



**AKADEMIA WYCHOWANIA FIZYCZNEGO**  
JÓZEFA PIŁSUDSKIEGO W WARSZAWIE

# ANNOUNCEMENT

Jozef Pilsudski University of Physical Education  
Department of Pedagogy and Psychology

invites to

## I Scientific Conference

**“Human - Athlete - Champion. A journey from crisis through growth to success in sports.”**

Warsaw, 14-15.11.2024

Sport is an opportunity to develop mental strength, tenacity and humility. Physical activity reduces anxiety and increases vigor. However, sport is not free from mental threats. Therefore, specialists working in sports have begun to ask: Does the problem of mental crisis also apply to athletes? Practice and research are clear: depression and mood disorders are increasingly present in sports.

There is a substantial need for mental health education. Therefore, at the University, we want to create a space for education and discussion thereby adding our "brick" in building the mental resilience of athletes.

The conference is addressed to athletes, educators, coaches, PE teachers, psychologists and others working in the field of mental health. Our goal is to create a platform to educate about resilience and athlete's mental health.

The conference will include workshops, lectures, panel discussions, short presentations and poster session.

We invite you to participate in our event.

**Organizing Committee**



### Location

Jozef Pilsudski University of Physical Education,  
34 Marymoncka St, Main Auditorium

### Conference Fee

	Students	Standard
Early bird: (01.03.2024 - 30.06.2024)	300 PLN	400 PLN
Standard: (01.07.2024 - 30.09.2024)	350 PLN	500 PLN

### Participation

Abstract Submission due is 30.06.2024.

Conference Fee include participation in all keynotes, workshops (to be chosen by the participant), 2 discussion panels and coffee breaks. You can choose 4 workshops (one in each round, 2 on one day). The participant makes the choice in a submission questionnaire sent by the Organizer. The number of spots for each workshop is limited - the order of registration is decisive.

### Submission Form

<https://forms.office.com/e/QjBNE09xmR>

### Post-conference publication

Special Issue in the scientific journal Acta Kinesiologica is planned to be open. The journal's topics focus on public health, psychology, pedagogy, sports and performance physiology. Acta Kinesiologica has an Impact Factor of 0.3. The cost of publication is 250 euros covered by the author.

Articles will be published according to the rules of the journal (details available at: <https://akinesiologica.com>). The article formatting template is available in the downloads on the conference website.



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### Scientific Committee:

**Prof. Monika Guskowska**

Prof. Jan Blecharz

Prof. Marcin Krawczyński

Prof. Aleksandra Łuszczynska

Prof. Jakub Adamczyk

Prof. Mariusz Lipowski

PhD Katarzyna Płoszaj

PhD Anna Kuk

PhD Jolanta Derbich

PhD Agnieszka Bołdak

PhD Hanna Nałęcz

### Organizing Committee:

**MA Grzegorz Lisek - przewodniczący**

**MA Wiktor Wiluś - przewodniczący**

PhD Beata Wojtyczek

MA Anna Godlewska

MA Piotr Chróściak

MA inż. Katarzyna Lorenz

MA Mateusz Baran

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