

**XII EUROPEAN
FITNESS
CONGRESS**

15. 10. 2022.

Hala 4 Beogradski sajam, konferencijska sala
Bulevar Vojvode Mišića 14
Belgrade, Serbia



Zdravo i aktivno starenje:

Značaj fitnesa

Prof. dr Saša Pantelić

Fakultet sporta i fizičkog vaspitanja
Univerziteta u Nišu

Healthy and active aging:

The importance of fitness

Prof. dr Saša Pantelić

Faculty of Sports and Physical
Education, University of Niš

Manipulacija trenažnim varijablama kod treninga snage: Šta očekivati?

Prof. dr Vladimir Ilić,

specijalista sportske medicine

Fakultet sporta i fizičkog vaspitanja
Univerziteta u Beogradu

Manipulation of training vari- ables in the training of strength: What to expect?

Prof. dr Vladimir Ilić,

sports medicine specialist

Faculty of Sports and Physical
Education, University of Belgrade

Trening za koleno koje boli

Profesor sporta Bojan Avramović

Training for a knee that hurts

Sports professor Bojan Avramović

Prvi polumaraton

Marko Petrović,

MA personalni trener

The first half-marathon

MSc Marko Petrović,

personal trainer

Transformacije originalnih podataka u Z vrednosti u fitnessu

Prof. dr Veroljub Stanković

Fakultet za sport i fizičko vaspitanje
Univerziteta u Prištini – Kosovska
Mitrovica

Transformation of original data into Z values in fitness

Prof. dr Veroljub Stanković

Faculty of Sports and Physical
Education, University of Pristina -
Kosovska Mitrovica

PLAN AKTIVNOSTI / ACTIVITY PLAN



Beogradski sajam – Konferencijska sala u hali 4 Beogradskog sajma
15. 10. 2022.

VREME	AKTIVNOST	LOKACIJA
10:00 – 10:30	Prijavljivanje učesnika/ Participant registration	Foaje
10:30 – 11:15	Prof. dr Vladimir Ilić – Manipulacija trenažnim varijablama kod treninga snage: Šta očekivati? / Manipulation of training variables in the training of strength: What to expect?	Konferencijska sala
11:15 – 11:55	Marko Petrović – Prvi polumaraton / The first half-marathon	Konferencijska sala
11:55 – 12:05	Prof. dr Nebojša Čokorilo – Najava Optima konferencije / Optima conference announcement	Konferencijska sala
12:05 – 12:20	Pauza za kafu/Coffee break	Foaje
12:20 – 13:05	Prof. dr Saša Pantelić – Zdravo i aktivno starenje: Značaj fitnesa / Healthy and active aging: The importance of fitness	Konferencijska sala
13:05 – 13:50	Bojan Avramović – Trening za koleno koje boli / Training for a knee that hurts	Konferencijska sala
13:50 – 14:35	Prof. dr Veroljub Stanković - Transformacije originalnih podataka u Z vrednosti u fitnesu / Transformation of original data into Z values in fitness	Konferencijska sala
14:35 -	Poseta sajmu Belfis	Hala 5, Beogradski sajam

XII EUROPEAN FITNESS CONGRESS



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