



THE 6TH LSU INTERNATIONAL WEEK
**CONNECTING RESEARCH AND TEACHING
 IN SPORT AND HEALTH STUDIES**
 APRIL 24TH – 28TH, 2023
 KAUNAS, LITHUANIA

TEACHING TIMETABLE

TIME	24 04 2023 Monday	25 04 2023 Tuesday	26 04 2023 Wednesday	27 04 2023 Thursday	28 04 2023 Friday
10:00-11:00	M. Cook 2nd building, Room 101 BNLPMS-21-1	T. Haapakangas Central building, Room 232 BITRS-18-1	S. Mašić 3rd building, Room 105 BNLFAV-22-1; BNLPMS-22-1		
10:00-11:00	A. Włodarczyk Central building, Room 215 BNLTRS-22-1.2.3	D. Čaušević Central building, Room 306 BNLTRS-PSŠTDP (football)	M. Cook 2nd building, Room 204 BNLTRS-21-3		
10:00-11:00	M. Willems Central building, Room 301 BNLTRS-21-1.2.3		H. Vornáčková RCD building, PT Room BNLKIN-21-1.2.3		
10:00-11:00			M. Stupková Dormitory building, Room 6 BNLKIN-22-2		
10:00-11:30	M. Rozmiarek 3rd building, Room 208 BNLSPV-21-1; BNLSPV-21-2			T. Haapakangas Ažuolynas Oak Park BNLFUS; MNLKKU; ŽIPD	
10:00-12:00			K. Evans Grieshaber 3rd building, Room 208 BNLSPV-22-1; 21-1.2; 20-1.2	J. Lopez Fernandez Central building, Room 111 IW participants	
11:30-12:30	M. Willems 2nd building, Room 401 BNLPMS-21-1; BNLPMS-22-1	E. Taraoka 2nd building, Room 101 BNLPMS-21-1	S. Zach 2nd building, Room 302 BNLTRS-22-3	R. Foster Central building, Room 301 BNLTRS-22-2	
11:30-12:30	A. Włodarczyk Central building, Room 215 BNLTRS-22-1.2.3	M. Cook Central building, Room 301 BNLTRS-22-3	M. Stupková 2nd building, Room 219 BNLFAV-22-1; BNLPMS-22-1		
11:30-12:30	X. Dafaucé Bouzo Central building, Room 301 BNLTRS-21-1.2.3		P. Sellars 2nd building, Room 206 BNLFAV-21-1		
11:30-12:30		A. Emeljanovas Central building, Room 215 IW participants	R. Foster 3rd building, Room 105 BNLTRS-21-1		
11:30-12:30			C. Mallén-Lacambra 2nd building, Room 301 BNLFUS-22-1		
11:30-13:00		J. Lopez Fernandez 3rd building, Room 208 BNLSPV-22-1; 21-1.2; 20-1.2			
12:30-14:00		International Networking Fair Central building, Room 215		R. Foster Central building, Sport hall BNLFUS; MNLKKU; ŽIPD	
13:00-14:00	S. Zach 2nd building, Room 308 BNLTRS-22-1.2.3; BNLPMS-22-1	T. Haapakangas Central building, Room 309 BNLFUS; ERA	C. Mallén-Lacambra 2nd building, Room 301 BNLFUS-22-1	T. Spurr Central building, Room 215 BNLTRS-PSŠTDP (basketball)	
13:00-14:00	E. Richardson Central building, Room 215 BNLTRS-21-1.2.3	T. Spurr Central building, Room 301 BNLTRS-22-3	A. Sillanpää Dormitory building, Room 6 BNLKIN-22-2		
13:00-14:00			P. Sellars 2nd building, Room 206 BNLFAV-21-1		
13:00-14:00			R. Foster 3rd building, Room 204 BNLPMS-22-1		
13:00-14:00			M. Cook 2nd building, Room 401 BNLPMS-21-1		
13:00-14:30			J. Lopez Fernandez 3rd building, Room 208 BNLSPV-22-1; 21-1.2; 20-1.2		
14:00-15:00	IW Opening Session Central building, Room 232			E. Taraoka Central building, Room 309 BNLFUS; MNLKKU; ŽIPD	
14:00-15:30		International Networking Fair (continued) Central building, Room 215	K. Evans Grieshaber, J. Quatrochi Central building, Room 215 IW participants		
14:30-15:30		A. Sillanpää Dormitory building, Room 6A BNLKIN-22-1		A. Sillanpää Dormitory building, Room 6 BNLKIN-22-1	
14:30-15:30				M. Brazaitis Central building, Room 232 IW participants	
15:30-16:00				IW Closing Session Central building, Room 232	
16:00-17:00	E. Richardson RCD building - APA Room MNL-TFV-22-1.2			M. Willems Central building, Room 306 MNLTRS-22-1, MNLKIN-22-1	

