

Kviečiame

Gegužės 23 d. (trečiadienį) 15 val. LSU Centrinųjų rūmų 215 aud.
į seminarą, kuriame savo patirtimi ir idėjomis pasidalins svečias iš Suomijos,
funkcinio neuromokslo specialistas, treneris
MARKO SIIVONEN

Seminaro tema

Funkcinis neuromokslas sporte **(angl. *Functional Neuroscience in Sport*)** (seminaras anglų kalba)

Šis seminaras – tai puiki proga sporto mokslininkams, dėstytojams, kineziterapeutams, studentams pamatyti, išgirsti, suprasti ir patirti, kaip neuromokslas galėtų padėti Jums sportuojant. Padės pagilinti supratimą, kaip galima gauti daugiau naudos iš nervų sistemos. Bus pristatyti praktiniai pavyzdžiai įvairioms sporto šakoms. Lauksime Jūsų.

LEKTORIAUS IŠSILAVINIMAS

- Matriculation Examination, Finland 1985
- Bachelor of Arts Studies, English, USA 1985-89, 1995-96
- Specialization Studies in Education and Physical Education, Finland 1996-99
- Coach Specialist Qualification, Finland 1998-99
- Specialist Qualification for Coach & Trainer, Switzerland 2000-03
- Special Sensory Experiment for Sensomotor Training, Switzerland 2003-05
- Specialization Studies in Teacher Education, Finland 2006-07

LEKTORIAUS DARBO PATIRTIS

- Sensomotoric Coaching
 - Switzerland, Glarner Sportschule 2003-05
 - Switzerland, Swiss-Ski OSSV 2004-06
 - Finland, Spinacor Training and Training Centre 2005
- Coaching Duties
 - Senior Coaching Trainer of the Volleyball Championship, Finland 1996-98
 - Regional Instructor, Finnish Volleyball Association 1996 – 99
 - Regional Instructor, GSGL Volleyball Verband, Switzerland 2000 – 05
 - Regional Instructor, Swiss-Ski OSSV, Switzerland 2004-06
 - Coach Instructor, Finnish Volleyball Federation 2005
 - Sensomotor trainer, Varalan Urh. Opisto 2005

VAIZDO KLIPAS: https://www.youtube.com/watch?v=wRAFU_RzvcU

A woman with her hair in a ponytail, wearing a floral patterned short-sleeved shirt and grey shorts, is performing a wide-legged yoga pose on a rooftop. She has her arms extended horizontally to the sides. The background shows a cityscape under a cloudy sky.

**BRAINS-IN-SPORT™**

SPINACOR

Functional Neuroscience in Sport
Lithuanian Sports University 23.5.2018
Auditorium 215 at 15:00

Marko Siivonen
Specialist in Functional Neuroscience



Is it about
timing and
content?

Is it about
methods
and
means?

Not only
!!!



**Nothing happens among the factors listed
down unless nervous system does its job!!**

SPORT TECHNIC

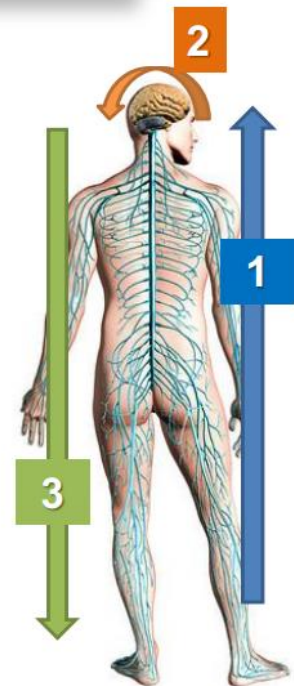
Movement and equipment handling abilities with the help of:

- Muscles
- Muscle Chains
- Fascia
- Spine
- Joints
- Biomechanics
- Energy production
- Mental skills



We tend to forget how the brain works !

Instead of concentrating to the products of the brain (3), let us concentrate how it works: focus to the inborn strenghts (1) + (2)



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Infolecture: Functional Neuroscience in Sports

- Chance to see, hear, understand and experience how functional neuroscience could help you in sports
- Get the understanding and the benefits of the nervous system instead of just exercising the neuromuscular system.
- Practical implications for different sports

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By knowing your brains and the potentiality of your inborn strengths, you help yourself to be more successful

Marko Siivonen

Specialist in Functional Neuroscience
Professional Coach & Instructor
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Marko Siivonen



- **Specialists in functional neuroscience**
- **Professional coach and instructor**
- Works regularly with international customers
- Speaks finnish, english, "swiss-german"
- Hobbies golf, sailing, hiking

EDUCATION

- High school graduate, Finland
- Bachelor of Arts- studies, England, USA
- Master of Arts- studies in Education and Sports, Finland
- High Performance Volleyball Coach Certification, Finland
- Specialist Education of Professional Coach, Finland
- Specialist Education of Professional Coach & Instructor, Switzerland
- Specialist in Functional Neuroscience, Switzerland, Holland, France, England

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"Makke"

WORKING HISTORY IN VOLLEYBALL

- 30 years of international experience as a coach
- has coach club-, regional- and national teams
- 33x podium places, national champion in 3 different countries, Nordic and Baltic Champion with national teams

WORKING HISTORY IN OTHER SPORTS

- Helping young and adult athletes and coaches in ice-hockey, track&fields, canoeing, rowing, cross-country skiing, alpine skiing, football, basketball, ski jumping, golf, tennis, orienteering, speed skating, riding, wrestling, figure skating, boxing, gymnastics, swimming, shooting, Finnish baseball, motor sports, karate, judo,
- Yearly numerous podium places in national and international events, also in European Championship, World Championship and Olympic level