

# Cristina López Villar

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Cristina is a professor at the Faculty of Sports Science and Physical Education of Coruña. She has a degree in Physical Education (University of A Coruña) and PhD in Physical Activity and Sport Sciences (University of Vigo). She has also a Postgraduate degree in Health Promotion and Education (University of Lleida) and Master in Dance Movement Therapy (Autonomous University of Barcelona).

She teaches “philosophy and history of sport” and “women and sport”. She has directed different learning and service projects. Her current line of research focuses on the history of women athletes and feminism in physical education. She is passionate about sports in the natural environment, dance and body awareness practices.

## **My Topic for the 19th International Teaching Week:**

- 1) Mind-body Exercises and Wellbeing
- 2) Mindfulness and Physical Activity