
V EUROPEAN **FITNESS** **CONGRESS**

25. 09. 2015.

Hotel Crowne plaza

Vladimira Popovića 10

Novi Beograd, Serbia





TEME I PREDAVAČI / THEMES AND LECTURERS

Molekularna genetika i redukovanje telesne težine - praktični primer moderno individualizovanog zdravlja

DR HOSSEIN ASKARI

profesor na univerzitetu primenjenih nauka
Fresenius u Kelnu (Nemačka)

Molecular genetics and reduction of the body weight – practical examples of a modern individualized healthcare

DR HOSSEIN ASKARI

Professor at Fresenius University of Applied Sciences in Cologne (Germany)

Zašto je trening mišićne izdržljivosti najvažniji za fitness?

DR ALEKSANDAR DEJANOVIĆ

biomehanist posture i neurodinamike (Srbija)

Why a training of muscular endurance is the most important training in the field of fitness?

DR ALEKSANDAR DEJANOVIĆ

Posture Biomechanics and Neurodynamics (Serbia)

Zdravstveni aspekti kardio fitnessa

DR MARC WEITL

Doktor sportske medicine – osnivač kompanije
Cardioscan (Nemačka)

Medical aspects of cardio fitness

DR MARC WEITL

PhD of Medicine in Sport (Germany)

Neuromarketing - efikasni put prodaje kod novog kupca

PROF. DR OLIVER SCHUMANN

Doktor sportske ekonomije, sportski psiholog i profesor na privatnom sportskom univerzitetu u Sarbrikeni (Nemačka)

Neuromarketing - effective way to find a new customer

PROF. DR OLIVER SCHUMANN

PhD of sports economics, sports psychologist, and professor at private Sports University at Saarbrücken (Germany)

Fitness trener – visoko efikasno oružje protiv konkurencije ili samo bacanje novca?

THOMAS KÄMMERLING

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

Fitness instructor – high effective tool for beating the opponent or waste of money?

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)

Pet koraka u kreiranju efikasne strategije na društvenim medijima

FRED HOFFMAN

Međunarodni fitness ekspert i konsultant (Francuska)

Five steps to creating an effective social media strategy

FRED HOFFMAN

International fitness expert and consultant (France)

Okrugli sto

BIRGIT SCHWARZE, Predsednica nemačkog fitness saveza (Nemačka), PAUL EIGENMANN, Predsednik švajcarskog DIN instituta za sertifikovanje fitness klubova (Švajcarska), REFIT KAMBEROVIĆ, Generalni menadžer nemačkog fitness saveza i autor osam stručnih knjiga (Nemačka – Hrvatska), SABRINA FÜTTERER, DSSV (Nemačka) i svi predavači.

Round table

BIRGIT SCHWARZE, Chairwoman of German Association of Fitness DSSV (Germany), PAUL EIGENMANN, Chairman of DIN-Institute for Certification Swiss Fitness Clubs (Switzerland), REFIT KAMBEROVIĆ, General Manager of German Association of Fitness (DSSV) and author of 8 professional books (Germany – Croatia), SABRINA FÜTTERER (DSSV) and all lecturers.



PLAN AKTIVNOSTI / ACTIVITY PLAN

Sala Egej / Egej Hall

VREME/TIME	AKTIVNOST/ACTIVITY	LOKACIJA
09 ⁰⁰ – 09 ³⁰	Prijavljivanje učesnika/Participant registration	Lobi/Lobby
09 ³⁰ – 10 ⁰⁰	Svečano otvaranje/Opening ceremony	Sala Egej/Egej hall
10 ⁰⁰ – 10 ⁴⁵	Dr Hossein Askari – Molekularna genetika i redukcovanje telesne težine – praktični primer modernog individualizovanog zdravlja/ Molecular genetics and reduction of the body weight – practical examples of a modern individualized healthcare	Sala Egej/Egej hall
10 ⁴⁵ – 11 ⁰⁰	Pitanja/Questions	Sala Egej/Egej hall
11 ⁰⁰ – 11 ⁴⁵	Dr Aleksandar Dejanović – Zašto je trening mišićne izdržljivosti najvažniji za fitness?/ Why a training of muscular endurance is the most important training in the field of fitness?	Sala Egej/Egej hall
11 ⁴⁵ – 12 ⁰⁰	Pitanja/Questions	Sala Egej/Egej hall
12 ⁰⁰ – 12 ³⁰	Pauza za kafu/Coffee break	Lobi/Lobby
12 ³⁰ – 13 ¹⁵	Dr Marc Weitzl – Zdravstveni aspekti kardio fitnessa/ Medical aspects of cardio fitness	Sala Egej/Egej hall
13 ¹⁵ – 13 ³⁰	Pitanja/Questions	Sala Egej/Egej hall
13 ³⁰ – 15 ⁰⁰	Ručak/Lunch	Restoran / Restaurant
15 ⁰⁰ – 15 ⁴⁵	Prof. Dr Oliver Schumann – Neuromarketing – efikasni put prodaje kod novog kupca/ Neuromarketing – effective way to find a new customer	Sala Egej/Egej hall
15 ⁴⁵ – 16 ⁰⁰	Pitanja/Questions	Sala Egej/Egej hall
16 ⁰⁰ – 16 ⁴⁵	Thomas Kämmerling – Fitness trener – visoko efikasno oružje protiv konkurencije ili samo bacanje novca?/ Fitness instructor – high effective tool for beating the opponent or waste of money?	Sala Egej/Egej hall
16 ⁴⁵ – 17 ⁰⁰	Pitanja/Questions	Sala Egej/Egej hall
17 ⁰⁰ – 17 ³⁰	Pauza za kafu/Coffee break	Lobi/Lobby
17 ³⁰ – 18 ¹⁵	Fred Hoffman – Pet koraka u kreiranju efikasne strategije na društvenim medijima/ Five steps to creating an effective social media strategy	Sala Egej/Egej hall
18 ¹⁵ – 18 ³⁰	Pitanja/Questions	Sala Egej/Egej hall
18 ³⁰ – 19 ⁰⁰	Okrugli sto – Birgit Schwarze, Paul Eigenmann, Refit Kamberović, Sabrina Fütterer i svi predavači / Round table – Birgit Schwarze, Paul Eigenmann, Refit Kamberović, Sabrina Fütterer and all lecturers	Sala Egej/Egej hall

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