

# PROJECT MEETING

## Health and Fitness Group

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To be held on Friday and Saturday 8<sup>th</sup> and 9<sup>th</sup> April 2005  
Rio Maior, Portugal

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The meeting will be attended by:

**Allan Pilkington**, SPRITO

**Aurelien Favre**, SPRITO/EOSE

**Ben Gittus** – SkillsActive

**Paolo Parisi** – IUSM Rome University for Movement Science

**Terttu Parkatti** – University of Jyvaskyla

**Susana Franco (and 2 experts from portugal)** – Escola Superior de Deporto de Río Mayor

Apologies:

**Ramutis Kairaitis** – Lithuanian Academy of Physical Education

**Louise Sutton** – Leeds Metropolitan University

### PROPOSED AGENDA

#### Day 1 Starting at 9.00am

1. **Apologies Introductions and Opening Messages**
2. **Working Groups (3) to review work so far and to prepare the plenary session**
  - a. **Gym Instructor (Gym) – led by Ben**
  - b. **Clinical Exercise Specialist (CES) – Led by Paolo**
  - c. **Public Health Promotion Specialist (PH) – Led by Susana**
3. **Plenary session: Presentation of the work of each sub-group (6 steps) + discussions and questions**  
– ***Presented by each sub-group (Gym/CES/PH) –***

#### Lunch

4. **Working Groups: (Gym/CES/PH)**
  - a. **Review the steps already undertaken**
  - b. **Develop the other steps of the Tuning Model**
5. **Plenary Session to present the last steps developed in each sub-group including timeline. – *Presented by each sub-group –***
6. **Conclusion of the day and validation of the programme of day 2. Close.**

**Day 2 Starting at 9.00am – Communication and Administrative actions –**

**7. Plenary session:**

- Expert Groups
- Questionnaire discussion
- Follow up...

**8. Finance: Administrative aspects (Sheets to fill)**

**9. Close of meeting at 12.30pm**

**Lunch**

**10. Optional: Working Groups Session in the Afternoon (Depends of the work done)**