

2ND EURO-PAK INTERNATIONAL CONFERENCE ON SPORTS SCIENCES & PHYSICAL EDUCATION “A WAY FORWARD TOWARDS HEALTHY LIFE”

Islamabad, Pakistan, 11–13 October 2019

In the middle of October 2019, Sharad University of Science and Information Technology, Peshawar, in cooperation with the following institutions: University of the Punjab, Lahore; Abdul Wali Khan University, Mardan; Otto von Guericke University Magdeburg, Germany; University of Sargodha, Sargodha; Gomal University, DI Khan; Pakistan Sports Board, Islamabad; Higher Education Department, KP; Pakistan Council of Sports Science (PCOSS); International Network of Sport and Health Science (INSHS); Higher Education Commission Islamabad, Pakistan, organised the 2nd Euro-Pak International Conference on Sports Sciences & Physical Education with the promising title: “A way forward towards healthy life.” In a three-day program, nine international keynote and guest speakers presented a wide scope of sports, other physical activity domain, and health related topics. Additionally, in three different parallel sessions, another 65 presentations pointed out the important topics regarding the trends observed in Pakistan’s population.



Prof. Rado Pišot, PhD, as keynote speaker with the lecture “*Effective prevention, diagnostic and Rehabilitation of Sports Injuries,*” and Saša Pišot, PhD, as guest speaker with the lecture “*Elementary motor patterns and the creation of physical (incorporated) capital of a child,*” represented the Institute for Kinesiology Research of the Science and Research Centre Koper and its recent research outcomes.

This conference, the second annual, aimed to bring together a large scope of scientists, scholars, researchers, experts and leaders not only from Pakistan but from around the world to share and discuss the current sports and health related issues that the Pakistani community is confronted with, and served for the preparation of much needed national recommendations and public health strategies.

Saša Pišot

DRUGA MEDNARODNA KONFERENCA EURO-PAK O ZNANOSTI IN IZOBRAŽEVANJU V ŠPORTU »POT DO ZDRAVEGA ŽIVLJENJA«

Islamabad, Pakistan, 11.–13. oktober 2019

V sredini oktobra 2019 je univerza za znanosti in informacijsko tehnologijo Sharad v Pešavarju v sodelovanju z univerzo v Pandžabu, Lahore; univerzo Abdul Wali Khan, Mardan; univerzo Otto von Guericke Magdeburg, Nemčija; univerzo v Sargodhi, Sargodha; univerzo Gomal, DI Khan; pakistanskim odborom za šport iz Islamabada; ministrstvom za visoko šolstvo v Pakistanu, pakistanskim svetom za znanost (PCOSS); mednarodno zvezo za znanosti o športu in zdravju (INSHS) in komisijo za visoko šolstvo Islamabad, Pakistan, organizirala drugo EuroPak mednarodno konferenco o znanosti in izobraževanju v športu z obetavnim naslovom "Pot proti zdravemu življenju". V tridnevnem programu je devet mednarodnih vabljenih in gostujočih predavateljev predstavilo širok nabor športnih tematik in novosti s področja gibalne aktivnosti oz. telesnih aktivnosti in zagotavljanja zdravja. V treh različnih vzporednih sekcijah so bile v kar 65 predstavitvah obravnavane pomembne teme, ki zadevajo trende zdravja pakistanske populacije.



Konference sta se kot vabljeni in gostujoča predavatelja udeležila tudi prof. dr. Rado Pišot in dr. Saša Pišot, ki sta v predavanjih “*Effective prevention, diagnostic and Rehabilitation of Sports Injuries*” in “*Elementary motor patterns and the creation of physical (incorporated) capital of a child*” predstavila novejša dela Inštituta za kineziološke raziskave, ZRS Koper.

Konferenca, že druga po vrsti, je želela združiti strokovnjake, znanstvenike, raziskovalce in vodilne ne samo iz Pakistana, ampak tudi iz širšega mednarodnega okolja, ter je dosegla namen, da se razpravlja o trenutnih vprašanjih, povezanih s športom, gibalno aktivnostjo in zdravjem, s katerimi se sooča pakistanska skupnost. Obravnavana problematika in nova znanja bodo dobrodošli za pripravo prepotrebnih nacionalnih priporočil in strategij za javno zdravje pakistanske populacije.

Saša Pišot