



The 7th Conference of Baltic Society of Sport Sciences

PROGRAMME

The 7th Conference of Baltic Society of Sport Sciences

May 7 - 9, 2014

Tartu, Estonia



May 7 - 9, 2014
Tartu, Estonia

Scientific Committee

Prof. Mati Pääsuke	University of Tartu
Prof. Vello Hein	University of Tartu
Prof. Jaak Jürimäe	University of Tartu
Prof. Toivo Jürimäe	University of Tartu
Prof. Priit Kaasik	University of Tartu
Prof. Juris Grants	Latvian Academy of Sports Education
Prof. Janis Zidens	Latvian Academy of Sports Education
Assoc. Prof. Andra Fernate	Latvian Academy of Sports Education
Prof. Albertas Skurvydas	Lithuanian Sports University
Prof. Arvydas Stasiulis	Lithuanian Sports University
Prof. Jonas Poderys	Lithuanian Sports University
Prof. Audronius Vilkas	Lithuanian University of Educational Sciences
Prof. Kazys Milasius	Lithuanian University of Educational Sciences

Organizing Committee

Mati Pääsuke (Chairperson)	University of Tartu
Priit Kaasik	University of Tartu
Vahur Ööpik	University of Tartu
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Jarek Mäestu	University of Tartu
Katre Sakala	Doctoral School of Behavioural, Social and Health Sciences, University of Tartu
Priit Purge	University of Tartu
Evelin Lätt	University of Tartu
Helena Gapeyeva	University of Tartu
Jaan Ereline	University of Tartu
Tatjana Kums	University of Tartu
Margit Mägimets	University of Tartu
Piret Pärsim	University of Tartu

Dear Colleagues,

The Baltic Society of Sport Sciences (BSSS) welcomes you for its 7th conference in Tartu. This old university town hosts the BSSS conference for the third time. The organization of the annual conference is the shared responsibility of the Faculty of Exercise and Sport Sciences and the Doctoral School of Behavioural, Social and Health Sciences of the University of Tartu. The University of Tartu, founded in 1632, is the leading academic institution in Estonia; the predecessor of the Faculty of Exercise and Sport Sciences was founded 86 years ago, in 1928. The conference is held in the Dorpat conference centre that has excellent facilities for a successful scientific meeting and its location allows easy access to a number of tourist attractions and several buildings of the University of Tartu.

The annual event brings together teaching staff, research fellows and doctoral students from institutions of university-level education in the Baltic states and several other countries. The conference offers the opportunity for colleagues to learn about the research results yielded by others and to launch or renew cooperation projects. The format of the conference hopefully encourages academic discussions and interaction between the participants and renowned scientists who have been invited to deliver keynote speeches. The conference traditionally includes competition for the award of young scientists, who can exchange ideas and establish contacts for developing their research projects. During the conference, we have also planned to conduct the round-table meeting on doctoral studies in the Baltic and neighbouring countries for further cooperation in this field.

On behalf of the BSSS Conference Scientific and Organization Committees, sincerely,

Mati Pääsuke, PhD, Professor
Vice-president of BSSS, Chairperson of the Conference

CONFERENCE PROGRAMME

May 7, 2014

Dorpat Conference Centre, Turu 2, TASKU

16.00 – 20.00	Arrival and registration
17.00 – 18.00	BSSS Board meeting
18.00 – 19.45	Round Table meeting "Doctoral programmes in Baltic Countries"
20.00	Welcome cocktail (Dorpat Conference Centre)

May 8, 2014

Dorpat Conference Centre, Turu 2, TASKU

8.30 – 9.00	Opening ceremony
9.00 – 10.30	Plenary meeting: International keynote speakers
10.30 – 11.00	Coffee break
11.00 – 12.30	Plenary meeting: Baltic keynote speakers
12.30 – 13.30	Lunch
13.30 – 15.30	Young scientists' oral presentations in four parallel sessions Session 1. Exercise Biology and Kinesiology. Session 2. Coaching and Performance Analysis in Sport. Session 3. Pedagogy, Psychology and Management in Sport. Session 4. Physiotherapy, Health, Recreation, Physical Activity.
15.30 – 16.00	Coffee break
16.00 – 18.00	Young scientists' oral presentations in four parallel sessions Session 1. Exercise Biology and Kinesiology. Session 2. Coaching and Performance Analysis in Sport. Session 3. Pedagogy, Psychology and Management in Sport. Session 4. Physiotherapy, Health, Recreation, Physical Activity.
19.00	Poster presentations Banquet (Dorpat Conference Centre)

