

HEALTHY INTERNATIONAL WORKSHOP EXERCISE FOR HEALTH EFFECTS

Real Academia de Medicina. Facultad de Medicina.
Granada (Spain) January 15-16, 2010



THURSDAY 14/01/2010

21:00: Informal get-together

FRIDAY 15/01/2010

10:00 PhD Dissertation: Muscular and Cardio-respiratory Fitness Assessment in Adolescents. Methodological Issues and Health Implications.

12:00 Presentation of the new laboratory of Clinical and Exercise Physiology - Science and Technology for Health (EFFECTS 262). School of Medicine. University of Granada.

13:00 Informal Lunch.

15:00 Fitness assessment: Laboratory and field tests. Practical demonstrations.

18:00 Invited Lectures* - Group discussion

19:00 Group Discussion*: Past, Present and Future Projects for 2010

21:00 Healthy Light Dinner

22:00 Active-post dinner

SATURDAY 16/01/2010 at **WE FITNESS AND SPORTS CLUB**

09:30 Active Commuting from the Hotel to the We Fitness and Sports Club

10:00 Invited Lectures*-Group Discussion

11:30 Sports and activities (Neurofunctional training, Fitness, Swimming Pool, Aqua-fitness, Golf, Yoga, Padel-tennis, Team sports...)

13:30 Healthy Lunch

15:00 Closing Lecture*

* Invited Speakers/Discussants:

P Oja, M Sjöstrom, I Huybrechts, JA Lopez-Calbet, E Gorostiaga, S DeHenauw, A Marcos, L Moreno, J Naranjo, M Gonzalez-Gross, A Gutierrez, MJ Castillo ...