



ICESH 2017

Leap beyond the bridges



Leap Beyond the Bridges

**International Conference
on Exercise Sport and Health**

12-13 April 2017 - Tirana, Albania



WELCOME to TIRANA

Dear Ladies and Gentlemen
Dear Colleagues,

As president of Albanian Sport Science Association (ASSA), it is my privilege to welcome you to Tirana. ASSA previously named BSHRC is a non-profit organization founded in 2012 with attempts to have scientific research identity as a whole in the instructional and educational activity. ASSA was created with the aim of providing scientific information in creating databases on the research environment, by improving nationals' standards and increasing nationals' health through scientific information in sports, physical education, physical activity and promotion of health.

By organizing this International Conference on Exercise, Sport & Health (ICESH 2017) in Tirana, Albania, we invite all colleagues who work in the field of sports, physical education and health promotion field to present their scientific works. Also, we hope and aim at a confrontation of competences of our studies and researches with foreign scholars coming from sports and physical education family, who are bound to receive a further satisfaction from the hospitable, beauty of visit in Tirana.

I especially want to recognize the reputable partnership with **Tirana International School** and **Sports Centre "SMART"** to organize this conference.

If there is any way that we can make your visit more enjoyable and productive, please let us know. Because we plan to continue hosting ICESH in the future, we need your help in seeing how we can do better every time we host it.

Sincerely,

Florian MUÇA

President
Albanian Sports Science Association (ASSA)

Organizing Partners

QSI - Tirana International School www.qsi.org/albania/alb/

Sports Centre "SMART" www.smart-sports.org

The Conference Venue will take place on the premises of QSI -Tirana International School.

ICESH 2017 - Conference Key Dates

10 January 2017 - Opening of Registration & Abstract Submission

01 March 2017 - Deadline for Abstract Submission

10 March 2017 - Notification about Acceptance

05 April 2017 - Deadline for Registration

Conference fee (registration)

The payment deadline for the fee of the conference for the presenting authors is **05 April 2017** (24: 00 CET). It includes the participation to the open ceremony; participation to all sessions; conference materials including printed book of abstract and e- book; and participation to the closing ceremony.

Participants	Students	Accompanying
€ 100	€ 50	€ 80

Payment Method:

NEFT / Net Banking

1. Pay the registration fee first.
2. Fill the registration form
3. Submit
4. Bank Details:

Account Name: QENDRA SPORTIVE E FEMIJEVE

Bank Name: BANKA KOMBETARE TREGTARE

Account No:422002086

Swift Code: NCBAALTX

IBAN in EURO: Al4420511227002086CLTJCFEURH

*The fee of registration also includes publishing the article to the European Journal of Health & Science in Sports (www.assa.al)

Registration Fee and Abstract Guidelines

Registration for attending the conference is open to all Speakers / Non- Speakers, Author / Non Author, Director of Physical Education, Students, research scholars of National & International Universities and colleges, Coaches, Sports Scientist, Industrialists, Sports persons and any other interested persons.

*The payment deadline for the fee of the conference for presenting authors is **05 April 2017** (24: 00 CET).

Registration Fee:

Participants	100 euro
Students	50 euro
Accompanying person	80 euro

Registration fees include:

- Admission to all sessions
- Paper presentation slot.
- Conference kit (printed book of abstract and e- book)
- Certificate.
- Participation to open/closing ceremony.

* The fee of registration also includes publishing the article to the *European Journal of Health & Science in Sports* <http://www.assa.al/ejhss/>

Refund / Cancellation Policy:

1. There will be no refund or cancellation, if the registrant is unable to attend the conference due to any reason.
2. No refund or cancellation, if the registrant paper is not accepted.

Important Dates

10th January 2017- Opening for Registration & Abstract Submission

01st March 2017 - Deadline for Abstract Submission-

10th March 2017 - Notification about Acceptance -

05th April 2017 - Deadline for Registration -

12th – 13th April 2017 - Conference -

General Information Applying to EJHSS

Manuscripts submitted to *EJHSS* must not be submitted to other publications simultaneously.

Each application of the manuscript must contain

1. A separate cover sheet shall include; title of manuscript, name of author(s), institutional affiliation(s), running head, contact information (mailing address & e-mail address) of the corresponding author.
2. Number the pages (manuscript) in the upper right corner beginning the title only, omitting author names and affiliations following sections; abstract, keywords (3-5), text (introduction, methods, results, discussion and references) acknowledgments if any, figure captions, tables and figures. Manuscripts should be submitted in APA style (do not list author names, affiliations, or contact information in the manuscript).

