

# Milla Reponen

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Milla is a senior lecturer in Haaga-Helia University of Applied Sciences in Finland.

She works in the faculty of Physical Activity and Wellbeing in Vierumäki campus. Her main

interests are in supporting motor development, adapted physical activity and health promotion. She worked as a physiotherapy lecturer for 12 years before she started to work in Haaga-Helia last fall. In her leisure time she likes to exercise, spend time with her little nephews and in summertime she enjoys relaxing in family summer cottage.

## **My Topics for the 21<sup>st</sup> International Teaching Week:**

- 1) Hydrobic – how to organize fun and goal oriented hydrobic for adults
- 2) Sensorimotor development and how to support it