

**Evropski centar  
za mir i razvoj**  
Terazije 41  
11000 Beograd, Serbia

**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 est. by the United Nations

January 30 2024

The European Center for Peace and Development established by the United Nations University for Peace (ECPD), within its International Knowledge Transfer Program in the field of Medical and Biomedical Studies, in cooperation with the **University of Berlin (Germany)**, **Long Island University (USA)**, **VAMK University (Finland)**, **Istituto Superiore di Sanità (Italy)**, and **South-Eastern Europe Health Network (SEEHN)**, is organizing

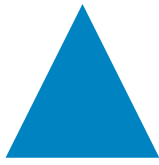
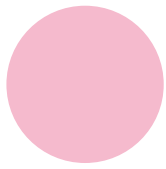
## ECPD INTERNATIONAL SPECIALIST SCHOOL

# SPORTS MEDICINE

(Belgrade, 6 – 9 June 2024)

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. Vladimir Jorga**, professor at the University of Belgrade and Dean of the ECPD International Faculty of Sport. Lectures are delivered by distinguished experts and professors, selected according to the highest academic standards of the ECPD UN University for Peace.



# ECPD



## PROGRAM

The **School Program** covers the following thematic areas:

### **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**

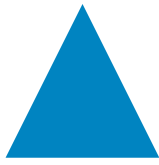
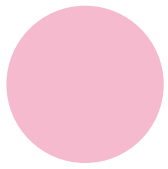
- Definition of the nutritional status in sports
- Dietary needs for athletes in various sports
- Diet before, during and after sports activities
- Meal Plans in recreational and top sports
- Nutrition techniques for change in body mass and structure
- Ergogenic aids in sports
- Basics of doping and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



# ECPD



## CERTIFICATE

School participants that have successfully completed the program will obtain an nationally and internationally accredited **Certificate** of the **European Center for Peace and Development of the University for Peace** established by the United Nations.

## APPLICATION FORM AND PARTICIPATION FEE

School participants may choose to attend individual, combined or all seminars together. **Registration fee** for each individual module is **190 EUR**, whereas registration fee for all four modules, attended continuously, is **590 EUR**. The fee includes costs of preparation and organization of lectures, as well as teaching material and literature.

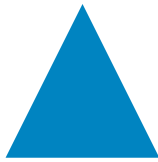
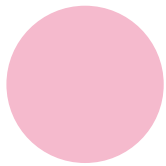
**Applications** for participation should be submitted to the European Center for Peace and Development (ECPD) UN University for Peace, Terazije 41, 11000 Belgrade; fax: +381 11 3240-673, +381 11 3234-082, e-mail: [office@ecpd.org.rs](mailto:office@ecpd.org.rs) and [ecpd@eunet.rs](mailto:ecpd@eunet.rs)

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

Sincerely yours,



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



# ECPD



## ECPD INTERNATIONAL SPECIALIST SCHOOL

### SPORTS MEDICINE

(Belgrade, 6 – 9 June 2024)

#### APPLICATION FORM

Seminar I

Seminar III

Seminar II

Seminar IV

Name and surname

Educational background

Specialty

Organization (name, address, phone)

Workplace or function

Address for correspondence (if different than the given one)

Phone

Fax

E-mail address:

Licence number

The Application Form should be submitted to the European Center for Peace and Development University for Peace, Terazije 41, 11000 Belgrade; Tel: +381 11 3246 041; E-mail: [office@ecpd.org.rs](mailto:office@ecpd.org.rs) and [ecpd@eunet.rs](mailto:ecpd@eunet.rs); [www.ecpd.org.rs](http://www.ecpd.org.rs)

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

Place and date

Applicant

(Signature)