

**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**



Belgrade, 18 November 2019

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 **Ministry of Health of Serbia, Ministry of Health of Montenegro, Ministry of Health of the Federation of Bosnia and Herzegovina, Ministry of Health and Social Welfare of the Republic of Srpska, Technical University of Berlin (Germany), Long Island University (USA), VAMK University (Finland), Istituto Superiore di Sanità (Italy), National School of Public Health of Greece and South-Eastern Europe Health Network (SEEHN)**, is organizing

ECPD INTERNATIONAL SPECIALIST SCHOOL OF SPORTS MEDICINE

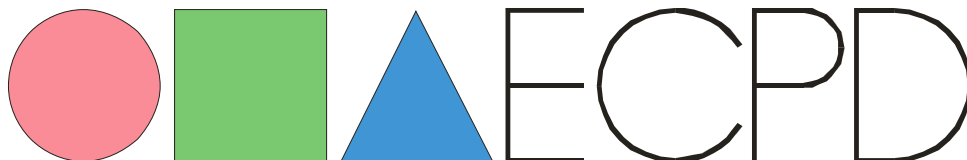
(Belgrade, 23 – 26 January 2020)

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.

Co-Directors of the ECPD International Specialist School of Sports Medicine are **Prof. Dr. Vladimir Jakovljević**, Dean of the Faculty of Medical Sciences University of Kragujevac and **Prof. Dr. Vladimir Jorga**, 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.

Program of the School is implemented within four thematic seminars, aimed at education of physicians, pharmacists, nurses and health technicians.

Phone +381 11 3246-041, 3246-042, 3246-043, 3246-044, 3246-045 Fax: 3240-673, 3234-082
E-mail: ecpd@EUnet.rs office@ecpd.org.rs



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

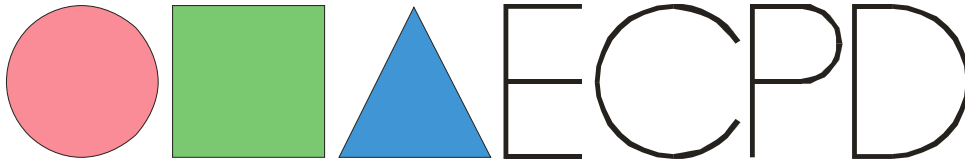
Definition of the nutritional status in sports
Dietary needs for athletes in various sports
Diet before, during and after sports activities
Meal Plans in recreational and top sports
Nutrition techniques for change in body mass and structure
Ergogenic aids in sports
Basics of doping and anti-doping control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



CERTIFICATE AND ACCREDITATION

The School is granted international and national accreditation, which means that participants who complete the planned curriculum shall acquire an **international Certificate**, co-signed by **ECPD University for Peace established by the United Nations (ECPD)**, **University of Kragujevac** and **VAMK University, Finland**, which is recognized in all member states of 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 **170 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 and ecpd@eunet.rs

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

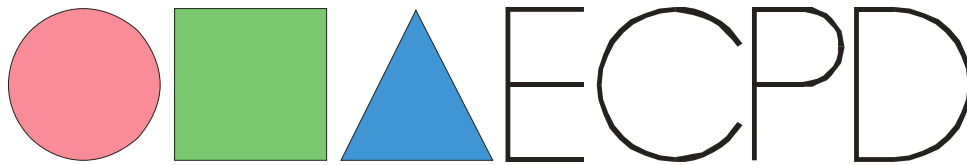
Sincerely yours,

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

ECPD EXECUTIVE DIRECTOR
(Prof. Dr. Negoslav Ostojić)

RECTOR OF VAMK UNIVERSITY
(Prof. dr Tauno Kekale)





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

ECPD INTERNATIONAL SPECIALIST SCHOOL OF
SPORTS MEDICINE

(Belgrade, 23 – 26 January 2020)

Seminar I

Seminar III

Seminar II

Seminar IV

APPLICATION FORM

1. Name and surname _____

2. Education _____

3. Specialty _____

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; Fax: +381 11 3240 673, 3234 082; E-mail: office@ecpd.org.rs and ecpd@eunet.rs

The participation fee should be paid through the ECPD account. Regarding the payment instructions, 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: _____