



"KorriCan": Propuesta didáctica para la promoción de la salud a través del canicross [

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text (article)

Analítica

This paper presents a pilot experience of a didactic proposal based on the practice of canicross. The educational programme called "KorriCan", carried out through specific training and the practice of this sport in physical education classes, aims to promote canicross among the school population combining the benefits of the practice of canicross, the natural environments where it is practised and the interaction with animals. In conclusion, "KorriCan" begins as an innovative educational proposal to promote physical activity through canicross and raise awareness among students about its importance in health while promoting the acquisition of values of respect, responsibility and empathy towards animals

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