

Symposium



Symposium

Physical Activity and Health Education in European Schools

*Facultad de Ciencias de la Actividad Física y del Deporte-INEF
Universidad Politécnica de Madrid*

23.-24. April 2009
Madrid



INTRODUCCION

Health(a)ware is an open and dynamic symposium which focuses on Physical Activity as a privileged subject to approach health in its broad sense, and new initiatives for health education in the school setting.

PARTICIPANTS

1. Health(a)ware Project Partners, research groups from: Spain, Germany, Poland, Austria, Norway, Check Republic and Norway
2. Research experts from all over the world invited as speakers.
3. Active researchers interested in the area.
4. Professionals and Policy makers in the field of Health Promotion and Health and Physical Activity.

WORKING AREAS

- Promotion of health education at schools.
- Physical activity and Health. New approaches for practical health education in the PE class.
- Physical education: how is it dealt with in European schools.



ORGANISERS

Organizing Committee:

President: Marcela González-Gross (Madrid, Spain)

Secretary: Paloma Navarro Dongil (Madrid, Spain)

Albers, Ulrike (Madrid, Spain)

Benito Peinado, Pedro José (Madrid, Spain)

Cañada, David (Madrid, Spain)

Carranza Gil-Dolz del Castellar, Marta (Madrid, Spain)

Fuentes Jiménez, Francisco (Madrid, Spain)

Gómez Lorente, Juan José (Madrid, Spain)

Noriega Borge, M^a José (Santander, Spain)

Ortiz Menéndez, Juan Carlos (Madrid, Spain)

Pedrero Chamizo, Raquel (Madrid, Spain)

Redondo, Carlos (Santander, Spain)

De Rufino Rivas, Pedro (Santander, Spain)

Valtueña, Jara (Madrid, Spain)



Scientific Committee:

President: Hanno Strang (Berlín, Germany)

Secretary: David Cañada (Madrid, Spain)

Blázquez, Domingo (Barcelona, Spain)

Bronikowski, Michal (Poznan, Poland)

Calderón Montero, Francisco Javier (Madrid, Spain)

Casajús, José Antonio (Zaragoza, Spain)

Castillo Garzón, J. Manuel (Granada, Spain)

Devis Devis, José (Valencia, Spain)

Erdmann, Ralf (Oslo, Norway)

García Fuentes, Miguel (Santander, Spain)

González-Gross, Marcela (Madrid, Spain)

Kleiner, Konrad (Vienna, Austria)

Knisel, Elke (Berlin, Germany)

Martínková, Irena (Prague, Czech Republic)

Meléndez, Agustín (Madrid, Spain)

Moreno Aznar, Luis A. (Zaragoza, Spain)

Sainz Martín, Maria (Madrid, Spain)

Sampedro Molinuevo, Javier (Madrid, Spain)

Stache, Antje (Berlín, Germany)

Vallés Rodríguez, Tomás (Madrid, Spain)



SPEAKERS

Blázquez, Domingo (Barcelona, Spain)
Bronikowski, Michal (Poznan, Poland)
Carranza Gil-Dolz del Castellar, Marta (Madrid, Spain)
Castillo Garzón, Manuel J. (Granada, Spain)
Devis Devis, José (Valencia, Spain)
Erdmann, Ralf (Oslo, Norway)
Gilbert, Chantal (Birmingham, Great Britain)
González-Gross, Marcela (Madrid, Spain)
De Henauw, Stefaan (Ghent, Belgium)
Kleiner, Konrad (Vienna, Austria)
Knisel, Elke (Berlin, Germany)
Martínková, Irena (Prague, Czech Republic)
Mendoza, Francisco (Badajoz, Spain)
Moreno Aznar, Luis A. (Zaragoza, Spain)
Prill, Markus (Berlín, Germany)
Ruiz Ruiz, Jonatan (Granada, Spain)
Sainz, Maria (Madrid, Spain)
Stache, Antje (Berlín, Germany)



Programm

23rd-24th. April 2009

Meeting place:
Facultad de Ciencias de la Actividad Física y del Deporte-INEF
c/Martín Fierro 7,
28040 Madrid

Synopsis

Thursday, April 23rd, 2009

Time	Contents
8:30-10:00	Reception/Registration
10:00-11:00	Invited key lecture
11:00-11:30	Coffee Break and poster
11:30-12:00	Official inauguration
12.00-13:30	Session 1. The Health(a)ware Project. Frame of the project. Presentation of the book
13:30-15:00	Lunch
15:00-16:00	Oral Communications
16:00-17:30	Round table: Health education at schools
17:30-18:00	Coffee Break and poster
18:00-19:30	Communication of educational experiences and Health Project in schools



Friday, April 24th, 2009

Time	Contents
9:00-10:30	Session 2: The HELENA experience. Practical implications for PE teachers
10:30-11:00	Coffee Break
11:00– 12:00	Oral communications/Poster
12:00-13:30	Round table: PE and Health: new approaches within the subject
13:30-15:00	Lunch
15:00-16:00	Oral communications/Poster
16:00-17:30	Round table: Status quo of PE in Europe.
17:30-18:00	Coffee Break
18:00-19:00	Invited key lecture
19:00-19:30	Closing ceremony



