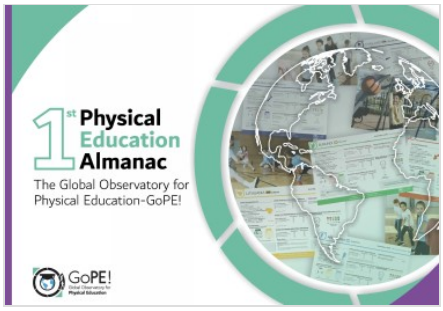
# 1st Physical Education Almanac

The Global Observatory for Physical Education - GoPE!


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Escanea para ver en línea

## Sinopsis


Worldwide, most children and adolescents continue not to meet the physical activity guidelines that benefit their health. There is no single solution, but it is difficult to imagine solving this problem without considering schools, particularly the subject of physical education. However, physical education faces numerous challenges in many countries, including persistent gaps between physical education policies and actual implementation, reduced status of the physical education subject, inadequate surveillance systems, and limited research. To address the urgent need for global physical education and school-based physical activity monitoring, as well as the gaps in policy, surveillance systems, and research, GoPE! was launched in 2023. GoPE! builds on the GoPA!, which was founded in 2012 and has become a well-established system for monitoring country-level progress in physical activity surveillance, research, and policy. Following a decade of effective monitoring and evaluation of the national physical activity levels among adults globally, GoPA! recognized the critical need to establish a similarly high-quality global surveillance system focused on physical education, schoolbased physical activity, and youth populations.


## E-Book


**Presentación:** PDF (Digital: descarga y online)

**Número de páginas del contenido principal:** 720 Páginas


## Palabras clave


Actividad física; Niños; Adolescentes; Salud; Aptitud física; Educación física; Guías de actividad física; Promoción de la salud; Ejercicio; Bienestar infantil



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GoPE! is, therefore, a global organization comprising physical education and physical activity researchers, practitioners, and policymakers, producing and analyzing rigorous, reliable, high-quality, and current data, information, and knowledge on the topic of quality physical education and physical activity. GoPE!’s mission is to monitor and promote quality physical education and physical activity in schools worldwide. Similar to GoPA!, some distinctive products of GoPE! are the Country Cards—a one-page infographic summary of a country’s key indicators and the Physical Education Almanac, which you are about to read. The use of the present Almanac and the participation of researchers, practitioners, and policymakers in GoPE!’s and GoPA!’s initiatives are essential and greatly appreciated. Join us and give your essential contribution to building more active, equitable, and healthy societies.



## Sobre el autor

Andrea Ramírez Varela

Andrea Ramírez Varela obtuvo sus títulos de MD y MPH de la Universidad de los Andes, Bogotá Colombia en 2010 y 2014.

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Desde 2014, ha sido el Observatorio Global de Actividad Física-GoPA! Coordinador. De 2015 a 2018, fue coordinadora de campo del subestudio de morbilidad y mortalidad infantil de la Cohorte de Nacimientos Pelotas en 2015 en Brasil. En 2018 obtuvo su Ph.D. en Epidemiología del Programa de Postgrado en Epidemiología de la Universidad Federal de Pelotas en Brasil. En 2017, fue becaria de investigación en el Departamento de Medicina Familiar y Salud Pública de la Universidad de California en San Diego, UCSD. Actualmente, Andrea es profesora asistente en la Facultad de Medicina de la Universidad de Los Andes en Colombia.Desde el comienzo de la pandemia de COVID-19 en 2020, ha liderado actividades de vigilancia epidemiológica y proyectos de investigación de COVID-19 en el país en colaboración con autoridades locales de salud, instituciones públicas y privadas y ONG. Sus intereses de investigación son la epidemiología, la vigilancia de la salud pública, la medicina preventiva, la capacidad de la salud pública mundial para la prevención de enfermedades, la preparación para pandemias y emergencias sanitarias mundiales y la traducción de la investigación, especialmente en América Latina.

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