

8th CONFERENCE OF BALTIC SOCIETY OF SPORT
SCIENCES

**SPORT SCIENCE FOR SPORTS PRACTICE AND
TEACHER'S TRAINING**

PROGRAMME

April 22-24, 2015
Vilnius, Lithuania

Scientific committee

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| Prof. Kazys Milašius (Chairman) | Lithuanian University of Educational Sciences |
| Prof. Algirdas Raslanas (Deputy Chairman) | Lithuanian University of Educational Sciences |
| Prof. Audronius Vilkas | Lithuanian University of Educational Sciences |
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| Prof. Janis Zidens | Latvian Academy of Sports Education |
| Assoc. Prof. Andra Fernate | Latvian Academy of Sports Education |
| Prof Mati Pääsuke | University of Tartu |
| Prof. Vello Hein | University of Tartu |
| Prof. Jaak Jürimäe | University of Tartu |
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Dr. Einius Petkus
Dr. Stanislav Sabaliauskas

Dear Friends,

On behalf of the Baltic Society of Sport Sciences (BSSS), Lithuanian University of Educational Sciences, Department of Physical Education and Sports under the Government of the Republic of Lithuania, Lithuanian National Olympic Committee and Lithuanian Olympic Academy we have the honour to invite you to take part in the work of the 8th Baltic States Sport Science Conference „Sport Science for Sports Practice and Teacher’s Training” in Vilnius, Lithuania. Vilnius hosts the BSSS conference for the second time.

The Faculty of Sport and Health Education in Lithuanian University of Educational Sciences has the honour to assume the main responsibility for the organization the Conference. The University was founded in 1935, and currently is the leading teacher’s training academic institution in Lithuania. This Conference is dedicated to the 80th anniversary of the University.

The annual event brings together the teaching staff, research fellows and doctoral students from the institutions of university-level education in the Baltic States and several other countries. Sport scientists from 20 countries already acknowledged their intention to present their study in the Conference this year: from USA, Australia, France, Germany, UK, Sweden, Norway, Finland, Slovenia, Slovakia, Turkey and others. Traditionally, 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 get the chance to exchange ideas and establish contacts for developing their research projects.

The Conference is held in the Best Western Hotel Conference Centre that has excellent facilities for a successful scientific meeting. The Conference venue is located in the city centre, allowing easy access to several hotels, shops and restaurants. We are looking forward to seeing you in Vilnius, Lithuania.

Prof. Dr. Habil. Kazys Milašius
Chairman of the Conference Scientific Committee

BALTIC SPORT SCIENCE SOCIETY

BALTIC SPORT SCIENCE SOCIETY (BSSS) is a non-profit organization founded in Vilnius (the Republic of Lithuania) during the Second Baltic State Sport Science Conference (April 23-25, 2009) with the objectives:

- a) to promote study and development of sport sciences in the Baltic States (the Republic of Estonia, Republic of Latvia, Republic of Lithuania);
- b) to enhance the quality of doctoral studies (PhD) in the Baltic States;
- c) to organize scientific meetings and courses in the field of sport sciences;
- d) to cooperate with national and international organizations in sport sciences and related fields.

The leading organizations of the BSSS are:

- Faculty of Exercise and Sport Science, University of Tartu, Tartu, Estonia,
- Latvian Academy of Sport Education, Riga, Latvia,
- *Lithuanian Sports University* Kaunas, Lithuania.
- Faculty of Sports and Health Education, *Lithuanian University of Educational Sciences*, Vilnius, Lithuania.

The membership of BSSS includes individual members from the Baltic States (the Republic of Estonia, Republic of Latvia, and Republic of Lithuania) who have a PhD degree in sport or related sciences. Master's and doctoral (PhD) students are on the status of junior members. Membership is open for scholars and doctoral students from other countries as well.

