

Dissemination and Report of the Results of the “Bolalba” Project

Tempus Project JEP – 40087, Albania

“Sport Sciences Curricula in Albania and Bologna Process”

Tirana, 9 – 13 June 2008

EU Delegates: Athens: Prof. V. Klissouras (08.06.08 – 14.06.08) & Prof. N. Geladas (09.06.08 – 11.06.08);
Odense: Prof. Hanse and Prof Engell (08.06.08 – 11.06.08);
Oslo: Prof. Y. Ommundsen (09.06.08 – 11.06.08.);
Vienna: Prof. N. Bachl (10.06.08 – 13.06.08) & Prof. H. Tschan (10.06.08 – 14.06.08);
Malta: Prof. Aquilina (09.06.08 – 12.06.08)
Roma: Prof. P. Parisi (10.06.08 – 12.06.08), Prof. D. Caporossi (08.06.08 – 14.06.08), Prof. Pitalluga (08.06.08 – 12.06.08), Prof. Angelillo (10.06.08 – 12.06.08).

KOSOVA: Prof. Ajvaz Berisha, Prof. Musa Selimi

FYROM: Prof. Fadil Nika, Prof. Bexhet Toçi

ALB Delegates: Rector Prof. Vesel Rizvanolli, Deputy Rector Prof. Arben Kaçurri, Prof. Ilia Gaxho, Ma. Artan Pogoni, Ms. Mirlinda Galushi, Ms. Safjola Shabanaj, Prof. Fatmir Dibra, Prof. Robert Çina.

Tempus Office: Prof. Vaso Qano, Prof. Arqivjadh Bebi
Tirana

Eur Master: L. Calleja (Malta), G. Gunnarsson (Norway), P. Ferunaj (ALB), J. Jarani (ALB), A. Qeleshi (ALB)
Students A. Erindi (ALB)

Administration: Prof. Y. Lalazi, Prof. Z. Cikuli, Ma. A. Shehu, Ms. L. Mamuda, Ms. H. Sulaj, Ms. M. Cenaj, Ms. A. Lile, Ms. K. Ushтеленca, Ms. G. Qose, Ms. A. Shakulli, Ms. E. Stafa, Ms. B. Zhugri.

DETAILED AGENDA

Sunday 8th June

11:45 Arrival Prof. Caporossi & Prof. Pitalluga. Accommodation – Doro Hotel

13:50 Arrival Prof. Klissouras. Accommodation – Doro Hotel

14:30 – 15:30 Lunch at the Doro Hotel

15:30 – 19:30 Free time

19:30 – 22:00 Dinner

23:55 Arrival Prof. Hansen & Engell. Accommodation – Doro Hotel.

Monday 9th June

09:45 Arrival Prof. Geladas. Accommodation – Doro Hotel

09:00 – 09:45 Doro Hotel, Lecture Prof. Caporossi (Ita), “The cellular responses to exercise stimulus”

10:00 – 10:45 Doro Hotel, Lecture Prof. Pitalluga (Ita), “Physical activity & oxidative stress”

11:00 – 11:45 Doro Hotel, Lecture Prof. Hansen (Den) “Team ball – new concepts in teaching ball games”

12:00 – 12:45 Doro Hotel, Lecture Prof. Engell (Den) “Team ball – new concepts in teaching ball games”

13:00 – 14:00 Lunch – Doro Hotel

14:00 – 14:45 Doro Hotel, Lecture A. Kacurri (Alb)

- 15:00 – 15:45 Doro Hotel, Lecture, A. Erindi (Alb) “Cardio respiratory adaptations to training”
- 16:00 – 19:30 Free time
- 19:30 – 22:00 Dinner
- 23:20 Arrival Prof. Aquilina. Accommodation – Doro Hotel
- 23:55 Arrival Prof. Ommundsen. Accommodation – Doro Hotel
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Tuesday 10th June

