

## 17<sup>th</sup> ENSE FORUM

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

**Friday, 1 November 2024**

**Venue: Sports University of Tirana**

**Muhamet Gjollësja Street, 1001, Tirana – Albania**

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| 8.00                                      | Registration of participants                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 9.00 - Official Opening – Conference Room | <p><b>Agron Kasa</b>, Rector, Sports University of Tirana, Albania<br/><b>Endrit Hoxha</b>, Vice Minister of Education and Sport, Albania<br/><b>Antonio Tessitore</b>, ENSE President, University of Rome “Foro Italico”, Italy</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|                                           | <p><b>Sport Education for Human Rights, Peace and Sport Diplomacy – Conference Room</b><br/><b>09.15-10.10</b> - Chair: Agron Kasa and Antonio Tessitore</p> <p><b>Cassandra Mactavish</b> (Keynote) - EPAS Senior Project Officer<br/><i>Advancing inclusion and shared values through sport in the Euro-Med-Balkan Region.</i></p> <p><b>De Waele J.M. and Abey F</b> - Université libre de Bruxelles, Belgium<br/><i>Sports diplomacy: a strategic tool for the European Union's soft power and cultural Identity</i></p> <p><b>Muscat-Inglott M. and Zicer N.</b> - The Malta College of Arts, Science &amp; Technology, Malta<br/><i>Chivalric Disposition and Sport: The Last Crusaders</i></p> <p><b>Kolë Gjellshaj</b> (short oral) - Strategic Coordinator to the President of the European Fair Play Movement<br/><i>Presentation of the European Fair Play Movement</i></p>                                                                                                                                                                                                                                           |
|                                           | <p><b>Physical activity for health and wellbeing promotion (1) – Conference Room</b><br/><b>10.10-11.00</b> - Chair: Dhimitraq Prifti and Harald Tschan</p> <p><b>Spanjol I.</b> - European Network of Sport Education<br/><i>Healthy Lifestyle Network Europe (HLNE) Project: Good Practices of Erasmus+ Sport</i></p> <p><b>Pajaujiene S.</b> - Lithuanian Sports University, Lithuania<br/><i>Promotion of Physical Activity During Pregnancy and Postpartum: Why Should We Care About Education?</i></p> <p><b>Di Lascio G.</b> - Pegaso University, Italy<br/><i>Strength development in physical exercise and impact on daily life and psychophysical wellbeing</i></p> <p><b>Kerr-Cumbo R.</b> - The Malta College of Arts, Science &amp; Technology<br/><i>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</i></p> <p><b>Ramos L, Simões V., Franco S</b> - Instituto Politécnico de Santarém, Portugal<br/><i>Active Mathematics" - Learning mathematics through physical activity!</i></p> |
| 11.00                                     | Coffee Break and Social Time                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|                                           | <p><b>Sport Education in Dual Career – Room 1.1</b><br/><b>11.20-12.25</b> - Chair: Arben Kaçurri and Laura Capranica</p> <p><b>Capranica L.</b> - University of Rome “Foro Italico”, Italy<br/><i>Dual career of sports persons: implementing the European guidelines</i></p> <p><b>Gjaka M. and Feka K.</b> - UBT College, Ministry of Culture, Youth and Sport, Universum College, Kosovo<br/><i>Dual-career in the Republic of Kosovo: Current State and Future Perspective</i></p> <p><b>Kesämaa H. and Mattila M.</b> - Southern-Eastern Finland University of Applied Science, Finland<br/><i>Mentor growth and competency building within the GEIN project: A Study proposal</i></p> <p><b>Grech K.</b> - The Malta College of Arts, Science &amp; Technology<br/><i>Mentorship as a Lifelong Developmental Relationship for Coaches: A Grounded Theory Study for Coaches</i></p>                                                                                                                                                                                                                                        |

**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)**

## 17th ENSE FORUM

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

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