

**The BALKANSPORT Tempus Project**  
*A Joint European Project*

# Harmonising Sport Science Curricula in the Balkans in the EU Perspective



**Tirana, Tetovo, Pristina**  
**29 November - 06 December 2011**

# Consortium Partners

## Europe



### **University of Rome "Foro Italico" (IUSM)**

Prof. Paolo Parisi - *Grant Holder*

Prof. Daniela Caporossi - *Executive Grant Holder*



### **University of Vienna**

Prof. Norbert Bachl - *Project Coordinator*

Prof. Harald Tschan - *Project Manager*



### **University of Southern Denmark, Odense**

Prof. Karsten Froberg



### **National & Kapodistrian University of Athens**

Prof. Nickos Geladas

Prof. Vassilis Klissouras



### **Norwegian School of Sport Science**

Prof. Yngvar Ommundsen

## Balkans



### **Sport University of Tirana**

Prof. Arben Kaçurri - *Local Coordinator*



### **University of Pristina**

Prof. Musa Selimi



### **State University of Tetovo**

Prof. Metin Dalip



### **Ministry of Education and Science of Albania**

Mrs. Elida Hoxha



### **Ministry of Education, Science and Technology, Kosovo**

Mr. Agim Hyseni



### **Ministry of Education and Science of FYRoM**

Mr. Agim Rushiti



### **Agency of Accreditation of Albania**

Mrs. Etleva Vasha



### **Student Union of State University of Tetovo**

Mr. Shaban Aslani



# Tirana 29 November - 1 December Sport University of Tirana



## **Final Conference** *Harmonising Sport Science Curricula in the Balkans in the EU Perspective*

Thursday, 1 December

09.30 **Welcome Address**

10.00 **Paolo Parisi (IT)**  
The Tempus Project and the Balkan University System: contribution and outcomes in the EU perspective

10.30 **Arben Kaçurri (AL)**  
The Tempus Project and the Balkan University System: contribution and outcomes in the perspective of the Balkan Partners

11.00 **Coffee break**

11.15 **Norber Bachi (AT)**  
Gene Doping

12.00 **Vassilis Klissouras (GR)**  
Sport Performance & the Human Mind

12.45 **Closing Remarks**

## **Intensive Course** *Health and Physical Activity*

Tuesday, 29 November

14.00 **Artan Shytaj (AL)**  
Euro-barometer in Albanian Reality

15.00 **Marla Koskolou (GR)**  
The physiological basis of altitude training: old concept and new approaches

16.00 **Antonio Tessitore (IT)**  
Training and recovery monitoring of team sports performance

17.00 **Attilio Lombardozzi (IT)**  
Introduction to volleyball: structural perspectives

Wednesday, 30 November

08.30 **Jan Christian Brønd (DK)**  
Improving interdisciplinary education of anatomy, biomechanics and practical sport disciplines using nonprofit software

10.00 **Arben Kacurri (AL)**  
Physical Activity and Albanian Adolescents

11.00 **Coffee Break**

11.15 **Giuseppe Vannozzi (IT)**  
Assessing locomotor skill development in childhood: the biomechanical point of view

12.15 **Agron Kasa (AL)**  
Job market and Curriculum of Physical Activity Health and Recreation in Albania

13.00 **Break**

14.00 **Daniela Caporossi (IT)**  
Response to exercise induced cellular stress

15.00 **Barbara Halper (AT)**  
Exercise and Physical activity for older adults

16.00 **Petra Polster (AT)**  
Sports Nutrition

# Tetovo 2 - 3 December State University of Tetovo



## **Final Conference** *Harmonising Sport Science Curricula in the Balkans in the EU Perspective*

Friday, 2 December

09.30 **Welcome Address**

10.00 **Paolo Parisi (IT)**

The Tempus Project and the Balkan University System: contribution and outcomes in the Eu perspective

10.30 **Agron Reka, Reshat Qalli, Isa Aslani (MK)**

The Tempus Project and the Balkan University System: contribution and outcomes in the perspective of the Balkan Partners

11.00 **Coffee break**

11.15 **Nickos Geladas (GR)**

Endurance Training for athletes: the ball games paradigm

12.00 **Harald Tschan (AT)**

Exercise Assessment in Sports

12.45 **Closing Remarks**

## **Intensive Course** *Health and Physical Activity*

Friday, 2 December

14.00 **Valentina Camomilla (IT)**

Measures of human movement for sports performance assessment

15.00 **Stefan Oesen (AT)**

Exercise and Physical activity for older adults

16.00 **Fadil Mamuti (MK)**

The need for further cooperation between our University and the European Institutions, through projects such as TEMPUS project for realization of scientific research

Saturday, 3 December

09.00 **Nickos Geladas (GR)**

Boundaries of training heart failure patients

10.00 **Jan Toffegaard Nielsen (DK)**

Kurt Lewin's change theory in the field and in the classroom

11.00 **Coffee Break**

11.15 **Antonio Tessitore (IT)**

Training and recovery monitoring of team sports performance

12.15 **Giullana Cok Ladomery (IT)**

Tips and Tricks to Publish or Perish: writing scientific articles effectively

13.00 **Break**

14.00 **Metin Dalip-Bilal Aday (MK)**

Using and Benefits of Computer Match Analysis in Game Sports

15.00 **Corrado Lupo (IT)**

Match Analysis of waterpolo performance

16.00 **Fadil Rexhepi (MK)**

Comparison of some biomechanical spatial, temporal and velocity parameters in the judo throwing techniques Osoto Gari and Uchi Mata



# Pristina 5 - 6 December University of Pristina



## **Final Conference** **Harmonising Sport Science Curricula** **in the Balkans in the EU Perspective**

Monday, 5 December

09.30 **Welcome Address**

10.00 **Daniela Caporossi (IT)**  
The Tempus Project and the Balkan University System: contribution and outcomes in the EU perspective

10.30 **Ajvaz Berisha (KS)**  
The Tempus Project and the Balkan University System: contribution and outcomes in the perspective of the Balkan Partners

11.00 **Coffee break**

11.15 **Yngvar Ommundsen (NO)**  
Motivation and learning in Physical education and Sport for young people: Current perspectives

12.00 **Karsten Froberg (DK)**  
Physical activity and health in Children and Youth in a European perspective

12.45 **Closing Remarks**

## **Intensive Course** **Health and Physical Activity**

Monday, 5 December

14.00 **Thomas Skovgaard (DK)**  
Ways to improve infrastructures for physical activity in urban settings

15.00 **Emanuele Isidori (IT)**  
Becoming a reflective practitioner in physical activity and sport. A pedagogical challenge

16.00 **Sadik Krasniqi (KS)**  
Level of students activities in the free time

Tuesday, 6 December

09.00 **Claudia Mazzà (IT)**  
Use of inertial sensors for the assessment of motor ability

10.00 **Aziz Dujaka (KS)**  
Presentation of biomechanical parameters (kinematic-kinetics) of alpine skiing

11.00 **Coffee Break**

11.15 **Harald Tschan (AT)**  
Exercise Assessment in Sports

12.15 **Vassilis Klissouras (GR)**  
The New Epoch of Physical Education

13.00 **Break**

14.00 **Shemsedin Vehapi (KS)**  
Relations of maximal strength with explosive strength, repetitive strength, static strength, speed and agility at the students of Physical Education and Sport

15.00 **Barbara Wessner (AT)**  
Sports Immunology

16.00 **Stefan Oesen (AT)**  
Exercise and Physical activity for older adults

