

Preliminary Announcement



ICEPA 2011

**International Congress on Enhancement
of Physical Activity of Children and Youth**
April 7-9, 2011 Vuokatti Finland

WWW.ICEPA.FI





Background

Sedentary behaviour and obesity represent increasing health risk in modern societies. The aim of the International Congress on Enhancement of Physical Activity gathers together leading multidisciplinary specialists to deliver updated empirical research findings and search for practical solutions for interventions in various organizations representing early education, sport organizations, schools, and other domains aiming at promoting children's and adolescents' well-being and gender equality. In spring 2011 the Congress focusing on enhancement of physical activity in children and adolescents will be held in Vuokatti, the beautiful sport resort located in the North-East of Finland.

Congress organization

Congress Chairperson

Professor Vesa Linnamo

University of Jyväskylä
Department of Biology of Physical Activity
Sports Technology, Vuokatti

Congress Vice Chairperson

Professor Jarmo Liukkonen

University of Jyväskylä
Department of Sport Sciences
Motor Behaviour Research Unit

Chairperson of the local organizing committee

Janne Vuorinen

Leading Coach, Sotkamo High School,
Joint authority of Kainuu Region

Scientific Committee

*Vesa Linnamo, Professor of Sport Technology (Vuokatti),
Department of Biology of Physical Activity, University of Jyväskylä*

*Jarmo Liukkonen, Professor of Sport Pedagogy,
Department of Sport Sciences, University of Jyväskylä /
Motor Behaviour Research Unit*

*Ari Heinonen, Professor of Physiotherapy
Department of Health Sciences, University of Jyväskylä*

*Arja Sääkslahti, Ph.D, Senior Departmental Researcher
Department of Sport Sciences, University of Jyväskylä /
Motor Behaviour Research Unit*

*Timo Jaakkola, Ph.D, Psychologist, Lecturer
Department of Sport Sciences, University of Jyväskylä /
Motor Behaviour Research Unit*





Congress Program

World known speakers have been invited to give keynote lectures utilizing the knowledge in sport physiology, science of coaching and fitness testing, health sciences, sport and exercise psychology, pedagogy, and sociology for developing new methods to study physical activity. Themes are aimed in children and adolescents. The program will include both poster and oral presentations to be selected from submitted abstracts. All presentations will provide an excellent opportunity to exchange recent research findings and new ideas related to factors behind physical activity of the children and youth.

Keynote speakers and topics of presentations

Professor Nanette Mutrie

Exercise and Sport Psychology

University of Strathclyde, Scotland

Learning experiences from Interventions to promote physical activity in various population groups

Professor Stuart Biddle

Exercise psychology & health behaviours

Loughborough University, UK

Move more, sit less! How might we increase physical activity and reduce sedentary behaviour in young people?

Professor Mark Tremblay

Pediatrics

Faculty of Medicine, University of Ottawa, Canada

Measure and measure carefully - to interpret, intervene and inform physical activity strategies

Professor Ingunn Fjørtoft

Teacher Education

Telemark University College, Norway

How do landscapes promote physical activity? Assessing physical activity with GPS, HR and accelerometer – what can we find?

Professor Greet Cardon

Movement and Sport Sciences

Ghent University, Belgium

How do we promote physical activity in early childhood

Professor Heather McKay

The Centre for Hip Health and Mobility, Depts of Orthopaedics and Family Practice

University of British Columbia, Vancouver, Canada

Physical activity and healthy eating in elementary children



Welcome to Finland

Finland with a population of 5.4 million is famous of its thousands of lakes and four seasons. In the summertime the visitors can enjoy the “nightless nights” as the sun in the northern part of Finland does not set for several weeks. In the springtime it is possible to enjoy sunshine and winter sports at the same time.

Travel

Helsinki airport is easily accessible from all over the world. A smaller airport of Kajaani (630 km from Helsinki) is located 35 km from the Congress site. Bus transportation from Kajaani airport to Vuokatti will be provided for the Congress participants. Kajaani can also be reached by train.

Congress Venue and Site

Vuokatti is a part of the Municipality of Sotkamo. Vuokatti and Vuokatti Sports Institute are well known for the many athletic competitions and inventions. The world’s first indoor skiing and snowboarding tunnels provide all-year-round possibilities for athletic and recreational training. All the lectures and oral presentations will take place in the facilities of the Sports Institute. Sports Technology program facilities of the University of Jyväskylä and several sports technology companies are located within a few hundred meters in a new Snowpolis building.

Recreation possibilities

Vuokatti offers numerous activities from skiing and snowshoeing to forest golf and ice fishing. All within close proximity to the Congress site. In summertime Vuokatti provides activities, such as lake cruising, hiking, lakeside smoke sauna, and midnight golf.



Abstract submission

The deadline for abstract submission will be Dec 31st, 2010. All abstracts will be reviewed by the scientific committee before their acceptance. The accepted abstracts will be selected for either poster or podium presentations, and they will be published in the Congress Proceedings. The detailed instructions for abstract submission, on-line registration, social program, and accommodation will be presented in the Final Announcement Sept 15th, 2010 and also on the website www.icepa.fi

Congress Language

The official language for presentations and all written material is English.

Important dates

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| - First Announcement | June 15 th , 2010 |
| - Final Announcement | Sept 15 th , 2010 |
| - Deadline for abstract submission | Dec 31 st , 2010 |
| - Notification for authors by | Jan 31 st , 2011 |
| - Congress dates | April 7-9, 2011 |



Entry form

If you are interested in receiving the final announcement by mail or by e-mail, please fill in the requested information

Name _____

Position / Title _____

Organization _____

Address _____

Postal Code _____

City _____

Country _____

Telephone _____

E-mail _____



Return by mail or send the above information by e-mail to

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