

PhysAgeNet Training School

09 – 11 September 2025

Title:

Evidence-Based Physical Activity in Old Age: Strengthening Research Design
Standards & Dissemination

Meeting Venue:

Gdansk Univeristy of Physical Education and Sport
(Kazimierza Górskiego 1, 80-336 Gdańsk)

Format:

Hybrid

Online participation:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_NjNjNTQ3MjAtZmNiYi00YTMyLWlxMjYtNTA4OTBiZTZmOGM1%40thread.v2/0?context=%7b%22Tid%22%3a%225344a62b-e968-4b49-9aef-8764ba7ae60a%22%2c%22Oid%22%3a%2284ae2ec4-acdd-4934-b8cd-a69f6464183e%22%7d

Tuesday, 9th September

Time CET	Topic	Location
09:00 – 09:30	Registration	The main entrance hall (from Grunwaldzka Avenue) of AWFIS
09:30 – 10:15	Welcome <i>Vice-Rector for Science at AWFIS: Agnieszka Maciejewska-Skrendo</i> <i>Director of the Doctoral School et AWFIS: Jakub Kortas</i> <i>Vice-Chair of PhysAgeNet: Yael Netz</i> <i>Local Organisers: Zbigniew Ossowski & Magdalena Jaroch-Lidzbarska</i>	Congress hall
10:15 – 11:00	Topics Introduction <i>WG1 Trainer: Yael Netz; WG2 Trainer: Orgesa Qipo</i> <i>WG3 Trainer: Sunwoo Lee; WG4 Trainer: Jonathan Gomez-Raja</i>	Congress hall
11:00 – 11:30	Coffee Break *Free of costs for participants	Bistro Przewaga
11:30 – 13:00	Workshop 1: From outcomes to open science: Standardizing and sharing your data for better research impact <i>Salvatore Tedesco</i>	Congress hall
13:00 – 14:00	Lunch Break *Paid by the participants as part of the DA	Bistro Przewaga
14:00 – 15:00	Introduction to AWFIS Laboratories <i>Magdalena Leszczyńska-Wiloch</i> <i>Piotr Aschenbrenner</i>	Group I: Biochemistry Laboratory; Group II: Exercise Science Laboratory
15:00 – 15:30	Coffee Break *Free of costs for participants	Bistro Przewaga
15:30 – 17:00	Workshop 2: Guidelines for reporting PA Interventions in Older Age <i>Yael Netz</i>	Congress hall
19:00 – 22:00	Dinner at Con Giardino Restaurant *Paid by the participants as part of the DA	Villa Paladium (Józefa Czyżewskiego 20 Street, 80-336 Gdańsk)

Wednesday, 10 th September		
Time CET	Topic	Location
09:00 – 09:30	Registration	Congress hall entrance
09:30 – 09:45	Introduction New Walking Activity <i>Zbigniew Ossowski</i>	Congress hall
09:45 – 11:00	Workshop 3: Guidelines for recruiting older adults in PA studies – experts' consensus <i>Sunwoo Lee</i>	Congress hall
11:00 – 11:30	Coffee Break *Free of costs for participants	Bistro Przewaga
11:30 – 13:00	Workshop 4: Reporting digital physical activity interventions: Applying CONSORT-EHEALTH and TIDieR guidelines for improved transparency and replicability <i>Orgesa Qipo</i>	Congress hall
13:00 – 14:00	Lunch Break *Paid by the participants as part of the DA	Bistro Przewaga
14:00 – 15:00	Workshop 5: Proposals for “research to funding” <i>Jonathan Gomez-Raja</i>	Congress hall
15:00 – 15:30	Coffee Break *Free of costs for participants	Bistro Przewaga
15:30 – 16:45	Workshop 6: Proposals for “research to funding”, practical session <i>Jonathan Gomez-Raja</i>	Congress hall
16:45 – 17:30	Break	Individuals' decision
17:30 – 19:30	New Walking activity <i>Zbigniew Ossowski</i>	Start point: Rugby pitch
20:00 – 22:00	Dinner at Con Giardino Restaurant *Paid by the participants as part of the DA	Villa Paladium (Józefa Czyżewskiego 20 Street, 80-336 Gdańsk)

Thursday, 11 th September		
Time CET	Topic	Location
09:00 – 09:30	Registration	Congress hall entrance
09:30 – 10:30	Workshop 7: Social media <i>Eleftheria Giannouli</i>	Congress hall
10:30 – 11:30	Coffee Break *Free of costs for participants	Bistro Przewaga
11:30 – 13:00	Workshop 8: How to build a consensus, a Delphi approach (practical session) <i>Sunwoo Lee</i>	Congress hall
13:00 – 14:00	Lunch Break *Paid by the participants as part of the DA	Bistro Przewaga
14:00 – 15:00	Workshop 9: Build and teach a Curriculum on Aging and Physical Activity <i>Yael Netz</i>	Congress hall
15:00 – 15:15	Closing remarks <i>Zbigniew Ossowski</i> <i>Yael Netz</i>	Congress hall