



Deporte: garantía de salud mental, nutricional y física para la mujer



Sport for women.

16.Jun 2025

Cod. 002-25

Mod.:

Streaming Face-to-face

Edition

2025

Activity type

Summer course

Date

16.Jun 2025

Location

Miramar Palace

Languages

Spanish

Academic Validity

10 hours

Organising Committee



Description

Sport is a fundamental tool to guarantee the mental, nutritional and physical health of women. It contributes to the formation and integral development of the person, improving the quality of life, and individual and social well-being. In addition, sport promotes physical and mental health, strengthens community and social ties, and fosters solidarity and respect.

Objectives

Regarding mental health, to show that sport acts as a stress and aggression reliever, improving psychological well-being.

With respect to nutritional health, to raise awareness of the capacity of sport to promote healthy eating habits and to prevent eating disorders.

In relation to physical health, to stand out that sport promotes the acquisition of healthy lifestyle habits and improves physical condition.

In terms of empowerment, to state that sport increases self-esteem and allows women to make decisions about their lives.

With regard to skills development, emphasise that sport promotes education, communication, negotiation and leadership.

In collaboration with



Program

16-06-2025

08:30 - 08:45	Recepción de los asistentes y entrega de documentación
08:45 - 09:00	“Inauguración , Julio Calleja, representante de UIK y representante de Real Sociedad” UIK-ko zuzendaritzaren ordezkaria Cursos de Verano/Uda Ikastaroak Julio Calleja --- UPV/EHU - Decano de la Facultad de Educación y Deporte Garbine Etxeberria Aranburu Real Sociedad - Directora deportiva Gorka Iturriaga Madariaga Gobierno Vasco/Eusko Jaurlaritza - Dirección de Actividad Física y Deporte
09:00 - 09:45	“¿La mujer resistente en el deporte?” Guillermo Olcina Universidad de Cáceres - Catedrático
09:45 - 10:30	“Estrategias psicológicas para la conciliación de la actividad académica de las deportistas” Francesca Ancarani Real Sociedad - Psicologa deportiva
10:30 - 11:15	“Entrenamiento mujeres” Eduardo Sáez de Villareal Universidad de Pablo Olavide de Sevilla - Profesor titular
11:15 - 11:45	Descanso
11:45 - 12:30	“Group Pain: ¿es el sexo un factor determinante? “ Hugo Olmedillas Fernandez Universidad de Oviedo - Profesor titular
12:30 - 13:15	“Mujeres fuertes: Evolución de la potencia muscular y del complejo músculo-tendón a lo largo del ciclo vital” Luis Alegre Durán Universidad de Castilla la Mancha - Catedrático
15:30 - 16:00	Estrategias de “recovery” en mujeres deportistas, técnico de la Real Sociedad
16:45 - 17:30	“Entrenamiento de fuerza máxima en mujeres: una herramienta muy útil para evitar la sarcopenia” Pedro Alcaraz Universidad Católica de Murcia - Catedrático
17:30 - 18:15	“ Mujeres y ciencia en el ámbito de la Actividad física y la Salud - Versión 2.0 “ Ignacio Ara Royo Universidad de Castilla la Mancha - Catedrático
18:15 - 19:00	Round table: Round table Maite Fuentes Azpiroz UPV/EHU - Técnica Real sociedad (Moderator)
19:00 - 19:10	Closing session Julio Calleja --- UPV/EHU - Decano de la Facultad de Educación y Deporte

Directed by



Julio Calleja ---

UPV/EHU, Decano

APPLIED SPORT- PERFORMANCE SCIENTIST / STRENGTH AND CONDITIONING COACH. Bsc in Sport Sciences at Basque University (Spain). Dg in Human Sports Movs (Erasmus) (Wales). Ph.D. in Sport physiology (Spain). Master in High Performance Sport (Spanish Olympic Comittee). Master in research in Sports Sciences. Master in strenght and conditioning and funcional readaptation. Post doc at: Brunel University (U.K), Faculty of Kinesiology (Croatia), Catholican University in Melbourne (Australia) and Rush University Medical Center, Chicago (USA). Calleja is also national coach: basketball, athletics and swimming. Head of S & C of Spanish National basketball teams (U-15,-18,-20, Senior B team) in 2 European FIBA Championships and 1 FIBA World Cup (96-02). At Tenerife basketball (ACB - Champions Cup, 02-03). Julio has been S & C of top athletes: (Eneko Acero, Surfing European championship, Alberto Iñurrategui (World top Class Hymalayist), Clemente Alonso (Top Ironman triathlete) and Yahaira Aguirre

Teachers



Pedro Alcaraz

PhD in Physical Activity and Sport Sciences (EHU-UPV). Teaching assistant of the Physical and Sport Education Department at the Faculty of Education and Sport (UPV/EHU) between 2015 and 2017. Head Academy Strength and Conditioning Department at Deportivo Alavés (2015-2019), Strength and Conditioning Coach of Deportivo Alavés B (2017-2019). Currently Strength and Conditioning Coach at Real Sociedad Academy.



Luis Alegre Durán

Associate Professor and Director of the Department of Physical Activity and Sports Sciences of the University of Castilla-La Mancha. Co-director of the consolidated research group GENUD Toledo. Fellow of the European College of Sport Science. Researcher in exercise biomechanics and neuromuscular adaptations to strength training.



Francesca Ancarani



Ignacio Ara Royo

Associate Professor and researcher at the University of Castilla-La Mancha (UCLM), Director of GENUD

Toledo Research Group (UCLM). Principal investigator of the Multicentric Project EXERNET, funded by IMSERSO for the study of the relationship between lifestyles, body composition and physical condition of older non-institutionalized people.



Julio Calleja ---

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Maite Fuentes Azpiroz

Doctora en Ciencias de la Actividad Física y el Deporte. Licenciada en Educación Física. Diplomada en Educación Primaria. Profesora de la Universidad del País Vasco (UPV/EHU). Departamento de Educación Física y Deportiva. Facultad de Ciencias de la Actividad Física y del deporte.



Guillermo Olcina



Hugo Olmedillas Fernandez

PhD in Physical Activity and Sport Sciences (ULPGC). His educational background includes a postdoctoral position at The Copenhagen Muscle Research Centre (CMRC) in collaboration with Dr. Bangsbo. He was also scholarship researcher (Carlos III Institute) at the University of Zaragoza, under the direction of Dr. Vicente-Rodríguez (GENUD). Lecturer in the area of Physiology of the Department of Functional Biology at the University of Oviedo. He has participated in more than 10 research projects and has 35 JCR publications in his curriculum.



Eduardo Sáez de Villareal

Registration fees

FACE-TO-FACE	UNTIL 16-06-2025
General	48,00 EUR
Reduced fee regular	41,00 EUR
Registration exemptions	34,00 EUR
young fee	25,00 EUR
Courses for everyone	41,00 EUR
Donostia Kultura	41,00 EUR
Health, a commitment with people	12,00 EUR
INVITED OSAKIDETZA	0 EUR
Socias ASPEGI	41,00 EUR
LIVE ONLINE	UNTIL 16-06-2025
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INVITED OSAKIDETZA	0 EUR
Socias ASPEGI	41,00 EUR

Place

Miramar Palace

Pº de Miraconcha nº 48. Donostia / San Sebastián

Gipuzkoa