Hälsa på campus

METE US IN THE PAVILION AND AT UNIVERSUM (2ND FLOOR)

**WORKSHOPS**

BOOK YOUR PLACE VIA THE HEALTH ON CAMPUS WEBSITE

Lectures will be held in Swedish

11:00-15:00  **MASSAGE WORKSHOP**
50-minute session. See bookable times when registering.
Venue: Norrskenet, Universum Arr: Physiotherapy Programme

13:00-14:00  **ENGAGE – PHYSICAL JOB SATISFACTION**
Factors for improved health and production at work.
Venue: Universitetskloppen, Arr: Feelgood Occupational Health

14:40-15:40  **THIS IS HOW WE BUILD A HEALTHY CAMPUS**
Seminar on health and campus development
Venue: Universitetskloppen, Arr: Akademiska Hus (nationally), refreshments included

15:45-16:35  **AN INSIGHT INTO OUTLOOK – HEAVEN OR HELL**
Seminar on good digital work environments.
Venue: Universitetskloppen, Arr: Feelgood

MEET US IN THE PAVILION AND AT UNIVERSUM (2ND FLOOR)

Occupational Therapy Programme
Boxen Umeå
Fritidsbanken
Physiotherapy Programme
School of Sport Sciences
IKSU Alpine
Korpen
Navet
Nord InC
Office for Human Resources
Region Västerbotten
Sharing City Umeå
Student Health Service
SV – Studieförbundet Vuxenskolan
Tai Chi
Physical Trainer Programme
Västerbotten
Parasports Association
Umé Brottning
Umé Cricket Club
Umé Dansimperium
Umé Kampcenter
Umé Kanotklubb
UB & Me Dance
UB

FREE OFF-CAMPUS TRAINING ON 11 SEPTEMBER*

IKSU Plus
IKSU Spa
Navet Umeå
Sävar swimming baths
Hörnefors swimming baths
Storsjöhallen Holmsund
360 Träningcenter City – Skellefteå
1 life – Örnsköldsvik
Ego – Sundsvall
Aquarena – Sollefteå
Friskis & svettis – Östersund
Step in – Lycksele
Mitt livs stil – Luleå

*Free training on production of staff or student ID card. Arrangers and teammates: School of Sport Sciences, Umeå Student Union, Umeå Medical and Health Sciences Student Union, NTF, IKSU, Student Centre/Student Health Service, Office for Human Resources, Feelgood, Try It Out, Nordic Innovation Center for Physical Activity and Health (Nord InC), Occupational Therapy Programme, Study Programme for Sport Sciences, Physical Trainer Programme, IVF Association, Physiotherapy Programme, FYSS, Building Office, Communications Office, Dept. of Food and Nutrition, Dept. of Community Medicine and Rehabilitation, University Library and Umeå Municipality. The School of Sport Sciences reserves the right to make changes to the programme.

REGISTER NO LATER THAN 8 SEPTEMBER

WHAT GETS YOU UP AND RUNNING?
A warm welcome to students and staff on 11 September! Try something new or something you already know – it’s all free!

Detailed programme and registration: www.umu.se/en/umea-school-of-sport-sciences/halsa-pa-campus/
OPEN LECTURES IN AULA NORDICA
Lectures will be held in Swedish

12:05-13:00
IT’S NOT ABOUT YOUR SITUATION
IT’S ABOUT WHAT YOU CHOOSE TO DO ABOUT IT
Aron Andersson, adventurer, Paralympian and winner of
the television show Vinnarskallar 2019.

13:15-14:00
DAILY PATTERNS OF MOVEMENT –
WHAT CAN WE DO ABOUT IT, AND HOW?
Elin Eklöf Bak is an associate professor in public health
and physical activity at the Swedish School of Sport
and Health Sciences (GIH) in Stockholm.

14:05-14:45
THAT VITAL, LIFE-THREATENING FAT –
AN EXPANSIVE LECTURE
Michael Svensson is an associate professor, dietician and lecturer in sports physiology at Umeå University.

