

THE CREATION OF A NETWORK OF PROFESSIONAL INSTITUTIONS PARTICIPATING IN THE FIGHT AGAINST METABOLIC SYNDROME

Masaryk University, Faculty of Sports Studies, Department of Health Promotion invited the Institute for Kinesiology Research of the University of Primorska, Science and Research Centre to join them in a project funded by European Social Fund in the Czech Republic entitled Metabolic Syndrome: The Creation of a Network of Professional Institutions Participating in the Fight against Metabolic Syndrome. The collaboration was made official with the signing of a contract between the Universities, and began with a visit by Dr. Jitka Kopřivová in Koper in Spring, 2012. Dr. Nina Mohorko visited Brno in November, 2012, where I gave a lecture titled The Rhythms of Our World at a workshop for PhD students. The lecture presented the desynchronisation of circadian rhythms due to modern lifestyles as a possible contributor to metabolic syndrome epidemics. The other lecturers were Dr. Martin Matoulek, Dr. Erik Sigmund, Dr. Iva Hrnčířiková, Dr. Lenka Beránková, from the Czech Republic, and Dr. Milan Luliak, from the Republic of Slovakia. Their topics were exercise for persons with metabolic syndrome, and obesity from a nutritional and inactivity perspective in children and adults. As part of the project, Nina Mohorko also gave a lecture to undergraduate students in physiotherapy called Metabolic Syndrome and Contemporary Lifestyles, where I emphasized the Western diet and its effects on metabolic regulation. The next step in the collaboration will be an internship at the University of Primorska for 2 PhD students from the Masaryk University of Brno at the beginning of 2013.

Nina Mohorko, PhD

METABOLICKÝ  SYNDROM

IZGRADNJA MREŽE INSTITUCIJ, KI SODELUJEJO V BOJU PROTI PRESNOVNEMU SINDROMU

Masarykova univerza v Brnu je povabila Inštitut za kineziološke raziskave UP ZRS k sodelovanju pri projektu grajenja mreže inštitucij, ki sodelujejo v boju proti presnovnemu sindromu. Gre za projekt Evropskega socialnega sklada Republike Češke Presnovni sindrom. Univerza na Primorskem je tako podpisala sporazum o sodelovanju z Masarykovo univerzo v Brnu, sodelovanje pa se je udejanjilo s spomladanskim obiskom prof. dr. Jitke Kopřivove v Kopru in z jesenskim obiskom dr. Nine Mohorko v Brnu. Nina Mohorko sem v Brnu sodelovala na delavnici za doktorske študente s predavanjem *The rhythms of our world*, kjer sem predstavila vpliv desinhronizacije cirkadianih ritmov, ki so posledica sodobnega načina življenja, na nastanek presnovnega sindroma. Na delavnici so predavali še dr. Martin Matoulek, dr. Erik Sigmund, dr. Iva Hrnčíříková, dr. Lenka Beránková s Češke in dr. Milan Luliak s Slovaške, ki so predavali o vadbi oseb s presnovnim sindromom in o debelosti, tako v povezavi s prehrano kot pomanjkanjem gibanja pri otrocih in odraslih. V sklopu projekta sem Nina Mohorko predavala tudi študentom fizioterapije, in sicer o presnovnem sindromu v povezavi s sodobnim življenjskim slogom s poudarkom na zahodnjaškem prehranjevanju in z njim povezanimi zapleti v presnovi. Sodelovanje se bo nadaljevalo z obiskom dveh doktorskih študentov z Masarykove univerze na Univerzi na Primorskem v začetku leta 2013.

dr. Nina Mohorko