

REAL MADRID GRADUATE SCHOOL – IWI SPORTACADEMY CONFERENCE PRESENTATIONS*

8th May 2015 - HOTEL NOVOTEL BUDAPEST CITY

Time	Topic	Presenter
REGISTRATION		
8.45-9.20	Welcome	
9.30-9.45	What has changed since our last conference in 2014, in the field of S&C nationwide? Effects of Strength and Conditioning for Junior aged athletes, handball players. Case Study	Dr László Zopcsák (HU)
9.45-10.15	What kind of career opportunities you may have with a diploma from Real Madrid Graduate School? The masters programs of RMGS and Universidad Europea. Why shall you study 100% online MBA in Sport-management?	Dr Pedro Diaz Ridao (ESP)
10.15 -10.45	Strength & Conditioning for Youth. The athletes of tomorrow! What are the training secrets?	Dr. Jeremy Moody (UK)
COFFEE BREAK		
11.00-11.30	Muscle and Function Enhancement with K.O.R.E. therapy.	Andrew Wilkinson (UK)
11.30-12.00	Professional Learning - The importance of quality continued professional development [CPD], for professionals within fitness and sport. What are the characteristics of the most successful trainers? Introduction of Personal Trainers to Watch Program.	Keith Smith (UK)
12.00-12.40	Power development with Olympic lifting in performance sports <i>Practical workshop and presentation</i>	Dr. Jeremy Moody (UK)
LUNCH		
13.30-14.00	The structure and the age-group based training strategy of the National Handball Academy What are the main strategic goals of the Hungarian University of Physical Education?	Lajos Mocsai (HU)
14.00-14.40	The progression of High Intensity Strength-Endurance Interval Training (HIIT) and its effects on circulation demonstrated with heart rate control. How can circulation be monitored and influenced during HIIT through increasing intensity? <i>Practical workshop and presentation</i>	Anikó Góg (HU)
		Márk Gergely (HU)
		Máté Ungvári (HU)
14.40-15.20	Standardized physical fitness tests and field tests in team sports. What are the key selection points for testing underage (youth) and adult players? Sport science support in team sports - adding value or confirming evidence?	Edit Dömötör (HU) Gábor Schuth (HU)
COFFEE BREAK		
15.35-16.10	The adequate and modern planning of performance enhancement for team and individual sports. Periodization in practice through OPT (Optimum Performance Training) and CEx (Corrective Exercise Continuum) training systems.	Szabolcs Horváth (HU) Gábor Füzy (HU)
16.10-17.00	Roundtable discussion: experiences, best practices in Strength & Conditioning	Moderator Dániel Mezei (HU) Sports Reporter
CLOSING, DRAW OF PRIZES		
PARALELL PROGRAMS:		
13.15-14.00 14.15-15.00 15.15-16.00	Career and higher education counselling <i>Pre-registration necessary!</i>	Veronica Recanati
	K.O.R.E. Therapy Treatment (registration on spot)	Andrew Wilkinson