

will first provide the theoretical physiological background of altitude and hypoxic training, followed by a practical session where the participants experience the physiological impact of exercise under hypoxic conditions in real-time. The participants become familiar with the use of state-of-the-art equipment measuring SpO₂, SmO₂, and heart rate (variability) in different environmental conditions. After this workshop, the participants can measure relevant parameters for athletic performance and understand the physiological adaptations to hypoxic training.

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DISSEMINATION OF WESTERN BALKAN SPORT INNOVATION LAB AND CA 18236 MULTI-DISCIPLINARY INNOVATION FOR SOCIAL CHANGE

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Contemporary society is paying more and more attention to innovations. Innovations in the sports industry occur in many ways, including sports organizations, sports teams, and players. Nowadays, innovation is often measured and can be viewed from several as-

pects: companies, economy, a branch of activity, and regional and world aspects. Indicators are obtained based on which steps can be created for a more successful business of the company, i.e., the region, the state. This workshop aims to dual goals: 1) to meet participants with a lab environment for responding to social problems in the sports ecosystem (e.g., in the established Western Balkan Sport Innovation Lab), 2) to present and promote to students their roles in employment by integrating education programs into lab's operations and promote Cost Action CA18236. In the beginning, it will be provided the theoretical background of sports innovations and multi-disciplinary innovations for social change. After that, participants should meet a new methodology for assessing innovation in sports. The methodology has been developed according to the leading methodologies for assessing general innovations in the countries of Europe and the world. This workshop doesn't insist on previous experience in this field. So, after realizing this workshop, the participants can be introduced to a new methodology for accessing the innovations in sports.

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