May 9, 2014

Dorpat Conference Centre, Turu 2, TASKU

8.30 – 10.30	Oral presentations in four parallel sessions Session 1. Exercise Biology and Kinesiology. Session 2. Coaching and Performance Analysis in Sport. Session 3. Pedagogy, Psychology and Management in Sport. Session 4. Physiotherapy, Health, Recreation, Physical Activity.
10.30 – 11.00	Coffee break
11.00 – 13.00	Oral presentations in four parallel sessions Session 1. Exercise Biology and Kinesiology. Session 2. Coaching and Performance Analysis in Sport. Session 3. Pedagogy, Psychology and Management in Sport. Session 4. Physiotherapy, Health, Recreation, Physical Activity.
13.00 – 13.30	Poster presentations
13.30	General discussion and closing ceremony Lunch and departure

Duration of presentations

International keynote speakers	45 min
Baltic keynote speakers	30 min
Oral presentation	15 min
Poster presentation	3 min

Conference language

The official language of the Conference is English.

ROUND TABLE MEETING

“Doctoral programmes in Baltic countries”

Room: Baer

May 7, 2014

Chairs:	Prof. emer. T. Seene (Estonia) Prof. J. Grants (Latvia) Prof. A. Vilkas (Lithuania) Prof. A. Stasiulis (Lithuania)
18.00 – 18.15	<i>A. Fernate, J. Grants</i> (Latvia) Doctoral programme in Latvian Academy of Sport Education.
18.15 – 18.30	<i>A. Vilkas</i> (Lithuania) Doctoral programme in Lithuanian University of Educational Sciences.
18.30 – 18.45	<i>A. Stasiulis</i> (Lithuania) Doctoral programme in Lithuanian Sports University.
18.45 – 19.00	<i>A. Koka</i> (Estonia) Doctoral programme in University of Tartu.
19.00 – 19.45	Discussion.

PLENARY MEETING

Room: Struve II

May 8, 2014

Chairs: Prof. M. Pääsuke (Estonia)
Prof. P. Kaasik (Estonia)

8.30 – 9.00	OPENING CEREMONY Welcome by the Dean of the Faculty of Exercise and Sport Sciences, University of Tartu, Prof. P. Kaasik Chairperson of the Conference, Prof. M. Pääsuke Sport Sciences in Baltic Countries: Present and future. Editor-in-chief of the Baltic Journal of Sports and Health Sciences, Prof. L. Poderys
9.00 – 9.45	INTERNATIONAL KEYNOTE SPEAKERS J.L. Ivy (USA) The effect of exercise training and nutrient timing on body composition and training adaptation.
9.45 – 10.30	J. Kokkonen (Finland) Current approaches in sport history and sport sociology in Finland.
10.30 – 11.00	Coffee break
11.00 – 11.30	BALTIC KEYNOTE SPEAKERS V. Ööpik (Estonia) Rapid body mass loss and regain in combat sports athletes: Physiological and nutritional considerations.
11.30 – 12.00	A. Ratkevicius (Lithuania) Is citrate synthase a target in treatment of metabolic disorders and improvement of exercise performance?
12.00 – 12.30	A. Zuša (Latvia) The forehand stroke biomechanics in athletes of different qualifications and the evaluation of the locomotor system of young tennis players.
12.30 – 13.30	Lunch

YOUNG SCIENTISTS' PRESENTATIONS

Session 1. Exercise Biology and Kinesiology

Room: Baer

May 8, 2014

Chairs: Prof. V. Ööpik (Estonia)
Prof. I. Pontaga (Latvia)
Prof. A. Stasiulis (Lithuania)

- 13.30 – 13.45 T. Sirge, J. Ereline, T. Kums, H. Gapeyeva, M. Pääsuke (Estonia)
Motor function characteristics in female supermarket cashiers with and without low back pain.
- 13.45 – 14.00 L. Ozoliņa, I. Pontaga, M. Strēle (Latvia)
Ice hockey players' body hydration state before and after training in winter season.
- 14.00 – 14.15 L. Lepasalu, J. Ereline, H. Gapeyeva, T. Kums, M. Pääsuke (Estonia)
Constant intensity cycling in laboratory condition induced more central than peripheral fatigue in professional cyclists.
- 14.15 – 14.30 V. Paleckis, A. Sniečkus, V. Streckis, S. Rutkauskas, A. Skurvydas, T. Venckūnas, S. Kamandulis (Lithuania)
Effect of daily drop jumping on indirect markers of muscle and connective tissue damage.
- 14.30 – 14.45 K. Reinpõld, I. Rannama (Estonia)
Is triathletes 30-s cycling sprint power and force production efficiency related to trunk muscles strength?
- 14.45 – 15.00 H. Paulauskas, M. Brazaitis, D. Mickevičienė, K. Pukėnas, N. Eimantas (Lithuania)
Effect of single acute cold water exposure on cognitive performance in humans.
- 15.00 – 15.15 K. Mooses, J. Durussel, M. Mooses, D.H. Wondimu, W. Beattie, N. Padmanabhan, R.K. Patel, M.W. McBride, P. Kaasik, J. D. McClure, Y.P. Pitsiladis (Estonia)
Selecting genes for a transcriptomic-based model to detect recombinant human erythropoietin doping
- 15.15 – 15.30 R. Soljanik, A. Skurvydas, M. Brazaitis (Lithuania)
Cold stress induces different neuroendocrine response and memory alteration between males and females.
- 15.30 – 16.00 **Coffee break**

