

Evropski centar
za mir i razvoj
Terazije 41/I
11000 Beograd, Srbija

ECPD Headquarters

European Center
for Peace and Development
Centre Européen
pour la Paix et le Développement
Centro Europeo
para la Paz y el Desarrollo
Европейский центр
мира и развития



University for Peace established by the United

Belgrade, 26 January 2018

The European Center for Peace and Development (ECPD) established by the United Nations University for Peace, within its International Knowledge Transfer Program in the field of Medical and Biomedical Studies, in cooperation with the **Ministry of Health of Serbia, VAMK University (Finland), Faculty of Medical Sciences University of Kragujevac and South Eastern Europe Health Network (SEEHN)**, organizes

ECPD INTERNATIONAL SPECIALIST SCHOOL OF **SPORTS MEDICINE**

(Belgrade, 17 – 20 May 2018)

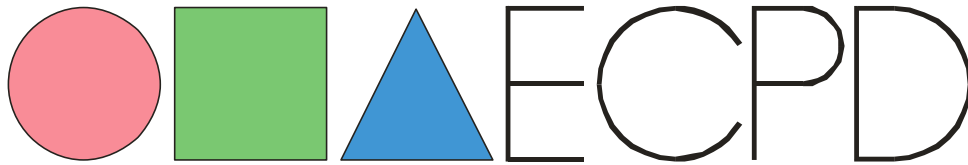
The European Center for Peace and Development University for Peace established by the United Nations is organizing this School with a view to familiarise participants with the latest findings, practical and scientific advances in the field of sports and recreational medicine thus contributing to the promotion of sports and sports recreation. Dynamic development of sports medicine and the increasing need for subspecialist knowledge in this field require a new approach to the education of professionals and satisfying partial knowledge of participants. The School is intended for doctors and graduates of Faculties of Physical Education and Sports, but also for other professionals in the area of sports and recreation.

Director of the ECPD International Specialist School of Sports Medicine is **Prof. Dr. Tomislav Jovanović**, professor of the University of Belgrade and ECPD University for Peace UN, and **Co-Director** is **Prof. Dr. Vladimir Jorga**, professor of the University of Belgrade. Lectures are delivered by distinguished experts and professors, selected according to the highest academic standards of the ECPD University for Peace established by the United Nations.

The School Programme is realized in **four thematic Seminars**, all of which **accredited** by the Health Council of Republic of Serbia as a **program of continuous medicinal education for medical doctors, pharmacologists, nurses and medical technicians**, obtaining **12 points for the lecturers and 4 points for attendees**, as well as **National courses of the first category**.

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E-mail: ecpd@EUnet.rs office@ecpd.org.rs



PROGRAM

MODULE 1 SPORTS CARDIOLOGY AND CLINICAL SPORTS MEDICINE

Principles, importance and methodology of pre-competition examination
Cardiology as diagnostic tool in sports
Contraindications to sports participation
Sports and medical aspects of female athletes
Basic principles of sports medicine for paediatric population
Principles of exercise programming and dosing
Medical hygiene and ecology of sports
Sports psychology and psychotherapy: basic concepts

MODULE 2 SPORTS NUTRITION AND SUPPLEMENTATION

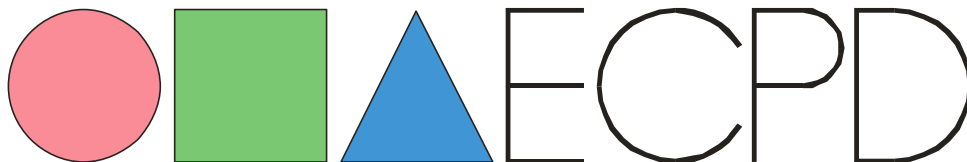
Definition of the nutritional status in sports
Dietary needs for athletes in various sports
Diet before, during and after sports activities
Meal Plans in recreational and top sports
Nutrition techniques for change in body mass and structure
Ergogenic aids in sports
Basics of doping and anti-doping control
Dietary pattern disorders in sports