The presidents of the BSSS:

- 2009 - 2012 Prof. T. Jürimäe (University of Tartu, Estonia),
- 2012 and at present Prof. A. Skurvydas (Lithuanian Sports University).
- The main event of BSSS is an annual conference. Each spring the host organization arranges the Baltic State Sport Science Conference:
- the first Baltic Conference in Exercise and Sport Sciences - Tartu, May 7-10, 2008.
- the second Baltic Conference in Exercise and Sport Sciences - Vilnius, April 23-25, 2009.
- 2010- Riga, Latvia
- 2011 – Tartu, Estonia
- 2012 – Kaunas, Lithuania
- 2013- Riga, Latvia,
- 2014 – Tartu, Estonia,
- 2015 – Vilnius, Lithuania etc.

The aims of the conferences are:

- to enhance the quality of sport sciences in the Baltic States;
- to organize a young scientist section during the conference in order to promote PhD studies;
- to invite leading scientists all over the world as key-note speakers.

CONFERENCE PROGRAMME

April 22, 2015 Hotel 'Best Western Hotel Vilnius', Konstitucijos Av. 14, Vilnius

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|-------------|------------------------------------|
| 16.00-20.00 | Arrival and registration |
| 17.00-18.00 | BSSS Board meeting – Granite Hall |
| 18.00-19.00 | Round Table meeting – Granite Hall |
| 19.30 | Welcome cocktail |

April 23, 2015 Hotel 'Best Western Hotel Vilnius', Konstitucijos Av. 14, Vilnius

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|-------------|--|
| 9.00-9.30 | Opening ceremony |
| 9.30-11.00 | Plenary meeting I |
| 11.00-11.30 | Coffee break |
| 11.30-13.00 | Plenary meeting II |
| 13.00-14.00 | Lunch |
| 14.00-16.00 | Young scientists' presentations in sections |
| 14.00-16.00 | Coaches' Round Table Meeting |
| 16.00-16.30 | Coffee break |
| 16.30-17.00 | Young scientists' presentations in sections |
| 19.00 | Banquet (Hotel 'Best Western Hotel Vilnius') |

April 24, 2015 Hotel 'Best Western Hotel Vilnius', Konstitucijos Av. 14, Vilnius

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|-------------|--|
| 9.00-11.00 | Oral presentations in sections |
| 11.00-11.30 | Coffee break |
| 11.30-12.30 | Oral presentations in sections |
| 11.30-13.30 | Poster presentations |
| 13.30-14.00 | General conclusions and closing ceremony |
| 14.00 | Lunch and departure |

Duration of presentations

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|--------------------------------|---------|
| International keynote speakers | 30 min. |
| Baltic keynote speakers | 20 min. |
| Oral presentation | 15 min. |
| Poster presentation | 3 min. |

Conference language

The official language of the Conference is English.

ROUND TABLE MEETING

“Project activity of sport science in Baltic Countries”

April 22, 2015

(Granite Hall)

Chairs: **Assoc. Prof. Vida Juškelienė (Lithuania)**
Assoc. Prof. E. Kemerytė-Riaubienė (Lithuania)

18.00-18.10 **Prof. V. Hein (Estonia)**

Factors related to the teachers' behavior.

18.10-18.20 **K. Karasniece (Latvia)**

Different project experience at Latvian Academy of Sport Education.

18.20-18.30 **I. Rutkauskienė (Lithuania)**

LSU experience in project activity.

18.30-18.40 **Asoc. Prof. A. Litwiniuk (Poland)**

Proposition of joint scientific project for Baltic State Countries from EU commission, European Health & Fitness Association

18.40-18.50 **Assoc. Prof. E. Kemerytė-Riaubienė (Lithuania)**

Aristo project: sharing experiences and perspectives for cooperation in monitoring young athletes' physical activity and its impact on health.

18.50-19.30 **Discussion**

19.30 **Welcome cocktail**

PLENARY MEETING

April 23, 2015

Plenary session I (Glass Hall)

Chairs: Prof. Dr. Habil. A. Raslanas (Lithuania)

Prof. Dr. A. Vilkas (Lithuania)

Prof. Dr. Habil. K. Milašius (Lithuania)

9.00-9.30 **Opening ceremony**

DPES Under the Government of the Republic of Lithuania

General Director E. Urbonavičius

Participants of the conference welcomed by

LNOC President D. Gudzinevičiūtė

9.30-10.00 *Prof. B. Noble (United Kingdom)*

Elite sport as a driver of medical advance.