16.00 – 16.15

N. Varpa, A. Paeglītis, Z. Galeja (Latvia)
Effect of mineral substances and vitamins on the neck muscle neural regulation and strength.

16.15 – 16.30

K. Vösoberg, V. Tillmann, A.-L. Parm, T. Jürimäe, M. Saar, K. Maasalu, I. Neissaar, E. Lätt, J. Jürimäe (Estonia)
Changes in adiponectin, leptin and ghrelin levels in rhythmic gymnasts entering into puberty: associations with delayed puberty and body composition values.

16.30 – 16.45

Z. Galeja, A. Paeglītis, N. Varpa (Latvia)
Influence of manual manipulations on C0-C1 and C6-TH3 to the breathing stereotype.

16.45 – 17.00

M. Aru, K. Alev, P. Kaasik, R. Puhke, A. Pehme, T. Seene (Estonia)
Expression of MMP-2 in injured rat plantaris muscle.

YOUNG SCIENTISTS' PRESENTATIONS

Session 2. Coaching and Performance Analysis in Sport

Room: Krause

May 8, 2014

- Chairs: Prof. J. Jürimäe (Estonia)
Prof. L. Cupriks (Latvia)
Prof. J. Poderys (Lithuania)
- 13.30 – 13.45 I. Nikonovs, J. Grants (Latvia)
Evaluation of emotional state, heart rate frequency and skiing technique in skiing hike.
- 13.45 – 14.00 T. Jallaj, K. Maasalu, T. Kums, H. Gapeyeva, J. Ereline, M. Pääsuke (Estonia)
Bone mineral density is associated with vertical jumping power in adolescent male team sport athletes.
- 14.00 – 14.15 V. Vaicikonis, E. Balciunas, K. Milasius (Lithuania)
High-masteries kayaker preparation characteristics in four-year cycle.
- 14.15 – 14.30 V. Talts, J. Ereline, H. Gapeyeva, T. Kums, M. Pääsuke (Estonia)
Relationship between handgrip strength and biomechanical characteristics of shots in novus players: Effect of skills.
- 14.30 – 14.45 S. Bacchieri, T. Meerits, M. Pääsuke, A. Cicchella, H. Gapeyeva (Italy, Estonia)
Effect of static and dynamic stretching on jump performance in speed and explosive power trained track-and-field athletes.
- 14.45 – 15.00 R. Paulauskas, K. Gaška, G. Kievinas, D. Ratkevičius, R. Venckūnienė (Lithuania)
Accuracy of shots of young basketball players after physical exercise.
- 15.00 – 15.15 M. Vahimets, H. Gapeyeva, J. Ereline, H. Aibast, A. Vain, T. Kums, M. Pääsuke (Estonia)
Comparison of lower extremity muscle tone in athletes and untrained subjects using Myoton
- 15.15 – 15.30 M. Aedma, S. Timpmann, V. Ööpik (Estonia)
Effect of sodium citrate loading on upper body intermittent sprint performance in trained wrestlers in simulated competition day conditions.
- 15.30 – 16.00 **Coffee break**
- 16.00 – 16.15 A. Petrov (Russia)
Modelling competitive activity of highly qualified hockey players into their training process.
- 16.15 – 16.30 V. Farafonova, D. Krauksta (Latvia)
Improving balanced riders' position in dressage (young riders from 16 till 18 years old).

YOUNG SCIENTISTS' PRESENTATIONS

Session 3. Pedagogy, Psychology and Management in Sport

Room: Parrot

May 8, 2014

- Chairs: Prof. V. Hein (Estonia)
Prof. J. Grants (Latvia)
Prof. J. Vilkas (Lithuania)
- 13.30 – 13.45 V. Kavaliauskas, V. Gudzinevicius (Lithuania)
Changes in physical education class influenced by the policy of health-enhancing physical activity.
- 13.45 – 14.00 K. Vink (Estonia)
Intrinsic motivation and deliberate practice are reciprocally related: Evidence from a longitudinal study of adolescent team sport athletes.
- 14.00 – 14.15 A. Lisinskiene (Lithuania)
The role of coach in supporting the interaction between parents and children in sporting activities.
- 14.15 – 14.30 G. Talberga (Latvia)
Sport and spirituality: A biblical perspective.
- 14.30 – 14.45 E. Lukšys, S. Sabaliauskas (Lithuania)
Relation between young basketball players' motivation and perceived coaching style.
- 14.45 – 15.00 I. Baltuškonienė, S. Poteliūnienė, R. Paulauskienė (Lithuania)
Motivation of adults in choosing the aerobics as a self-development system.

