

# 1st Scientific Conference VARIATION IN PHYSICAL ACTIVITY OF SOCIETIES

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On 28-29 May 2012, the 'Zaborek Wilderness' guest house in Janów Podlaski hosted the participants of a scientific conference organized by the Institute of Rural Health in Lublin and State School of Higher Education in Biała Podlaska: 'Variation in physical activity of societies'. An honorary patronage of the conference was taken by: Minister of Sports and Tourism – Joanna Mucha, Minister of Health – Bartosz Arłukowicz, Coach of the Polish national football team – Antoni Piechniczek, President of Parliamentary Commission for Physical Culture, Sports and Tourism – Ireneusz Raś, and President of Senate Commission for Science, Education and Sports – Adam Wiatr.

The goal of the conference was an exchange of opinions and scientific experiences concerning physical activity of societies in various countries with the consideration of selected social and occupational groups. The two-day proceedings focused on the following five subject sessions:

1. Physical activity of children and adolescents;
2. Physical activity of adults;
3. Physical activity of women at reproductive age;
4. Physical activity of the elderly and disabled;
5. Physical activity of sportsmen.

The scientific conference 'Variation in physical activity of societies' 'Zróżnicowanie aktywności fizycznej społeczeństw' was inaugurated by the President of the Organizational Committee, Prof. dr hab. Józef Bergier, Representative of the Rector for the Matters of Development of the John Paul State School of Higher Education in Biała Podlaska. During the plenary session, the participants listened to two presentations by outstanding researchers. The first presentation was given by Prof. dr hab. Witold Zatoński from the Warsaw Oncology Centre: 'Concept of health and development of health situation in Poland after 1989. Challenges for experts and politicians – need for a dialogue'. The second presentation was by the Director of the Witold Chodźko Institute of Rural Health in Lublin, Andrzej Wojtyła MD, PhD, President of the Scientific Committee of the Conference who, in association with Prof. dr hab. Józef Bergier, presented a lecture: 'Physical activity of adolescents at reproductive age – epidemiological population studies in Poland'.

During the first and second days of conference, the presentations were made in two sessions presided over by Prof. dr. hab. Marian Sygit, Dr hab. Prof. Ewa Kozdroń, Prof. dr. hab. Jan Ślężyński, Prof. dr. hab. Edward Mleczko, Prof. dr. hab. Jerzego Zagórskiego and Dr hab. Prof. Teresa Socha. Each session ended with a summing-up discussion. In oral presentations concerning physical activity of children and adolescents, the researchers demonstrated its physiological, motor, environmental, psychophysical and psychosocial aspects. The lack of systematic physical activity in the lives of children and adolescents was presented as a risk factor of the development of cardiovascular diseases and back ache. Physical activity among adults was discussed by the participants of the conference in the context of its level, health benefits, forms,

frequency and motives for undertaking this activity, also from the aspects of its evaluation and barriers, as well as differences according to gender and the occupation performed. The problem of physical activity among women, with particular consideration of the reproductive period, was undertaken from the perspective of its varied state and health importance in the new standards of perinatal care. The problem of physical activity among the elderly and disabled was of great interest to the participants. The presentations concerned the positive place and significance of physical activity in the functioning of the Third Age Universities in Katowice, Warsaw, and Biała Podlaska, also, the health advantages of physical activity based on the evaluation of various characteristics, and its importance in the first-order prevention of falls of people at old age. With respect to the disabled, physical activity was presented from the aspect of the existing barriers and occupational mobility. The problem combining physical activity and sports activity was demonstrated in presentations concerning problems such as: effect of physical and sports activity on the physical efficacy orientated towards health-related fitness (H-RF) and motor-fitness performance (M-FP), training loads of female runners, physical efficacy of those who practice indoor climbing, and world records as a measure of the functional capabilities of women.

The participants of the conference formed an interdisciplinary discussion forum presenting the attempts and effects of scientific activities on behalf of enhancement of the invaluable role and significance of physical activity in the life and health of contemporary man and social groups, from the perspective of many scientific, theoretical and practical disciplines, such as medicine, theory of physical education, theory of sports, public health, gerontology, rehabilitation, physiology and biochemistry.

The conference was summed up by Prof. dr. hab. Jan Ślężyński, Andrzej Wojtyła MD, PhD, Prof. dr hab. Edward Mleczko and Prof. dr hab. Jerzy Zagórski. Prof. dr hab. Józef Bergier expressed thanks to the guests and participants and invited them to the subsequent, second edition of the conference 'Variation in physical activity of societies', to be held in May 2013.

More than fifty researchers participated in the conference, representing many Polish universities and research

institutions: Warsaw Oncology Centre, Institute of Rural Health in Lublin, University of Physical Education in Wrocław, Medical University in Poznań, Maria Curie-Skłodowska University in Lublin, University of Economics in Cracow, University of Physical Education in Katowice, Medical University in Lublin, Silesian University of Technology, University of Physical Education in Warsaw, Higher School of Sports Education in Warsaw, University of Physical Education in Gdańsk, Olsztyn Higher School, University of Physical Education in Cracow, Faculty of Physical Education and Sports in Biała Podlaska, and the State School of Higher Education in Biała Podlaska.

The presentations will be published in two scientific journals indexed in the ISI databases: *Annals of Agricultural and Environmental Medicine*, *Journal of Human Kinetics*, and in Polish in the journals: *Antropomotoryka* (Anthropomotomics), *Medycyna Ogólna i Nauki o Zdrowiu*

(General Medicine and Health Sciences, and *Człowiek i Zdrowie* (Man and Health)).

According to the assumptions of the organizers of the conference, it was the first of subsequently planned scientific meetings of university educators and researchers dealing with medical sciences and the science of physical culture, interested in the problem of physical activity in the life of a contemporary man. The organizers express their thanks to all participants in this year's conference, and the authors of reports for their creative efforts in preparing and making the presentations, and also to the invited guests for appreciation of the esteem of the conference. At the same time, the organizers heartily encourage and invite everyone to participate in the subsequent conference to be held in May next year, in this overwhelmingly charming corner of the Southern Podlasie Region of Poland.