

Epinal City
Regional direction of Youth and Sports Ministry, Lorraine
Vosges Departmental Olympic Committee

With the French Pediatric Society



1st European Congress on Physical Activity and Health among 0 – 6 years old Children.

Pre-announcement

Epinal, France
28-29 May 2010

The 1st European Congress on Physical Activity and Health among 0 – 6 years old Children will take place in Epinal (France) on the 28th and 29th of May 2010.

The 2010 European Congress promises to be a fruitful experience. The multidisciplinary program will indeed offer topics to meet all interests.

On behalf of the Scientific Committee, it is our pleasure to invite you to submit an abstract for an oral and/or a poster presentation.

The Moving Days for 0 – 6 Years Old will also be held on the same days, and at the same location. Young children (nurseries, preschools) will enjoy a variety of active animations. You will be granted free access to these Days.

We will send you further details (regarding agenda, venue, travel information etc.) as soon as they are available.

We look forward to seeing you in Epinal.

Best regards,

Prof. Martine Duclos, Scientific Committee chairwoman (University of Clermont-Ferrand, France)
Dr. Patrick Laure, Organizing Committee chairman (DRDJS Lorraine, University of Metz, France)

Official Languages: English and French
For further information, please do not hesitate to contact Patrick Laure (laure@univ-metz.fr)

Why this Congress?

Physical activity is of critical importance for the psychomotor development of infants, toddlers and preschoolers. It stimulates the process of development of their basic motor abilities, among which coordination, speed, strength, flexibility, balance, precision, space and time perception. In addition, young children's cognitive, social and emotional skills are also acquired through the development of these motor activities.

Regular physical activity is not only important in developing, but also in maintaining a healthy body mass, and brings many other physiological and psychosocial benefits. Lastly, physical activity in infancy and early childhood can be a decisive factor for future health.

However, a substantial proportion of young children have lower physical activity levels than recommended (at least 120 minutes of physical activity per day, half of which in structured physical activity and the other half in unstructured, free-play settings). Moreover, children seem to spend more and more time on sedentary activities (such as watching TV or playing video games) as they grow older.

Among the numerous factors that could explain this phenomenon, we could mention the lack of training for health and sport professionals, the inadequacy of preschool policies and practices, preschool outdoor environment, home environments and parental behaviors, etc.

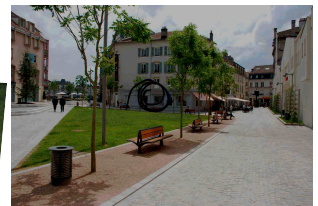
What are the psychosocial and environmental factors that contribute to physical activity in infancy and early childhood? What are the effects of physical activity on very young children's behavior, health or development? What level and what kind of physical activities are appropriate for infants, toddlers and preschool children?

This congress will be an exceptional opportunity to draw a scientific state-of-the-art, but also to share experiences and concrete ideas in this field.

The meeting will be conducted in Epinal, a town with a longstanding sport tradition, which organized the first French conference on this topic in 1988. In fact, the whole Lorraine region is involved in promoting health through physical activity, and held the first national conference "physical activity and prevention" in 2005.

Scientific Committee

- Cecilia Boldemann, Karolinska Institutet, Stockholm, Sweden
- Greet Cardon, Ghent University, Belgium
- Martine Duclos, Clermont-Ferrand University, France
- Radmila Kostić, University of Niš, Serbia
- Yannis Manios, Harokopio University of Athens, Greece
- Erik Sigmund, Palacky University Olomouc, Czech Republic
- Gerhard Treutlein, Pädagogische Hochschule, Heidelberg, Germany
- Renate Zimmer, Universität Osnabrück, Germany



Sessions

- Session 1. Social and environmental factors associated with physical activity among 0 – 6 years old children
 - Nurseries, daycare centers and preschools equipment
 - Urban environment (parks, sun protection, air pollution, automobile traffic, etc)
 - Sports, health or early childhood professionals' training
 - Role of parents, brothers and sisters.
 - Role of grandparents
 - Role of nannies (maternal assistants)
- Sessions 2. Effects of early physical activity on behavior, health and development
 - Disease prevention
 - Chronic disease care (type I diabetes mellitus, asthma, etc).
 - Immune system
 - Normal psychomotor development
 - Developmental delay
 - Behavioral disorders
 - Development of verbal and body language
 - Academic acquisitions (drawing, mathematics, etc)
 - Risks of trauma
- Session 3. Physical activity among 0 – 6 years old children: how and how much?
 - Measuring physical activity of toddlers and preschoolers (motion sensors, etc).
 - Innovative physical activity (structured and unstructured)
 - Is there an effect of dependency on physical activity?
 - Training for professionals involved in toddlers' and preschoolers' physical activity
- Session 4. Free communications

Abstract guidelines

Any relevant issue can be submitted. We also welcome original testimonies regarding health promotion through physical activity among young children (0-6 years old). Please do not hesitate to contact us in case you have further questions related to abstract submission.

Abstracts can be submitted by Email to grazia.zavettieri@univ-metz.fr

Each abstract must contain the following: *Objective*: Indicate primary purpose of study, *Methods*: description of data sources, subjects, data description and analysis, *Main results*: summary of results, *Conclusion*: statement of the study's conclusions and/or implications of the results. *Key-words*: three words describing the abstract.

The abstract should be written in the following format: Font: Times New Roman, 12 point font size, single spacing. Word Limit: 300 words (not including title, authors) References should not be included in the abstract. Use of standard abbreviations is desirable. Languages: English or French.

The abstracts which have been chosen will be edited for style and format and published in a medical or scientific journal, or in a book.

Closing date: January 15th, 2010

The abstracts will be assessed according to the following criteria: relevance, originality, quality of method (design, data collection), clarity of the layout.

Receipt of abstracts will be acknowledged by email within a week of submission. All abstracts will be reviewed by the Scientific Committee. The organizers reserve the right to reject any abstract that do not meet the above requirements, and to edit abstracts.

Registration

Registration fee will be €150. This will include lunch and refreshments during morning and afternoon breaks. The fee will not be refundable to accepted applicants who later withdraw their presentation.

Accepted presenters will be expected to register as delegates for the Congress (excludes invited speakers) and to be available at the time scheduled by the Organizing Committee.

You may register in advance by downloading the form on the congress website:

www.epinal.fr/actualites/evenements/centre_congres.shtml

The completed form must be returned to laure@univ-metz.fr and a printed version must be returned, with the fee, at:

CDOS 88, European Congress
31 ter rue des Templiers
88000 EPINAL
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