

# INTERNATIONAL CONFERENCE

## “BE ACTIVE – ENGAGE IN RECREATIONAL TEAM SPORTS!”

Liepaja Olympic Centre

### September 8, 2015

<b>09:00</b>	Registration of participants and guests.	
<b>10:00</b>	Opening of the conference. Guest speeches.	
<b>10:40</b>	Pēteris Apinis (Latvia)	Team sports as the best method to fight inactivity, obesity and chronic diseases among children and adolescents. From doctor's point of view.
<b>11:20</b>	Dzintars Mozgis (Latvia)	Children's health and psycho-emotional wellbeing in Latvia.
<b>12:00</b>	Andrea Řezníčková Radek Bendl (Czech Republic)	How to involve children and adolescents in team sports? Examples of good practice.
<b>13:00</b>	Coffee break.	
<b>14:00</b>	Raimonds Elbakjans (Latvia)	How to involve children and adolescents in team sports? Examples of good practice.
<b>14:20</b>	Anrijs Brencāns, Edmunds Bogdanovs (Latvia)	How to involve children and adolescents in team sports? Examples of good practice.
<b>14:40</b>	Juris Grants (Latvia)	Sports science – for health and physical activities.
<b>15:40</b>	Andrejs Ērglis (Latvia)	Overweight and obesity impact on children's heart.
<b>16:20</b>	End of the first day of conference.	

### September 9, 2015

<b>09:30</b>	Registration of participants and guests.	
<b>10:00</b>	Artis Lagzdiņš (Latvia)	Children and adolescent sport in Liepaja.
<b>10:20</b>	Kaspars Zvaigzne (Latvia)	Presentation of the developed IT tools “Crowdfunding platform” and “Software for computer-generated articles”.
<b>10:50</b>	Jevgēnijs Koļcovs (Latvia)	Story on sport changing people's lives.
<b>11:00</b>	Inga Dobele (Latvia)	Sports teachers' responsibility when dealing with children and adolescents from social risk groups.
<b>11:30</b>	John Liljelund (Finland)	How to involve children and adolescents in team sports? Examples of good practice.
<b>12:10</b>	Daniels Fogelis (Latvia)	Story on sport changing people's lives.
<b>12:20</b>	Jānis Grants (Latvia)	Factors affecting adolescent participation in sports.
<b>13:20</b>	Coffee break.	
<b>14:20</b>	Melita Sauka (Latvia)	Body Mass Index evaluation for young athletes.
<b>15:00</b>	Signe Rinkule (Latvia)	Recommendations for a balanced diet for children and adolescents with overweight and obesity problems. Involvement of parents and coaches.
<b>15:40</b>	Rolf Carlson (Sweden)	Sport as health care during early adolescence.
<b>16:20</b>	Conclusion of the conference. Issuance of certificates.	