

ACTIVITIES REQUIRING PRIOR REGISTRATION

Open for registration 3–17 February. For more information about the activities, please visit umu.se/idrottshogskolan/halsa-pa-campus



PHYSICAL FITNESS TESTING AT THE SCHOOL OF SPORT SCIENCES

Various times between 9:00 and 16:00. The School of Sport Sciences' performance development lab.

DARE TO GO VEGETARIAN – COOKING WORKSHOP

10:00–12:00
Training kitchen, Teacher Education Building.

BADMINTON WITH IFK UMEÅ

10:00–11:00, 13:00–14:00 & 14:00–15:00
Badmintonstadion, Ersboda.

CLASSIC STYLE CROSS-COUNTRY SKIING

10:00–11:00
Campus fields below SLU.
Equipment is available for borrowing from Fritidsbanken in Äldhemscentrum. Please visit them before the activity.

SKATE STYLE CROSS-COUNTRY SKIING

12:00–13:00
Campus fields below SLU.
Equipment is available for borrowing from Fritidsbanken in Äldhems Centrum. Please contact them before the activity to reserve equipment.

SKI TOURING WITH IKSU FRILUFTS

12:30–17:00
The meet-up point is outside of the Sarek shop in the IKSU Sport foyer.

DANCE FOR HEALTH WITH STUDENT HEALTH SERVICE

11:00–12:00
The Social Sciences Building, venue to be announced upon registration. This activity is organised by Student Health Service and is open to students only.

YOGA AT BILDMUSEET WITH IKSU

11:00–12:00
Yoga in the midst of an art exhibition, with Elias Crespin's meditative sculptures floating through the air. The instructor is Gino Papa from IKSU. Given in English.

CAVEMAN COOKING WITH VILDA KOCKEN

11:30–13:30
Campus fields below SLU.

WINTER DIP IN ICE HOLE WITH UMEÅ KALLBAD

Various times between 11:30 and 13:30.
Bölesholmarna lagoon. Experienced instructors and a sauna will be on site. Book a time when registering.



PIMPLE ICE FISHING WITH UMEÅ MUNICIPALITY

12:00–15:00
Lake Nydalasjön; more information upon registration.

ARCHERY WITH UMEÅ BÅGSKYTTEKLUBB

13:00–15:00
15:00–17:00
Umeå Energi Arena, Hall D.

BOULES WITH NORDBOULEN

13:00–15:00
Umeå's new boules hall, Spinnvägen 22 Grubbe.

BOX'N KICK WITH IKSU KAMPSPORT

14:00–15:00
Venue Moskva, IKSU Sport.

COMPETITION PREPARATION WITH SIMON ÖBERG

14:00–14:45 Lecture, Faculty Office of the School of Sport Sciences
15:00–15:45 Workshop in IKSU's gym
See the previous page for more info.

ART EXPERIENCE AT BILDMUSEET

14:00–14:30
Bildmuseet, Umeå Arts Campus.

RUNNING TRAINING WITH IKSU

14:00–15:00
The session will be held outdoors. The meet-up point is indoors at the North ("Norr") entrance of IKSU Sport.

INTERVAL CROSS-COUNTRY SKIING TRAINING WITH IKSU LÅNGSKIDOR

15:30–16:45
The meet-up point is the Kvarnen watermill, Gammlia.
The School of Sport Sciences reserves the right to make changes to the programme.

FUNCTIONAL TRAINING WITH PETRA "PAM" MALM

TRAINING WORKSHOP

14:00–14:50 & 15:00–15:50 venue Paris, IKSU Sport

In addition to her lecture in Aula Nordica, Petra also offers two functional training sessions at IKSU Sport. During these sessions, you choose the pace and weights yourself, making it a workout customised just for you. Anyone can take part, regardless of level. Please note that prior registration is required to join the session.

Petra "Pam" Malm is a pioneer who dared to buck tradition and challenge norms, becoming Sweden's first female operator in the Special Operations Group (SOG). Today, she has taken her 17 years of experience and turned them into life lessons in leadership and personal development. Petra welcomes everyone, whether untrained or in elite shape. Let's have some fun!



