

XI EUROPEAN FITNESS CONGRESS

15. 10. 2021.

Beogradski sajam, hala 4
Bulevar Vojvode Mišića 14
Belgrade, Serbia



TEME I PREDAVAČI / THEMES AND LECTURERS

Šta će nam istezanje?!

Prof. dr Milan Cvetković

Fakultet sporta i fizičkog vaspitanja
Univerziteta u Novom Sadu

Why do we need stretching?!

Prof. dr Milan Cvetković

Faculty of Sports and Physical
Education, University of Novi Sad

Trening i ishrana za osobe preko 50 godina starosti

Prof. dr Stanimir Stojiljković

Fakultet sporta i fizičkog vaspitanja
Univerziteta u Beogradu

Training and nutrition for persons over 50 years

Prof. dr Stanimir Stojiljković

Faculty of Sports and Physical
Education, University of Belgrade

Sadržaj i značaj sportsko-medicinskog pregleda za rekreativne vežbače

Prof. dr Vladimir Ilić

Fakultet sporta i fizičkog vaspitanja
Univerziteta u Beogradu

Content and importance of sports-medical examination for recreational exercisers

Prof. dr Vladimir Ilić

Faculty of Sports and Physical
Education, University of Belgrade

Tehnika svesnog disanja: Moć sadašnjeg trenutka

Wolfgang Steiner

Učitelj disanja

Conscious breathing: The power of the now

Wolfgang Steiner

Integrativ breathwork teacher

Zašto su žene bolji maratonci od muškaraca?

Van. prof. dr Ivan Ćuk

Fakultet za fizičku kulturu i
menadžment u sportu
Univerziteta Singidunum

Why women are better marathoners than men?

Van. prof. dr Ivan Ćuk

Faculty of Physical Culture and
Sports Management, Singidunum
University

PLAN AKTIVNOSTI / ACTIVITY PLAN



Beogradski sajam – Konferencijska sala u hali 4

Moderator: Van. prof. dr Goran Prebeg

VREME	AKTIVNOST	LOKACIJA
9 ³⁰ – 10 ⁰⁰	Prijavljivanje učesnika / Participant registration	Foaje
10 ⁰⁰ – 10 ¹⁵	Svečano otvaranje / Opening ceremony	Konferencijska sala
10 ¹⁵ – 11 ⁰⁰	Prof. dr Milan Cvetković – Šta će nam istezanje?! / Why do we need stretching?!	Konferencijska sala
11 ⁰⁰ – 11 ⁴⁵	Prof. dr Stanimir Stojiljković – Trening i ishrana za osobe preko 50 godina starosti / Training and nutrition for persons over 50 years	Konferencijska sala
11 ⁴⁵ – 12 ⁰⁰	Pauza za kafu / Coffee break	Mala sala
12 ⁰⁰ – 12 ⁴⁵	Prof. dr Vladimir Ilić – Sadržaj i značaj sportsko-medicinskog pregleda za rekreativne vežbače / Content and importance of sports-medical examination for recreational exercisers	Konferencijska sala
12 ⁴⁵ – 13 ³⁰	Ručak / Lunch	Mala sala
13 ³⁰ – 14 ¹⁵	Wolfgang Steiner – Tehnika svesnog disanja: Moć sadašnjeg trenutka / Conscious breathing: The power of the now	Konferencijska sala
14 ¹⁵ – 15 ⁰⁰	Van. prof. dr Ivan Ćuk – Zašto su žene bolji maratonci od muškaraca? / Why women are better marathoners than men?	Konferencijska sala



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BELFIS
FITNESS&HEALTH EXPO

ORGANIZATOR:



Serbian Association for
Recreation and Fitness

Zdravka Čelara 14, 11000 Beograd
tel. +381 11 311 56 48, mob. +381 62 216 436
e-mail. office@srfs.org.rs
www.srfs.org.rs