

REPORT FROM THE 3RD INTERNATIONAL SCIENTIFIC CONFERENCE**“Physical activity in a healthy lifestyle”****Ewelina Niżnikowska**

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On the 27-28 of May 2014, in the Zaborek hotel in Janów Podlaski, the 3rd International Scientific Conference under the title “Physical activity in a healthy lifestyle” took place. The conference was organized by the Institute of Rural Health in Lublin and the Pope John Paul II State School of Higher Education in Biała Podlaska.

The objective of the conference was to exchange views and experiences regarding physical activity in a healthy lifestyle of societies of different countries, taking into account different social and professional groups. On behalf of the hosts, the Conference was inaugurated by the Rector of the Pope John Paul II State School of Higher Education in Biała Podlaska - Professor Józef Bergier Ph. D., who in his speech introduced the invited guests and lecturers and officially opened the plenary sessions.

Representatives of Universities in Prešov, Łuck, Białystok, Lublin, Kielce, Szczecin, Toruń, Zielona Góra, as well as Academies of Physical Education in Gdańsk, Kraków, Katowice, Poznań, Warszawa, Wrocław, and Higher Vocational Schools in Toruń, Krosno, Nowy Sącz and Biała Podlaska participated in the discussions.

The first lecturer in the plenary session was Professor Wiesław Osiński Ph. D. from the Academy of Physical Education in Poznań, who gave an interesting lecture entitled “A research of physical activity of Poles - a critical analysis.” He pointed out that the topic of the Conference is nowadays an exceptionally live issue. The following lecture concerned “The differentiation of physical activities among students from Ukraine,” prepared by Professor Józef Bergier Ph. D.

During the two days of the Conference, over 40 papers were presented. The lecturers were the representatives of 22 educational centers from Poland and abroad. The first day of the Conference was divided into two topic sessions concerning “Physical activity of different social and professional groups” and “A lifestyle in good health and in illness.” On that day, much of the discussions were devoted to research results concerning physical activity of preschool children, gymnasium and secondary school pupils, as well as to the problem of overweight and obesity and the environmental conditionings of physical activity among students during their freshman year. Particular focus was placed on the physical activity of young women with respect to the chosen somatic indexes and the quality of life of women after mastectomy. The presentations were so interesting that they were followed by vivid discussion led and summarized by the chairmen of each session.

The second day of the Conference was divided into two sessions: “Physical activity in promotion, prevention and therapy” and “Varia.” Health benefits of physical activity of women and men aged 50+ leading a passive lifestyle were discussed. Attention was paid to motoric development and physical activity of children and young adults from the Podkarpacie Region, compared to some selected world populations. Moreover, research results concerning physical activity among different groups from Ukraine, Poland and other European Union countries were presented.

Also on that day a poster session took place, during which 10 posters concerning the topic at hand were presented.

Because of its formula and friendly character, the Conference constituted a perfect ground for discussion and exchange of views. The hosts assumed that a professional meeting will be more effective than a full thematic conference and that it will help to improve scientific cooperation between different centers. A warm atmosphere created by the hosts - the Institute of Rural Health in Lublin and the State Vocational School of Higher Education in Biała Podlaska, was undoubtedly a value of the Conference. The Conference was surely very successful, as can be judged from the number of over sixty lecturers and a large audience.

His Magnificence Rector of the Pope John Paul II State School of Higher Education in Biała Podlaska, Professor Józef Bergier Ph. D., during the closing speech thanked the lecturers for accepting the invitation and attending the conference, and invited them to the next, 4th edition of the Conference in May 2015.

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