

Summer School Program

7days (3rd – 9th September 2018), Piran, SLOVENIA

Day 1 MONDAY, 3rd September

ARRIVAL of the participants

- 15.00 – 18.00** **Introductory Workshop 1:**
HOW ACTIVE AM I?
Assessing of basic functional capabilities:
indoor/outdoor) (assoc. prof. Boštjan Šimunič)
- 18.00 – 20.00** *TIME for leisure and recreational
sports activities*
- 20.00** Welcome dinner

Day 2 TUESDAY, 4th September

ACTIVITY VS. INACTIVITY

- 9.00 – 12.00** **Morning lectures (at EMUNI):**
- Dimensions of kinesiology in HALS* (prof. Rado Pišot)
 - What we can learn from space studies* – Life in Space for life on Earth (prof. Marco Narici)
 - Bed rest – a model for studying inactivity* (prof. Pietro E. di Prampero)
 - Cardiovascular responses in extreme environments* (as. prof. Tadej Debevec)
- 12.00 – 13.00** Lunch time
- 13.00 – 16.00** **Workshop 2:**
Visit of MEDITERRANEAN HEALTH CENTRE in Koper (PA assessment)
(assoc. prof. Boštjan Šimunič)
- 17.00 – 20.00** *TIME for leisure and recreational
sports activities*

Day 3 WEDNESDAY, 5th September

CONSEQUENCES OF INACTIVITY

- 9.00 – 12.00** **Morning lectures (at EMUNI):**
- Muscle adaptation in everyday activities - muscle fibres* (prof. Carlo Reggiani)

- Muscle adaptation in everyday activities - neuromuscular junction* (prof. Marco Narici)
 - Mechanisms of cardiovascular decline in ageing* (prof. Nandu Goswami)
- 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)
- 16.00 – 20.00** *TIME for leisure and recreational
sports activities or guided tour to
PIRAN*

Day 4 THURSDAY, 6th September

QUANTITY - QUALITY / PA AND NUTRITION

- 9.00-12.00** **Morning lectures (at EMUNI):**
- Healthy nutrition trough life span* (prof. Gianni Biolo)
 - Mediterranean diet* (Milena Bučar)
 - Micronutrients in Mediterranean nutrition* (dr. Bojan Butinar)
- 12.00 – 13.00** Lunch time
- 13.00 – 16.00** **Workshop 4:**
How to prepare a healthy meal? Mediterranean diet (cuisine and nutrition) (dr. Bojan Butinar)
- 16.00 – 20.00** *TIME for leisure and recreational
sports activities or a boat trip to
salt pans (Sečovlje)*

Day 5 FRIDAY, 7th September:

“HALS” AND AGEING

- 9.00-12.00** **Morning lectures (at EMUNI):**
- Interconnectivity and Neuroplasticity in brain* (prof. Anita Hökelmann)
 - Cognitive and cognitive-motor interventions to enhance functional capabilities* (assist. prof. Uroš Marušič)

- Anaerobic and aerobic exercise in ageing* (ass. prof. Mitja Geržević)
- 12.00 – 13.00** Lunch time
- 13.00 – 16.00** **Workshop 5:** Motor learning of cyclic and acyclic movements (prof. A. Hökelmann)
- 16.00 – 20.00** *TIME for leisure and recreational
sports activities or olive oil and local vine
tasting*

Day 6 SATURDAY, 8th September: REHABILITATION

9.00-12.00 Morning lectures (at EMUNI):

- Motor control, neurofeedback and rehabilitation* (prof. Piero Paolo Bataglini)
 - Prevention and approaching consequences of stroke* (prof. Enrico Tongiorgi)
 - Motor disabilities after stroke* (prof. Paolo Manganotti,
- 12.00 – 13.00** Lunch time
- 13.00 – 16.00** **Workshop 6:**
Functional and cognitive rehabilitation (dr. Uroš Marušič)
- Workshop 7:** Assessing of basic functional capabilities – indoor/outdoor – 2 (dr. B. Šimunič)
- 16.00 – 20.00** *TIME for leisure and recreational
sports activities*
- 20.00** Farewell party

Day 7 SUNDAY, 9th September:

PA & SPORT DIAGNOSTIC

- 9.00-12.00** *Exam / project presentation*
Official conclusion (at EMUNI)
- 13.00** (Lunch) DEPARTURE