

»HALS – Healthy and Active Lifestyle«

Summer School, 7 days (3rd – 9th September 2018)

Program:

Day 1 MONDAY	ARRIVAL of the participants
15.00 – 18.00	Introductory Workshop 1: HOW ACTIVE AM I? (Assessing of basic functional capabilities – indoor/outdoor) Venue: Piran
18.00 – 20.00	TIME for leisure and recreational sports activities
20.00	Welcome dinner
Day 2 TUESDAY	ACTIVITY VS. INACTIVITY
9.00 – 12.00	Morning lectures: <ul style="list-style-type: none"> • INTRODUCTORY LECTURE 1: Dimensions of kinesiology in HALS (prof. Rado Pišot, SRC Koper, SLOVENIA) • LECTURE 2: What we can learn from space studies – Life in space for life on Earth (prof. Marco Narici, University of Padua, ITALY) • LECTURE 3: Bed rest – a model for studying inactivity (prof. Pietro E. di Prampero, University of Udine, ITALY) • LECTURE 4: Cardiovascular responses in extreme environments (assist. prof. Tadej Debevec, Universtiy of Ljubljana, SLOVENIA) Venue: EMUNI, Piran
12.00 – 13.00	Lunch time
13.00 – 16.00	Workshop 2: Visit of MEDITERRANEAN HEALTH CENTRE (PA assessment) (assoc. prof. Boštjan Šimunič, SRC Koper, SLOVENIA) Venue: Koper
16.00 – 20.00	TIME for leisure and recreational sports activities
Day 3 WEDNESDAY	CONSEQUENCES OF INACTIVITY
9.00 – 12.00	Morning lectures: <ul style="list-style-type: none"> • LECTURE 1: Muscle adaptation in everyday activities – muscle fibres (prof. Carlo Reggiani, University of Padua, ITALY) • LECTURE 2: Muscle adaptation in everyday activities – neuromuscular junction (prof. Marco Narici, University of Padua, ITALY) • LECTURE 3: Mechanisms of cardiovascular decline in ageing (prof. Nandu Goswami, University of Graz, AUSTRIA) Venue: EMUNI, Piran
12.00 – 13.00	Lunch time

13.00 – 16.00 **Workshop 3: Skeletal muscle contractile properties assessment (potentiation, fatigue, adaptation, disease)** (assoc. prof. Boštjan Šimunič, SRC Koper, SLOVENIA)

Venue: EMUNI, Piran

16.00 – 20.00 **TIME for leisure and recreational sports activities / guided tour to PIRAN**

Day 4 THURSDAY QUANTITY – QUALITY / PHYSICAL ACTIVITY AND NUTRITION

9.00 – 12.00 **Morning lectures:**

- **LECTURE 1: Healthy nutrition through life span** (prof. Gianni Biolo, University of Trieste, ITALY)
- **LECTURE 2: Mediterranean diet** (Milena Bučar, SRC Koper, SLOVENIA)
- **LECTURE 3: Micronutrients in Mediterranean nutrition** (dr. Bojan Butinar, SRC Koper, SLOVENIA)

Venue: EMUNI, Piran

12.00 – 13.00 **Lunch time**

13.00 – 16.00 **Workshop 3: How to prepare a healthy meal? Mediterranean diet (cuisine and nutrition)** (dr. Bojan Butinar, SRC Koper, SLOVENIA)

Venue: EMUNI, Piran

16.00 – 20.00 **TIME for leisure and recreational sports activities / a boat trip to saltpans (Sečovlje)**

Day 5 FRIDAY HALS AND AGEING

9.00 – 12.00 **Morning lectures:**

- **LECTURE 1: Physical activity and active and healthy lifestyle** (prof. Anita Hökelmann, University of Magdeburg, GERMANY)
- **LECTURE 2: Cognitive and cognitive-motor interventions to enhance functional capabilities** (assist. prof. Uroš Marušič, SRC Koper, SLOVENIA)
- **LECTURE 3: Anaerobic and aerobic exercise in ageing** (assist. prof. Mitja Gerževič, EMUNI, SLOVENIA)

Venue: EMUNI, Piran

12.00 – 13.00 **Lunch time**

13.00 – 16.00 **Workshop 4: Motor and Cognitive Ageing** (prof. Anita Hökelman, assist. prof. Uroš Marušič)

Venue: EMUNI, Piran

16.00 – 20.00 **TIME for leisure and recreational sports activities / Olive oil and local vine tasting**

Day 6 SATURDAY REHABILITATION**9.00 – 12.00****Morning lectures**

- **LECTURE 1: Motor control, neuro feedback and rehabilitation** (prof. Piero Paolo Battaglini, University of Trieste, ITALY)
- **LECTURE 2: Prevention and approaching consequences of stroke** (prof. Enrico Tongiorgi, University of Trieste, ITALY)
- **LECTURE 3: Motor disabilities after stroke** (prof. Paolo Manganotti, University of Trieste, ITALY)

Venue: EMUNI**12.00 – 13.00****Lunch time****13.00 – 16.00****Workshop 6: Functional and cognitive rehabilitation** (assist. prof. Uroš Marušič, SRC Koper, SLOVENIA)**Workshop 7: Assessing basic functional capabilities – indoor /outdoor – 2** (assoc. prof. Boštjan Šimunič, SRC Koper, SLOVENIA)**Venue: EMUNI, Piran****16.00 – 20.00****TIME for leisure and recreational sports activities****20.00****Farewell party****Day 7 SUNDAY PA & SPORT DIAGNOSTIC****9.00 – 12.00****Exam - projects presentation****Official conclusion****Venue: EMUNI, Piran****12.00****(Lunch time) DEPARTURE**