

ORGANIZED BY
THE NATIONAL SPORTS ACADEMY &
BULGARIAN RHYTHMIC GYMNASTICS FEDERATION

2020

FIRST INTERNATIONAL ONLINE RHYTHMIC GYMNASTICS CONFERENCE & SEMINAR

6 - 7 NOVEMBER

TOPICS

- Historical aspects of RG
- Technical preparation
- Physical preparation
- Psychological preparation
- Tactical preparation
- Planning & Training load
- CoP rules & interpretation
- Artistry & Choreography
- Online training
- Future trends

+359 89 2299815

gym.online.conf@gmail.com

www.facebook.com/RGConSem



8TH GYMNASTICS NATIONAL CONGRESS / 6TH INTERNATIONAL

GYMNASTICS: THE FUTURE NOW



CALL FOR PAPERS TO COMMUNICATIONS/POSTERS IN THE FOLLOWING AREAS

- Gymnastics Technics and Science
- Management and Development
- Formation and School Practices
- Adapted Gymnastics to Special Populations
- GFA practices and Senior Activity (Active Aging)
- Ethics, Violence & Harassment Combat
- Psychology and Social Sciences
- Health
- Judgment in Gymnastics
- Safety in Gymnastics
- New technologies for education and training support

01 TO 08 DECEMBER 2020

OPENING - FACULTY OF HUMAN MOTRICITY / LISBON
CLOSING - FACULTY OF SPORTS / PORTO

PRESENCIAL SESSIONS (REDUCED NUMBER OF ATTENDANTS) TOTAL TRANSMISSION ON STREAMING AND RECORDED SESSIONS ONLINE.

CANDIDATURES: candidaturascongressofgp@gympor.com

MORE INFORMATION: www.congressodaginastica.com

ORGANIZATION



INSTITUTIONAL PARTNERS



PARTNERS