Health on Campus

19 February 2025



Free health and wellness care for students and staff of Umeå University

Photo: Samuel Pettersson


UMEÅ SCHOOL OF SPORT SCIENCES
UMEÅ UNIVERSITY

LIVE IN AULA NORDICA

SPORT OR HEALTH? CHRISTER MALM 11:30–12:10

What is really what and what is really true? Is it true that the person who exercises the most will be the best? Is it true that exercising too much will make you sick? In this lecture, Christer Malm will answer questions and dispel myths about sports and health. Christer Malm, Professor of Sports Medicine at the Department of Community Medicine and Rehabilitation at Umeå University, is a highly regarded and insightful lecturer. Christer's research focuses on factors such as physical activity, anti-doping and children's sport.



THE JOURNEY TOWARDS A STRONGER YOU! PETRA MALM 12:20–13:00

In this lecture, Petra Malm takes a deep dive into the art of guiding yourself and others towards common goals. As a listener, you will learn her unique lessons about dealing with different personality types and building strong relationships, and about the importance that being physically active plays in your well-being. You'll get the tools to face life's challenges and find your inner fire, to become the most radiant version of yourself! Petra "Pam" Malm was Sweden's first female operator in the Special Operations Group (SOG). Today she is a popular lecturer and host of the TV shows Robinson and Elitstyrkans hemligheter.



PRE-RECORDED ONLINE

Available 19–21 February on the Health on Campus website.

SEDENTARY BEHAVIOUR AND PHYSICAL ACTIVITY – IS IT REALLY ONE SIZE FOR ALL? VIKTORIA WAHLSTRÖM

Viktoria Wahlström guides us through the recommendations for physical activity and approaches to exercise when you are a student, office worker or have a more physically demanding job. Viktoria is a physiotherapist and researcher at the Department of Public Health and Clinical Medicine, Section for Sustainable Health.



OUTDOOR RECREATION AROUND UMEÅ PETTER LÄMÅS & JOSEFIN HJÄRPE

Petter Lämås and Josefin Hjärpe, the authors of Friluftsliv kring Umeå (a guide on outdoor recreation around Umeå), share their personal gems and give tips and advice for an excursion in nature. The lecture is given in English and tells you where and how you can experience Umeå and Västerbotten during the different seasons.



DO YOU GET TIRED WHEN YOU RUN? WHAT WE CAN LEARN FROM CHILDREN APOSTOLOS THEOS

This lecture looks at the factors behind fatigue in children and adults and the relationship between physical capacity and fatigue. Apostolos Theos is a sports physiologist and senior lecturer in sports medicine at the Department of Community Medicine and Rehabilitation. Apostolos' research focuses on the effects of exercise on hormonal and metabolic variables in children and physiological tests to predict performance in elite athletes. Given in English.



LIVE ONLINE

Links available on the Health on Campus website.

PSYCHOLOGICAL SAFETY JOHAN NORD, FALCK OCCUPATIONAL HEALTH SERVICE

10:00–11:00 Live digitally
The lecture provides an in-depth understanding of how psychological safety can promote a more productive and harmonious work environment. During the lecture, we will explore: The meaning of psychological safety and why it is desirable. Listeners will also get tips for building and maintaining psychological safety. The lecture is given by Johan Nord, a licensed psychologist from Falk Occupational Health Service.



FROM PRESSURE AND STRESS TO ENTHUSIASM AND WILL!

MALIN JONSSON, STUDENT HEALTH SERVICE

10:00–11:00, Live digitally
A digital lecture on how to understand and manage your performance anxiety and self-critical thoughts to endure better in the long run, both physically and mentally. The lecture is given by Malin Jonsson, a licensed psychologist from Student Health Service.



