



Gefördert durch:



Bundesministerium
des Innern, für Bau
und Heimat

aufgrund eines Beschlusses
des Deutschen Bundestages

DJK-OnlineCampus.

New perspectives in
Applied Pediatric
Exercise Science



December 07th, 2021



6.30pm-8.00pm

Speaker:

Univ.-Prof. Dr.
Billy Sperlich



NEW PERSPECTIVES IN APPLIED PEDIATRIC EXERCISE SCIENCE

Pediatric sports and exercise medicine has developed enormously in recent years, as have special aspects for strength and conditioning of children and adolescents. Physical training in childhood and adolescence not only plays an important role in the (long-term) development of competitive sport, but regular training also has a special preventive function, especially for maintaining health and avoiding lifestyle diseases. The aim of this webinar is to take up popular phenomena in children and youth sports and to update with new study findings and thus to initiate new impulses for health and competitive sports in children and youth training.

Date: Tuesday, December 7th, 2021

Time: Start: 06.30pm
End: 08.00pm

Charge: The participation is **free of charge** for members of the DJK, FICEP & FISEC!

Seminar contents: * Popular Phenomena in children and youth sports
* Update with new study findings
* Initiate new impulses for health and competitive sports in children and youth training

Speaker: * **Univ.-Prof. Dr. Billy Sperlich**, Chair of Integrative and Experimental Exercise Science and Training, US-German sports scientist, professor, university teacher, former coach and active athlete

License renewal!

This seminar can be recognized as a license renewal of 2 learning units for the ÜL-C-license.

Number of participants: 15 persons (As the number of participants is limited, places will be awarded upon receipt of the registration)

Registration: at the latest **November 29th, 2021**
https://djk-sportjugend.meetingmasters.de/Pediatric_sports_and_exercise_medicine/booking?request_locale=en

In unexcused absence the DJK sports association charges a fee of 50 euro.

Organizer: DJK sports association
Zum Stadtbad 31,
40764 Langenfeld

We look forward receiving numerous registrations!

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