



ZRS - EMUNI Summer school 2018
»HALS – Healthy and Active Lifestyle«
Summer School Program



7 days (15th – 21st July 2019), Piran, SLOVENIA

Day 1 MONDAY, 15th July

ARRIVAL of the participants

15.00 – 15.15:	Opening of HALS summer school
Venue:	Marine Station (Fornače 41, Piran)
15.30 - 18.00	<u>Introductory Workshop 1:</u> HOW ACTIVE AM I? Assessing of physical activity (assoc. prof. Boštjan Šimunič)
18.00 – 20.00	<i>TIME for leisure and recreational sports activities (Sightseeing of Piran)</i>
20.00	Welcome at EMUNI (Kidričevo nabrežje 2, Piran) and Welcome dinner (Caffe Galerija)

Day 2 TUESDAY, 16th July

ACTIVITY VS. INACTIVITY

9.00 – 12.00	<u>Morning lectures (at Martine Station):</u>
9.00 – 9.45	<i>Dimensions of kinesiology in HALS (prof. Rado Pišot)</i>
9.50 – 10.35	<i>What we can learn from space studies – Life in Space for life on Earth (prof. Marco Narici)</i>
10.45 - 11.30	<i>Bed rest – a model for studying physical inactivity (prof. Pietro E. di Prampero)</i>
11.35 – 12.20	<i>Mechanisms of cardiovascular decline in ageing (prof. Nandu Goswami)</i>
12. 20 – 13.15	Lunch time
13.15	Transport to Koper - visit of Mediterranean health centre (meeting point in front of Marine Station)
13.30 – 16.00	<u>Workshop 2: Visit of MEDITERRANEAN HEALTH CENTRE (PA assessment) in Koper</u> <i>visit of sport centre of Bonifika (Matej Kleva)</i>
17.00 – 20.00	<i>TIME for leisure and recreational sports activities in Koper– (evening departure to Piran)</i>

Day 3 WEDNESDAY, 17th July

CONSEQUENCES OF INACTIVITY

9.00 – 12.00	<u>Morning lectures (at Marine Station):</u>
9.00- 9.45	<i>Cardio-postural interactions and leg muscle pump activity during changes in from supine to standing: Perspectives from Bedrest and studies in older persons</i> (prof. Nandu Goswami)
9.55 – 10.40	<i>Muscle adaptation in everyday activities - neuromuscular junction</i> (prof. Marco Narici)
10.50 – 11.30	<i>Muscle adaptation in everyday activities - muscle fibres</i> (prof. Carlo Reggiani)
11.45 – 13.00	Lunch time
13.00 – 16.00	Workshop 3: Tensiomyography (assoc. prof. Boštjan Šimunič) Workshop 4: Accelerometry (assoc. prof. Boštjan Šimunič)
16.00 – 20.00	<i>TIME for leisure and recreational sports activities (kayak at FIESA)</i>

Day 4 THURSDAY, 18th July

SLOVENIAN MEDITERRANEAN NUTRITION DAY

9.00-12.0	<u>Morning lectures (at Marine Station):</u>
9.00 – 10.00	<i>Healthy food during the life span</i> (dr. Peter Raspor)
10.00 - 11.00	<i>Mediterranean diet</i> (dr. Cecil Meulenberg)
11.00 -12.00	<i>Olive-oil and pumpkinseed oil – a journey for tradition to molecular gastronomy</i> (dr. Bojan Butinar)
12.00 – 13.00	Lunch time
13.00 – 16.00	Workshop 5: Mediterranean cooking diet run by Daniel Pirc, Bojan Butinar and Peter Raspor
16.00 – 20.00	<i>TIME for leisure and recreational sports activities (bicycles trip to salt pans Sečovlje)</i>

Day 5 FRIDAY, 19th July

“HALS” AND AGEING

9.00-12.00	<u>Morning lectures</u> (at Marine Station)):
9.00- 9.45	The role of physical activity for motor and cognitive development in children (prof. Kathrin Rehfeld),
9.50 -10.35	The Effects of physical activity on brain structure, motor development and cognition in elderly (prof. Anita Hökelmann),
10. 45 – 11.30	The role of enhanced cognition for mobility improvements (assist. Prof. Uroš Marušič),
12.15 – 13.00	Lunch time
13. 00 – 16.00	<u>Workshop 6: Line dances continue to rule</u> (Karen Clevenger) Thrill the world - the original Michael Jackson “THRILLER“ dance (Karen Clevenger)
16.00 – 20.00	<i>TIME for leisure and recreational sports activities (FIESA – paddle sup /swimming/nordic walking)</i>

Day 6 SATURDAY, 20th July

PREVENTION and REHABILITATION

9.00 – 12.00	<u>Morning lectures</u> (at Marine Station):
9.00 -10.00	The importance of exercise prescription in most common chronic disease (prof. dr. Lana Ružić).
10.00-11.00	Exercise prescription for health optimization: the integrative approach (dr. Damir Zubac)
11.00-12.00	Rehabilitation after knee replacement (mag. Armin Paravlić)
12.00 – 13.00	Lunch time
13.00 – 16.00	<u>Workshop 7 and 8</u>
13.00 – 14.30	<u>Workshop 7: Chinese experience - Road to Olympic Games 2020</u> (mag. Armin Paravlić)
14.00. - 15.30	<u>Workshop 8: Qsport</u> – “Development of sport injury model for effective prevention, diagnostic, and rehabilitation«. (dr. Rado Pišot and dr. Boštjan Šimunič)
16.00 – 20.00	<i>TIME for leisure and recreational sports activities /Nordic walking/Swimming</i>
20.00	Farewell party

Day 7 SUNDAY, 21th July

PA & SPORT DIAGNOSTIC

9.00-12.00	<i>Exam / project proposals presentation</i>
12.00	Official conclusion (at Marine Station)
13.00	(Lunch) DEPARTURE

Venue of the HALS Summer school:

- **Marin Station at National Institute for Biology, Fornače 41, Piran :**

<https://www.google.com/maps/place/Morska+biolo%C5%A1ka+postaja/@45.517952,13.5666885,17z/data=!3m1!4b1!4m5!3m4!1s0x477b7ad978f0eebf:0xc232038b2293f1a8!8m2!3d45.517952!4d13.5688771>

- **and EMUNI, Kidričevo nabrežje 2, Piran**

<https://www.google.si/maps/place/EMUNI+University/@45.5281915,13.5653696,17z/data=!3m1!4b1!4m5!3m4!1s0x477b7ad35c7a7cb7:0x17155c281442b4bf!8m2!3d45.5281915!4d13.5675583?dcr=0>