10.00-10.30 *Prof. H. Budde (Germany)*

Exercise and mental health in school.

10.30-11.00 *Prof. M. Wegner (Germany)*

Applied sport psychology and standards of quality: mental skill training for elite athletes and in teacher's training.

11.00-11.30 **Coffee break**

Plenary session II (Glass Hall)

11.30-12.00 *Prof. M. Bulatova (Ukraine)*

Cultural Olympiads in Olympic movement.

12.00-12.20 *Prof. V. Hein (Estonia)*

How teachers'/coachers' behaviour and motivation are related to learning outcomes.

12.20-12.40 *PhD, Assoc. Prof. A. Fernate (Latvia)*

The physical education teachers' competences in a learning society.

12.40-13.00 *Prof. R. Dadelienė (Lithuania)*

Peculiarities of body adaptation in Lithuanian elite kayak rowers (K-2) during training cycle in altitude and 35 days after.

13.00-14.00 **Lunch**

YOUNG SCIENTISTS' PRESENTATIONS IN SECTIONS

Section 1. Scientific management of high performance athletes' training April 23, 2015 (Amber A Hall)

Chairs: Prof. J. Poderys (Lithuania)
Prof. J. Lanka (Latvia)
Assoc. Prof. J. Mäestu (Estonia)

- 14.00-14.15 T. Garbenytė-Apolinskiene, S. Salatkaitė, L. Šiupšinskas, R. Gudas (Lithuania)
Evaluation of functional movements, health status and level of fatigue of Lithuanian professional female basketball players in relation with the level of excellence.
- 14.15-14.30 G. Vidūnaitė, A. Skarbalius (Lithuania)
Loads' volume and intensity in semi-professional female handball.
- 14.30-14.45 R. Nekriošius, A. Šiupinytė, E. Balčiūnas (Lithuania)
Comparative analysis of the elite kayakers competition mezcycles in preparation for world championships 2013 and 2014.
- 14.45-15.00 L. Lepasalu, J. Ereline, H. Gapeyeva, T. Kums, M. Reinvee, M. Pääsuke (Estonia)
Seat pressure before and after constant intensity cycling exercise in laboratory condition.
- 15.00-15.15 R. Suslavičius, S. Sabaliauskas (Lithuania)
Comparative analysis of XXX London Olympic games participants' age and somatic indices.
- 15.15-15.30 L. Grinčikaitė, A. Skarbalius, A. Stanislovaitis, I. Garbašauskaitė
Analysis of the changes in women (the best in the world) 100 meters sprint results on the terms of the age aspect.
- 15.30-15.45 L. Dudėnienė, A. Skarbalius
Technical performance profile in Lithuanian women's judo.
- 16.00-16.30 **Coffee break**

**Section 2. Educational and psychological aspects
of athletes' and teacher's training
April 23, 2015 (Water Hall)**

**Chairs: Prof. S. Poteliūnienė (Lithuania)
Assoc. Prof. A. Fernate (Latvia)
Prof. V. Hein (Estonia)**

- 14.00-14.15 A. Lisinskiėnė, S. Šukys (Lithuania)
Relationship between prosocial behaviour of adolescents,
involvement in sport, attachment to parent and personal values.
- 14.15-14.30 G. Tālberga, A. Fernāte (Latvia)
Christian approach to spirituality in sport education: collaboration
between god and people towards spiritual growth.
- 14.30-14.45 L. Laiminga, I. Bula-Biteniece (Latvia)
Social and emotional skills in early childhood.
- 14.45-15.00 E. Lukšys, S. Sabaliauskas (Lithuania)
Correlation between basketball players' of age 14-15 sports
motivation and coach leadership style during the competition
period.
- 15.00-15.15 A. Lazauskas, A. Skarbalius (Lithuania)
A long-term athlete development: are non-athletic factors so
important?
- 15.30-15.45 A. B. Ušpurienė, A. Skarbalius (Lithuania)
Acute effects of different training programmes on performance in
sports dancers aged 9–11 year.
- 15.45-16.00 I. Baltuškonienė, S. Poteliūnienė (Lithuania)
Women's motivation to choose aerobics and perceived benefits of
participation: differences by age.
- 16.00-16.30 **Coffee break**

