

5TH LSU INTERNATIONAL WEEK

"Celebrating 85th Anniversary and 20 Years of Participation in ERASMUS"

April 8-12, 2019, Kaunas, Lithuania



Time	Teaching topic, Lecturer	Room
MONDAY (April 8)		
10:00-11:00	Lecture: What are stress, stressor and stress responses? Is stress good or bad for our life? <i>Gamze Üngür, Dokuz Eylül University, Turkey</i>	2nd building Room 101
11:30-12:30	Lecture: Individual differences and stress responses <i>Gamze Üngür, Dokuz Eylül University, Turkey</i>	2nd building Room 101
11:30-12:30	Practical session: Basketball: lay-up lesson, new teaching methods <i>Agnieszka Polaniecka, PWSZ Koszalin, Poland</i>	Central building Main sports hall
12:30-13:30	Practical session: Physical fitness training <i>Mahmood Sindiani, The Academic College at Wingate, Israel</i>	Central building Main sport hall
13:00-14:00	Lecture: Adipose tissues loss without exercise <i>Koichi Nakazato, Nippon Sport Science University, Japan</i>	Central building Room 215
13:00-14:00	Lecture: Can we learn how to cope with stress? <i>Gamze Üngür, Dokuz Eylül University, Turkey</i>	2nd building Room 308
14:30-15:30	Lecture: Introduction to the Urban Community Sports in China <i>Xiaoyun Wang, Beijing Sport University, China</i>	3rd building Room 208
15:30-17:00	Workshop: Academic Writing I <i>Debbie Hellerstein, The Academic College at Wingate, Israel</i>	Central building Room 111
16:00-17:00	Lecture: Sport Event Management <i>Volkan Unutmaz, Ege University, Turkey</i>	Central building Room 301
17:00-18:00	Lecture: Leadership in Sport Management <i>Volkan Unutmaz, Ege University, Turkey</i>	Central building Room 301

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TUESDAY (April 9)		
10:00-11:00	Practical session: Team missions in gymnastics / Piramides <i>Einat Yanovich, The Academic College at Wingate, Israel</i>	Central building Gymnastics gym
10:00-11:00	Practical session: Track and Field (Sprints) <i>Mahmood Sindiani, The Academic College at Wingate, Israel</i>	Indoor Athletics Arena
10:00-12:00	Seminar: Body composition <i>Hatice Ilhan Odabas, Halic University, Turkey</i>	Central building Room 309
11:00-12:00	Seminar: Research topics at the Nippon Sports Science University <i>Koichi Nakazato, Nippon Sport Science University, Japan</i>	2nd building Room 401
11:30-12:30	Lecture: The Development of Sports for the Disabled in China <i>Xiaoyun Wang, Beijing Sport University, China</i>	Central building Room 301
11:30-12:30	Lecture: Nutrition Strategies for High Intensity Sport and Exercise I <i>Shanshan Mao, Beijing Sport University, China</i>	2nd building Room 101
11:30-12:30	Seminar: Sherborne Developmental Movement <i>Katarzyna Rosicka, Poznań University of Physical Education, Poland</i>	3rd building Room 204
11:30-12:30	Practical session: Basketball: rebound improvement, fast breaks <i>Agnieszka Polaniecka, PWSZ Koszalin, Poland</i>	Central building Main sports hall
11:30-12:30	Practical session: Teaching jumping and landing on a springboard <i>Einat Yanovich, The Academic College at Wingate, Israel</i>	Central building Gymnastics gym
11:30-12:30	Practical session: Track and Field (Sprints) <i>Mahmood Sindiani, The Academic College at Wingate, Israel</i>	Indoor Athletics Arena
13:00-14:00	Lecture: Spirituality of Sport and Physical Activities <i>Miloš Bednář, Charles University in Prague, Czech Republic</i>	2nd building Room 303
13:00-14:00	Lecture: Nutrition Strategies for High Intensity Sport and Exercise II <i>Shanshan Mao, Beijing Sport University, China</i>	2nd building Room 101
13:00-14:00	Seminar: Sherborne Developmental Movement <i>Katarzyna Rosicka, Poznań University of Physical Education, Poland</i>	3rd building Room 204
13:00-14:00	Practical session: Track and Field (Sprints) <i>Mahmood Sindiani, The Academic College at Wingate, Israel</i>	Indoor Athletics Arena

