

**6th International Scientific Conference
„Physical Activity, Health and Quality of Life“, Košice, Slovakia**

Preliminary program

23 SEPTEMBER 2026, WEDNESDAY	
16:30 – 18:00	Workshop: From Ideas to International Collaboration
18:00 – 19:30	Dinner
19.30 – 22.00	Round Table Discussion: New Perspectives on International Scientific Collaboration
24 SEPTEMBER 2026, THURSDAY	
8:00 – 8:45	Registration – historic auditorium
9:00 – 9:30	Opening ceremony – historic auditorium
9:30 – 11:00	Plenary session <i>Environmental determinants and drivers in physical activity research</i> Prof. Mgr. Josef Mitáš, Ph.D. <i>Physical activity of university and secondary school students in the V4 countries in the last decade</i> Prof. Dr. Pongrác Ács <i>Exercise as the first medicine – why should physical activity precede pharmacotherapy from an early age?</i> Mgr. Jarosław Herbert, Ph.D., Assistant Professor
11:00 – 11:15	Coffee break
11:15 – 12:30	Session I – historic auditorium Session II – large meeting room
12:40 – 14:10	Lunch
14:15 – 15:30	Session III – historic auditorium Session IV – small meeting room
15:30 – 15:45	Coffee break
15:45 – 17:00	Poster Session I
18:30 – 02:00	Gala Dinner
25 SEPTEMBER 2026, FRIDAY	
8:00 – 09:00	Breakfast
09:00 – 10:30	Session V – large meeting room Poster Session II
11:00 – 11:30	Closing ceremony