***The following sequence should be the manuscript applied to EJHSS:**

- Title page
- Abstract
- Keywords
- Introduction
- Materials and Methods
- Results and Discussion

- Acknowledgement
- Reference

All manuscripts must have an abstract of ~3500 characters typed on a separate page. Label clearly any tables and graphs, and include them on separate pages. Manuscripts of approximately 6,500 words should be presented double-spaced with wide margins including references and quotations, and number the pages and lines throughout. Save the manuscript in a native word-processing format (e.g., Microsoft Word).

European Journal of Health & Science in Sports <http://www.assa.al/ejhss/>

Tirana Cultural Attractions

Bunk 'Art

Top choice museum in Tirana

This fantastic conversion – from a massive cold war bunker on the outskirts of Tirana into a history and contemporary art museum – is Albania's most exciting new sight and easily a Tirana highlight. With almost 3000 sq metres of space underground spread over several floors, the bunker was built for Albania's political elite in the 1970s and remained a secret for much of its existence. Now it hosts exhibits that combine the modern history of Albania with pieces of contemporary art.



National History Museum

Top choice museum in Tirana

The largest museum in Albania holds many of the country's archaeological treasures and a replica of Skanderbeg's massive sword (how he held it, rode his horse and fought at the same time is a mystery). The excellent collection is almost entirely signed in English and takes you chronologically from ancient Illyria to the post-communist era. One highlight of the museum is a terrific exhibition of icons by Onufri, a renowned 16th-century Albanian master of colour



National Gallery of Arts

Top choice gallery in Tirana

Tracing the relatively brief history of Albanian painting from the early 19th century to the present day, this beautiful space also has temporary exhibitions. Downstairs there's a small but interesting collection of 19th-century paintings depicting scenes from daily Albanian life, while upstairs the art takes on a political dimension with some truly fabulous examples



of Albanian socialist realism. Don't miss the small collection of communist statues in storage behind the building, including two rarely seen statues of Uncle Joe Stalin himself.

Clock Tower

Tower in Tirana

Tirana's 35m-tall clock tower was completed by Ottoman architects in 1822, and it was for years the tallest building in the capital, sounding a bell every hour on the hour. You can climb it for impressive views of Skanderbeg Square.



Et'hem Bey Mosque

Mosque in Tirana

To one side of Sheshi Skënderbej, the 1789–1823 Et'hem Bey Mosque was spared destruction during the atheism campaign of the late 1960s because of its status as a cultural monument. Small and elegant, it's one of the oldest buildings left in the city. Take your shoes off to look inside at the beautifully painted dome.



Fortress of Justinian

Ruins in Tirana

If you turn up Rr Murat Toptani, behind the National Art Gallery, you'll pass the 6m-high walls of the Fortress of Justinian, the last remnants of a Byzantine-era castle. The Fortress of Tirana is one of the greatest cultural and historical monuments in Tirana. It is a fortification with rectangular shaped layout 160mx125m stretching more on the east-west direction. Judging from the technique and construction used to build it is thought that it has been constructed around the end of the 18th century. It is supposed to have been built by Ahmet Pasha Bargjini (1788- 1809)



Former Residence of Enver Hoxha

Historic building in Tirana

This simple three-storey villa was the home of Albanian dictator Enver Hoxha for decades, and his wife continued to live here for years after his death in 1985. While the Albanian communist leaders clearly lived a much simpler life than their comrades in Romania, for example, it was still another world for the people on the street, who thronged here in amazement when the “Blloku” was finally opened to the public in 1991. The house is closed to the public.



Pyramid

Notable building in Tirana

Designed by Enver Hoxha's daughter and son-in-law and completed in 1988, this monstrously unattractive building was formerly the Enver Hoxha Museum and more recently a convention centre and nightclub. Today, covered in graffiti and surrounded by the encampments of Tirana's homeless, its once-white marble walls are now crumbling, but no decision on whether to demolish or restore it has yet been reached. It's sometimes open for temporary exhibits, for which it's a surprisingly great venue.



Tanners' Bridge

Bridge in Tirana

A rather incongruous 19th-century stone bridge remains remarkably well preserved in Tirana's modern centre and is one of just a few remnants of Ottoman Tirana. Be careful walking over it as its smooth stone surface can be very slippery. It's at the end of street- President George W Bush.