Section 3. Sport's physiology, biochemistry, medicine

April 23, 2015 (Marble Hall)

Chairs: Prof. A. Skurvydas (Lithuania)

Prof. V. Lārinš (Latvia)

Prof. M. Pääsuke (Estonia)

- 14.00-14.15 *D. Batkovskytė, V. Ginevičienė, A. Utkus, L. Tubelis (Lithuania)*
Variation in the myostatin gene in Lithuanian elite athletes.
- 14.15-14.30 *M. Vilčinskaitė, H. Paulauskas, A. Šatas, M. Brazaitis (Lithuania)*
The effect of hypothermia on cytokines IL-1 β , IL-6 and TNF- α kinetics.
- 14.30-14.45 *D. Vaitkevičiūtė, E. Lätt, J. Mäestu, T. Jürimäe, M. Saar, P. Purge, K. Maasalu, J. Jürimäe (Estonia)*
Bone turnover markers and adipocytokines in relation to bone mineral parameters in early pubertal boys with different physical activity.
- 14.45-15.00 *L. Voitkevica, J. Pontaga (Latvia)*
Pre- and post-training body hydration in well trained soccer, ice hockey and rugby players.
- 15.00-15.15 *V. Verbickas, M. Brazaitis, N. Baranauskienė, N. Eimantas, A. Skurvydas (Lithuania)*
Effects of repeated load on cycling power and muscle fatigue.
- 15.15-15.30 *N. Eimantas, M. Brazaitis, A. Skurvydas, D. Mickevičienė, H. Paulauskas, N. Baranauskienė, V. Verbickas, M. Cernych (Lithuania)*
The effect of acute heat stress on immune system and stress biomarkers, measured between two groups of subjects who originally exhibited two different response strategies to 14°C cold-water immersion.
- 15.30-15.45 *K. Bunevičius, A. Grūnovas, E. Trinkūnas (Lithuania)*
Effects of occlusion on hemodynamics and muscle work capacity.
- 15.45-16.00 *A. Fokin, S. Bočkutė, T. Venckūnas, V. Mildažienė, A. Lionikas, R. Žukiene, A. Ratkevičius (Lithuania)*
Reduced citrate synthase activity effect on the mitochondrial respiration in absence and in presence of fatty substrates.
- 16.00-16.30 **Coffee break**
- 16.30-16.45 *H. Paulauskas, M. Brazaitis, D. Mickevičienė, K. Pukėnas, N. Baranauskienė, N. Eimantas, A. Šatas (Lithuania)*
Local head and neck heating effect on thermoregulation in cold water.

Section 4. Management of sport movements

April 23, 2015 (Amber B Hall)

Chairs: Assoc. Prof. E. Kemerytė-Riaubiene (Lithuania)

Prof. V. Krauksts (Latvia)

Dr. J. Ereline (Estonia)

- 14.00-14.15 *U. Gavrona, A. Paeglītis, N. Varpa, Z. Galeja, V. Dzerve, I. Kukulis (Latvia)*
Influence of exchanged neuromuscular regulation of *M.Gastrocnemius* on leg blood flow regulation during static voluntary contraction of knee flexors.
- 14.15-14.30 *V. Paleckis, A. Sniečkus, S. Rutkauskas, D. Satkunskienė, N. Baranauskienė, M. Brazaitis, M. Mickevičius, N. Eimantas, S. Kamandulis, A. Skurvydas (Lithuania)*
Acute changes in tendon morphology and indirect markers of muscle damage after 200 drop-jumps.
- 14.30-14.45 *M. Misjuk, I. Rannama (Estonia)*
Knee muscle strength asymmetries among right- and left-footed soccer players.
- 14.45-15.00 *A. Priedniece, A. Abele, I. Amantova (Latvia)*
Quality management evaluation of Latvian universities sports federation from perspective of Latvian students.
- 15.00-15.15 *V. Kunitson, K. Port (Estonia)*
Assymetry among finswimmers- is there?
- 15.15-15.30 *T. Linksmuolis, R. Gudas, L. Šiupšinskas (Lithuania)*
Functional movement screen in Lithuanian rugby: determining fundamental risk factors for injury and subjective knee evaluation.
- 15.30-15.45 *V. Berneckė, K. Pukėnas, M. Brazaitis (Lithuania)*
Test–retest cross-reliability of tests to assess neuromuscular function as a multidimensional concept.
- 16.00-16.30 **Coffee break**

