

Prof. Hab. DANA BADAU Ph.D.



Professor at the University of Medicine and Pharmacy of Tirgu Mures, Faculty of Medicine, Department M2, Discipline of Human Motor Sciences.

My topics of interest are: theory and methodology of physical education, sport for all, adventure education, handball, wellness and primar kinetoprofilaxy.

My motto: "For life, education ist the most interesting and complex adventure".

### Adventure education - from theory to practice

My ITW first presentation will focus on good practices about adventure education of students of PE.

Adventure education represents an active and dynamic learning process of exploring skills and knowledge through new experiences aiming to develop creativity, adaptability and to improve risk management as well as self-management,



### Wellness Profile 10

My ITW second presentation will focus on physical wellness.

Wellness Profile contains 10 questions and information targeting on: personal data, metabolic typology, ideal weight, daily caloric needs, daily hydric needs, fitness level, heart rate training zone, body composition, energy requirements depending on the type of physical activities and physical training depending on somatic typology.