



**Catholic University
Faculty of Education**



Department of Physical Education and Sports

HEALTH, PHYSICAL ACTIVITY, LEISURE AND PREVENTION

International scientific conference

under the auspices of

Department of Physical Education and Sports, Faculty of Education, CU Ružomberok,
World Leisure Day, FIEPS and World Leisure Organization Youth Ambassador Committee



22. 4. 2024 – 24. 4. 2024

Ružomberok, Slovakia

International scientific conference: "Health, physical activity, leisure and prevention".

(The conference is the part of the calendar of professional and scientific events organized in our territory.)

Under Patronage and Guarantee:

PaedDr. Peter Krška, PhD., Dean of the faculty & prof. PaedDr. Elena Bendíková, PhD.

Aim of the Conference:

Presentation of knowledge in the field of health, prevention, physical activity, leisure and health-oriented fitness in schoolchildren. The conference will also include the implementation of a workshops aimed at presenting the results of the research carried out in the project scheme: "VEGA no. 1/0427/22 Prevention of pupils' postural health by physical activity".

Scientific Committee of Conference:

Chairman: prof. PaedDr. Elena Bendíková, PhD., Faculty of Education, Ružomberok, Slovakia

Members:

prof. Ricardo Ricci Uvinha, University of Sao Paulo, Sao Paulo, Brazil

prof. Gheorghe Balint, PhD., Vice-president of FIEPS Europe, Romania

prof. Dr. Anetta Müller, PhD., Debrecen University, Debrecen, Hungary

prof. Laurențiu-Gabriel Talaghir, PhD. "Dunarea de Jos" University of Galati, Romania

prof. Dr. Miklós Bánhidi, Ph.D., Chairman of the World Leisure Organization Youth Ambassador Committee, Hungarian University of Sports Science, Hungary

Dr. hab. PaedDr. Beáta Dobay, PhD., J. Selye University, Slovakia; University of Sopron, Hungary

assoc. prof. Mgr. Dagmar Nemček, PhD., Comenius University, Bratislava, Slovakia

assoc. prof. PaedDr. Robert Rozim, PhD., Catholic Universtiy Ružomberok, Slovakia

Dr. habil. PaedDr. Ing. István Szőköl, PhD., Trnava University in Trnava, Trnava, Slovakia

assoc. prof. Dragos Ioan Tohanean, PhD., University of Transilvania in Brasov, Brasov, Romania

assoc. prof. PhD. Ioan Turcu, PhD., University of Transilvania in Brasov, Brasov, Romania

PaedDr. Peter Krška, PhD., Catholic Universtiy Ružomberok, Slovakia

BSc. MSc. Vassilios Panoutsakopoulos, PhD., Aristotle University of Thessaloniki, Greece

Mgr. Iva Balkó, Ph.D. Jan Evangelista Purkyně University Ústí nad Labem, Czech Republic

Academic Researches:

Mgr. et Mgr. Peter Šagát, PhD., LL.M., Prince Sultan University, Riyadh, Saudi Arabia

Mgr. Peter Bartík, PhD., Prince Sultan University, Riyadh, Saudi Arabia

Mgr. Pablo Prieto Gonzalez, PhD., Prince Sultan University, Riyadh, Saudi Arabia

Organizational Committee of Conference:

assoc. prof. PaedDr. Robert Rozim, PhD., prof. PaedDr. Elena Bendíková, PhD., Kamila Lóšková

Conference sessions: Physical and sport education, Health-oriented fitness and prevention, Leisure

Registration: until 30. 3. 2024

Submission: abstract deadline: until 30. 3. 2024, full text deadline: until 15. 6. 2024

Abstract must contain at most 200 words and 3- 5 keywords. It will be written in Calibri, Size 12, Justified. The scientific (full text) articles that will be accepted will be published in: "Collection of Scientific Articles". The conference fee (100 euros) covers technical facilities, the conference map, and participation in the conference activities (plenary presentations, workshop, and poster session) and social evening (only for the main author).

