

Short communication**SUMMER SCHOOLS AS AN EXAMPLE OF THE
DEVELOPMENT OF INTERNATIONAL
COOPERATION BETWEEN THE UNIVERSITIES
OF PHYSICAL EDUCATION****Krzysztof Piech¹, Juris Grants²**

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The summer school is a result of cooperation between several physical education universities from a number of countries. The first event of this kind was organised in 2010 as a joint effort between the Latvian Academy of Sport Education (LASE) in Riga and the Faculty of Tourism and Health Sciences in Białą Podlaska. The meeting was centred on the subject of traditional games and recreational activities (outdoor physical activities) in the historical environment in Latvia.

The first three summer schools were organized in Madona, Latvia while the fourth one took place in Białą Podlaska, hosted by the Faculty of Physical Education (Bodasińska et al., 2013). The main idea behind the project is to overcome barriers to teaching between students and teachers. In summer schools both groups learn from each other. The ability to learn is being developed during practical and theoretical classes. A lot of attention is given to working in groups. A number of authors highlight this aspect and recognize its value with regard to functioning in a society. The predominance of the cooperative forms of activity over the competitive ones is becoming widely acknowledged (Sas-Nowosielski, 2003; Piech, 2012; Siwiński, 1999). The participants of summer schools collectively explore the historical culture of the environment in which they are staying. They learn about one another, especially about the culture of the countries they come from. In that respect the summer school product has been a great success. Teachers and students who participated in previous schools came from

Latvia, Poland, Spain, Italy, Australia, Norway, Sweden, Croatia, Russia and South Korea. In subsequent years, the main theme of the traditional games and recreational activities has developed in the direction of new trends and new ideas emerging in the field of physical outdoor activities. This allowed for a greater diversity of presented subjects, both theoretical and practical ones. This development was intentional. Diversity is considered an aspect of sport that shows the unlimited possibilities of participating in physical activities. Everybody, regardless of their age, fitness, abilities and interests, can find a sport of life for themselves (Piech, 2004). Thanks to diversity, participants of summer schools are being familiarized with a number of interesting sports, physical games and other healthy, recreational activities.

The fifth summer school “Recreation In historical environment In Latvia” was organized in a sports centre Smeceres sils, Madona, in September 4 – 11, 2014. The official opening was attended by the rector of the LASE, Professor Janis Zidens in LASE in Riga. During the meeting was presented a cooperative publication entitled “OSRESS outdoor sports and recreation education summer school” by Inta Bula Biteniece, Kalvis Ciekurs, Juris Grants, Ivars Kravalis, Artur Litwiniuk, Krzysztof Piech, Ingrida Smuka (Biteniece et al., 2014). Theoretical and practical classes organized in Madona were delivered by the following participants: Ingrida Smuka - Latvian Culture Heritage (a lecture), Rudolf Zangerln – parcours (a lecture and practical class), Juris Grants, Inta Bula Biteniece – Landscape education and therapy (a lecture), Ruta Dadeliene – Wellness couching (a lecture), Krzysztof Piech, Małgorzata Lichota, Zbigniew Ossowski, Rasa Paulaskiene, Inta Bula Biteniece, Ilze Spike – Nordic walking and different games (practical class), Artur Litwiniuk – Outdoor sport activity and physical fitness as a factor determining sustainable mental and physical development in youth and adults (a lecture), Kalvis Ciekurs, Ivars Kravalis, Juris Grants – Bicycle tour and meeting local people (practical class), Donatas Grazulis – Horseshoe (practical class). These classes were complemented by dance classes taught by Ingrida Smuka: “Latvian National Dances” and Augustina Gomez Caravaca “Dances from Spain.” During cycling excursions, participants of the summer school had a chance to explore the surrounding area. Their attention was drawn to the environmental, cultural and traditional conditions that contributed to the development of particular forms of physical activities. Interviews conducted by the students with the inhabitants of the area of Madona allowed gathering data on traditional games and recreational activities of the examined region. After researching the subject, students presented the collected data during

classes lead by them. The bicycle tours were a beautiful history lesson for all the participants, a lesson taught by the people who were part of that history.

International cooperation as a result of summer schools, establishing an academic and didactic cooperation between staff of the participant universities is an undeniable achievement of summer schools. The exchange of thoughts, joint research and guest lectures, all contribute to perfecting the didactic process and creating new areas for collaboration. Research undertaken collectively by the professors of the participant universities involves many topics. One of the most important ones concerns physical activities within a family (a child as an initiator of physical activities in a family – Piech K., Bula Biteniece I., Birontiene Z., Grants J., Jansone R.), and elite sport training in secondary higher education - models for sportive success (Carlson R., Grants J., Piech K. et al.). The results have been published in various international journals (Piech et al., 2013). Many academics from LASE, the Faculty in Biała Podlaska and the University of Malaga have delivered lectures and practical classes for students. The publication “OSRESS outdoor sports and recreation education summer school”, which was created as a result of summer schools, is comprised of several chapters written by the authors from different countries. The work includes articles based on studying the data collected during previous summer schools. They are as follows: outdoor recreation activities for learning to learn, games and movement games as a means of recreation in OSRESS, folk games and movement games from Southern Podlasie as an element of cultural heritage, bike tours with the aim to explore cultural environment, physical activity as a factor determining men’s well-being and health, and the outcomes of the workshops (Nilsson, 2014). That last, very important part of the publication constitutes a conclusion of the study of traditional games and recreational activities and is an example of engaging students in academic research.

There was an initiative to organize a conference on sports games in physical education in 2015 in Riga. The conference was organized by LASE in Riga and the Faculty of Tourism and Health Sciences in Biała Podlaska. For the Faculty in Biała Podlaska it was already 10th academic and methodological conference dedicated to teachers of physical education. It is worth noting that the students from participant universities have taken part in LASE scientific conferences in Riga and also in the Erasmus student exchange. Students from Biała Podlaska have multiple times participated in winter camps in Ergli organized by LASE.

Summer schools have been permanently incorporated into the academic life of the participant universities. For the 6th consecutive year Outdoor Sports and Recreation Education Summer School (OSRESS), “Outdoor Activities and Alternative Sports” was held in Torremolinos, Malaga, Spain, in September 14 – 18, 2015. At this time the main organizer of the summer school was the University of Malaga. The aims of the Summer School 2015 were: educational and scientific exchange proposals and establishing common guidelines of work. The participants took part in sports and physical activities in Malaga. The summer school participant student and teacher numerical ratio was similar, learning skills were developed in practical classes in many hiking tours; games/alternative sports were discussed in conferences and workshops.

The 7th Summer School will take place in Biala Podlaska, Poland, September 8 – 14, 2016. Additional information concerning Outdoor Sports and Recreation Education Summer School (OSRESS) in official summer school website: <http://osress.weebly.com/>.

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Submitted: September 27, 2015

Accepted: December 15, 2015