YOUNG SCIENTISTS' PRESENTATIONS

Session 4. Physiotherapy, Health, Recreation, Physical Activity

Room: Peterson

May 8, 2014

Chairs: Dr. H. Gapeyeva (Estonia)
Prof. V. Larins (Latvia)
Prof. R. Dadeliene (Lithuania)

- 13.30 – 13.45 N. Eimantas, M. Brazaitis, A. Skurvydas, H. Paulauskas, N. Baranauskienė, L. Valonytė (Lithuania)
Two strategies for response to cold exposure in humans.
- 13.45 – 14.00 M. Rätsepsoo, H. Gapeyeva, P. Pihlapson, J. Sokk, J. Ereline, T. Haviko, M. Pääsuke (Estonia)
Effect of home exercise program on thigh muscle activity during sit-to-stand test in women before total knee arthroplasty.
- 14.00 – 14.15 A. Cuprika, A. Fernate (Latvia)
Physical activities and body composition among women in fitness.
- 14.15 – 14.30 D. Vaitkeviciute, E. Lätt, J. Mäestu, T. Jürimäe, M. Saar, P. Purge, K. Maasalu, J. Jürimäe (Estonia)
Longitudinal relationships between physical activity and bone mineral density in boys during puberty.
- 14.30 – 14.45 I. Kundzina, J. Grants (Latvia)
Emotional well-being affected by physical recreation in 45 - 55 - years-old people.
- 14.45 – 15.00 A. Ivuškans, T. Jürimäe, E. Lätt, J. Jürimäe, P. Purge, M. Saar, K. Maasalu, J. Mäestu (Estonia)
The role of physical activity in bone health in peripubertal boys.
- 15.00 – 15.15 T. Rääsk, K. Konstabel, J. Mäestu, E. Lätt, T. Jürimäe, J. Jürimäe (Estonia)
Tracking of physical activity over one year period in normal weight and overweight pubertal boys.
- 15.15 – 15.30 L. Kreivėnaitė, V. Streckis, S. Raizgytė, A. Lileikienė (Lithuania)
Impact of one-time physical exercise on adolescents' balance and force.
- 15.30 – 16.00 **Coffee break**
- 16.00 – 16.15 L. Rimmel, V. Tillmann, M. Zilmer, J. Mäestu, P. Purge, M. Saar, E. Lätt, K. Maasalu, T. Jürimäe, J. Jürimäe (Estonia)
Serum IL-6 level is negatively associated with cardiorespiratory fitness in 10- to 11-year-old boys with increased BMI.
- 16.15 – 16.30 S. Lisovska, R. Jansone, I. Immere (Latvia)
Physical activity scope and intensity in kindergarten day*s regimen.

POSTERS' PRESENTATIONS

Room: Poster room

May 8, 2014

16.00 – 18.00

Chairs: Assoc. Prof. J. Mäestu (Estonia)
Dr. A. Zuša (Latvia)

Exercise Biology and Kinesiology:

1. V. Gineviciene, S.B. Drozdovska, L. Tubelis, A. Utkus (Lithuania)
The association of candidate gene polymorphisms with athlete status in the Lithuanian and Ukrainian cohorts
2. J. Sagim, K. Alev, P. Kaasik, A. Pehme (Estonia)
Resistance training: Effects on skeletal muscle myosin light chain composition
3. N. Petrushkina, O. Makounina, O. Kolomietz (Russia)
Sport ecology – qualified experts' in the field of physical education and sport science training program
4. P. Prommik, M. Pääsuke (Estonia)
The effect of brief maximum physical exercise on rapid visual information processing

Coaching and Performance Analysis in Sport:

5. R. Nekrošius, R. Dadelienė, E. Balčiūnas, A. Šiupinytė (Lithuania)
Aerobic capacity development in elite kayak rowers during yearly training cycle.
6. D. Radžiukynas, N. Žilinskienė (Lithuania)
Motor skills of young football players.
7. A. Sujeta, V. Silinskas, K. Poderienė (Lithuania)
Analysis of accelerometer signals for monitoring of physical activity.
8. M. Dzintare (Latvia)
Lactate transporters (MCT1 and MCT4) in skeletal muscles and their dependence on training intensity.
9. V. Abramavičiūtė, K. Zaicenkoviėnė, A. Sujeta, G. Kauzaite (Lithuania)
The influence of Pilates exercise on woman anthropometric indices, transversus abdominis muscle performance and heart rate changes during the session.
10. L. Cupriks, A. Cuprika, A. Rudzitis (Latvia)
The effect of cranial electrostimulation therapy on the torque of muscles' maximum voluntary isometric contraction.
11. R. Kreivytė, D. Morkūnaitė, M. Petrauskaitė (Lithuania)
Analysis of turnovers of high mastery women's basketball teams during offensive play.

