



ONLINE WORKSHOP

LET'S GET ACTIVE

Organized by: South-West University "Neofit Rilski", Faculty of Public Health, Health Care and Sports, Blagoevgrad, Bulgaria

PROGRAMME		
Event	Online Workshop "Let's Get Active",	
	Join Zoom Meeting	
	https://us06web.zoom.us/j/89603330480?pwd=WU1LWjEyai95aFlhbT	
	QwZnRoNzRuZz09	
	Meeting ID: 896 0333 0480	
	Passcode: 558600	
Date	09.06.2022	
Lecturers	Prof. Daniela Dasheva and prof. Dimitar Mihaylov	

10:00 – 10:15	Opening and addresses
10:15 – 11:00	Promoting Sport and Enhancing Health for Young People
11:00 – 11:45	The Physical Activity Guidelines for Children and Adolescents
11:45 – 12:00	Break
12:00 – 12:45	Physical, Social and Emotional Benefits of Playing Basketball
12:45 – 13:30	Questions and Answers
13:30 – 14:30	Lunch break
14:30 – 15:15	Let's Play Volleyball, part I
15:15 – 16:00	Let's Play Volleyball, part II
16:00 – 16:30	Questions and Answers
16:30	Closing of the event







This document has been created within the framework of the "Promotion and Development of YMC(H)A-Youth Mobilization-Cultural Heritage and Athletic Valorization" (PROMO YMC(H)A) project, financed under the INTERREG V-A Cooperation Program "Greece-Bulgaria 2014-2020". The Project is co-funded by the European Regional Development Fund and by national funds of the countries participating in the Interreg V-A "Greece-Bulgaria 2014-2020" Cooperation Programme.