

## THE ROLE AND CHALLENGES OF PHYSICAL EDUCATION AT THE CROATIAN UNIVERSITIES

### **Abstract**

*The most determinative segment of a healthy lifestyle in education is an organised framework where the teacher (especially in the field of physical education) has a key position. Physical Education (PE) in higher education varies across regions and countries according to the university policy and tradition. Croatian Universities have long tradition of the compulsory subject PE for students in the first and second year of BS study programme. During past years, some of the universities (Zagreb and Rijeka) started important activities (new curriculum of PE, the strategy of sport and physical activity) which could improve the position of the PE as well as the physical exercise and health for the whole academic society. The purpose of the present article is to document current literature and the European documents related to health enhancing physical activity as well as best practices from different countries with the aim to explore the challenges of PE in higher education. Across Europe, there are different statuses and time allocation of the PE in the university curriculum. At the Croatian Universities the Physical education professors tends to use the student's time spent at the universities for promotion and maintenance of regular physical activity and healthy lifestyle. /Since 1963/1964 Physical education has been a compulsory subject for the students in the first and second year of study at the University of Zagreb./ This academic year the University of Zagreb will celebrate 50 years of the Physical education tradition.*

**Key words:** *Physical Education, academic society, health enhancing physical activity*

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