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# **VI EUROPEAN FITNESS CONGRESS**

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**30. 09. 2016.**

**Theatre Madlenianum**

**Glavna 32  
Zemun, Serbia**





## TEME I PREDAVAČI / THEMES AND LECTURERS

### Šta je zdravstveni fitness?

**PROF. DR DUŠAN PERIĆ**

profesor na Fakultetu za sport i turizam TIMS u Novom Sadu (Srbija)

### What is the medical fitness?

**PROF. DR DUŠAN PERIĆ**

Ph.D. University for Sports and Tourism TIMS, Novi Sad (Serbia)

### Inicijalno testiranje kao uvod u pravilno doziranje treninga

**PAUL EIGENMANN**

Predsednik švajcarskog DIN instituta za sertifikovanje fitness klubova (Švajcarska)

### Initial testing – introduction to a proper dosing of training

**PAUL EIGENMANN**

Chairman of DIN-Institute for Certification Swiss Fitness Clubs (Switzerland)

### Athletski trening - trend ili uvažena metoda treninga?

**PROF. DR DANIEL KAPTAIN**

Doktor sportske ekonomije i profesor na sportskom univerzitetu u Saarbrückenu DHfPG (Nemačka)

### Athletic Training - trend or accepted method of training?

**PROF. DR DANIEL KAPTAIN**

Ph.D Sports economy, University of Applied Sciences, Saarbrücken (Germany)

### Da li klub može ekonomski opstati sa zdravstvenim ili fun fitnessom?

**THOMAS KÄMMERLING**

suvlasnik sportsko-medicinskog trening centra u Schwerte, fizioterapeut sa brojnim dodatnim kvalifikacijama u području fitnessa i sportske rehabilitacije (Nemačka)

### Does the club can survive economically with medical or fun fitness?

**THOMAS KÄMMERLING**

Co-owner of a health training center in Schwerte, physiotherapist with a numerous additional qualifications in the field of fitness and sports rehabilitation (Germany)

### Balans između doživljaja i efikasnosti - Sedam mitova fitnessa i zdravlja

**DR MED. DR DISC. POL. HOMAYUN GHARAVI**

Osnivač nemačke akademije primenjene sportske medicine DAASM (Nemačka)

### Balance between impression and efficiency – Seven myths of fitness and medical

**DR MED. DR DISC. POL. HOMAYUN GHARAVI**

Founder of German Academy of Applied Sports Medicine DAASM (Germany)

### Fitness i rekreacija kao dopuna profesionalnom sportu

**Predavač iznenađenja (Srbija)**

### Fitness and recreation as an addition to the professional sport

**Surprise guest lecturer (Serbia)**

### Gosti

**BIRGIT SCHWARZE**, Predsednica nemačkog fitness saveza (Nemačka), **REFIT KAMBEROVIĆ**, Generalni menadžer nemačkog fitness saveza i autor osam stručnih knjiga (Nemačka – Hrvatska), **SABRINA FÜTTERER**, DSSV (Nemačka).

### Guests

**BIRGIT SCHWARZE**, Chairwoman of German Association of Fitness DSSV (Germany), **REFIT KAMBEROVIĆ**, General Manager of German Association of Fitness (DSSV) and author of 8 professional books (Germany – Croatia), **SABRINA FÜTTERER** (DSSV).

# PLAN AKTIVNOSTI / ACTIVITY PLAN



## Madlenianum - Bel Etage

VREME	AKTIVNOST	LOKACIJA
09 <sup>00</sup> – 09 <sup>30</sup>	Prijavljivanje učesnika / Participant registration	Foaje
09 <sup>30</sup> – 10 <sup>00</sup>	Svečano otvaranje / Opening ceremony	Bel Etage
10 <sup>00</sup> – 10 <sup>45</sup>	Prof. dr Dušan Perić – Šta je zdravstveni fitness? / What is the medical fitness ?	Bel Etage
10 <sup>45</sup> – 11 <sup>00</sup>	Pitanja/Questions	Bel Etage
11 <sup>00</sup> – 11 <sup>45</sup>	Paul Eigenmann- Inicijalno testiranje kao uvod u pravilno doziranje treninga / Initial testing – introduction to a proper dosing of training	Bel Etage
11 <sup>45</sup> – 12 <sup>00</sup>	Pitanja / Questions	Bel Etage
12 <sup>00</sup> – 12 <sup>30</sup>	Pauza za kafu / Coffee break	Foaje
12 <sup>30</sup> – 13 <sup>15</sup>	Prof. dr Daniel Kaptain- Atletski trening- trend ili uvažena metoda treninga? / Athletic Training- trend or accepted method of training?	Bel Etage
13 <sup>15</sup> – 13 <sup>30</sup>	Pitanja / Questions	Bel Etage
13 <sup>30</sup> – 15 <sup>00</sup>	Ručak / Lunch	Foaje
15 <sup>00</sup> – 15 <sup>45</sup>	Thomas Kämmerling- Da li klub može ekonomski opstati sa zdravstvenim ili fun fitnessom? / Does the club can survive economically with medical or fun fitness?	Bel Etage
15 <sup>45</sup> – 16 <sup>00</sup>	Pitanja / Questions	Bel Etage
16 <sup>00</sup> – 16 <sup>45</sup>	Dr med. dr disc. pol. Homayun Gharavi – Balans između doživljaja i efikasnosti – Sedam mitova fitnessa i zdravlja / Balance between impression and efficiency – Seven myths of fitness and medical	Bel Etage
16 <sup>45</sup> – 17 <sup>00</sup>	Pitanja / Questions	Bel Etage
17 <sup>00</sup> – 17 <sup>30</sup>	Pauza za kafu / Coffee break	Foaje
17 <sup>30</sup> – 18 <sup>15</sup>	Predavač iznenađenja- Fitness i rekreacija kao dopuna profesionalnom sportu / Fitness and recreation as an addition to the professional sport	Bel Etage
18 <sup>15</sup> – 18 <sup>30</sup>	Pitanja / Questions	Bel Etage

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## ORGANIZATOR:



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Recreation and Fitness

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