

THE SECOND INTERNATIONAL SCIENTIFIC CONFERENCE ON
»EXERCISE AND QUALITY OF LIFE« EQOL

Between the 24th and 26th of March 2011, the scientific conference *Exercise and Quality of Life* EQOL was held in Novi Sad, Serbia with international participation. The aim of the conference was to encourage physical activity for the health and well-being of individuals as different forms of physical activity and exercise, such as active games, recreational and professional sports have a significant impact on quality of life. Clearly, this requires an interdisciplinary approach and a strong support of scientific research studies related to exercise. The above-mentioned approach encourages the participation of experts from various fields such as sports, education, medicine, psychology, politics and other relevant disciplines.

The conference was attended by nine active members of the Institute for Kinesiology Research, Scientific and Research Centre Koper, University of Primorska. The results of our scientific research derived from different scientific projects of the Institute for Kinesiology Research, which were presented in the form of posters and active learning. These projects have been fully published in a peer-reviewed journal of lectures.

Mihaela Jurdana, PhD

DRUGA MEDNARODNA ZNANSTVENA KONFERENCA »EXERCISE
AND QUALITY OF LIFE« EQOL

Od 24. do 26. marca 2011 je potekala znanstvena konferenca *Exercise and Quality of Life* EQOL z mednarodno udeležbo v Novem Sadu, Srbija. Cilj konference je bil spodbuditi telesno aktivnost za zdravje in dobro počutje posameznikov, saj različne oblike telesne aktivnosti in vadbe, od aktivne igre do rekreativnega in vrhunškega športa, bistveno vplivajo na kakovost življenja. Nedvomno to zahteva interdisciplinarni pristop in močno podporo znanstvenih raziskovalnih vprašanj, povezanih s telesno vadbo. Potreba po takem pristopu spodbuja sodelovanje strokovnjakov z različnih področij: športa, izobraževanja, medicine, psihologije, politike in drugih ustreznih strok.

Konferenci se je aktivno udeležilo devet članov Inštituta za kineziološke raziskave Znanstveno-raziskovalnega središča Univerze na Primorskem. Rezultati našega znanstveno-raziskovalnega dela, pridobljeni iz različnih projektov Inštituta za kineziološke raziskave, so bili aktivno predstavljeni v obliki posterjev in aktivnih predavanj, ki so v celoti objavljeni v recenziranem zborniku predavanj.

dr. Mihaela Jurdana