12. P. Purge, P. Lehismets, J. Jürimäe (Estonia)
Measurement of maximal fat oxidation using two different methods in healthy physically active men.

Pedagogy, Psychology and Management in Sport:

13. D. Belyukov (Russia)
Physical education in Russia during the First World War.
14. M. Jakovjeva, A. Kuzņecova, I. Blagova (Latvia)
Ethical principles of aerobics trainer's professional activities.
15. G. Žibėnienė, S. Ustilaitė, S. Poteliūniene (Lithuania)
The concept of quality studies of students of physical education.
16. A. Kuzmiene, D. Majauskiene (Lithuania)
Programme of Olympic education for children and young people and its application in Lithuanian schools
17. N. Ershova N, D. Belyukov, T. Smirnova (Russia)
Olympic education in Russia at the regional level.
18. N. Žilinskienė, D. Gražulis, D. Radžiukynas (Lithuania)
Factors influencing the training of various age football players and track and field athletes.
19. A. Dombrovskā, S. Luika (Latvia)
High performance sports development in Latvia.
20. A. Gvozdeva (Russia)
Social mobility in the modern sport community.

Physiotherapy, Health, Recreation, Physical Activity:

21. V. Larins, L. Kalnina, E. Andzane, A. Silina, G. Selga, M. Sauka, I.S. Priedite (Latvia)
Energy intake and body composition of prepubescent and pubescent female ballet dancers.
22. R. Šakalienė, A. Stuopelytė, V. Dudonienė, E. Lendraitienė (Lithuania)
The comparison of rhythmic auditory stimulation and differential training effect on gait and balance in individuals with Parkinson's disease
23. T.V. Popova, Y.I. Koryukalov, O.G. Kourova (Russia)
Muscular properties and physical training.
24. R. Rutkauskaitė, S. Milčė (Lithuania)
Schoolchildren academic achievement and their interrelations to physical activity, motivation, experienced feelings during physical education classes.
25. J. Glazkovs, G. Glazkovs (Latvia)
The traumatism prevention of a boxer during the training process

26. P. Jurjāns, A. Fernāte (Latvia)
Students professional self-realization value during international practice
27. K. Medijainen, P. Taba, A. Lukmann, M. Pääsuke (Estonia)
Associations between 5-times-sit-to-stand-test and gait at different speeds in patients with Parkinson's disease
28. S. Anisimova (Latvia)
Methods of combination composition during the aerobics classes in women aged 55-65 years and its influence on the heart rate change
29. E. Kemeryte-Riaubiene, N. Jascaniniene (Lithuania)
Functional status of young athletes practising taekwondo
30. M. Kull, M. Ainsaar, E. Kiive, L. Raudsepp (Estonia)
Relationships between depressiveness and physical activity in women.
31. R. Navickiene (Lithuania)
Medical tourism as a recreational activity, attractiveness of service for customers (Lithuanian context).
32. F. Eckardt, K. Witte (Germany)
Kinematics of the rider position according to different skill levels in dressage riding.

ORAL PRESENTATIONS

Session 1. Exercise Biology and Kinesiology

Room: Baer

May 9, 2014

Chairs: Prof. V. Krauksts (Latvia)
Dr. A. Ratkevicius (Lithuania)