Section 5. Physical activity, recreation and health

April 23, 2015 (Granite Hall)

Chairs: Assoc. Prof. V. Juškelienė (Lithuania)

Prof. J. Grants (Latvia)

Research Fellow H. Gapeyeva (Estonia)

14.00-14.15 V. Karvelytė, R. Gruodytė-Račienė (Lithuania)

Is physical activity and sedentary time of best classmates' related?
An international pilot study.

14.15-14.30 T. Sirge, J. Erelina, T. Kums, H. Gapeyeva, M. Pääsuke (Estonia)

Back function in supermarket cashiers with and without
musculoskeletal discomfort: association with physical activity.

14.30-14.45 A. Čupriķa, A. Fernāte (Latvia)

Objective indicators of physical capital and physical activity for
women in fitness.

14.45-15.00 Ž. Gadliauskaitė, A. Igarienė, R. Gruodytė-Račienė (Lithuania)

Physical education assessment relation to physical activity of
performing arts and secondary high school students.

15.00-15.15 M. Kūūsmāa, D. Eklund, A. Häkkinen, W.J. Kraemer, J-P. Malinen,
R. U. Newton, K. Nyman, M. Schumann, M. Sedliak, K. Häkkinen
(Finland, USA, Australia, Slovakia)

Effects of time-of-day and training order on physical performance
and muscle cross-sectional area during single-session combined
endurance and strength training.

15.15-15.30 E. Mellenberga, A. Čupriķa (Latvia)

Promotion of social belonging for women in equestrian sport to
improve quality of life – case study.

15.30-15.45 I. Nikonovs, J. Grants (Latvia)

Active and passive recovery after physical activity.

15.45-16.00 E. Apnerytė (Lithuania)

Dentists in back pain and fatigue evaluation of features.

16.00-16.30 **Coffee break**

COACHES' ROUND TABLE MEETING

April 23, 2015 (Glass A Hall)

Chairs: Prof. K. Milašius
Prof. A. Raslanas

- 14.00-14.30 *Prof. V. Platonov (Ukraine)*
Contemporary problems of high performance athlete's training and the ways to solve them (in Russian language).
- 14.30-15.00 *Prof. V. Issurin (Israel)*
New findings on application of block periodized programs in preparation of high-performance athletes (in Russian language).
- 15.00-15.30 *Prof. A. Skarbalius (Lithuania)*
In which manners player's training are controlled? (in Lithuanian language).
- 15.30-16.00 *Prof. J. Skernevičius (Lithuania)*
Presentation of the publication "Problems of athlete's training (What do coaches ask)" (in Lithuanian language).

ORAL PRESENTATIONS IN SECTIONS

Section 1. Scientific management of high performance athletes' training April 24, 2015 (Marble Hall)

