

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=WU1LWjEyai95aFlhbTQwZnRoNzRuZz09 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

