



# ЗБОРНИК РАДОВА *PROCEEDINGS*



**МЕЂУНАРОДНА НАУЧНА КОНФЕРЕНЦИЈА  
„ФИЗИЧКА АКТИВНОСТ И ЗДРАВЉЕ“**  
ПОВОДОМ 150 ГОДИНА ОД ОСНИВАЊА ПРВОГ СРПСКОГ ДРУШТВА ЗА  
ГИМНАСТИКУ И БОРЕЊЕ

*INTERNATIONAL SCIENTIFIC CONFERENCE  
“PHYSICAL ACTIVITY AND HEALTH”  
TO MARK 150<sup>TH</sup> ANNIVERSARY OF THE  
FIRST SERBIAN ASSOCIATION FOR GYMNASTICS AND WRESTLING*



**Београд - *Belgrade***

**10-11. 12. 2007.**

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АСОЦИЈАЦИЈА „СПОРТ ЗА СВЕ“ - БЕОГРАД  
“SPORT FOR ALL” - ASSOCIATION - BELGRADE



## INTRODUCTION

The International scientific conference "Physical Activity and Health", held on 10<sup>th</sup> and 11<sup>th</sup> December, 2007, was organized by the Faculty of Sport and Physical Education, University of Belgrade, the Olympic Committee of Serbia and the Ministry of Science and Technology of Serbia.

Four invited lectures and sixty-two papers were presented at the conference. About one hundred experts in the field of physical culture, medicine and related fields, as well as a large number of students of the Faculty of sport and physical education and related faculties took part in the conference. Apart from Serbia, the experts from the following countries participated in the work: Finland, England, Italy, Bosnia and Herzegovina, Croatia, Slovenia, Macedonia.

A plenary and six separate sessions were held:

- Recreation, fitness and health
- Promotion of physical activity
- Obesity and physical activity
- Physical activity in function of health
- Physical activity in function of the health of pupils
- Research

Although the potential positive effects of well selected and prescribed physical activity are well-known and indisputable in professional circles, the conference undoubtedly contributed significantly to promotion of this important area. Many concrete examples of successful application of physical activity in the prevention and treatment of various health problems and diseases were displayed as well as modern methods to promote physical activity as irreplaceable resources in maintaining and promoting health. New research results, new didactic and methodological solutions and practices the best of which are displayed in this book of Conference Proceedings, will undoubtedly contribute to better understanding and further study of this very important area.

President of the Organizational Board  
Associate Prof. Stanimir Stojiljković, PhD

CIP - Каталогизација у публикацији  
Народна библиотека Србије, Београд

796.015:613(082)  
613.71/.74(082)

**МЕЂУНАРОДНА научна конференција "Физичка активност и здравље"** (2008 ; Београд)

Зборник радова : поводом 150 година од оснивања Првог Српског друштва за гимнастику и борење / Међународна научна конференција "Физичка активност и здравље", 10-11.12.2007, Београд = Proceedings : To mark 150<sup>th</sup> anniversary of the First Serbian Association for Gymnastics and Wrestling / International Scientific Conference "Physical activity and health", 10-11.12.2007, Belgrade. - Београд : Факултет спорта и физичког васпитања : Олимпијски комитет Србије, 2008 (Београд : Тон плус). - XI, 180 стр. : илустр. ; 24 cm

На врху насл. стр.: Универзитет у Београду.  
- Радови на срп. и енгл. језику. - Тираж 300.  
- Стр. X-XI: Увод = Introduction / Станимир Стојиљковић. - Библиографија уз сваки рад.

ISBN 978-86-80255-49-1 (ФСФВ)

а) Спортски тренинг - Здравље - Зборници  
б) Рекреација - Здравље - Зборници  
COBISS.SR-ID 153946892