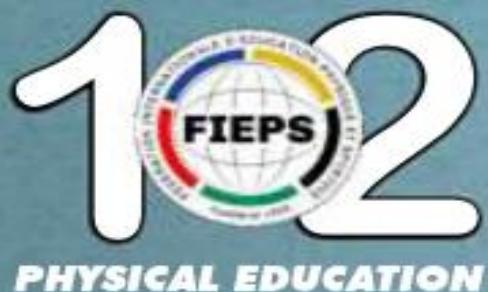


19th FIEPS European Congress

**"Inspiring Excellence:
Empowering the Future of Physical and
Sport Education"**

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Limak Limra Hotel & Resort
Antalya/TÜRKİYE
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Message from the Congress President

It is with great pride and heartfelt gratitude that I address you through this abstract book, marking the successful completion of the 19th FIEPS European Congress, held under the inspiring theme: “Inspiring Excellence: Empowering the Future of Physical and Sport Education.”

Hosted in the vibrant and historically rich city of Antalya, Turkey, this congress brought together over 300 participants and featured nearly 250 scientific contributions, creating a dynamic and interdisciplinary platform for the exchange of knowledge, ideas, and practices. With delegates from 42 countries, the congress served as a true celebration of international collaboration and academic excellence in the fields of physical education, sport sciences, health, and movement culture.

As the Congress President, I am deeply honored to have witnessed the passion, innovation, and commitment reflected in every session, presentation, and discussion. This gathering was not only a testament to the strength of our academic community, but also a call to action for shaping the future through inclusive, quality, and forward-thinking physical and sport education.

I extend my sincere appreciation to all authors, speakers, moderators, participants, and institutional supporters who contributed to making this event a memorable success. I would also like to thank the organizing committee, volunteers, and technical teams whose tireless efforts were invaluable in every step of the process.

I hope this abstract book serves not only as a record of the valuable academic work shared during the congress but also as a source of inspiration for future research, policy development, and educational transformation.

With best wishes for continued success in your scholarly and professional endeavors,
Warm regards,

Prof. Dr. Neşe Şahin
President of the 19th FIEPS European Congress

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SYMPOSIUM

Date: April 24, 16:45-18:00

Symposium Topic: The FitBack Toolkit: Missing Piece between Fitness Monitoring and Physical Literacy

Symposium Presentations:

1. The Scientific Background of FitBack Platform
2. From Assessment to Empowerment: The FitBack Toolkit's Role in Enhancing Physical Literacy
3. Application of the FitBack Toolkit for Improving the Physical Literacy of Students in Physical Education Classes – Serbian Teachers' experiences
4. Monitoring physical fitness to enhance the development of physical literacy in children and adolescents - Estonian example

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Leisure and aging: Exploring differences in activity engagement and participation motives

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Abstract: Leisure time activities contribute significantly to individual well-being, yet participation patterns vary across different age groups. This study explores the influence of age on leisure activity preferences and the underlying reasons for participation or non-participation. The research involved 268 adults aged 25 and older, who completed a specially designed questionnaire. Data were analyzed using SPSS, employing descriptive statistics and ANOVA to identify significant age-related differences. Results indicate that age is a key determinant of leisure activity selection. As age differences increase, so do variations in preferred activities. Younger adults are more likely to engage in high-intensity physical activities such as fitness, aerobics, and martial arts, whereas older adults favor low-impact options like cycling and yoga. Additionally, differences emerged in participation in creative activities (art, photography, knitting), home-based activities (gardening, pet care), and relaxation-oriented pastimes (reading, watching movies). Age also influences the motives for participation, with stress reduction, health benefits, improved immunity, and self-confidence being the most frequently cited reasons across all age groups. Older adults reported having more personal time and exhibited greater consistency in participation, while younger adults faced more barriers to regular engagement. These findings highlight the evolving nature of leisure preferences and emphasize the need for age-specific strategies to promote active and fulfilling leisure experiences across different life stages. Younger adults, who often face time constraints, could benefit from flexible scheduling and workplace-supported leisure initiatives. In comparison, older adults should be encouraged to engage in community-based programs that foster socialization and lifelong learning. Reducing barriers to participation—such as lack of time, motivation, or resources—can be achieved through targeted communication strategies that align with the interests and motivations of different age groups. These insights highlight the importance of structured interventions to enhance participation, well-being, and social connectedness across all life stages.

Keywords: Leisure time activities, adults, engagement, differences.