

**EU SPIRIT Technical Training Cyprus, 22 – 26 May 2023**  
**University of Nicosia Millennium Building – Yellow Amphitheater**

Block	Monday 22 Sports Science	Tuesday 23 Sports Sciences	Wednesday 24 Sports Nutrition	Thursday 25 Sports Physiotherapy	Friday 26 Sports Pharmacy
9:00-10:45	<a href="#">Opening Session Welcome by the Rector</a>  Dr. Christoforos Giannaki: Exercise and Sleep	Dr. Costantinos Tsouloupas: Subjective Well-Being in Obese Individuals from the Perspective of the Transtheoretical Model of Health Behavior Change  Dr. George Aphasimis: High Intensity Exercise Training For Athletes	Dr. Eleni Andreou: Mindful Eating on Weight Control- Nutritional Links to Health and Fitness  Angelos Vlahoyiannis: Nutritional periodization in athletes: effects on sleep and sports performance	Michalis Efstathiou: Effect of pain and fatigue on knee proprioception  Stelios Xatzisavvas Risk of shoulder injuries in Handball players	Prof. Edna Yamasaki, The Cardiovascular System in Health and Disease  Dr Eleftheria Galatou Diagnosis and management of metabolic syndrome
	<a href="#">Coffee Break</a>	<a href="#">Coffee Break</a>	<a href="#">Coffee Break</a>	<a href="#">Coffee Break</a>	<a href="#">Coffee Break</a>
11:15- 13:00	Dr. Christoforos Giannaki: The role of exercise in the management of non- communicable diseases: the case of chronic kidney disease	Dr. Pinelopi Stavrinou: Health-Related Adaptations to High-Intensity Interval Training	Prof Antonio Rosario Inclusion and Interpersonal Relationships  Dr. Ivan Salazar Teaching Young Athletes to Succeed: Navigating the Relationship Between Cooperation and Competition	Dr. Manos Stefanakis Musculoskeletal screening and risk of injury in athletes	Kyriakos E. Georgiou Diabetes Mellitus Lessons from the Past, Challenges for the future
	<a href="#">Lunch Break</a>	<a href="#">Lunch Break</a>	<a href="#">Lunch Break</a>	<a href="#">Lunch Break</a>	<a href="#">Lunch Break</a>
14:30-17:00	Visit to UFIT- Fitness Class	Human Performance Lab (Dr. Christoforos Giannaki- Dr. George Aphasimis)	Visit to Nutrition labs for Body Analysis Composition (Angelos Vlachoyiannis, Anna Michael, Dr Eleni Andreou)	Visit to Movement Analysis Lab (Human Performance lab) Manos Stefanakis	Visit to Pharmacy Labs ( Dr. Elena Mourelatou & Dr. Yiannis Sarigiannis)

Block	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
9:00-10:45	Opening Session Welcome by the Rector	Quality Committee  10:00 – 11:00 Bilateral meetings BVU	Dissemination Committee	Financial Issues	Consortium Meeting
	10:45 – 11:15 Student ice-break activity Dr. Ivan Ivan Salazar	Coffee Break	Coffee Break	Coffee Break	Coffee Break
11:15- 13:00	Bilateral meetings  11:15 – 11:45 IPB  12:00 – 13:00 LPU	Bilateral meetings  11:15 – 11:45 USU  12:00 – 13:00 ISBR		Bilateral meetings  11:00 – 12:00 SUSL  12:00 – 13:00 USK	Consortium Meeting
	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
14:30-17:00			14:30 – 16:00 SC Meeting  16:00 – 17:00 Bilateral meetings BVU		