuguese Institute of Sport and Youth, Portugal

20' *Lisbon, a Huge Playground*

João Pedro Monteiro, Physical Activity and Sports Department of Lisbon City Council, Portugal

15' COFFEE BREAK

17.00 - 18.00

ROUND TABLE: Urban Sport 4 All – Sharing of Best Practices of the Delegations Participating in Urban Sports 4all

Moderator:

Fátima Baptista, Faculty of Human Kinetics – Lisbon University, Portugal

Physical Exercise a Way of Forming a Healthy Lifestyle

Daniela Marineau, Club Sportiv Viitorul Marghita, Romania

The Importance of Urban Sports and Physical Activity in Students' Leisure Time

Panagiota Dragatogianni, Athlitikos Syllogos Larisas o Spartakos, Greece

Modern Dance - An Attractive Means of Organizing Extracurricular Physical Exercise

Lucia Cighir, Club Sportiv Viitorul Marghita, Romania

Fighting Sedentary Lifestyle and Promoting Healthy Lifestyles for Collective Well-Being

Mariaelena Mililli, Comune Di Maranello, Italy