



Invitation



"INTERNATIONAL ASTHMA AND SPORT ACADEMY - IASA"

www.asthasport.com

Details: Ljubljana, October 2013

Target: Therapists, teachers, coaches, trainers, non-teaching staff of schools / sport clubs / local GO / NGOs, social workers, practitioners, academy, students, volunteers, educators, non-formal education providers

Main topics: Asthma, physical activities and sports; inclusive approaches; advocacy work, media communication, multi-stakeholder cooperation; international networking; exchange of experiences and knowledge

Leadership team & contacts: Milan Hosta, PhD; Antonio Saccone, MA; with the support of the advisory board of the International Institute for Sustainable Development, Policy and Diplomacy of Sport

Online resources:
www.spolint.org/international-education-programs

European funds: The training is published on the "Comenius and Grundtvig Training Database". Therefore it is possible to apply for funds to participate through the "Comenius in-service training" (teachers and other staff working in formal education) or through the "Grundtvig in-service training" (teachers and other staff working in adult and non-formal education).

Available funds: The funds can cover pedagogic and linguistic preparation, travel, accommodation and fee: for the specific details please check the website or contact your National Agency.

Application procedure: The application form should be filled, validated and submitted online. Then, it has to be printed, signed (eventually also by the responsible person of your home institutions) and sent via mail before the deadline. The address of the National Agency will be automatically indicated on the application form. Application must be forwarded to the National Agency of LLP program in the country where you reside before the 30. 4. 2013

Provisional weekly timetable

	DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
8:00 – 9:00	ARRIVALS	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	DEPARTURES
9:00 – 10:30		Official opening, introduction to the programme; Ice-breaking, team-building	Asthma I: facts and figures; pathology; medical treatment	Asthma and sport I: facts and figures; exercise induced asthma;	Asthma care I: psychosomatic kinesiology; massage	Patient approach: communication; ethics;	
10:30 – 11:00		Coffee-Break	Coffee-Break	Coffee-Break	Coffee-Break	Coffee-Break	
11:00 – 12:30		Health-care policy: global asthma burden; controlling asthma	Asthma II: facts and figures; pathology; medical treatment	Asthma and sport II: facts and figures; exercise induced asthma;	Asthma care II: home/school environment	Management: how to organise Asthma and Sport activities	
12:30 – 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	
15:00 – 16:30		Lungs: anatomy; science of breathing	Exercises and lungs: physiology and broncho constriction; testing lungs	Patient centred approach: how to prescribe safe exercise, case study	Buteyko method: facts and figures; Bohr effect; breathing	Business development, PR and Networking	
16:30 – 17:00		Coffee-break	Coffee-break	Coffee-break	Coffee-break	Coffee-break	
17:00 – 18:30		Lungs: anathomy; science of breathing	Sport games: endurance training; PEF	Sport games: Strenght training	Emotions and asthma: stress; anxiety; sadness; sorrow; anger; love; family relations	Final evaluation	
19:30 – 20:30		Dinner	Dinner	Dinner	Dinner in the city	Dinner	

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