

17th ENSE FORUM

Bridging Borders through Sport Education: *The Euro-Balkan-Med Perspective*

Friday, 1 November 2024

Venue: Sports University of Tirana

Muhamet Gjolleha Street, 1001, Tirana – Albania

8.00

Registration of participants

9.00 - **Official Opening – Conference Room**

Agron Kasa, Rector, Sports University of Tirana, Albania

Endrit Hoxha, Vice Minister of Education and Sport, Albania

Antonio Tessitore, ENSE President, University of Rome “Foro Italico”, Italy

Sport Education for Human Rights, Peace and Sport Diplomacy - Conference Room

09.15-10.10 - Chair: Agron Kasa and Antonio Tessitore

Cassandra Mactavish (Keynote) - EPAS Senior Project Officer

Advancing inclusion and shared values through sport in the Euro-Med-Balkan Region.

De Waele J.M. and Abey F - Université libre de Bruxelles, Belgium

Sports diplomacy: a strategic tool for the European Union's soft power and cultural Identity

Muscat-Inglott M. and Zicer N. - The Malta College of Arts, Science & Technology, Malta

Chivalric Disposition and Sport: The Last Crusaders

Kolë Gjeloshaj (short oral) - Strategic Coordinator to the President of the European Fair Play Movement

Presentation of the European Fair Play Movement

Physical activity for health and wellbeing promotion (1) - Conference Room

10.10-11.00 - Chair: Dhimitraq Prifti and Harald Tschan

Spanol I. - European Network of Sport Education

Healthy Lifestyle Network Europe (HLNE) Project: Good Practices of Erasmus+ Sport

Pajaujiene S. - Lithuanian Sports University, Lithuania

Promotion of Physical Activity During Pregnancy and Postpartum: Why Should We Care About Education?

Di Lascio G. - Pegaso University, Italy

Strength development in physical exercise and impact on daily life and psychophysical wellbeing

Kerr-Cumbo R. - The Malta College of Arts, Science & Technology

The Impact of Daily School Physical Activity on the Body Mass Index, Speed, Gross Motor Development and Wellness of Primary School Children. An Experimental Study in Malta

Ramos L, Simões V., Franco S - Instituto Politécnico de Santarém, Portugal

Active Mathematics" - Learning mathematics through physical activity!

11.00

Coffee Break and Social Time

Sport Education in Dual Career - Room 1.1

11.20-12.25 - Chair: Arben Kaçurri and Laura Capranica

Capranica L. - University of Rome “Foro Italico”, Italy

Dual career of sports persons: implementing the European guidelines

Gjaka M. and Feka K. - UBT College, Ministry of Culture, Youth and Sport, Universum College, Kosovo

Dual-career in the Republic of Kosovo: Current State and Future Perspective

Kesämaa H. and Mattila M. - Southern-Eastern Finland University of Applied Science, Finland

Mentor growth and competency building within the GEIN project: A Study proposal

Grech K. - The Malta College of Arts, Science & Technology

Mentorship as a Lifelong Developmental Relationship for Coaches: A Grounded Theory Study for Coaches

Sport Education for Social Inclusion, Integration and Gender Equality

Sport Education in Sport Science and PE curricula (1) - Room 1.1

12.30 - 13.15 - Chair: Elona Mehmeti and Gemma van Vuuren Cassar

Hoxha J. and Pannone C. - Sports University of Tirana, Albania – University of Rome “Foro Italico”, Italy

Transformative Sport: The Progetto Filippide Experience in Tirana

Van Vuuren Cassar G. and Cassar J. (e-poster) - Canterbury Christ Church University, United Kingdom

Perceptions and experiences of youth footballers registered in nurseries (13-15)

Tessitore A. - University of Rome “Foro Italico”, Italy

“They don't see my difficulty anymore”: enablers and barriers to sport coaches' inclusion

Raiola, G. - Pegaso University, Italy

World classification of Exercise and Sports Sciences versus the European one passing through the EU member countries ones

