

Date: 1 September 2026

The Healthy and Active Lifestyle (HALS) Summer School 2026

EMUNI University, Koper, 7 – 11 September 2026

The **Healthy and Active Lifestyle (HALS) Summer School 2026** is designed as an international, interdisciplinary learning programme combining **kinesiology, healthy and active lifestyles, human performance, sport management, leadership and career development**.

Beyond its educational objectives, HALS 2026 serves as a strategic platform for strengthening international academic cooperation and introducing participants to further study and research opportunities at EMUNI. Through integrated teaching, applied workshops, experiential learning, targeted academic sessions and structured student engagement, the Summer School also supports the international positioning of EMUNI's study programmes and provides participants with a pathway towards further academic progression.

The programme combines a **mandatory online component**, a five-day **on-site programme in Koper**, and a **post-programme evaluation and reflection session**.

Official programme and organisational information is available on the dedicated [HALS Summer School 2026 webpage](#).

Programme

Track Key

-  **KHP** – Kinesiology of Human Performance
-  **SM** – Sport Management
-  **Integrated** – interdisciplinary content relevant across programme areas

Online Component

The HALS Summer School 2026 includes a **mandatory online component** designed to complement the on-site programme and support academic preparation, engagement, evaluation and structured reflection. **Attendance is mandatory and will be recorded as part of the programme requirements.**

Pre-programme

Wednesday, 2 September 2026 (Online)

13:00–15:00 – ZRS Koper: Introduction to the Key Thematic Areas of the HALS Summer School (2-hour online lecture) – **Assit. Prof. Dr. Kaja Teraž**

Thursday, 3 September 2026 (Online)

11:30–13:30 – EMUNI: *Intercultural Differences and Cooperation* (2-hour online lecture) –
Polona Oblak, MSc (EMUNI)

On-site Programme

Monday, 7 September 2026 – Foundations & Orientation

Location: EMUNI University, Koper

9.00 – 9:30 Coffee Opening (courtesy of EMUNI)

9:30 – 10:00 **Opening of the Summer School & Welcome – Prof. Dr. Rado Bohinc**

10:00 – 12:00 Introductory Lectures ( KHP /  Integrated) (EMUNI premisses)

- ***Dimensions of Contemporary Kinesiology*** (1h lecture) – Prof. Dr. Rado Pišot
- ***Healthy Lifestyle Paradigm*** (1h lecture) – Assoc. Prof. Dr. Saša Pišot

12:00 – 13:00 Lunch Break (self-paid)

13:00 – 16:00 Lectures: Human Performance & Assessment ( KHP)

- ***Body Composition*** (1h lecture) – Assist. Prof. Dr. Kaja Teraž
- ***Diet and Exercise*** (1h lecture) – Assist. Prof. Dr. Kaja Teraž
- ***Mediterranean Diet*** (1h lecture) – Assist. Prof. Dr. Kaja Teraž

18:00 – 19:00 Guided Tour of Koper – Assist. Prof. Dr. Luka Juri

Tuesday, 8 September 2026 – Partner Institution Day

Location: ZRS, Koper

09:00 – 09:30 Welcome at the Partner institution

09:30 – 12:00 Lectures and Workshops at Partner Institution ( KHP /  Integrated)

Topics:

- ***Neural Control of Movement: From Theory to Practice*** (1h lecture) – Prof. Dr. Uroš Marušič
- ***Neural Basis of Muscle Force Production*** (1h lecture) – Prof. Dr. Miloš Kalc
- ***EMG*** (1h workshop) – Prof. Dr. Miloš Kalc

12:00 – 13:00 Lunch Break (self-paid)

13:00 – 16:00 Afternoon Workshops and Applied Lab Work

- ***Assessing Physical Activity*** (2h workshop) – Prof. Dr. Boštjan Šimunič, Ana Cikač
- ***Interventions for Limiting Consequences of Physical Inactivity*** (1h lecture) – Assoc. Prof. Dr. Luka Šlosar

16:00 – 17:30 Free Study Activities

Wednesday, 9 September 2026 – Field-Based Experiential Learning

Location: ZRS, Koper

9:00 – 17:00 **Full-day Field Visit** ( Integrated) (6h lecture)

9:00 – 12:00: ***Introduction to Nordic Walking*** - Assoc. Prof. Dr. Saša Pišot

12:00 – 14:00: Lunch Break (self-paid)

14:00 – 17:00: **Water Sports** – Assoc. Prof. Dr. Luka Šlosar

Thursday, 10 September 2026 – Advanced Topics & Career Pathways

Location: EMUNI University, Koper

9:30 – 12:00 Advanced Lectures ( *KHP*)

- **Sarcopenia** (1h lecture) – Prof. Dr. Boštjan Šimunič
- **Assessing Sarcopenia** (1h workshop) – Prof. Dr. Boštjan Šimunič
- **Digital and VR Applications in Health** (1h workshop) – Assoc. Prof. Dr. Luka Šlosar

12:00 – 13:00 Lunch time (self-paid)

13:00 – 15:00

- Dedicated Session: *Career and Academic Pathways* (1h lecture)
- **Career Opportunities: From Summer School to PhD Degree** – Assist. Prof. Dr. Petra Robnik Verdnik
- **European Career Pathways and Academic Progression**
- **Study Opportunities at EMUNI** – Emna Jbara (1h presentation), including:
 1. MA in Kinesiology of Human Performance
 2. PhD in Kinesiology for Quality of Life
 3. MA in Sport Management

16:00 – 17:00 Preparation for the Farewell Event

17:00 – 20:00 Student-led Farewell Event at EMUNI Library: Students prepare the concept of the event (courtesy of EMUNI)

Friday, 11 September 2026 – Sport Systems, Learning Outcomes & Programme Conclusion

Location: EMUNI University, Koper

9:30 – 12:00 Final Lectures ( *Integrated*)

Special Sessions:

- **Governance, Innovation and Management in Sport Systems** (1h lecture) ( *SM Track*) – Prof. Ddr. Edvard Kolar
- **Decision-Making in Sport** (2h lecture) ( *SM Track* /  *Integrated*) – Prof. Ddr. Edvard Kolar

12:00 – 13:00 Lunch time (self-paid)

13:00 – 15:00 **Student Presentations / Final Assessment** – Assist. Prof. Dr. Kaja Teraž

15:00 – 16:00 **Official Conclusion and Awarding of Certificates**

Post-programme

Tuesday, 15 September 2026 (Online)

11:00–14:00 – EMUNI–ZRS Koper: Evaluation, Structured Reflection and Programme Conclusion

3-hour online concluding session – Assist. Prof. Dr. Petra Robnik Verdnik (EMUNI) & Assist. Prof. Dr. Kaja Teraž (ZRS Koper)

The session will provide structured evaluation and reflection on participants' learning experiences, academic outcomes and key takeaways from the Summer School and formally conclude the academic component of HALS 2026.

Certificates and ECTS

Participants will receive:

1. **Certificate of Attendance** (issued upon completion of the required programme activities).
2. **Transcript of Records – 3 ECTS**

Awarded to participants who **successfully complete all academic requirements**, including the mandatory online and on-site components and the final assessment.

The Transcript of Records will be sent to eligible participants **electronically by email**. Hard copies will not routinely be issued. Where formal institutional transmission is required, participants' home universities may contact EMUNI directly.

The Summer School is organized by:



Labelled by:



Union for the Mediterranean
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