

Genti Pano

Sports University of Tirana

ALBANIA



Genti is a lecturer of Adapted Training, Kinesiology, Health and Physical Activity at the Faculty of Rehabilitation Sciences, Sport University of Tirana, Albania.

His main research and teaching interest is physical activity and health, adapted training, adaption of physical exercise programs for people with special need and chronic diseases.

Genti holds degrees in Physical Education and in Health and Physical Activity (European Master's, University of Rome "Foro Italico"). Since 2010, he has worked at the Sports University of Tirana, where he earned his PhD and became Associate Professor. He is also an FIVB International Beach Volleyball Referee.

In his free time Genti likes traveling, meeting people from different cultures. He also enjoys good food, playing beach-volleyball and helping people in need.

My Topics for the 26th International Teaching Week:

- 1) Physical Activity Effects on Cardiovascular Parameters in Children.
- 2) Effects of PA Intervention on Body Composition in Children
- 3) Structured Exercise Program Benefits on Posture and Gait in Children and Adolescents