TRY IT OUT – PREREGISTRATION
BOOK YOUR PLACE VIA THE HEALTH ON CAMPUS WEBSITE

09:15-10:00  MINDFULNESS AND STUDENT HEALTH – NORRSKEN, UNIVERSUM
10:00-10:30  TAKE A PILGRIMAGE WITH THE CAMPUS CHURCH – MEET AT UNIVERSUM
11:00-12:00  LUNCHTIME PHYS ED WITH THE TOUGH TRAINING GROUP (TTGU) – AT NORRA SKENET
12:15-17:00  HIKE AROUND TAVELSJÖ WITH IKSU OUTDOOR – BUS FROM IKSU SPORT
13:45-14:45  WRESTLING PHYS ED WITH THE POLICE EDUCATION UNIT – POLICE STATION
14:30-15:30  TRAIL RUNNING WITH IKSU MULTISPORT – MEET AT BRÄNTBERGET
15:00-16:00  RUNNING SCHOOL WITH THE SCHOOL OF SPORT SCIENCES – CAMPUS SPORTS ARENA
17:00-18:00  CROSS-FIT FOR BEGINNERS – BOXEN UMEÅ TEGER
18:00-19:00  CROSS-FIT FOR BEGINNERS – BOXEN UMEÅ ERSBODA
18:00-19:00  SUNDMED HUND – CANINE CIRCUIT TRAINING WITH THE WORKING DOG’S CLUB –
NORRA SKENET
11:05-15:00  TRY PARASPORTS WITH THE OCCUPATIONAL THERAPY PROGRAMME INCL. OBSTACLE COURSE AND PING-PONG, BESIDE THE FOUNTAIN
11:00-15:00  TEST YOUR LUNG CAPACITY – AT THE PAVILION
11:00-15:00  TRY MARTIAL ARTS WITH UMEÅ KAMPCENTER – BESIDE THE FOUNTAIN
11:00-15:00  BORROW SPORTS AND ACTIVITIES EQUIPMENT – AT THE PAVILION
11:00-15:00  FUNCTIONAL MOVEMENT SCREENING WITH THE PHYSIOTHERAPY PROGRAMME – UNIVERSUM
11:00-15:00  STRENGTH TESTING AND TRAINING ADVICE WITH THE PHYSICAL TRAINER PROGRAMME – UNIVERSUM
12:15-13:15  MEDITATION – CAMPUS CHURCH NEAR THE NATURAL SCIENCES BUILDING
13:30-15:00  THAI CHI – SOUTH MEADOWS, BELOW SLU
14:00-18:00  BATHING EXPERIENCE AND MOTIONISM – NAVET
16:00-18:00  THE RELAXATION AREA – NAVET
19:00-20:00  PARKOUR FOR BEGINNERS WITH KORPEN – BROPAKREN BESIDE THE RIVER,
IN THE EVENT OF RAIN, THE EVENT WILL BE MOVED TO THE
SMALL SPORTS HALL AT ÅLDHEM

FREE TRAINING THROUGHOUT WEEK 37*
KORPEN UMEÅ – WWW.KORPENUMEA.SE
IKSU SPORT – WWW.IKSU.SE
IKSU SPA – WWW.IKSU.SE
IKSU PLUS BETWEEN 15:30-20:00 – WWW.IKSU.SE
GROUP TRAINING, SUBJECT TO AVAILABLE PLACES.

WOULD YOU LIKE TO KNOW MORE?
FURTHER INFORMATION ABOUT ACTIVITIES AVAILABLE AT
WWW.UMU.SE/EN/UMEA-SCHOOL-OF-SPORT-SCIENCES/HALSA-PA-CAMPUS/

AT IKSU SPORT – Europe’s largest training facility!
BOOK YOUR PLACE VIA THE HEALTH ON CAMPUS WEBSITE

06:30-07:30  ASHTANGA YOGA  13:00-14:00  DROP-IN MIXED FOOTBALL
06:40-07:25  INDOOR WALKING  13:30-14:00  CYCLING
07:25-07:55  CXWORX®  14:00-15:30  SQUATS WORKSHOP
10:30-11:00  LIGHT INDOOR WALKING  14:00-14:45  TOTAL TRAINING
10:30-11:15  EASY ZUMBA  15:00-15:45  AQUA TOTAL TRAINING
11:00-14:00  BOULDERING AND CLIMBING DROP-IN WITH INSTRUCTOR  15:00-16:00  CHANGING LIFESTYLE
AND LOSING WEIGHT PRESENTATION BY ITRIM
11:15-12:15  FITNESS CLASS  16:00-17:00  BODYPUMP®
11:30-12:15  CYCLE RPM®  16:00-17:00  STEP MUSCLE-BUILDING
12:00-14:00  IKSU PHYSIOTHERAPISTS DROP-IN WITH ADVICE  16:00-17:00  BADMINTON WITH INSTRUCTOR
12:00-14:00  PERSONAL TRAINING DROP-IN WITH ADVICE  17:00-18:00  SWIMMING WITH INSTRUCTOR
12:00-14:00  GOLF GOLF SIMULATOR, DROP-IN  17:50-18:50  DANCE FUSION
12:00-14:00  GOLF GOLF SIMULATOR, DROP-IN  18:00-18:30  CYCLE SPRINT®
12:00-12:30  ZUMBA®  18:15-19:15  CARDIO TRAINING
12:20-12:50  CXWORX®  18:35-19:35  YOGA
12:30-13:30  YIN YOGA  19:10-20:10  BODYATTACK®
12:45-13:15  BODYPUMP®

LIMITED PLACES AVAILABLE, FURTHER INFORMATION ABOUT
THE SESSION IS AVAILABLE AT IKSU.SE.