

# **X EUROPEAN X FITNESS CONGRESS**

**23. 10. 2020.**

**Beogradski sajam, hala 4**

**Bulevar Vojvode Mišića 14, Belgrade, Serbia**



### **Efekti treninga na imuni odgovor**

**Prof. dr Vladimir Ilić,**  
Fakultet sporta i fizičkog vaspitanja  
Univerziteta u Beogradu

### **Effects of training on the immune response**

**Prof. dr Vladimir Ilić,**  
Faculty of Sports and Physical  
Education, University of Belgrade

### **Vežbanje nakon infekcije Covid - 19: od teorije do prakse**

**Doc. dr sci. spec. Branka Marković,**  
fizijatar,  
Fakultet sporta i fizičkog vaspitanja  
Univerziteta u Beogradu

### **Exercise after Covid infection - 19: from theory to practice**

**Doc. dr sci. spec. Branka Marković,**  
physiatrist,  
Faculty of Sports and Physical  
Education, University of Belgrade

### **Vežbanje i psihološko dobrostanje – Izazovi pandemije Covid - 19**

**Van. prof. dr Ana Orlić,**  
Fakultet sporta i fizičkog vaspitanja  
Univerziteta u Beogradu

### **Exercise and psychological well-being - The challenges of the Covid 19 pandemic**

**Associate professor dr Ana Orlić,**  
Faculty of Sports and Physical  
Education, University of Belgrade

### **Vitamin D kao element odbrane od virusa Covid - 19**

**Prof. dr Dejan Škorić,**  
Univerzitetska dečija klinika Tiršova

### **Vitamin D as an element of defense against Covid 19 virus**

**Prof. dr Dejan Škorić,**  
University Children's Clinic Tiršova

### **Individualizacija vežbanja i ishrane u cilju poboljšanja telesnih sposobnosti**

**Prof. dr Duško Ilić,**  
Fakultet sporta i fizičkog vaspitanja  
Univerziteta u Beogradu

### **Individualization of exercise and diet in order to improve physical abilities**

**Prof. dr Duško Ilić,**  
Faculty of Sports and Physical  
Education, University of Belgrade

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# PLAN AKTIVNOSTI / ACTIVITY PLAN



## Beogradski sajam – Konferencijska sala u hali 4

VREME	AKTIVNOST	LOKACIJA
10 <sup>00</sup> – 10 <sup>30</sup>	Prijavljivanje učesnika / Participant registration	Foaje
10 <sup>30</sup> – 10 <sup>45</sup>	Svečano otvaranje / Opening ceremony	Konferencijska sala
10 <sup>45</sup> – 11 <sup>30</sup>	Prof. dr Vladimir Ilić – Efekti treninga na imuni odgovor / Effects of training on the immune response	Konferencijska sala
11 <sup>30</sup> – 12 <sup>15</sup>	Doc. dr sci. spec. Branka Marković – Vežbanje nakon infekcije Covid - 19: od teorije do prakse / Exercise after Covid infection - 19: from theory to practice	Konferencijska sala
12 <sup>15</sup> – 12 <sup>30</sup>	Pauza za kafu / Coffee break	Mala sala
12 <sup>30</sup> – 13 <sup>15</sup>	Van. prof. dr Ana Orlić – Vežbanje i psihološko dobrostanje – Izazovi pandemije Covid - 19 / Exercise and psychological well-being – The challenges of the Covid 19 pandemic	Konferencijska sala
13 <sup>15</sup> – 14 <sup>00</sup>	Ručak / Lunch	Mala sala
14 <sup>00</sup> – 14 <sup>45</sup>	Prof. dr Dejan Škorić – Vitamin D kao element odbrane od virusa Covid - 19 / Vitamin D as an element of defense against Covid - 19 virus	Konferencijska sala
14 <sup>45</sup> – 15 <sup>30</sup>	Prof. dr Duško Ilić – Individualizacija vežbanja i ishrane u cilju poboljšanja telesnih sposobnosti / Individualization of exercise and diet in order to improve physical abilities	Konferencijska sala



# X EUROPEAN FITNESS CONGRESS



**BELFIS**  
FITNESS&HEALTH EXPO

**ORGANIZATOR:**



Serbian Association for  
Recreation and Fitness

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