MODULE 3 SPORTS TRAUMATOLOGY AND REHABILITATION

Epidemiology of sports injuries – modern trends
Endogenous and exogenous factors of sports injuries and principles of prevention
Basic diagnostic principles of sports injuries
Conservative treatment of acute sports injuries
Management of chronic sports injuries
Principles of emergency sports medicine
Basics of sport rehabilitation with practical case studies
Medical care of a sports team – role of a sports doctor

MODULE 4 FUNCTIONAL DIAGNOSTICS IN SPORTS

Parameters of morpho-functional diagnostics in sports medicine and sports sciences
Direct and indirect definition of aerobic capacity
Basics of biochemical monitoring in sports
Measurement of aerobic capacity and capacity in sports
Methodology of strength and power testing in sports disciplines
Histological testing in sports: practical guidelines
Measurement of body dimensions and structure of body composition
Identifying talents and profiling in top sports



CERTIFICATE

Based on acquired knowledge and skills during the work of the School, the participants will receive an **internationally valid Certificate of the European Center for Peace and Development (ECPD) of the University for Peace established by the United Nations, Faculty of Medical Sciences University of Kragujevac and VAMK University, Finland, nationally and internationally accredited.**

Application Form and Participation Fee

School participants can apply for individual, conjunct or all courses mentioned above. **Participation fee** for each individual Seminar is **150 EUR** and it covers all expenses of teaching organization and materials, along with the appropriate literature. In order to enable participants to master the lectures successfully, ECPD will provide simultaneous translation.

Applications for participation in the ECPD International Specialist School of Sport Medicine should be submitted to the European Center for Peace and Development (ECPD) established by the United Nations University for Peace, Terazije 41, 11000 Belgrade; Fax: +381 11 3240-673, E-mail: office@ecpd.org.rs and ecpd@eunet.rs; www.ecpd.org.rs

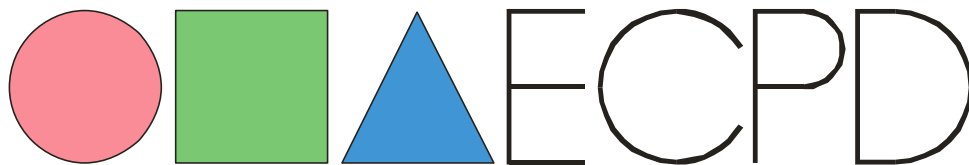
Looking forward to your application and meeting you soon, we remain,

Yours sincerely,

DIRECTOR OF ECPD BIOMEDICAL
AND MEDICAL STUDIES
(Academician Vladimir Kanjuh)

ECPD EXECUTIVE DIRECTOR
Prof. Dr. Negoslav P. Ostojić





EUROPEAN CENTER FOR PEACE AND DEVELOPMENT (ECPD)
ESTABLISHED BY THE UNITED NATIONS UNIVERSITY FOR PEACE

ECPD INTERNATIONAL SPECIALIST SCHOOL OF
SPORTS MEDICINE

(Belgrade, 17 - 20 May 2018)

SEMINAR I

SEMINAR III

SEMINAR II

SEMINAR IV

APPLICATION FORM

1. First name and surname _____

2. Education _____

3. Speciality _____

4. Organization (name, address, place, telephone, fax) _____

5. Workplace or position _____

6. Contact address (if different from the above-stated) _____

7. Telephone: _____ Fax _____

E-mail address: _____

The Application form should be delivered to the European Center for Peace and Development established by the United Nations University for Peace, Terazije 41, 11000 Belgrade, Tel: +381 11 3246 041; Fax: +381 11 3240 673; e-mail: office@ecpd.org.rs and ecpd@eunet.rs

The participation fee should be paid through the ECPD account. Regarding the payment instructions and issuing of pro-forma invoice, please contact the ECPD Financial Department, Tel: +381 11 3246 041; E-mail: ecpd@Eunet.rs and office@ecpd.org.rs

Place and date: _____ Applicant: _____