TEACHING TOPICS:

Monday (April 24):

- 10:00-11:00 Lecture: Effects of Blackcurrant on Exercise Performance and Associated Mechanisms (M. Cook, University of Worcester, UK)
- 10:00-11:00 Lecture: Eccentric endurance exercise - issues and applications (M. Willems, University of Chichester, UK)
- 10:00-11:00 Lecture: Olympic Idea from the last ancient Olympic Games until 1896 (1) (A. Włodarczyk, Józef Piłsudski University of Physical Education in Warsaw, Poland)
- 10:00-11:30 Lecture: Poland as a tourist destination - history and heritage of sport and culture (M. Rozmiarek, Poznan University of Physical Education, Poland)
- 11:30-12:30 Lecture: Anti-oxidant supplementation and adaptations from physical activity (M. Willems, University of Chichester, UK)
- 11:30-12:30 Lecture: Olympic Idea from the last ancient Olympic Games until 1896 (2) (A. Włodarczyk, Józef Piłsudski University of Physical Education in Warsaw, Poland)
- 11:30-12:30 Lecture: Effects of exercise in the vascular physiology and clinical use in cardiovascular disease prevention (X. Dafaue Bouzo, Cardiff Metropolitan University, UK)
- 13:00-14:00 Lecture: A Cultural Praxis Approach for Doing Culturally Specific Disability Inclusive Research (E. Richardson, University of Worcester, UK)
- 13:00-14:00 Lecture: Psychology in physical education (S. Zach, The Academic College Levinsky-Wingate, Israel)
- 16:00-17:00 Lecture: Showing how a Cultural Praxis Approach to Disability Research can Enhance Inclusive PE (E. Richardson, University of Worcester, UK)

Tuesday (April 25):

- 10:00-11:00 Lecture: Nature-based sport as a promoter of well-being (T. Haapakangas, Lapland University of Applied Sciences, Finland)
- 10:00-11:00 Lecture: Youth football development program in Bosnia and Herzegovina (D. Čaušević, University of Sarajevo, Bosnia and Herzegovina)
- 11:30-12:30 Keynote lecture: Lithuanian Schoolchildren's Physical Activity and Physical Fitness (A. Emeljanovas, Lithuanian Sports University)
- 11:30-12:30 Lecture: Affective learning in physical education (E. Taraoka, Nippon Sport Science University, Japan)
- 11:30-12:30 Lecture: Sports Nutrition - dietary supplements (M. Cook, University of Worcester, UK)
- 11:30-13:00 Lecture: Fan engagement in sports (J. Lopez Fernandez, European University of Madrid, Spain)
- 13:00-14:00 Lecture: The potential of adventure education to support physical education in schools (T. Haapakangas, Lapland University of Applied Sciences, Finland)
- 13:00-14:00 Lecture: Adolescent sports nutrition (T. Spurr University of Chichester, UK)
- 14:30-15:30 Practical session: Ergonomic patient handling (1) (A. Sillanpää, Oulu University of Applied Sciences, Finland)