LIVE

COMPETITION PREPARATION – LECTURE & WORKSHOP SIMON ÖBERG 14:00–15:45

How should you plan your training to be at your best when it counts? What are the latest trends? This lecture and workshop are suitable for both those who already compete and those about to participate in their first race. Simon Öberg is one of northern Sweden's best cross-country skiers and a very competent runner and endurance athlete. **Prior registration required.**



DROP-IN ACTIVITIES

More information: umu.se/idrottshogskolan/halsa-pa-campus



OPEN HOUSE AT IKSU

06:00–23:00
Full range of activities available. Group training sessions subject available on a first-come, first-served basis. Bookings are made on site at the reception desk.

MORNING RUN WITH MEDICAL RUN CLUB

08:00–8:45
Social run, approx. 7 km at a 6:30 min/km pace, followed by light refreshments. Starting point indoors at the Lindell Hall, outside of the University Library.

SWIMMING & SPA AT NAVET

08:00–20:00 Exercise swimming, 50 m pool
13:00–19:00, Discovery pool, relaxation area, and spa
Please show your staff or student card at the entrance.

GIVE PARASPORT A TRY

09:00–10:45 Parasport Västerbotten, at the activity square, where several different parasports will be on offer.
11:00–11:30 Introduction to goalball
11:30–12:00 Give a goalball match a try
England, IKSU Sport. Co-organised by Parasportförbundet and the Physical Education Teacher programme.

BORROW EQUIPMENT FROM FRITIDSBANKEN

10:00–13:00
Fountain, Universitetstorget.

TASTER SESSION – GOSPEL FOR ALL!

11:00–12:00
Atrium, Teacher Education Building. Organised by Kyrkan på Campus and Sensus studieförbundet.

SING BARBERSHOP WITH SNOWFLAKE SINGERS

12:00–13:00
Atrium, Teacher Education Building.

DARTS WITH MÄSTER ERIK DART CLUB

12:00–15:00
Lindell Hall, outside of the University Library.

BILLIARDS WITH UMEÅ BILJARDKLUBB

12:00–17:00
In the club room in Ålidhems Centrum.

BOULDERING WITH IKSU

13:00–15:00
IKSU Sport; climbing shoes and instructor available on site.

DID YOU KNOW...?

Umeå University is the first higher education institution in the Nordic region to be certified as a Healthy Campus. The certification aims to promote health and well-being among students and staff and is part of the University's broader sustainability work. Umeå University is certified at the second highest level, gold.

TABLE TENNIS IN LINDELL HALL

13:15–15:00
Come by and play table tennis with elite sports student Hugo Törngren and Artur Blidberg. In Lindell Hall.

DANCE WEST COAST SWING

14:00–15:00
Atrium, Teacher Education Building.
Instructors from WCS Umeå.

DANCE SALSA

15:00–16:00
Atrium, Teacher Education Building
Instructors from Umeå Salsa Club.

DANCE BUGG (SWING DANCE)

16:00–17:00
Atrium, Teacher Education Building.
Instructors from Umeå Dansimperium.

HYDROHEX AT NAVET (water-based workout)

15:00–15:45 Hydrohex Cardio
16:00–16:45 Hydrohex Move
17:00–17:45 Hydrohex Beat
Navet, Umeå town centre. Register at the reception desk.

MINDFULNESS WORKSHOP WITH KYRKAN PÅ CAMPUS

15:00–16:30
Tranquillity room, Umeå University Library.

AUGUSS SAUNA SESSION WITH NAVET

15:30–15:45
18:00–18:15
Relaxation area of Navet, Umeå town centre. Register at the reception desk; limited number of spaces.

THE MOVEMENT-RICH TRAIL ON CAMPUS

Available year-round.

OUTDOOR GYM ON CAMPUS

Between the Police Academy and the Behavioural Sciences Building. Available year-round.

SKI TRAIL ON CAMPUS

There is an open cross-country ski trail in the campus fields, below SLU. Subject to weather conditions.

ICE SKATING ON THE POND

If the ice and weather permits, there is free skating on the pond. Helmets and skates are available for borrowing from Fritidsbanken, located by the fountain, 10-13.

