



Tempus



## SPEED Intensive Program on Physical Activity and Public Health

Hosted by the Faculty of Sport and Physical Education, University of Novi Sad - Serbia

### *Lectures' content and speakers.*

Speaker	Subject
<b>First week ( 9 – 14 )</b>	<b>Physical Activity and Public Health: basic concepts</b>
Višnja Đorđić, UNS	Integrating Health-Related Physical Fitness Education into the Curriculum Development (University Policy)
Nebojša Čokorilo, UNS	Basics of physical activity and health (Exercise Physiology?)
Tatjana Tubić, UNS Snežana Vujanović, UNS	Psychological basics of physical activity and health (Exercise Psychology)
Uni. Elbasan	Physical activity promotion (Health perspectives – Socio-pedagogical approach?)
Patrik Drid, UNS	Basic Principles for Exercise prescription (Training)
Marko Stojanović, UNS	Muscle strength, power and adaptations to resistance training (Training)
Sergej Ostojić, UNS	Adaptation to aerobic and anaerobic training (Training)
Goran Vasić, UNS	Growth and maturation in children and youth including motor skill development (Motor development)
Daniela Caporossi, Foro Italice	Biology of aging (Exercise Biology)

<b>Second week (16 – 21)</b>	<b>Physical Activity and Public Health: advanced concepts</b>
Boris Popović, UNS	Physical and health related fitness assessments including physical activity
Sergej Ostojić, UNS	Nutrition for physical activity and health
Ivana Milovanović, UNS	Social and psychological development in children and youth and its influence on physical activity patterns
Jelena Obradović, UNS	Trainability in children and youth
Tatjana Tubić, UNS Snežana Vujanović, UNS	Barriers to positive health behavior & Psychological motivation theories
Sport Uni. of Tirana	Health Behaviors and Health Promotion in elderly - aging and Wellness
Marina Đelić, UBG	Physiology of neuromuscular disorders
Barbara Wessner, Vienna	Nutrition and special populations
Harald Tschan (Uni. Vienna)	Physical activity patterns and public health recommendations for general population: Intervention strategies and best practice in physical activity implementations

<b>Third week ( 23 – 27) Physical Activity and Public Health: from concepts to practice</b>	
Karsten Froberg	Motor skills' development in children and its influence on health in children and young people taking cultural and environmental issues into consideration
Francesco Felici	Neuro-muscular adaptation to training in athletes and special populations
Sanja Mazić, UBG	Program description for people with cardiovascular and pulmonary diseases
To be announced	Program description for people with metabolic and neuromuscular disorders
Jelena Obradović, UNS	Training prescription for children and youth
Dejan Madić, UNS	Talent identification and development – wellbeing of youth athletes
To be announced	Exercise for elderly population
Paolo Caserotti, SDU	Motor Coordination, Motor Control and Skill in elderly – fall prevention
Borislav Obradović, UNS	Injuries prevention