Expanded Programme:

Thursday. 23th, April 2009

- 8:30-10:00** Reception/Registration
- 10:00-11:00** Invited key lecture
Manuel Castillo. *“Nutrition or Fitness: Which is first?”*
- 11:00-11:30** Coffee Break and poster
- 11:30-12:00** Official inauguration
- 12.00-13:30** **Session 1. The Health(a)ware Project. Frame of the project. Presentation of the book**
- Elke Knisel.** *“Teaching examples from German“*
Konrad Kleiner *“Teaching examples from Austria“*
Michal Bronikowski *“Teaching examples from Poland“*
Ralf Erdmann *“Teaching examples from Norway“*
Irena Martínková *”Teaching examples from Czech Republic“*
David Cañada *”Teaching examples from Madrid”*
- 13:30-14:30** Lunch
- 14:30-15:30** Oral Communications
- 15:30-17:30** **Round table: Health education at and around schools**
- Maria Sainz** *“Theoretical frame for health education at schools”*
Markus Prill *“Implementation of Health Promotion at School”*
Marta Carranza *“Physical activity and sport as part of the lifestyle of children and adolescents”*
José Ramón Lete *“The GanaSalud Program”*
- 17:30-18:00** Coffee Break and poster
- 18:00-19:30** **Communication of educational experiences and Health Project in different settings**



Friday. 24th, April 2009

- 9:00-10:30** **Session 2: The HELENA experience. Practical implications for PE teachers**
- Chantal Gilbert**, *“Food choices and preferences”*
Stefaan De Henauw, *“Community-based pilot intervention programme”*
Luis A. Moreno Aznar, *“Obesity prevalence in European adolescents”*
- 10:30-11:00** **Coffee Break**
- 11:00– 12:00** **Oral communications/Poster**
- 12:00-13:30** **Round table: PE and Health: new approaches within the subject**
- José Devis Devis** *“Health paradigm in PE”*
Francisco Mendoza *“Motivation from the practice”*
Michal Bronikowski *“Direct or indirect teaching in PE and Health - this is a question?”*
- 13:30-15:00** **Lunch**
- 15:00-16:00** **Oral communications/Poster**
- 16:00-16:45** **Jonatan Ruiz.** *“Assessing Physical Fitness at a Population Level and in the School Setting: The ALPHA Study”*
- 16:45-17:15** **Coffee Break**
- 17:15-18:45** **Round table: Status quo of PE in Europe.**
- Domingo Blázquez** *“P.E in South Europe”*
Konrad Kleiner *“P.E in Central Europe”*
Ralf Erdmann *“P.E in North Europe”*
- 18:45-19:15** **Closing ceremony**



Social Programme

Symposium dinner (23th, April, 2009. Thursday night)

ABSTRACTS, POSTERS AND AWARDS

- All the submitted abstracts will be considered for “Poster” presentations in the Health(a)ware Symposium by the Scientific Committee.
- The accepted abstracts will be published in the Symposium abstracts’ book.

Abstracts:

- Title (bold letters) and authors’ names and affiliations.
- Structured abstracts (Background, Objective/s, Methods, Results, Conclusions and References) are restricted to 400 words (without title, authors and institutions and references).
- Time New Roman 12 should be used and it may not contain any tables or graphs.
- Format file: Microsoft Word or equivalent is preferred.
- Presenting authors: Indicate the name of the presenting authors and his/her contact details (e-mail and phone number required). This person is the only one receiving the information on acceptance of the abstract submitted and any other correspondence.
- Registration is a requirement for presenting a poster in the Symposium.



- The submission of more than one abstract as first author is not allowed. However, an author can be co-author in other abstracts.
- Language: The official language of the Symposium is English; thereby, abstracts written in English are preferred. Nevertheless, abstracts written in Spanish will also be considered.

Note: Please, find below an example of the required format for abstracts

for abstract submission:
Send your abstract/s to:
 healthawaremadrid@gmail.com

Posters:

- Posters size should be 90 cm in height and 60 cm in width.
- The posters will be fixed at the moment of the registration and will be showed until the end of the Symposium.

Awards:

All participants are encouraged to submit an abstract. The best poster will be awarded (200€).

Deadline for abstract submission:

March, 3rd, 2009



Example of the required format for abstracts

Cardiac and Ventilatory Recovery, and Their Lactatemy Relation, After a maximal Ergometry Test in Healthy Subjects.

Author: Benito, P.J¹; Díaz, V¹; Peinado, A.B¹; Butragueño, J¹; Álvarez M¹; Calderón, F.J¹; Castillo, M.J²

(1) Facultad de Ciencias de la Actividad Física y del Deporte -INEF, Universidad Politécnica de Madrid.

(2) Facultad de Medicina, Universidad de Granada.

