

Academic Physical Education as A University-Wide Health Promotion Strategy: A Case Study of Lodz University of Technology

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Abstract

Universities play an important role in supporting students' physical literacy, health, and well-being as components of educational quality. Academic Physical Education (PE) constitutes the final stage of compulsory physical education in the Polish education system; however, some institutions extend its scope beyond curricular requirements. This paper presents a case study of Lodz University of Technology (TUL), examining how Academic PE contributes to the promotion of physical activity and healthy lifestyles within and beyond the student population. The study analyzes the structure and scope of TUL's Academic PE system, including curricular and extracurricular initiatives addressed to diverse stakeholder groups. The case demonstrates that, in addition to the mandatory three-semester PE programme for full-time students, TUL offers 25 PE specializations tailored to different interests and skill levels. Opportunities for continued engagement are provided through 20 University Sports Association sections, enabling participation in training and competition at local, national, and international levels. The programme is further supported by sports events, recreational activities, and social integration initiatives involving students, university staff, preschool children, senior citizens, and members of the local community. TUL also hosts and organizes sporting events of academic, national, and international significance. The findings indicate that a comprehensive and systematically organized Academic PE system can serve as an effective university-wide health promotion strategy, extending its impact beyond formal education and fostering engagement across multiple population groups. This case may provide a model for other higher education institutions seeking to strengthen physical activity promotion and community involvement.

Keywords: Academic Sport; Physical Culture, Physical Education, Sports Development, Sports Education