

Proposed subjects for intensive module lectures Physical Activity and Public Health

Biology	
Fundamentals of kinesiology	Francesco Felici, IUSM
Skeletal muscle structure and function and neural control of movement	Harald Tschan, Uni. Vienna
Basics of physical activity and health	Nebojša Čokorilo, UNS
Physiology of neuromuscular disorders	Marina Đelić, UBG
Psychology	
Psychological basics of physical activity and health	Tatjana Tubić, Snežana Vujanović, UNS
Barriers to positive health behavior	Tatjana Tubić, Snežana Vujanović, UNS
Psychological motivation theories	Tatjana Tubić, Snežana Vujanović, UNS
Nutrition	
Nutrition for physical activity and health	Sergej Ostojić, UNS
Nutrition and special populations	Francesco Felici, IUSM
Health perspectives	
Physical and health related fitness assessments including physical activity	Boris Popović, UNS
Physical activity promotion	Uni. Elbasan
Physical activity patterns and public health recommendations	Karsten Froberg, SDU
Intervention strategies and best practice in physical activity implementations	Harald Tschan (Uni. Vienna)
Training	
Basic Principles for Exercise description	Patrik Drid, UNS
Muscle strength, power and adaptations to resistance training	Marko Stojanović, UNS
Adaptation to aerobic and anaerobic training	Sergej Ostojić, UNS
Program description for people with cardiovascular and pulmonary diseases	Sanja Mazić, UBG
Program description for people with metabolic and neuromuscular disorders	To be announced
Injuries prevention	Borislav Obradović, UNS
Elderly people	
Biology of aging	Daniela Caporossi, IUSM
Motor Coordination, Motor Control and Skill in elderly – fall prevention	Paolo Caserotti, SDU
Health Behaviors and Health Promotion in elderly - aging and Wellness	Sport Uni. of Tirana
Exercise for elderly population	To be announced

Children and Youth	
Growth and maturation in children and youth including motor skill development	Goran Vasić, UNS
Social and psychological development in children and youth and its influence on physical activity patterns	Ivana Milovanović, UNS
Cultural and environmental influence on physical activity and motor skill development	Karsten Froberg, SDU
Trainability in children and youth	Jelena Obradović, UNS
Training prescription for children and youth	Jelena Obradović, UNS
Talent identification and development – wellbeing of youth athletes	Dejan Madić, UNS
Curriculum development	
Integrating Health-Related Physical Fitness Education into the Curriculum Development	Višnja Đorđić, UNS