Introduction. The cardiovascular diseases constitute the first cause of death and of hospital stay in Spain, besides generating an annual higher health-care cost to the 4.000 million euros, being one of the main concerns in the plans of health (1,2).

Objective. Some investigations have revised the relationship between the recovery post-effort and the risk of coronary artery disease, however, few works have compared the different aspects of the recovery in their more decisive slopes, such as the acid-base state, the lactate concentration, the ventilatory and cardiac recovery regain, this is the purpose of the present work.

Methods. Thirty two young and healthy subjects, carried out a maximal ergometric test in cycle. They registered the variables from the warm up until the finalization of the test, and during the 20 minutes post-exercise. An analysis of the variance (ANOVA) of repeated measures was used with tow intrasubjects factors, to show the differences between the factors. An linear regression analysis step by step was used to show the relationships of the variables with the performance.

Results. After five minutes of recovery, the ventilation was to 85,1% of its maximum reserve, while the heart had recuperated 65,7% of the cardiac reserve and the lactate concentration arrived to values of 15,4% regarding the basal ones. In the minute twenty, the ventilation (97,8%) had reached near values those of rest, the heart rate and the lactate 73,3%, 57,6% respectively, far from the basal situation.

Conclusion. The study of the rates of recovery post-effort, so much at ventilatory, cardiac level or metabolic, it could be good to know the physiologic human limits and to use them in those patients with cardio-respiratory problems, as a bookmark of cardiac possible risk, besides being able to check the evolution of the patients during a cardiopulmonary rehabilitation programs.

References.



1. Garcia-Dorado D, Castro-Beiras A, Diez J, Gabriel R, Gimeno-Blanes JR, Ortiz de Landazuri M, et al. Cooperative Cardiovascular Disease Research Network (RECAVA). Rev Esp Cardiol. 2008; 61: 58-65.
2. Medrano MJ, Pastor-Barriuso R, Boix R, del Barrio JL, Damian J, Alvarez R, et al. Coronary disease risk attributable to cardiovascular risk factors in the Spanish population. Rev Esp Cardiol. 2007; 60: 1250-6.

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Registration & Payment

Fees for registration:

	Before February 28 th , 2009	After February 28 th , 2009
Type 1* : Ordinary registration	80 €	100 €
Student registration	40 €	40 €
Type 2** : Full registration	120 €	140 €

* Includes coffee breaks and lunches

** Includes also typical Spanish dinner and show. April, 23th, 2009

Website: <http://www.health-a-ware.eu/>

For registration, please enter the web site, fill in and send the pdf form.

INFORMATION AND CONGRESS SECRETARY

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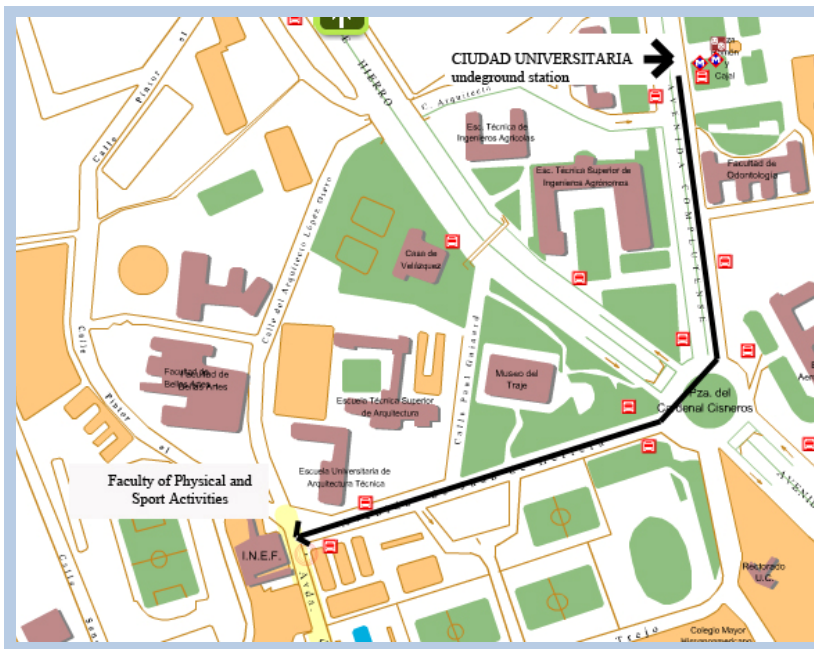
CONGRESS VENUE

Facultad de Ciencias de la Actividad Física y del Deporte-INEF

Universidad Politécnica de Madrid

c/ Martín Fierro nº 7

E-28040 Madrid. Spain.



How to get here:

Bus: The regular lines “U” and “46” stop just in front of the Faculty and pass by the mentioned tube stations.

Tube: The closer tube stations are: “Ciudad Universitaria” line 6 and “Moncloa” lines 6 and 3.

More information: www.ctm-madrid.es



SPONSORS



OFFICIAL LANGUAGE

English (there will be simultaneous translation into Spanish)

CREDIT POINTS

For University Students, the attendance of the symposium will be compensated with 2 LE credit points.

