



REAL MADRID GRADUATE SCHOOL - IWI SPORTACADEMY CONFERENCE PRESENTATIONS*

Гime	Торіс	Presenter	
.45-9.20	REGISTRATION		
).30-9.45	Welcome 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)	IWI Sportacademy CEO Visiting lecturer, scientific advisor of Real Madrid Graduate School IWI Fitness-Wellness-Sport School founder Performance coordinator of Vác KSE junior Handball team
).45-10.15	What kinf of career opportunities you may have with a diploma from Real Madrid Gradiuate School? The masters programs of RMGS and Universidad Europea. Why shall you study 100% online MBA in Sportmanagement?	Dr Pedro Diaz Ridao (ESP)	Universidad Europea/Real Madrid Graduate School MBA in Sports Management Director
10.15 -10.45	Strength & Conditioning for Youth. The athletes of tomorrow! What are the training secrets?	Dr. Jeremy Moody (UK)	
0.45-11.00	COFF	EE BREAK	
11.00-11.30	Muscle and Function Enhancement with K.O.R.E. therapy.	Andrew Wilkinson (UK)	- 3, -3 3, , - 3,
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)	Global Master Trainer, Life Fitness & Hammer Strength
12.00-12.40	Power development with Olympic lifting in performance sports Practical workshop and presentation	Dr. Jeremy Moody (UK)	Senior Lecturer in Strength and Conditioning and Programme Director for the MSc in Strength and Conditioning at Cardiff Met University
2.40-13.20	LUNCH		
3.30-14.00	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 Intervall Training (HIIT) and its effects on circulation demonstrated with heart rate control. How can circulation be monitored and influenced during HIIT through increasing intensity? Practical workshop and presentation	Anikó Góg (HU) Márk Gergely (HU) Máté Ungvári (HU)	Functional training specialist, IWI course leader, personal trainer, former triathlon olympic competitor, Polar Race trainer Personal Trainer, IWI Traienrs' trainer, cross training instructor, gymnastics instructor Soccer youth age group perfromance coordinator, Functional training specialist, IWI course leader, Personal Trainer
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?	Edit Dömötör (HU)	training.
	Sport science support in team sports - adding value or confirming evidence?	Gábor Schuth (HU)	Sport scientist, Leeds Beckett University Soccer Research Group. Former Performance Analyst of the Sunderland AFC Academy
5.20-15.35	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)	Performance Enhancement Specialist, SC-Sopron youth S&C development coordinator, athletic coach of Sopron NBI first division men basketball team, Director of IWI PES course Corrective Exercise Specialist and Performance Enhancement Specialist, Director of IWI CES course
.6.10-17.00	Roundtable discussion: experiences, best pactices in Strength & Conditioning	Moderator Dániel Mezei (HU) Sports Reporter	András Merész (HU) waterpolo master trainer, captain of Hungarian National Women Waterpolo Team, Edit Miklós Olympic Alpine Skier, Gyula Zsiga handball master trainer, Szabolcs Horváth, Gábor Füzy, Renáta Ágó and more renowned trainers and players
	CLOSING, D	RAW OF PRIZES	
	PARALELL PROGRAMS:		
13.15-14.00 14.15-15.00 15.15-16.00	Career and higher education councelling Pre-registration neccessary!	Veronica Recanati	Veronica Recanati Universidad Europea de Madrid, International Admissions Manager
		Andrew	
	K.O.R.E. Therapy Treatment (registration on spot)	Wilkinson	Personal Trainer and KORE Performance Therapist

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