

Itai Har-Nir

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Itai has been teaching in the Academic College Levinsky-Wingate (at Wingate campus) for the past 17 years. His main interest venue is related to resistance training and its application for different subgroups in the general population. He completed his Bachelor's and two Master's Degrees in Wingate institute and Tel-Aviv University, both related to public health and sport science. In conjunction with training, he had the privilege to serve as a research lab manager at Halperin Lab, at the School of Public Health, Tel-Aviv University. Upcoming years should be exciting as Itai is pursuing his PhD in physiotherapy faculty. He lives in a Kibbutz north central part of Israel, and he loves cats. He is looking forward to the ITW, sharing his experience and point of view about resistance training for elderly people.

My Topics for the 21st International Teaching Week:

- 1) Heavy resistance training for elderly – fountain of youth?
- 2) Moving forward, advance methods in resistance training for elderly people