

“Promoting Health Education in Intercultural Dialogue”

A Digital Public Lecture in the framework of COSIMENA



Realization	Digital Event
Date	Tuesday, June 21st, 2022, from 5 p.m. until 6.30 p.m. (Cairo Local Time)
Guests	Researchers and Scientists working in the field of sports sciences, and health education from Germany, Egypt, Sudan and the MENA region
Duration	1,5 h
General Moderation and Contact Person	Nermine Abdelaty (abdelaty@daadcairo.org)
Organizer	DAAD Regional Office Cairo German Academic Exchange Service 11 El Saleh Ayoub St. Zamalek, Cairo, Egypt URL: www.daad.eg



Concept Note

At the Institute of Sport and Sport Science at the Karlsruhe Institute for Technology (KIT), research is conducted specifically in the field of physical activity and fitness. In this context, the ecosystem approach which is a comprehensive approach that recognizes the fundamental interdependent nature of health and other cultural, social, and related factors in human communities and jointly planned measures contribute to the development of a knowledge-based society starting from the promotion of Physical Activity and health-related fitness as part of the lifestyle.

Success Story: The DAAD funded project “An Ecosystem for Promoting Health-Related Physical Activity in Intercultural Dialog” in 2021

One of the success stories at the Karlsruhe Institute for Technology is the DAAD-funded project “An Ecosystem for Promoting Health-Related Physical Activity in Intercultural Dialog” in 2021. The main goal of the project was to strengthen the academic quality and promote teaching and research experiences at partner universities by focusing on the young generation, especially females.

In addition to the current projects, the framework conditions of the Karlsruhe Institute for Technology (KIT), such as the laboratories, are also presented at this event.

Health-Related Physical Fitness Components among Egyptian and German School Children: A comparison study from an intercultural perspective

One of the important health factors is physical fitness which (PF) is classified as a public health indicator affecting physical, mental, and psychological aspects. In addition, PF is also suggested to play a vital role in brain functions and learning performance. Thus, to effectively combat numerous public health problems, especially childhood obesity, there is a critical need for increasing PF levels among children. Therefore, PF should be ideally promoted at a young age to avoid long-lasting health problems and possibly improve cognitive functions and mental health. Egyptian and German children have completely different lifestyles, socio-economic statuses, and cultural perspectives. This presentation will demonstrate these differences based on the results of investigations over the last 10 years in order to define strengths and weaknesses in the levels of health-related physical fitness components and the most influential factors on the performance level.

Gender Distribution in Sports Science

In the last presentation, the gender ratio in sports science is presented and what differences there are in cross-cultural comparison.

This event aims to inspire a sparkling interest and awareness of the importance of developing the concept of active cities and active communities to fight against sedentary behavior even in pandemic times.



This Public Lecture is organized within the framework of the DAAD Regional Office Cairo project “Clusters of Scientific Innovation in the Middle East and North Africa” (COSIMENA), which aims to strengthen and initiate scientific cooperation and to make networks of researchers and universities between Germany and the MENA region visible. As a result, already existing academic cooperation will be highlighted, synergies will be defined, and potential new partnerships might be initiated.

Programme: [To join click here](#)

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	Greeting Words Isabell Mering Director of the DAAD Regional Office Cairo
10 min 5:00 p.m.- 5:10 p.m.	Philippe Maupai Head of Science and Protocol, Embassy of the Federal Republic of Germany in Cairo
	Introduction & Presentation of the Topics
20 min 5:10 p.m.- 5:30 p.m.	Prof. Dr Klaus Bös Karlsruhe Institute for Technology (KIT) “Research and Projects at KIT on the Topic of Physical Activity” Prof. Dr Klaus Bös Karlsruhe Institute for Technology (KIT)
	Presentation of the DAAD-funded project “An Ecosystem for Promoting Health-Related Physical Activity in Intercultural Dialog”
20 min 5:30 p.m. - 5:50 p.m.	Dr Osama Abdelkarim Karlsruhe Institute for Technology (KIT) “Health-Related Physical Fitness Components among Egyptian and German School Children: A Comparison Study from an Intercultural Perspective” Dr Osama Abdelkarim Karlsruhe Institute for Technology (KIT)
	“Gender Distribution in Sports Science”
20 min 5:50 p.m.- 6:10 p.m.	Hannah Kron Karlsruhe Institute for Technology (KIT)
15 min 6:10 p.m.-6:25 p.m.	Q & A Session
	Wrap-up & end of the event
5 min 6:25 p.m.- 6:30 p.m.	Nermine Abdelaty DAAD Regional Office Cairo

Bio of the Speakers



Prof. Dr. Klaus Bös is a distinguished Senior Researcher at the Institute of Sports and Sports Science at the Karlsruhe Institute of Technology (KIT) – formerly the University of Karlsruhe. He was Head of the Institute from 1999 to 2012. He has an outstanding long experience in testing physical fitness. He has conducted several national and international studies on physical activity and physical fitness in the youth. Klaus Bös has been the head of the first Motorik-Modul-Basic Study, in which a total of 4,525 children and adolescents were surveyed about their activity and fitness levels between 2003 and 2006.



Dr. Osama Abdelkarim is an Associate professor of Sports Science at Assiut University, Egypt, and a Research Fellow at the Institute of Sports and Sports Science at KIT, Germany. He has 21 publications in national and international peer-review journals, and 5 projects covering a lot of sports aspects and providing a very high quality of research in health-related fitness and physical activity promotion across the lifespan. He is interested in promoting the sports ecosystem for sustainable sports and health development among societies by enhancing R&D activities in the sports sector, especially in academic education and training.



Hannah Kron has been a research assistant at the Institute of Sport and Sport Science since 2021. She deals with the topics of physical fitness and motor development. She is also supporting the development of an eResearch infrastructure for physical motor research data as part of a project. In her dissertation, she deals with the topic of science communication.