

SEPTINTOJI TARPTAUTINĖ KONFERENCIJA

THE 7th INTERNATIONAL CONFERENCE

2026 m. liepos mėn. 7-10 d., Vilniaus universitetas, LIETUVA

7th-10th of July, 2026, Vilnius University, LITHUANIA

**EVOLIUCINĖ MEDICINA:
ŽMOGAUS RAIDOS PERSPEKTYVOS IR SVEIKATA
BESIKEIČIANČIOJE APLINKOJE**

**EVOLUTIONARY MEDICINE:
PERSPECTIVES ON HUMAN DEVELOPMENT AND HEALTH
CONSEQUENCES IN A CHANGING ENVIRONMENT**

Rengėjas:

Vilniaus universiteto Medicinos ir sveikatos mokslų
Doktorantūros mokykla, VU Medicinos fakultetas

Organized by

the Doctoral School of Medicine and Health sciences
at Vilnius University, VU Faculty of Medicine

JĘDZEJ ŚNIADECKI ON THE PHYSICAL EDUCATION OF CHILDREN: THE PRIMARY GOAL OF EDUCATION IS HEALTH

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Background and Aim: Vilnius University professor and president of the Vilnius Medical Society, Jędrzej Śniadecki (1768-1838) was a distinguished scholar in multiple disciplines, including chemistry, biology, medicine, hygiene and dietetics, philosophy, and education. However, his papers also include an interdisciplinary approach. This is clearly evident in his studies on children's physical education, which combine both biological and social perspectives. The aim of the research was to examine Śniadecki's main ideas on physical education and their origin.

Materials and Methods: The study was based on the analysis of primary historical sources, such as Śniadecki's original book "O Fizycznym Wychowaniu Dzieci" (1840) and other publications.

Results: the study revealed that the works of Jędrzej Śniadecki (1768-1838) were characteristic of the Enlightenment and Romanticism periods. Śniadecki emphasised the need to educate society; he was also a supporter of the idea of a national state and individuals' obligations to it. However, as a physician himself, he focused on children's health and happiness as the primary goals and crucial preconditions for all the phases of successful education. Therefore, preventive measures and strategies to maintain the individual's physical and mental health were his greatest concern. He expressed sharp criticism towards the modern lifestyle as artificial, physically passive, technology-dependent, and eventually leading to disease. As an alternative to the modern lifestyle, Śniadecki proposed a healthy lifestyle grounded in the balance between an individual's biological and social needs.

Conclusions: In contrast to most outdated 19th-century theories, the ideas of Jędrzej Śniadecki have become surprisingly relevant, given the increasingly technology-dependent and physically inactive contemporary lifestyle.

Keywords: children, health, physical education, Śniadecki