- 8.30 – 8.45 R. Sakalauskaite, D. Satkunskiene (Lithuania)
The relation between ankle joint proprioception and mechanical properties of plantar fascia and Achilles tendon.
- 8.45 – 9.00 I. Pontaga, O. Klija (Latvia)
Effect of passive stretching on vertical jump height in sport games' players.
- 9.00 – 9.15 M. Pääsuke, J. Ereline, H. Gapeyeva, T. Kums, M. Leht, M. Nigul, A. Märtson, K. Paju, R. Pääsuke (Estonia)
Age-related changes in femoral bone shaft geometry in association with skeletal muscle mass and strength in men.
- 9.15 – 9.30 J. Baltušnikas, T. Venckunas, A. Kilikevicius, P. Minderis, A. Fokin, (Lithuania) A. Lionikas, A. Ratkevicius (Scotland, UK)
Creatine kinase efflux from isolated mouse soleus muscle after contractile activity depends on age, gender and contraction type.
- 9.30 – 9.45 I. Rannama, K. Port, B. Bazanov (Estonia)
Is the contralateral local muscle strength deficit related with asymmetry in sprint cycling kinematics?
- 9.45 – 10.00 A. Gocentas (Lithuania)
The changes of cortisol, testosterone and testosterone/cortisol ratio in professional basketball players during a competition regular season.
- 10.00 – 10.15 V. Kunitsõn, K. Port, T. Gnezdilova (Estonia)
Comparison analysis of finswimming with rigid and soft monofins.
- 10.15 – 10.30 E.-M. Riso, P. Kaasik, T. Seene (Estonia)
Dynamics of motor activity during unloading and following reloading: role of myofibrillar apparatus and extracellular matrix.
- 10.30 – 11.00 **Coffee break**

ORAL PRESENTATIONS

Session 2. Coaching and Performance Analysis in Sport

Room: Krause

May 9, 2014

Chairs: Prof. K. Milašius (Lithuania)
Prof. R. Carlson (Sweden)

- 8.30 – 8.45 M. Petrauskaitė, R. Kreivyte, E. Vitkutė, N. Skadaitė (Lithuania)
Differences of indicators in competitive performance between winning and losing teams in 2013 FIBA U19 World Championship for women.
- 8.45 – 9.00 T. Seene, P. Kaasik (Estonia)
Interaction between mitochondria and myofibrils: Effect on endurance capacity.
- 9.00 – 9.15 K. Milašius, R. Paulauskas, R. Dadeliene, A. Šatas (Lithuania)
Body and functional capacity of Lithuanian deaf basketball team players, and characteristics of game indices.
- 9.15 – 9.30 G. Khalikov, I. Mutaeva, A. Kuznetsov (Russia)
Complex assessment of the functional state of track and field runners on average distance.
- 9.30 – 9.45 J. Poderys, A. Buliuolis, K. Poderiene, B. Zachariene (Lithuania)
Dosed and maximal exercise tests in assessment the peculiarities of functional state of athletes.
- 9.45 – 10.00 Z. Kuznetsova, A. Morozov (Russia)
Method interval exogenous respiratory hypoxic training.
- 10.00 – 10.15 K. Ciekurs, V. Krauksts, J. Grants (Latvia), A. Alekrinskis (Lithuania)
Effect of local vibration on the connection of speed and stride length of diagonal stride in cross-country skiing.
- 10.15 – 10.30 J. Mäestu, M. Mooses, J. Jürimäe, P. Purge, K. Mooses, T. Jürimäe (Estonia)
Running performance in middle- and long-distance male runners determined by anthropometrical and physiological parameters.
- 10.30 – 11.00 **Coffee break**

11.00 – 11.15	<u>R. Carlson</u> (Sweden), <u>J. Grants</u> (Latvia), <u>K. Piech</u> (Poland), <u>D. Chernikov</u> (Russia), <u>A. Gatatulin</u> , <u>D. Smaliakou</u> (Belarus) Elite training and upper secondary education-models for sportive success.
11.15 – 11.30	<u>V. Krauksts</u> , <u>K. Ciekurs</u> , <u>J. Grants</u> , <u>K. Dumbris</u> (Latvia) Effect of local vibration on shooting accuracy in biathlon.
11.30 – 11.45	<u>A. Pavlov</u> , <u>A. Petrov</u> (Russia) Evaluation of stress during competitive activity of hockey players based on heart function indicators.
11.45 – 12.00	<u>A. Säiley</u> , <u>A. Vain</u> , <u>T. Matsin</u> (Estonia) The dynamics of skeletal muscle tone characteristics in highly qualified swimmers during one-year training cycle.

