

The International Methodical Conference
“BASIS OF PHYSICAL EFFORT PHYSIOLOGY
AND HEALTH TRAINING”

30-31st August 2021

Organizers: Pope John Paul II State School of Higher Education in Biała Podlaska, Poland
University of Pécs, Hungary
University of Novi Sad, Serbia

30th August 2021 (Monday)

- 11.00-14.00** **Arrival of the participants**– Accommodation in [Students Residence Hall Sidorska Street 105](#)
- 13.00-14.30** **CONFERENCE PARTICIPANTS’ REGISTRATION**– [rectorate building Sidorska Street 95/97](#)
- 14.30-14.45** **OPENING OF THE CONFERENCE****Professor Jerzy Nitychoruk** – Rector of Pope John Paul II State School of Higher Education in Biała Podlaska**Henryk Olszewski, PhD** – President of the Polish Athletic Association**Sebastian Chmara, MA** – Vice President of the Polish Athletic Association**Marian Stelmach, PhD** - Chairman of the Organising Committee
- SCIENTIFIC SESSION**
- **Grzegorz Sudół, PhD** – “Differentiation of athletes' development according to the type of training. Early specialisation - facts and myths”
- Academy of Physical Education in Kraków*
- **Marian Stelmach, PhD** – “A new educational approach to teaching sport's managers - international cooperation for innovation: MOSMEN Project”
MOSMEN, Pope John Paul II State School of Higher Education in Biała Podlaska
 - **Ewa Stępień, PhD** – “Health Sport - fashion or necessity?”
- MOSMEN, Pope John Paul II State School of Higher Education in Biała Podlaska*
- **Marian Stelmach, PhD** – “Exercise physiology: who should study it and why?”
MOSMEN, Pope John Paul II State School of Higher Education in Biała Podlaska
 - **Łukasz Oleksy, PhD** – “Monitoring in sport”
- Oleksy-Szkolenia*
- 16.30-16.45** **COFFEE BREAK – RESTAURANT “ROZMARYN”**
- SCIENTIFIC SESSION**
- **Dávid Paár, PhD** – “Sport economics in the context of Central and Eastern European region”
- MOSMEN, University of Pécs, Hungary*
- **Alexandra Makai, PhD** – “Research methodology in sport sciences - development of e-learning materials for Master of Sport Management Program”
- 16.45-18.30**
- MOSMEN, University of Pécs, Hungary*
- **Darinka Korovljev, PhD** – “Sport pedagogy in health and physical education: the process of transforming oneself”
- MOSMEN, University of Novi Sad, Serbia*

- **Dorota Sobiczewska, MA** – “Innovative technologies in sports rehabilitation”

BTL

- **Kamil Zaworski, PhD** – “Prevention of injuries in sport based on the available current medical literature”

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20.00 **DINNER – RESTAURANT “VERONA”**
Janowska Street 4/8

31st August 2021 (TUESDAY)

08.00-09.00 **BREAKFAST – RESTAURANT “ROZMARYN”**

09.00-09.45 **WORKSHOPS** “Injury prevention in sport – from the experience of an osteopath” Władysław Szymański, D.O., *BIOFIL*

09.45-10.30 **WORKSHOPS** “Medical training – injury prophylaxis in sport”
Mariola Baranowska, MA, *a physiotherapist of the Polish Athletic Association*

10.30-10.45 **COFFEE BREAK – RESTAURANT “ROZMARYN”**
SCIENTIFIC SESSION

- **Ass. Prof. Radenko Matic** – “The development of sports marketing – toward the generation of future sports marketers”

10.45-11.15 *MOSMEN, University of Novi Sad, Serbia*

- **Viktória Prémusz, PhD** – “Monitoring of the physical activity and sport patterns during the first, second and third waves of COVID-19 in Hungary: Representative, longitudinal cohort study”

MOSMEN, University of Pécs, Hungary

11.15-12.00 **WORKSHOPS** “Monitoring in sport”
Łukasz Oleksy, PhD, *Oleksy-Szkolenia*

12.15-13.00 **WORKSHOPS** “The research on the physical capacity CPET in training diagnostics and planning” **Marta Bazańska-Janasz, MSc, VO2MAX Sp. z o.o.**

13.00-13.15 **SUMMING-UP AND CLOSING OF THE CONFERENCE**

13.15 **LUNCH– RESTAURANT “ROZMARYN”**

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<http://www.pswbp.pl/index.php/pl/o-projekcie-about-the-project-erasmus-ka2>