- 11:45 Arrival Prof. Parisi & Prof. Angelillo. Accommodation – Doro Hotel
- 12:00 Arrival Prof. A. Berisha, Prof. M. Selimi. Accommodation – Doro Hotel
- 12:30 Arrival Prof. F. Nika, Prof. B. Toci. Accommodation – Doro Hotel
- 12:40 Arrival Prof. Bachl & Prof. Tschan. Accommodation – Doro Hotel
- 09:00 – 09:45 Doro Hotel, Lecture Prof. Aquilina (Mlt), “It’s all about attitude”
- 10:00 – 10:45 Doro Hotel, Lecture Prof. Ommundsen (Nrw), “Physical activity & mental wellbeing in young peoples”
- 11:00 – 11:45 Doro Hotel, Lecture Prof. Klissouras (Gre), “New discoveries in exercise physiology”
- 12:00 – 12:45 Doro Hotel, Lecture Prof. Geladas (Gre), “Fatigue factors in prolong exercise”
- 13:00 – 14:00 Lunch
- 14:00 – 18:00 European Master Thesis Session
Caleja (Mlt), Erindi (Alb), Ferunaj (Alb), Gunnarsson (Nrw), Qeleshi (Alb), Jarani (Alb)
- 18:00 – 19:30 Free time
- 19:30 – 22:00 Dinner
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Wednesday 11th June

- 05:00 Departure, Prof. Hansen & Prof. Engell
- 10:25 Departure, Prof. Geladas
- 09:00 – 13:00 Tirana International Hotel FORUM “Academy of Physical Education & Sport of Albania Towards University of Sport”.
- 09:00 – 09:10 Welcome Address, Prof. Rizvanolli – AEFS Rector
- 09:10 – 09:20 Address Mr. Genc Pollo – Minister of Education & Sciences of Albania
- 09:20 – 09:30 Address Prof. Parisi – IUSM Roma Rector
- 09:30 – 09:40 Address Prof. Qano – Tirana Tempus Office Director
- 09:40 – 10:00 Results of the “Bolalba” Tempus Project, 2006 – 2008, Prof. Kacurri, Deputy Rector – AEFS
- 10:00 – 10:10 Address from Albanian European Master Courses Students, Ma. A. Qeleshi

- 10:10 – 10:30 Coffee break
- 10:30 – 11:15 Prof. Klissouras, “Understanding the limits of human performance: recent advances in sport science”
- 11:15 – 12:00 Prof. Bachl, “Health & physical activity”
- 12:00 – 12:45 Prof. Parisi, “The internationalization of the university system in the area of sport science”
- 13:00 Lunch – official reception from the Rector of AEFS, Prof. Rizvanolli – Restaurant Palma Durres
- 20:30 Dinner Doro Hotel
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Thursday 12 June

- 05:35 Departure Prof. Aquilina
- 10:00 Departure Prof. A. Berisha, Prof. M. Selimi. Prof. F. Nika, Prof. B. Toci.
- 12:35 Departure Prof. Parisi, Prof. Pitalluga & Prof. Angelillo
- 09:00 – 09:45 Doro Hotel, Lecture Prof. Parisi (Ita) “Health & physical activity across the life span”
- 10:00 – 10:45 Doro Hotel, Lecture Prof. Bachl (Aut) “Genes & human performance”
- 11:00 – 11:45 Doro Hotel, Lecture Prof. Tchan (Aut)
- 12:00 – 12:45 Doro Hotel, Prof. Ferunaj (Alb) “The benefits of weightlifting training in sport performance”
- 13:00 – 14:30 Lunch Doro Hotel
- 14:30 – 15:15 Doro Hotel Lecture, J. Jarani (Alb) “E new battle ground for an old enemy, benefits of PA & modern chronic diseases”
- 15:30 – 18:00 Tempus Meeting – AEFS premises
- 18:00 – 19:30 Free time
- 19:30 – 22:30 Official Dinner from Prof. Rizvanolli, Restaurant “Xibraku” Tirane
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Friday 13th June

- 14:20 Departure Prof. Bachl
- 10:00 – 12:00 Tempus Meeting – AEFS premises
- 13:00 – 18:00 Social event – Petrela Castle
- 20:00 – 21:00 Dinner – Doro Hotel
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Saturday 14th June

- 12:35 Departure Prof. Caporossi
- 14:20 Departure Prof. Tschan
- 14:30 Departure Prof. Klissouras