ORAL PRESENTATIONS

Session 3. Pedagogy, Psychology and Management in Sport Room: Parrot May 9, 2014

Chairs:	Prof. L. Raudsepp (Estonia) Dr. J. Kokkonen (Finland)
8.30 – 8.45	<u>A. Fernate</u> (Latvia) Students – sport specialists' dispositions in terms of experiences, resources and tastes.
8.45 – 9.00	<u>V. Hein</u> , <u>K. Mahoni</u> , <u>A. Koka</u> (Estonia) How perceived physical education teachers' controlling behaviour is related with school bullying among students.
9.00 – 9.15	<u>L. Munirova</u> , <u>A. Gvozdeva</u> (Russia) Training a polyfunctional teacher within the dialogue of culture and sport in modern learning community.
9.15 – 9.30	<u>L. Danilevičiene</u> (Lithuania) Multilingualism and shifts in teaching foreign languages at Lithuania Sports University.
9.30 – 9.45	<u>D. Khalikov</u> (Russia) University sport in the Russia.
9.45 – 10.00	<u>D. Malkova</u> (Russia) Sports pedagogics as science and subject.
10.00 – 10.15	<u>A. Hannus</u> , <u>A.-L. Parm</u> , <u>A. Akkermann</u> (Estonia) Indicators for disordered eating in Estonian aerobic instructors.
10.15 – 10.30	<u>D. Smaliakou</u> , <u>A. Gatatulin</u> (Belarus) Average portrait of talented Belarusian athletes in high school.
10.30 – 11.00	Coffee break
11.00 – 11.15	<u>A. Koka</u> (Estonia) Perceived teacher's autonomy support and students' fair play behaviour in physical education and leisure-time physical activity contexts: An application of the trans-contextual model.
11.15 – 11.30	<u>D. Bondarev</u> , <u>V. Pelmenev</u> (Russia) Priming with different concept of competition and its relation to social interaction in sport.
11.30 – 11.45	<u>D. Gražulis</u> (Lithuania) Young football players' expectations for their future profession.
11.45 – 12.00	<u>K. Voolaid</u> (Estonia) The legendary Estonian athlete Georg Lurich as the prototype of the folk tales hero.

ORAL PRESENTATIONS

Session 4. Physiotherapy, Health, Recreation, Physical Activity
Room: Peterson
May 9, 2014

Chairs: Dr. J. Sokk (Estonia)
Prof. A. Paeglītis (Latvia)

- 8.30 – 8.45 A. Šarkauskienė, A. Venskiene (Lithuania)
Developing flexibility and balance through dance in children of early school age in non-formal educational activities.
- 8.45 – 9.00 J. Sokk, M. Rätsepsoo, T. Kums, J. Ereline, T. Haviko, H. Gapeyeva, M. Pääsuke (Estonia)
The effect of 8-week home exercise program on motor function in patients with knee osteoarthritis before total knee arthroplasty.
- 9.00 – 9.15 V. Juškelienė, A. Raslanas (Lithuania)
Insufficiently active university students: demographic and social influences.
- 9.15 – 9.30 L. Sharova (Russia)
The study of cerebral hemodynamics in judoists on the basis of transcranial dopplerographic.
- 9.30 – 9.45 H. Gapeyeva, K. Viigand, J. Ereline, T. Kums, T. Haviko, A. Märtson, M. Pääsuke (Estonia)
Sit-to-stand test following total knee replacement: biomechanical analysis.
- 9.45 – 10.00 A. Mihailova, S. Repša, I. Kaminska (Latvia)
Whole body vibration effect on the lower extremity muscles strength of basketball players.
- 10.00 – 10.15 J. Koskelo (Finland)
The use of doping substances among Finnish university students.
- 10.15 – 10.30 N. Baranauskiene, R. Solianik, D. Mickevičiene, A. Skurvydas (Lithuania)
The effects of one night sleep deprivation on cognitive and motor function.
- 10.30 – 11.00 **Coffee break**

11.00 – 11.15

Q. Batutis, M. Andrijauskas (Lithuania)
The influence of sedentary time and physical activity on students' physical fitness.

11.15 – 11.30

N. Belokrylov, L. Sharova (Russia)
Particular features of rehabilitation in shoulder joint instability among wrestlers.

POSTERS' PRESENTATIONS

Room: Poster room

May 9, 2014

11.00 – 13.00

Chairs: Assoc. Prof. A. Koka (Estonia)
Prof. V. Cingiene (Lithuania)

Exercise Biology and Kinesiology:

1. T. Kaldur, J. Kals, V. Ööpik, M. Zilmer, K. Zilmer, J. Eha, E. Unt (Estonia)
Heat acclimation changes appearance of oxidative stress and inflammation related to exhaustive exercise in the heat.
2. I. Vaher, S. Timpmann, M. Aedma, V. Ööpik (Estonia)
Impact of acute sodium citrate ingestion on metabolism and 5-km running performance in the heat.
3. S. Timpmann, S. Suvi, M. Tamm, M. Aedma, A. Jakobson, K. Kreegipuu, V. Ööpik (Estonia)
Effects of acute caffeine ingestion in young women and men exercising to exhaustion in the heat.
4. S. Raubaite, N. Baranauskienė, A. Stanislovaitis, A. Stasiulis (Lithuania)
Oxygen uptake kinetics in endurance, sprint and nontrained subjects during different intensity running exercise.

