



UNIVERSITY OF TORONTO
DALLA LANA SCHOOL OF PUBLIC HEALTH



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Guest Speaker, Dario Novak: Physical Activity and Health

Thursday, February 28, 2017, 12pm – 1pm, Room HS 574
Health Sciences Building, 155 College Street, Toronto

Short Bio: Dr. Dario Novak received his Ph.D. in physical education from University of Zagreb, Croatia in 2010. Previously he completed eight grades of primary school in Hvar, Croatia. He has also completed high school in Hvar, Croatia. He enrolled at the Faculty of Kinesiology, University of Zagreb in year 2001 where he in 2005 acquired the master degree of PE. Currently, he is the Assistant Professor at the Faculty of Kinesiology University of Zagreb, Croatia. Doctor Novak's research interests lie in integrated and holistic approaches in the fields of physical activity, sports, exercise science, leisure, health, and technology to promote active living in school and the community. An editor of one book and author of over 200 scientific and professional publications, Doctor Novak has offered several keynote and invited presentations, and over 20 conference paper presentations mostly in Europe. At the 6th Congress of FIEP Europe a reward of European FIEP "FIEP Europe Thulin Award 2011" has been awarded to Dario Novak, Ph.D. The reward is given to the best young scientist in field of education as well as to persons who gave a great contribution to the development of the area on national and European level. He was a postdoctoral fellow at Columbia University, New York, in 2013-14 and at Harvard University, Boston, in 2014-15.

Abstract: In the early 21st century, the leading cause of death worldwide switched from communicable diseases (eg, infections) to non-communicable diseases (eg, heart attack). The current leading cause of death worldwide, cardiovascular disease is primarily due to inappropriate lifestyle. It has become clear that a physically inactive lifestyle can lead to a host of health problems. The seminar *Physical Activity and Health* provides a comprehensive treatment of the research on the benefits of a physically active lifestyle in comparison with the harmful consequences of physical inactivity.

The seminar will include a review of our current understanding of how physical activity affects health concerns such as cardiovascular disease, diabetes, cancer, and obesity as well as aging and mental health. The seminar also identifies sedentary living habits and poor fitness as major public health problems and examines the potential of physical activity to prevent disease and enhance quality of life. This seminar also looks at the evolution of the field of physical activity and health; variations in physical activity levels across age, sex, and ethnic groups; the body's physiological responses to physical activity; dose-response issues; the influence of genetics on physical activity, fitness, and health; and the types of benefits that can be achieved with an integrated approach including examples from best practices around the world.