



**Welcome to the International Conference in Sport Science "ICSS 2019" hosted by Sports University of  
Tirana, Albania**

**December 6-7, 2019**

It is a great pleasure for me and all the staff of our university to welcome all of you guests, colleagues and students in the second International Conference in Sport Science "ICSS 2019" organized by the Sports University of Tirana.

The physical activity has a very important role in improving people's life and for that reason, the scientific research is growing up rapidly and our university is giving its contribution. It is very important that in these activities we have partners in Balkan and Europe and we are trying to improve our cooperation to ameliorate in every field of our activity.

The theme of this Conference " Sports Science Toward the Future" and its content shows our intention to promote quality physical education (including health, movement related physical activity, recreation etc.) and sport especially in the schools and other learning institutions, by emphasizing the importance of daily physical exercise and facilitating better methodologies for being healthy through taking active lifestyle for all age groups regardless any form of disabilities.

This conference provides a showcase for developments in the fields of physical activity and sport and we can learn from each other by sharing experiences and lessons.

We look forward to see you in December 6-7, 2019

Prof. Dr Agron Cuka, Conference President