Coaching and Performance Analysis in Sport:

5. K. Bunevičius, A. Grūnovas, E. Trinkūnas (Lithuania)
Influence of occlusion training on muscular blood flow and skeletal muscle working capacity.
6. J. Zanevskaja, M. Katinas (Lithuania)
Appliance of unconventional choreography to train girls' gymnastics' co-ordination skills during artistic gymnastic training.
7. A. Gulbe, M. Veispals (Latvia)
Warm-up effect on the results in kayaking and canoeing.
8. M. Lesčinskis, S. Saulīte (Latvia)
Effect of kettlebell exercises in jump development.
9. I. Liepina, E. Kozevnikova (Latvia)
Overcoming a fear of lead climbing.
10. M. Misjuk, I. Rannama, T. Olm (Estonia)
Isokinetic knee muscular balance among Estonian premium league soccer players.
11. S. Saulīte, M. Lesčinskis (Latvia), N. Vysochina (Ukraine)
Relationship between biorhythm and complex reaction of high-class combat sport athletes.

12. M. Masilionis, E. Petkus, R. Dadelienė, A. Raslans (Lithuania)
Preparation of Lithuanian elite double sculling rowers in yearly training cycle.

Pedagogy, Psychology and Management in Sport:

13. V. Kontautiene, A. Vilkas (Lithuania)
Effect of self-control model on self-control and physical abilities of junior school learners at the age of 10-11: Children's reflections.
14. J. Noormets, K. Jalajas (Estonia)
Self-objectification, social physique anxiety and exercise habits among female aerobic exercisers and instructors.
15. I. Staskeviciute-Butiene, I. Valantine (Lithuania)
Sport personal brand and startup.
16. K. Thomson (Estonia)
Effect of social conformity and analytical thinking on sport participation.
17. I. Valantine, I. Staskeviciute-Butiene (Lithuania)
Athletepreneur: Does it depend from personality?
18. A. Vilkas, R. Melinis (Lithuania)
Changes of physical development of learners (11-16 year old), their physical and functional fitness indicators and reference scales.
19. I.J. Zuoziene, I. Gerulskiene, G. Akelyte, A.K. Zuoza (Lithuania)
Is it important to teaching children to swim in Lithuania? Analysis of children knowledge of safe conduct at the water.
20. V. Cingiene, S. Laskiene (Lithuania)
Contribution of sport to the economy: demand for common efforts.
21. E. Vainiene, G.J. Rastauskiene, S. Šukys, A. Lileikiene (Lithuania)
Undergraduates of physical education university studies: from disciplinary identity towards intention to continue studies.

Physiotherapy, Health, Recreation, Physical Activity:

22. I. Dravniece, A. Rožinskis (Latvia)
Movement games for the development of coordination.
23. V. Dudoniene, R. Sakaliene (Lithuania)
Four weeks of physical therapy is not sufficient time to decrease anxiety and depression after hip replacement.
24. S. Kromalcas, G. Zilaityte, I. Valantine (Lithuania)
Wellness tourism service providing in innovative learning organization.
25. E. Lazarijeva (Ukraine)
Physical rehabilitation and fitness programs in the surgical treatment of patients with vertebral pathology in the recovery period.

26. N. Petrushkina (Russia)
The role of a functional condition of nervous system of teenagers on traumas at game in ice hockey.
27. V. Shevcenko, V. Larins (Latvia)
Program of the model "Didactic model for middle-aged and elderly people to purposefully maintain and improve their balance".
28. G. Žaltauskiene, V. Zaveckas, V. Poškaitis, V. Mauriciene (Lithuania)
Effectiveness of two weeks kinesiotherapy procedures wearing the physiological footwear on muscular fitness to the patients after the knee joint replacement.
29. T. Kums, J. Ereline, H. Gapeyeva, H. Aibast, M. Pääsuke (Estonia)
Inflammatory markers profile in association with long-term physical activity in elderly women.
30. R. Laqzdina, M. Rumaka, L. Blumfelds, L. Aberberga-Augskalne (Latvia)
Walking activity and its association with self-evaluated physical activity of students.
31. A. Sharov, L. Sharova (Russia)
The influence of snowmobiling on adaptive capabilities of students' organism.
32. L. Ozolina, U. Kiitam, I. Pontaga, S. Timpmann, M. Strele, J. Ereline, E. Unt, V. Ööpik (Latvia, Estonia).
Pre-practice hydration status in soccer players training in a cool environment.
33. I. Krikštaponyte, G. Gudaityte, I. Valantine (Lithuania)
Smartphone applications for the promotion of physical activity.

GENERAL DISCUSSION AND CLOSING CEREMONY

Room: Struve II
May 8, 2014

Chairs: Prof. M. Pääsuke (Estonia)
Prof. P. Kaasik (Estonia)

13.00 – 13.30 Analysis of Conference and general conclusions.

Young Scientist's Award.

Presentation of next BSSS Conference.

13.30 **Lunch**