



WOMEN'S  
HURDLES

Co-funded by the  
Erasmus+ Programme  
of the European Union



**Oct 13th - 14th 2022**

Aula Marconi - CNR  
Piazzale Aldo Moro, 7  
Rome

# WOMEN'S HURDLES

An European collaborative partnership to increase  
women participation to physical activity programs

**Train the trainers  
for physical exercise experts  
and sport managers**

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## DAY 1

8.30	9.00	Registration	
<b>WOMEN'S HURDLES: PROJECT SCENARIO</b>			
9.00	9.20	Welcome at CNR	G.Sotis (CNR)
9.20	9.40	Erasmus plus Sport	D.Forgione (Ises)
9.40	10.00	Women's Hurdles project	M.Ilardi (Ises)
<b>WOMEN'S HURDLES: ACTIVITIES</b>			
10.00	10.20	WP3: Analysis of the needs and barriers	M.Petcu (CMF)
10.20	10.40	WP3: Web analysis	D.Forgione (Ises)
10.40	11.00	Coffee break	
<b>WOMEN'S WORLD</b>			
11.00	11.20	Framework of women epidemiology in Europe	L.Cerbara (CNR)
11.20	11.40	Women's cardiovascular risk factor	R.Volpe (CNR)
11.40	12.00	Women's heart	M.Grazia Modena (Università di Modena e Reggio Emilia)
12.00	12.20	Women's bone	M.Paoloni (Sapienza Università di Roma)
12.20	12.40	Women's muscles	P.Sbriccoli (Università degli Studi di Roma Foro Italico)
12.40	13.00	Q&A	
13.00	14.00	Lunch	
14.00	14.20	Women's psychology	S.Goumas (Hellenic Heart Foundation)
14.20	14.40	Q&A	
<b>WOMEN'S HURDLES: ACTIVITIES</b>			
14.40	15.00	WP4: Identification of good practices	J.Dochevska (BSDA)
15.00	16.00	Golden rules workgroups	All
16.00	16.15	Workgroups returns	All
16.15	16.30	Wrap-up and conclusion of the day	All

## DAY 2

9.00	9.30	Registration	
<b>WOMEN'S HURDLES ON THE FIELD</b>			
9.30	10.10	WP5: Golden rules to increase women's participation to physical activity programs	G.Goumas (Hellenic Heart Foundation)
10.10	10.30	Coffee break	
10.30	12.30	Round table: From the theory to the action Participants: G.Arneseano, B.Benifei, A.Biffi A.Campedelli, A.Gabrielli, L.Pinducciu, M.L.Sette, V. Telleschi.	Chair. I.Roth
12.30	13.30	Lunch	
13.30	13.50	Train the trainers activity	M.Ilardi (Ises)
13.50	14.10	Train the trainers tools	M.Ilardi (Ises)
14.10	14.30	Administrative aspects	D.Forgione (Ises)
14.30	14.50	EU requirements	D.Forgione (Ises)
14.50	15.20	Q&A	
15.20	15.30	Final conclusions	