Time	Teaching topic, Lecturer	Room
15:30-17:00	Workshop: Academic Writing II <i>Debbie Hellerstein, The Academic College at Wingate, Israel</i>	Central building Room 111
16:00-17:00	Seminar: Some Ethical Dilemmas of Today Sport <i>Miloš Bednář, Charles University in Prague, Czech Republic</i>	2nd building Room 301
WEDNESDAY (April 10)		
10:00-11:00	Lecture: Motor abilities: balance, coordination & kinaesthesia <i>Einat Yanovich, The Academic College at Wingate, Israel</i>	Central building Room 215
10:00-11:00	Seminar: Sherborne Developmental Movement <i>Katarzyna Rosicka, Poznań University of Physical Education, Poland</i>	Central building Gymnastics gym
11:30-12:30	Lecture: Some Key Concepts of the Philosophy of Sport <i>Miloš Bednář, Charles University in Prague, Czech Republic</i>	2nd building Room 308
11:30-12:30	Lecture: The role of physical activity in human life <i>Agnieszka Polaniecka, PWSZ Koszalin, Poland</i>	3rd building Room 209
11:30-12:30	Seminar: Sherborne Developmental Movement <i>Katarzyna Rosicka, Poznań University of Physical Education, Poland</i>	Central building Gymnastics gym
11:30-12:30	Seminar: Introduction to The Female Athlete Triad (FAT) <i>Shanshan Mao, Beijing Sport University, China</i>	2nd building Room 101
13:00-14:00	Mini-Symposium: APA & Sport for the Disabled <i>T. Gruber, Austria; X. Wang, China; M. Padvy, Czech Republic; A. Packevičiūtė, Lithuania</i>	APA building room
13:00-14:00	Lecture: Resistance training and muscle hypertrophy <i>Koichi Nakazato, Nippon Sport Science University, Japan</i>	Central building Room 232
13:00-14:00	Practical session: Fitness-basic steps, line method choreography lesson <i>Agnieszka Polaniecka, PWSZ Koszalin, Poland</i>	3rd building Gym 204
14:30-15:30	Lecture: Stress, emotional intelligence, personality traits and athletic performance <i>Gamze Üngür, Dokuz Eylül University, Turkey</i>	2nd building Room 101
15:30-17:00	Workshop: Academic Writing III <i>Debbie Hellerstein, The Academic College at Wingate, Israel</i>	Central building Room 111
16:00-17:00	Lecture: Can we learn how to cope with stress? <i>Gamze Üngür, Dokuz Eylül University, Turkey</i>	2nd building Room 101

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THURSDAY (April 11)		
08:30-09:30	Lecture: Dynamic Postural Stability: Do the arms lend the legs a helping hand? <i>Maximilian Wdowski & Mathew Hill, Coventry University, UK</i>	3rd building Room 101
10:00-11:00	Practical session: Dynamic Postural Stability: Do the arms lend the legs a helping hand? <i>Maximilian Wdowski & Mathew Hill, Coventry University, UK</i>	3rd building Room 204
10:00-11:00	Practical session: Team missions in gymnastics <i>Einat Yanovich, The Academic College at Wingate, Israel</i>	Central building Gymnastics gym
10:00-11:00	Practical session: Track and Field (Jump Basics) <i>Mahmood Sindiani, The Academic College at Wingate, Israel</i>	Indoor Athletics Arena
10:00-11:00	Seminar: Research on Eating Disorder <i>Shanshan Mao, Beijing Sport University, China</i>	2nd building Room 101
10:00-11:00	Lecture: The Development of Mass Sports in China <i>Xiaoyun Wang, Beijing Sport University, China</i>	3rd building Room 209
11:30-12:30	Lecture: The Development of Sports for the Disabled in China <i>Xiaoyun Wang, Beijing Sport University, China</i>	3rd building Room 104
11:30-12:30	Practical session: Track and Field (Jump Basics) <i>Mahmood Sindiani, The Academic College at Wingate, Israel</i>	Indoor Athletics Arena
14:30-15:30	Lecture: Life & Wheelchair: Integration of physically disabled persons through the outdoor activities <i>Martin Padvý, Charles University in Prague, Czech Republic</i>	3rd building Room 104
16:00-17:00	Lecture: Some Key Concepts of the Philosophy of Sport <i>Miloš Bednář, Charles University in Prague, Czech Republic</i>	2nd building Room 301
16:00-17:00	Workshop: Ultrasound diagnostics I <i>Peter Johansen, University College Absalon, Denmark</i>	Dormitory Room 6A
17:00-18:00	Workshop: Ultrasound diagnostics II <i>Peter Johansen, University College Absalon, Denmark</i>	Dormitory Room 6A