



“Knowledge Hub on the Euro-Mediterranean region”

holds a workshop titled

“Applied sciences and technology in support of healthy and active lifestyle in the Euro-Mediterranean region”

7 - 8 October 2019

Grand hotel Bernardin, Portorož (Congress Centre)

AGENDA

Monday, 7th October 2019

8.00 – 9.00

Registration

9.00

Opening

Dr. Rado Pišot, Director, Science and Research Centre Koper, Slovenia

Dr. Boštjan Šimunič, Institute for Kinesiology Research, Science and Research Centre Koper, Slovenia

Presentation of the project

9.30 - 11.00

Factors of healthy growth: Contemporary social and natural science approaches in support of early child development

Chairs: **Dr. Rado Pišot**, Science and Research Centre Koper, Slovenia

Dr. Anita Hökelmann, Institute of Sport Science, University of Magdeburg

Dr. Tadeja Volmut, University of Primorska

Lectures:

“PHYSICAL ACTIVITY AND CHILD’S GROWTH”

Dr. Primož Kotnik, Department of Pediatrics, Faculty of Medicine, University of Ljubljana, Slovenia

“THE IMPACT OF EARLY LIFE FACTORS ON GROWTH AND BODY COMPOSITION OF A CHILD”

Dr. Irena Rogelj, Biotechnical Faculty, University of Ljubljana, Slovenia

Lunch break

14.00 – 18.00

(16.40 -16.55 Coffee break)

Kinesiology, nutrition and cognition in practice: challenges of interdisciplinary application

Chair: Dr. Boštjan Šimunič, Science and Research Centre Koper, Slovenia

Speakers:

“NUTRITION, PHYSICAL ACTIVITY/FITNESS AND HEALTH IN CHILDREN AND ADOLESCENTS: LESSONS LEARNT FROM 20 YEARS OF RESEARCH”

Dr. Marcela González-Gross, Faculty of Physical Activity and Sport Sciences-INEF, Technical University of Madrid, Spain

“CORTICAL MODULATION AND PHYSICAL ACTIVITY”

Dr. Anita Hökelmann, Institute of Sport Science, University of Magdeburg, Germany

“CAN ATHLETE PARENTS AFFECT THEIR CHILDREN BEHAVIOUR TO PRACTICE SPORTS?”

Dr. Maha Mahmoud Shafik Ebeid, Faculty of Physical Education for girls, Alexandria University, Egypt

“CORRELATES OF MOTOR SKILLS IN PRESCHOOL CHILDREN”

Dr. Sanja Šalaj, Faculty of Kinesiology, University of Zagreb, Croatia

Tuesday, 8th October 2019

10.00 – 12.00

Roundtable:

“Looking ahead: Recommendations for the improvement of academic curricula”

Chairs

dr. Rado Pišot and dr. Boštjan Šimunič, Science and Research Centre Koper, Slovenia

Speakers

- **Dr. Irena Rogelj**, Faculty of Biotechnology, University of Ljubljana, Slovenia
- **Dr. Vincezo Marco Narici**, Department of Biomedical Sciences, University of Padua, Italy and SRC Koper, Slovenia
- **Dr. Sanja Šalaj**, Faculty of Kinesiology, University of Zagreb, Croatia
- **Dr. Marcela González-Gross**, Faculty of Physical Activity and Sport Sciences-INEF, Technical University of Madrid, Spain
- **Dr. Anita Hökelmann**, Institute of Sport Science, University of Magdeburg, Germany
- **Dr. Maha Mahmoud Shafik Ebeid**, Faculty of Physical Education for girls, Alexandria University, Egypt

- **Dr. Sandra Pais**, Centre for Research and Development in Health, University of Algarve, Portugal
- **Dr. Vladimir Ivančev**, Faculty of Kinesiology Split, University of Split, Croatia
- **Dr. Elke Knisel**, Faculty of Humanities, Otto von Guericke University Magdeburg, Germany

14.00 – 18.00

(16.40 – 16.55 Coffee Break)

The potential of technology in supporting healthy lifestyles in the Euro-Mediterranean region: fleshing out good practices

Chairs:

Dr. Uroš Marušič, Science and Research Centre Koper, Slovenia, **Dr. Sandra Pais**, University of Algarve, Portugal, **Dr. Marcela González-Gross**, Technical University of Madrid, Spain

Lectures

WHY DON'T CHILDREN PARTICIPATE IN SCHOOL SPORTS? THE REALITY OF THE REGION OF ALGARVE

Dr. Sandra Pais, Center for Research and Development in Health, University of Algarve, Portugal

RESISTANCE TRAINING IN YOUNG ATHLETES

Dr. Marco Narici, Department of Biomedical Sciences, University of Padua, Italy and SRC Koper, Slovenia

ADVANTAGES AND DISADVANTAGES OF EARLY SPORTS SPECIALIZATION

Dr. Vladimir Ivančev, Faculty of Kinesiology Split, University of Split, Croatia

CHILDREN'S PHYSICAL ACTIVITY - A SOCIAL PROBLEM?

Dr. Elke Knisel, Faculty of Humanities, Otto von Guericke University Magdeburg, Germany



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