

**Vocationally oriented Intensive Program on “Health related Physical Education” 9 – 28 May 2016, hosted by Shkodra University
“Luigj Gurakuqi”**

1ST WEEK - Intensive Program on “Health related Physical Education” - 9 – 28 May 2016 Shkodra University “Luigj Gurakuqi”						
SUNDAY, 8	TIME	MONDAY, 9	TUESDAY, 10	WEDNESDAY, 11	THURSDAY, 12	FRIDAY, 13
Students' arrival	9.00 - 9.30	Welcome and introductory speeches	Foteini Venetsanou (NKUA) General Methology of teaching	Greetings from the SPEED Consortium	Giuseppe Vannozi (IUSM) Inertial sensors for physical activity and motor capacity assessment	Anila Neziri (USH) Nutrition
	9.30 - 10.00	Seminars from Stakeholders		Jozef Bushati (USH)		
	10.00 - 11.00					
	11.00 - 12.00					
	12.00 - 13.00					
	13.00 - 14.00	Break	Break	Break	Break	Break
	14.00 - 15.00	Jozef Bushati (USH)	Foteini Venetsanou (NKUA) General Methology of teaching	Giuseppe Vannozi (IUSM) Inertial sensors for physical activity and motor capacity assessment	Daniela Caporossi (IUSM) Genetics of Motor Development	Anila Neziri (USH) Protein, vitamin and mineral supplements
	15.00 - 16.00					
16.00 - 17.00						

2nd WEEK - Intensive Program on “Health related Physical Education” - 9 – 28 May 2016 Shkodra University “Luigj Gurakuqi”					
TIME	MONDAY, 16	TUESDAY, 17	WEDNESDAY, 18	THURSDAY, 19	FRIDAY, 20
9.00 - 10.00	DRAGAN RADOVANOVIĆ (UNI) Regulation of Exercise and Adaptations to Training	SAŠA BUBANJ (UNI) Injury prevention – biomechanical properties of bone tissue	Anila Neziri (USH) Fluid and electrolyte challenges	Artan Mesi (USH) Health definition and Wellness	Artan Mesi (USH) Nutrition and exercises
10.00 - 11.00					
11.00 - 12.00					
12.00 - 13.00					
13.00 - 14.00	Break	Break	Break	Break	Break
14.00 - 15.00	SAŠA BUBANJ (UNI) Injury prevention – biomechanical properties of bone tissue	DRAGAN RADOVANOVIĆ (UNI) Regulation of Exercise and Adaptations to Training	Anila Neziri (USH) Ergogenic Acids	Artan Mesi (USH) STD and Immunization of Infection diseases	Artan Mesi (USH) Health risk factors and Health determinants
15.00 - 16.00					
16.00 - 17.00					

3rd WEEK - Intensive Program on "Health related Physical Education" - 9 – 28 May 2016 Shkodra University "Luigj Gurakuqi"

TIME	MONDAY, 23	TUESDAY, 24	WEDNESDAY, 25	THURSDAY, 26	FRIDAY, 27	SATURDAY, 28
9.00 - 10.00	FRANCESCO FELICI (IUSM) MOTROL CONTROL AND LEARNING	FRANCESCO FELICI (IUSM) MOTROL CONTROL AND LEARNING	Arben Kacurri (UST) Classifications and Definitions	Arben Kacurri (UST) Sensory Contributions to Motor Control	Artan Mesi +Anila Neziri	Students' departure
10.00 - 11.00			Arben Kacurri (UST) Central Control Mechanisms & Central Contributions to Motor Control	Arben Kacurri (UST) Closed-Loop Control Systems & Open-Loop Processes	Artan Mesi +Anila Neziri	
11.00 - 12.00						
12.00 - 13.00						
13.00 - 14.00	Break	Break	Break	Break	Break	
14.00 - 15.00	FRANCESCO FELICI (IUSM) MOTROL CONTROL AND LEARNING	Transfer to Tirana and "Come together" event	TBA	FREE TIME	FINAL REMARKS AND EXAM'S INSTRUCTIONS	
15.00 - 16.00						
16.00 - 17.00						
17.00 - 22.00						

Please, remind that attendance to the lectures is mandatory. All students participating to the intensive program shall finalize the relevant exam, that will be organized online not earlier than 4 weeks from the IP's end. Student will also be asked to evaluate the intensive program anonymously.

Please come equipped with a divider, ruler and straightedge, graphite pencil and rubber eraser: you will need them for the lectures scheduled on the 16th-17th of May.

Student accommodation: Hostel Kullolli (Lagja: Kongresi i Permetit, Rruga Migjeni tek Kullollt). Please note that your arrival at the hostel is expected on Sunday 8th, in the afternoon .

Mobility expenses: travel and subsistence expenses will be covered through the European Tempus grant up to a maximum of € 33,33 a day only for students in mobility residing in Shkodra for the entire duration of the IP. Lodging and meal expenses at the hostel (€ 25,00 on a Full Board basis) will be paid directly by the project coordination. Any difference between maximum allowance and expenditures made by the coordinating institution and/or by the University of Shkodra will be transferred to your personal bank account after the end of the mobility . Please note that you are entitled to receiving the allowance upon full completion of the study course in Shkodra. In order to be refunded, keep any relevant documents related to travel from your home town to Shkodra and viceversa.

USH: University of Shkodra; **NKUA:** University of Athens; **SUT:** Sport University Tirana; **IUSM:** University of Rome Foro Italico; **UNI:** University of Nis.