

ACTIVE TRANSPORT AS PART OF PHYSICAL ACTIVITY IN THE CONTEXT OF SUSTAINABLE DEVELOPMENT PHYSICAL EDUCATION OF DIFFERENT POPULATION GROUPS

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Introduction. Sustainable development is perceived as an aspiration that the main areas of human life (social, economic, environmental) take place in a coordinated manner, causing as little damage to humans and the environment as possible, evoking development throughout the world and in individual countries in order to satisfy people's well-being in the present, without reducing the opportunities for future generations to satisfy their needs (Salvo, 2021; Baena-Morales, 2021). The importance of physical activity for sustainable development is being emphasized more and more often. This importance was also recognized by the World Health Organization, which in 2018 published the physical activity action plan «More active people for a healthier world 2018–2030», with the goals related to sustainable development and physical activity specified in it (World Health Organization, 2019). After the publication of this paper, researchers began to explore the relationship between sustainable development and physical activity in more detail, and found that in addition to the health benefits of a physically active society, there are additional benefits such as less fossil fuel use, cleaner air, less congestion, safer roads (Dai, Menhas, 2020; Baena-Morales, 2021). Considering the contribution of physical activity to the implementation of the sustainable development goals, investment in physical activity is encouraged, not only because of the direct health benefits, but also because increasing walking, cycling, active recreation, sports and play can contribute to a more harmonious, righteous and sustainable world (World Health Organization, 2018). The main methods of physical activity that provide benefits not only to health, but also to the well-being of the environment are active transport, i. e., walking, cycling, scootering (Kim, Hall, 2022).

Goal / Task. Highlight the importance of active transport in promoting physical activity in the context of sustainable development.

Methods. Analysis of scientific literature.

Discussion. Promoting physical activity through the inclusion of active transport in the context of sustainable development has dual benefits for the environment and for the people. The primary benefit is direct to a person's physical and mental health and quality of life due to rapid physical activity, while the secondary benefit is obtained through the well-being of the environment (reduction of air pollution, noise pollution). The promotion of active modes of transport is mostly related to two variables i. e., variables related to the social context and variables related to the context of the physical (built) environment. It is emphasized that when increasing physical activity, the health literacy of the entire population must be improved, emphasizing the benefits of physically active transport for health, social well-being and environmental protection. Growing awareness of the health and environmental benefits of active transportation is encouraging people to switch their motor vehicles to active transportation, especially for short trips (Sustainable Transport, Sustainable Development, 2021).

Conclusions. Active transport, together with physical activity, contributes to six (3, 8, 9, 11, 13, 16) sustainable development goals (World Health Organization, 2019). Active transport is indicated as one of the most promising ways to achieve the recommended physical activity, because it is accessible to everyone, affordable and easily included in everyday life, for example, going to work, educational institution, store and back (Marquet et. al 2020).

Keywords: sustainable development, active transport, physical activity.

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