D'Isanto T. and D'Elia F. (short oral) - University of Salerno, Italy

The teaching methods of physical activity in the generalist teacher training in Italy (short oral)

13.20

Light Lunch and Social Time

Sport Education in Sport Science and PE curricula (2) - Room 1.1

14.35 -15.25 - Chair: Dritan Sallaku and Gaetano Raiola

D'Elia Francesca - University of Salerno, Italy

Sport education in school between curriculum studies and competition: an Italian case study to compare to EU Countries

Trotta N. and Sannicandro I. - University of Foggia, Italy

Impact of compulsory physical education teaching in primary schools: a comparative analysis among different stakeholders

Aliberti S. Pegaso - University, Italy

Research Methods and Practical Application in Sport and Physical Education Professional Profiles

Esposito G. - University of Salerno, Italy

Research impact and practical applications in sport and physical education: a study of Italian researchers

Peqini E. and Misja B. - University of Shkodra “Luigj Gurakuqi”, Albania

The influence of parents for fostering children in extra-school mobility activities and the importance of improving these skills

Sport Training and physical activity for health and wellbeing promotion (2) - Room 1.1

15.30 -16.10 - Chair: Aisel Oseku and Vera Simões

Dodaj M. and Kaçurri A. - Sports University of Tirana, Albania

Effects of 6-week Pre-season Small-sided-game-based Training on Aerobic Capacity

Tishukaj F. - University of Pristina, Kosovo

Trends in Body Mass Index and Skinfold Measurements Among 15-Year-Old Kosovan Boys and Girls: A Comparative Analysis Between 2010, 2014, and 2023

Vieira I., Esteves D., Ramos L, Simões V., Franco S. - Instituto Politécnico de Santarém, Portugal

Life4Fitness Professionals - Musculoskeletal injuries

Nurja A. and Lleshi E. - Sports University of Tirana, Albania

The Impact of 10-Week Combined Training on Strength and Speed in Young Volleyball Players

16.30

ENSE Assembly

17.00

Free Time - Visit Tirana

20.00

Social Dinner – Era Restorant (City Center close to Air Albania Stadium)

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Saturday, 2 November 2024

Venue: Sports University of Tirana

Muhamet Gjollësja Street, 1001, Tirana – Albania

8:30

Welcome

Sport Education and Innovation in Sport Coaches - Room 1.1

09.00-10.30 - Chair: Fisnik Brovina and Harald Tschan

Peqini V. and Peqini E. - University of Shkodra “Luigj Gurakuqi”, Albania

The impact of screen-based technology on well-being of primary school children during last 10 years, a literature summary.

Giardullo G. - Pegaso University, Italy

Rediscovering graphomotor skills: an educational necessity in the digital age

De Martelaer K. - Vrije Universiteit Brussel, Belgium

People skills in Movement and Sport Science: actual and future approaches in higher education

Nicaj G. and Shehu A. - University of Shkodra “Luigj Gurakuqi”, Albania

Screen time and its impact on physical activity and motor development in preschool children: a literature review

Ceruso R. - Pegaso University, Italy

Football eSports and football, what is the link?

Martusciello F. - University of Rome “Foro Italico”

Profile of Boxing Coaches in Italy for Female Boxers: An Analysis of Expertise and Perceived Barriers

De Martelaer K. - Vrije Universiteit Brussel, Belgium

Aquatic literacy for All Children: Future possibilities to engage the broader society and implications for sport education

Hajrizi E. - UBT College, Kosovo

Integrating AI and XR based technology for sport education (classroom 4.0) at UBT smart city

10.30

Coffee Break and Social Time

Workshop ICoachKids - Games Hall

Chair: Elton Spahiu and Renzo Kerr-Cumbo

Tom Mitchel - Leeds Beckett University, United Kingdom

Keynote: The ICOACHKIDS Pledge: 10 Golden Principles for Coaching Children Keynote (invited)

Practical Workshop: The ICOACHKIDS Essentials: Getting the Basics Right

13:00

Conclusion - Room 1.1

Agron Kasa and Antonio Tessitore