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Léa is an assistant lecturer at the University of Lille and a PhD student in the Multidisciplinary Research Unit for Sport, Health and Society (URéPSSS) in France. She works in the Sport Sciences and Physical Education faculty in Ronchin campus. Her research focuses on the sustainable engagement of children in Physical Activity through the development of Physical Literacy concept. More precisely, she focuses on the quality of aquatic education of young Europeans aged 6 to 12 in aquatic activities through the Erasmus+ project ALFAC “Aquatic Literacy For All Children”. She worked as a Physical Education and baby-water polo coach before entering in the PhD program. In her leisure time, she likes to travel, play water polo and surf.

My Topics for the 22nd International Teaching Week:

- 1) Promotion of Physical Activity through the Concept of Physical Literacy
- 2) Measuring, Analyzing and Improving Physical Literacy Levels in Children and Adolescents