

Football is Medicine Conference 2019

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Football Fitness course:

Campusvej 55, 5250 Odense-M, Thursday January 24, 2019, 3-9 pm

All session are performed indoor. Please bring kit for indoor football.

3.00-3.15 pm: Introduction

3.15-3.45 pm: Football Fitness is healthy, fun and social. 15 years of research.

3.45-4.15 pm: How to organize a Football Fitness training session.

4.15-5.30 pm: Practical Football Fitness training sessions. The course participants are also players.

5.30-6.00 pm: How to recruit Football Fitness players, how to ensure adherence.

6.00-6.30 pm: Sandwiches and coffee.

6.30-6.45 pm: How to modify drills and pair-exercises to the participant group.

6.45-7.15 pm: Group work to prepare a Football Fitness training session, with 60-80-yr-olds as participants along with Football Fitness ABC (after breast cancer).

7.15-8.30 pm: Practical Football Fitness training session. Led by the course participants.

8.30-9.00 pm: Round up and diplomas. Thank you!