Terms of the Poster Drafting: The poster must have the size of 100/70 cm. The option for poster presentation will be communicated when you send the abstract.

Contact: assoc. prof. Robert Rozim, PhD., conference secretary, email: robert.rozim@ku.sk,

<https://www.ku.sk/en/faculties/faculty-of-education/departments/department-of-physical-education-and-sport>

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Keynotes speakers:

Chairman of the World Leisure Organization Youth Ambassador Committee:

prof. Dr. Miklós Bánhidi, Ph.D.,

Hungarian University of Sports Science, Hungary

Link: <https://www.worldleisure.org/dr-miklos-banhidi/>

Academic Researcher:

Dr. Peter Šagát, PhD., Assist. Prof.,

Prince Sultan University, Riyadh, Saudi Arabia

Link: <https://www.psu.edu.sa/en/CHS/faculty-details/621>

CONFERENCE PROGRAMME

HPAL&P2024	<i>"Health, physical activity, leisure and prevention"</i>	
April 22 2024	13:00	Welcoming the guests
	14:00	Opening of the ceremony Keynotes speakers
	15:30	Coffee break
	16:00	Workshop 1 "Movement program supporting the health-oriented fitness of pupils" Activity coordinator: assoc. prof. Mgr. Dagmar Nemček, PhD., Comenius University, Bratislava, Slovakia
		Workshop 2 "Leisure activities for schoolchildren - health promotion" Activity coordinator: prof. Dr. Miklós Bánhidi, Ph.D., Hungarian University of Sports Science, Hungary
		Workshop 3 "Exercise program to support body posture for pupils" Activity coordinator: prof. Dr. Elena Bendíková, PhD., Faculty of Education, Ružomberok, Slovakia
	19:00	Social evening (Faculty of Education, CU Ružomberok)
April 23 2024	10:00	Plenary presentations A (Faculty of Education, CU Ružomberok)
	12:00	Workshop 4 "Physical activities in children of younger school age in relation to body posture and body weight" Activity coordinator: Dr. hab. PaedDr. Beáta Dobay, PhD., J. Selye University, Slovakia; University of Sopron, Hungary
	13:00	Coffee break
	14:30	Plenary presentations B
	16:30	Workshop 5 "Exercise program as a prevention of movement system disorders in pupils" Activity coordinator: prof. Dr. Elena Bendíková, PhD., Faculty of Education, Ružomberok, Slovakia
April 24 2024	18:00	Culture and traditions, visiting the city
	9:00	Poster presentations, Activity coordinator: Mgr. et Mgr. Peter Šagát, PhD., LL.M., Prince Sultan University, Riyadh, Saudi Arabia
	11:00	Coffee break
	11:30	Student activities, Activity coordinator: assoc. prof. Dr. Robert Rozim, PhD.
	14:00	Awarding of diplomas, Activity coordinator: assoc. prof. Dr. Robert Rozim, PhD., Faculty of Education, Ružomberok, Slovakia Closing of the conference

"HEALTH, PHYSICAL ACTIVITY, LEISURE AND PREVENTION"



*Department of Physical Education and Sports represented by prof. PaedDr. E. Bendíková, PhD., in cooperation with the Department of Preschool and Elementary Pedagogy, represented by assoc. prof. PaedDr. R. Rozim, PhD. and under the patronage of PaedDr. Petra Kršku, PhD., Dean of the Faculty of Education of the CU in Ružomberok, Slovakia, will organize an international scientific conference, **"Health, physical activity, leisure and prevention"** from 4/22/2024 to 4/24/2024. The international scientific conference will take place under the auspices of **World Leisure Day, FIEPS, World Leisure Organization Youth Ambassador Committee** and "Grant Project: **"VEGA Prevention of pupils' postural health by physical activity, no. 1/0427/22"**.*

*prof. PaedDr. E. Bendíková, PhD.
FIEPS World Ambassador, guarantor of the conference*

Contact: robert.rozim@ku.sk, conference secretary