

FIT
CARE



PROSPECTUS OF
SUMMER COURSE 2026

SHWW



Sport, Health, Wellness and Writing

Presented By:
Faculty of Sports Science
Universitas Negeri Malang





Faculty of Sports Science

About the Event

The Summer Course: Sport, Health, Wellness and Writing is an international academic program designed to integrate physical activity, mental well-being, and scientific writing skills into a holistic learning experience.

This program offers an innovative approach by combining:

- Physical activity and wellness practices
- Academic writing development
- International academic collaboration

Participants will engage in a supportive learning environment that promotes balance between academic productivity and physical-mental well-being.





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Back ground

Modern students face increasing challenges in maintaining a balance between:

- Academic demands
- Mental health
- Active and healthy lifestyles

This program addresses these challenges by integrating physical activity with academic writing, aiming to enhance:

- Academic productivity
- Mental well-being
- Overall quality of life

Supported by the cool and conducive environment of Malang, this program provides a unique and enriching learning experience.





Target Audience

**This program is intended for:
Undergraduate, Master's, and Doctoral students**

Fields of study:

- ✓ Medicine
- ✓ Public Health
- ✓ Sport Science
- ✓ Physical Education
- ✓ Sport Coaching & Sport Pedagogy
- ✓ Other Related Field





Venue and — Registration

Registration Procedure

To register for the event, please follow these steps:

1 REGISTER



bit.um.ac.id/SHWW2026

2 if accepted then:

- GO TO SELEKSI.UM.AC.ID/INTL
- MAKE AN ACCOUNT
- SUBMIT THE FOLLOWING DOCUMENTS:
 - Passport
 - Photo 4x6 (Passport-Sized Photo)
 - Nomination Letter from the Home Institution

Time and Venue:



May 17–20, 2026



Universitas Negeri Malang &
outdoor venue (NK Cafe, Malang)





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Eligibility and Requirement



BE A MINIMUM OF 18 YEARS OF AGE AT THE TIME OF COMMENCING THE SHORT COURSE



NOT BE A CITIZEN OF INDONESIA



A STUDENT OF A UNIVERSITY OUTSIDE INDONESIA



ABLE TO SATISFY THE IMMIGRATION REQUIREMENT TO TRAVEL TO INDONESIA AND COME BACK TO THE HOME COUNTRY



NOT HAVE BEEN CONVICTED OF A CRIMINAL OFFENCE.



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Program Objectives

This program aims to:

- Enhance scientific and popular writing skills in sport, health, and physical education
- Promote awareness of the importance of balancing health and academic life
- Provide hands-on experience in wellness-based lifestyles
- Build international academic networks among students and scholars
- Foster opportunities for collaborative research and joint publications

Alignment with SDGs

This program supports:

- SDG 3 (Good Health and Well-being)
 - → Promoting physical and mental health through sport and wellness activities
- SDG 17 (Partnerships for the Goals)
 - → Strengthening international collaboration in education, research, and publication



Benefits of Joining the Program

Participating in the Sport, Health, Wellness and Writing Summer Course 2026 offers a wide range of academic, professional, and personal benefits:

01

Academic Benefits

- Enhance academic and scientific writing skills in sport, health, and physical education
- Gain hands-on experience in developing articles or extended abstracts
- Receive a micro-credential certificate (equivalent to 2 ECTS)
- Opportunity to develop outputs toward international publication

02

Professional Benefits

- Build international academic and professional networks
- Engage with experienced scholars and international experts
- Strengthen research collaboration opportunities (joint research & joint publication)
- Improve communication and presentation skills in an international academic setting

03

Experiential Benefits

- Participate in outdoor learning and cultural immersion activities
- Experience Indonesian culture through traditional games and cultural night
- Enjoy a refreshing academic atmosphere in Malang and Batu
- Engage in interactive and collaborative learning experiences

04

Long-term Impact

- Strengthen academic portfolio (writing outputs & international exposure)
- Increase competitiveness for scholarships, research grants, and global opportunities
- Build sustainable international partnerships aligned with SDGs (Goal 3 & 17)



Timeline

**DAY
1**

Balance &
Focus

- **Opening & Guest Lecture**
- **Balancing Academic Pressure and Mental Health**
- **Yoga for Wellness**

**DAY
2**

Writing &
Collaboration

- **Academic Writing Workshop**
- **Group Discussion & Brainstorming**
- **Zumba Session**

**DAY
3**

Communicate
Your Research

- **Research Communication Workshop**
- **Practice & Presentation**
- **Relaxation Session**

**DAY
4**

Experience &
Culture

- **Outdoor Learning (Selecta, Batu)**
- **Traditional Games**
- **Cultural Night & Gala Dinner**



Event – Schedule

Day One (May 17, 2026)

09:00 - 12:00	Opening and Welcome Speech by the Principal
12:00 - 13:00	Lunch Break
13:00 - 15:00	“Pomodoro Writing” focused writing activity & focused writing/study
15:00 - 16:00	Yoga with Fitness Plus

Day Two (May 18, 2026)

08:00 - 10:00	Workshop with Professor Taib & Professor Noerlena
10:00 - 12:00	Writing practice activities
12:00 - 13:00	Lunch Break
13:00 - 15:00	Discussion and brainstorming activities
15:00 - 16:00	Zumba Activities





Event - Schedule

Day Three (May 19, 2026)

09:00 - 12:00	Workshop Communicating research
12:00 - 13:00	Lunch Break
13:00 - 15:00	Discussion and practice communicating/research practice
15:00 - 16:00	Sports massage practice

Day Four (May 20, 2026)

08:00 - 10:00	Outdoor Activity
10:00 - 14:00	Traditional games & culture
14:00 - 18:00	Lunch Break and Rest
18:00 - 21:00	Cultural night & Gala dinner



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SHWW

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20
26

Our Services



Phone Number:

- (0341) 551312
- +62 857-9422-9495 (Sartika)



Email Address:

humas.fik@um.ac.id



Website:

fik.um.ac.id



Location:

Jl. Cakrawala No.5, Sumpersari, Kec.
Lowokwaru, Kota Malang, Jawa
Timur 65145