

REPORT ON THE INTERNATIONAL SCIENTIFIC CONFERENCE „PHYSICAL EDUCATION AND SPORT IN RESEARCH” AND “AGING AND PHYSICAL ACTIVITY”

RYDZYNA, 10-12 SEPTEMBER 2009

On 10-12 September 2009, in Rydzyna near Leszno, an International Scientific Conference „Physical Education and Sport in Research” and „Aging and Physical Activity” was held. The Chairman of the Organising Committee was prof. dr hab. Wiesław Osiński and the Conference Secretary was dr hab. prof. nadz. Robert Szeklicki. The organisers of this international event were the Jan Amos Komeński State School of Higher Vocational Education in Leszno, the Eugeniusz Piasecki University School of Physical Education in Poznań, the University School of Physical Education in Wrocław and the International Association of Sport Kinetics.

140 participants from Iraq, Japan, South Korea, the USA and 13 European countries took part in the Conference. Among special guest lecturers were the most outstanding international scholars. The language of the Conference was only English.

The scientific programme of the Conference included 3 plenary session with 6 speakers, 9 sessions with 52 talks and 2 poster sessions with 114 presentations. The following lectures were presented during plenary sessions: 1) Robert M. Malina (USA) “Physical activity in childhood and adolescence: implications for adult health outcomes” 2) Josef Wiemeyer (Germany)

“Serious games in prevention and rehabilitation, 3) Włodzimierz Starosta (Poland) “Muscle relaxation ability in physical education and sport, 4) Peter O’Donoghue (Great Britain) “Relative age in elite junior tennis”, 5) Anita Hökelmann, Peter Blaser, Andre Müller (Germany) “Senior fitness through music and dance - a study about cognitive and balance abilities”, 6) Wojtek Chodzko-Zajko, Andriara Schwingel (USA) “International strategies for the promotion of physical activity and high quality of life in older adults”.

The participants also had the possibility to visit the Rydzyna Castle and take part in a traditional sports show. Numerous meetings made it possible to establish scientific contacts.

The Conference resulted in adopting a Resolution which presents the most important problems faced by local communities and the governments of different countries, related with contemporary physical education, sport, recreation and supporting physical activity in older age. The Resolution is available in Polish and English at „<http://www.rydzyna2009.pwsz.edu.pl/>.

Prepared by: Adam Kantanista
University School of Physical Education in Poznań