Wednesday (April 26):

- 10:00-11:00 Practical session: Recovery training at the fitness (S. Mašić, University of Sarajevo, Bosnia and Herzegovina)
- 10:00-11:00 Lecture: Effects of Blackcurrant on Exercise Performance and Associated Mechanisms (M. Cook, University of Worcester, UK)
- 10:00-11:00 Lecture: Physiotherapy in sport (H. Vomáčkova, Charles University, Czech Republic)
- 10:00-11:00 Practical session: Developmental Kinesiology Principles in Therapy of Adults (M. Stupková, Charles University, Czech Republic)
- 10:00-12:00 Lectures: Influencer marketing in sport / Social media in sport (K. Evans Grieshaber, Metropolitan State University of Denver, USA)
- 11:30-12:30 Lecture: Psychology in physical education (S. Zach, The Academic College Levinsky-Wingate, Israel)
- 11:30-12:30 Workshop: Physical activity for mental health and wellbeing (1) (P. Sellars, Cardiff Metropolitan University, UK)
- 11:30-12:30 Lecture: Physical Literacy as Prerequisite of the Health Benefit for Life (M. Stupková, Charles University, Czech Republic)
- 11:30-12:30 Practical session: How to coach Deaf athletes (R. Foster, University of Worcester, UK)
- 11:30-12:30 Lecture: Emotional Education through motor games (C. Mallén-Lacambra, National Institute of Physical Education of Catalunya-Lleida, Spain)
- 13:00-14:00 Lecture: Physical Education to promote gender equity from a relational perspective (C. Mallén-Lacambra, National Institute of Physical Education of Catalunya-Lleida, Spain)
- 13:00-14:00 Practical session: Ergonomic patient handling (A. Sillanpää, Oulu University of Applied Sciences, Finland)
- 13:00-14:00 Practical session: How to coach Deaf athletes (R. Foster, University of Worcester, UK)
- 13:00-14:00 Workshop: Physical activity for mental health and wellbeing (2) (P. Sellars, Cardiff Metropolitan University, UK)
- 13:00-14:00 Workshop: Sports Nutrition - Overcoming Challenges (M. Cook, University of Worcester, UK)
- 13:00-14:30 Workshop: Designing a Sponsorship dossier for a Sports organization (J. Lopez Fernandez, European University of Madrid, Spain)
- 14:00-15:30 Workshop: Organisational Models of Student Internships (K. Evans Grieshaber, J. Quatrochi, Metropolitan State University of Denver, USA)

Thursday (April 27):

- 10:00-11:30 PE Seminar practical session: Planning and leading an adventurous physical education lesson and related reflective processes (T. Haapakangas, Lapland University of Applied Sciences, Finland)
- 10:00-12:00 Roundtable: "How to position yourself as a professional on linkedin - Boosting your personal branding" (J. Lopez Fernandez, European University of Madrid, Spain)
- 11:30-12:30 Workshop: The dark side of disability (R. Foster, University of Worcester, UK)
- 12:30-14:00 PE Seminar practical session: Engaging Young People with Disabilities in Physical Education (R. Foster, University of Worcester, UK)
- 13:00-14:00 Lecture: The application of sports nutrition support within 3x3 basketball (T. Spurr, University of Chichester, UK)
- 14:00-15:00 PE Seminar lecture: Affective learning in physical education (E. Taraoka, Nippon Sport Science University, Japan)
- 14:30-15:30 Keynote lecture: LSU Innovative Mobile Lab – Spectrum of Activities and Possibilities (M. Brazaitis, Lithuanian Sports University)
- 14:30-15:30 Practical session: Ergonomic patient handling (2) (A. Sillanpää, Oulu University of Applied Sciences, Finland)
- 16:00-17:00 Lecture: Eccentric endurance exercise - issues and applications (M. Willems, University of Chichester, UK)