

Evropski centar  
za mir i razvoj  
Terazije 41/I  
11000 Beograd, Srbija

ECPD Headquarters

European Center  
for Peace and Development  
Centre Européen  
pour la Paix et le Développement  
Centro Europeo  
para la Paz y el Desarrollo  
Европейский центр  
мира и развития



University for Peace established by the United Nations

18 July 2024

**The European Center for Peace and Development established by the United Nations University for Peace (ECPD)**, within its International Knowledge Transfer Program in the field of Medical and Biomedical Studies, in cooperation with the **University of Berlin (Germany)**, **Long Island University (USA)**, **VAMK University (Finland)**, **Istituto Superiore di Sanità (Italy)**, and **South-Eastern Europe Health Network (SEEHN)**, is organizing

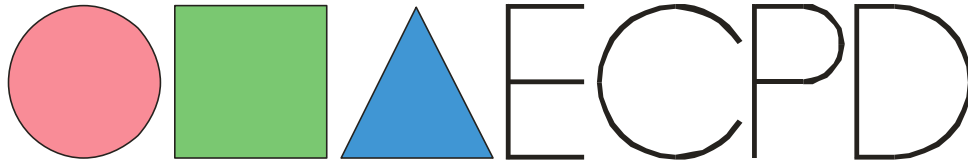
## ECPD INTERNATIONAL SPECIALIST SCHOOL

# SPORTS MEDICINE

(Belgrade, 26 – 29 September 2024)

**The European Center for Peace and Development University for Peace established by the United Nations** is organizing this School with a view to familiarise participants with the latest findings, practical and scientific advances in the field of sports and recreational medicine thus contributing to the promotion of sports and sports recreation. Dynamic development of sports medicine and the increasing need for subspecialist knowledge in this field require a new approach to the education of professionals and satisfying partial knowledge of participants. The School is intended for doctors and graduates of Faculties of Physical Education and Sports, but also for other professionals in the area of sports and recreation.

**Director** of the ECPD International Specialist School of Sports Medicine is **Prof. Dr. Vladimir Jorga**, professor at the University of Belgrade and Dean of the ECPD International Faculty of Sport. Lectures are delivered by distinguished experts and professors, selected according to the highest academic standards of the ECPD UN University for Peace.



## **PROGRAM**

The School Program covers the following thematic areas:

### **MODULE 1 SPORTS CARDIOLOGY AND CLINICAL SPORTS MEDICINE**

Principles, importance and methodology of pre-competition examination  
Cardiology as diagnostic tool in sports  
Contraindications to sports participation  
Sports and medical aspects of female athletes  
Basic principles of sports medicine for paediatric population  
Principles of exercise programming and dosing  
Medical hygiene and ecology of sports  
Sports psychology and psychotherapy: basic concepts

### **MODULE 2 SPORTS NUTRITION AND SUPPLEMENTATION**

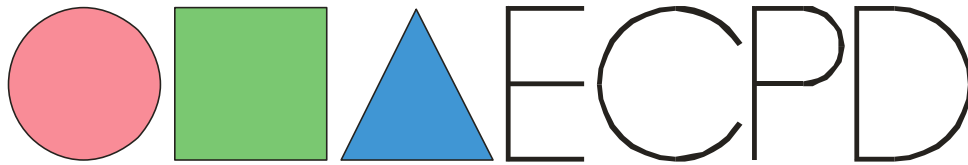
Definition of the nutritional status in sports  
Dietary needs for athletes in various sports  
Diet before, during and after sports activities  
Meal Plans in recreational and top sports  
Nutrition techniques for change in body mass and structure  
Ergogenic aids in sports  
Basics of doping and anti-doping control  
Dietary pattern disorders in sports

### **MODULE 3 SPORTS TRAUMATOLOGY AND REHABILITATION**

Epidemiology of sports injuries – modern trends  
Endogenous and exogenous factors of sports injuries and principles of prevention  
Basic diagnostic principles of sports injuries  
Conservative treatment of acute sports injuries  
Management of chronic sports injuries  
Principles of emergency sports medicine  
Basics of sport rehabilitation with practical case studies  
Medical care of a sports team – role of a sports doctor

### **MODULE 4 FUNCTIONAL DIAGNOSTICS IN SPORTS**

Parameters of morpho-functional diagnostics in sports medicine and sports sciences  
Direct and indirect definition of aerobic capacity  
Basics of biochemical monitoring in sports  
Measurement of aerobic capacity and capacity in sports  
Methodology of strength and power testing in sports disciplines  
Histological testing in sports: practical guidelines  
Measurement of body dimensions and structure of body composition  
Identifying talents and profiling in top sports



## CERTIFICATE

School participants that have successfully completed the program will obtain an nationally and internationally accredited **Certificate of the European Center for Peace and Development of the University for Peace established by the United Nations.**

ECPD provides the participants with appropriate literature and teaching materials needed to effectively monitor the teaching.

## APPLICATION FORM AND PARTICIPATION FEE

**Registration fee** for the School is **590 EUR.**

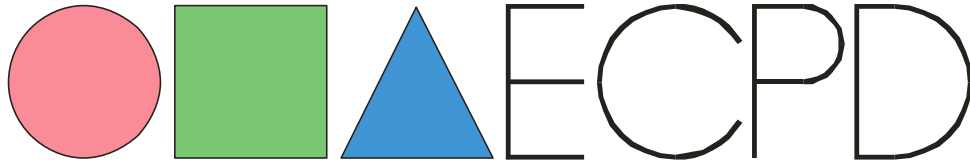
**Applications** for participation should be submitted to the European Center for Peace and Development (ECPD) UN University for Peace, Terazije 41, 11000 Belgrade; fax: +381 11 3240-673, +381 11 3234-082, e-mail: office@ecpd.org.rs and ecpd@eunet.rs

Looking forward to your application and meeting you soon, we remain,

Sincerely yours,

DIRECTOR OF ECPD BIOMEDICAL  
AND MEDICAL STUDIES  
(Academician Prof. Dr. Vladimir Kanjuh)





EUROPEAN CENTER FOR PEACE AND DEVELOPMENT (ECPD)  
ESTABLISHED BY THE UNITED NATIONS UNIVERSITY FOR PEACE

## ECPD INTERNATIONAL SPECIALIST SCHOOL

# SPORTS MEDICINE

(Belgrade, 26 - 29 September 2024)

## APPLICATION FORM

1. Name and surname \_\_\_\_\_

2. Education \_\_\_\_\_

3. Specialty \_\_\_\_\_

4. Organization (name, address, place, telephone, fax) \_\_\_\_\_

\_\_\_\_\_

5. Workplace or position \_\_\_\_\_

6. Contact address (if different from the above-stated) \_\_\_\_\_

\_\_\_\_\_

7. Telephone: \_\_\_\_\_ Fax \_\_\_\_\_

E-mail address: \_\_\_\_\_

The Application Form should be delivered to the European Center for Peace and Development established by the United Nations University for Peace, Terazije 41, 11000 Belgrade; Tel: +381 11 3246 041, E-mail: office@ecpd.org.rs and ecpd@eunet.rs

The participation fee should be paid through the ECPD account. Regarding the payment instructions, please contact the ECPD Financial Department, Tel: +381 11 3246 041; E-mail: ecpd@Eunet.rs and office@ecpd.org.rs

Place and date \_\_\_\_\_ Applicant \_\_\_\_\_