**Chairs: Prof. R. Carlson (Sweden)
Prof. A. Skarbalius (Lithuania)**

- 9.00-9.15 R. Carlson, J. Grants, K. Piech (Sweden, Latvia, Poland)
Social indicators of talent detection in competitive sport - an international perspective.
- 9.15-9.30 V. Issurin, O. Verbitsky (Israel)
Concurrent activation potentiation as an effective performance-stimulated method.
- 9.30-9.45 K. Milašius, A. Jakimavičius, R. Dadelienė, L. Tubelis (Lithuania)
Mezzo-cycle training in highlands impact on elite female cyclists' body adaptation to training loads.
- 9.45-10.00 U. Karli (Turkey)
Effects of time of day on maximal anaerobic performance and recovery following supramaximal exercise.
- 10.00-10.15 K. Matulaitis, G. Matulaitis, T. Gallova, L. Doležajova, A. Lednický, M. Bračić (Lithuania, France, Slovakia, Slovenia)
Determination and comparison of selected body size and physical fitness indices of youth basketball players from different European countries.
- 10.15-10.30 M. Masionis, E. Petkus, A. Raslanas (Lithuania)
Peculiarities of two annual training cycle of high performance rowers double scull.
- 10.30-10.45 R. Paulauskas, R. Paulauskienė, J. Skernevičius (Lithuania)
Muscle endurance capacity during the maximum intensity of repetitive work.
- 10.45-11.00 K. Ciekurs, V. Krauksts, J. Grants, A. Alekrinskis (Latvia, Lithuania)
Effect of local vibration in cross-country skiing.
- 11.00-11.30 **Coffee break**

11.30-11.45 A. Rudzītis, V. Larinš, L. Cupriks, L. Zhilinskis (Latvia)
Impact of cranial electrostimulation for the athletes resurgence after physical loads.

11.45-12.00 Z. Kuznetsova, G. Khalikov, I. Mutaeva, A. Kuznetsov (Russia)
Athletes training based using the complex assessment of functional state.

12.00-12.15 V. Krauksts, K. Ciekurs, K. Dumbris, J. Grants (Latvia)
The effect of local vibration in biathlon.

11.30-13.30 – **Poster presentations**

Section 2. Educational and psychological aspects of athletes' and teacher's training

April 24, 2015 (Amber B Hall)

Chairs: Prof. M. Wegner (Germany)
Assoc. Prof. A. Emeljanovas

- 9.00-9.15 *V. Hein, A. Emeljanovas, B. Miežienė, K. Mahoni (Estonia, Lithuania)*
Testing for multigroup invariance of the perceived teachers' controlling behaviour among Estonian and Lithuanian students.
- 9.15-9.30 *A. Fernate (Latvia)*
Physical education preservice and inservice teachers' understanding of democracy and human rights.
- 9.30-9.45 *A. Mjåtveit (Norway)*
Pre-service teachers' reflections on the importance of a stimulating learning climate in physical education.
- 9.45-10.00 *O. Aftimichuk (Moldova)*
Theory and practice of rhythm in the professional training system for athletes and teaching staff.
- 10.00-10.15 *Z. Kuznetsova, I. Dauletshin, S. Kuznetsov, I. Mutaeva (Russia)*
Selection of young gymnasts using an integrated approach.
- 10.15-10.30 *S. Lianzbergaitė, A. Gričiūtė (Lithuania)*
Internal and external motivation of track and field athletes in age (youth and adult) and gender groups.
- 10.30-10.45 *B. Statkevičienė (Lithuania)*
Analysis of the results achieved by Lithuanian swimmers competing in the USA universities championships.
- 11.00-11.30 **Coffee break**
- 11.30-13.30 – **Poster presentations**

Section 3-4. Sport's physiology, biochemistry, medicine and sport movements I

April 24, 2015 (Amber A Hall)

**Chairs: Prof. T. Seene (Estonia)
Prof. A. Stasiulis (Lithuania)**

- 9.00-9.15 T. Seene, P. Kaasik, M. Umnova (Estonia)
How neuromuscular junctions contribute to endurance capacity.
- 9.15-9.30 V. Ginevičienė (Lithuania)
Genetic research in sports science: actuality and prospects.
- 9.30-9.45 V. Larinš, A. Rudzītis (Latvia)
ECS microwave therapy method in muscle trigger point's pain intensity reduction.
- 9.45-10.00 L. Loseva, T. Krupskaya, O. Tsvunchyk, K. Milašius, M. Pečiukonienė, S. Anufrik, V. Maksimovich, S. Anuchyn (Belarus, Lithuania)
Features of accumulation micro, macro elements in an organism of students sportsmen.
- 10.00-10.15 M. Pääsuke, J. Ereline, H. Gapeyeva, T. Kums, R. Pääsuke, J. McPhee (Estonia, UK)
Quadriceps femoris muscle fatigue resistance during sustained submaximal isometric contractions in young and older women.
- 10.15-10.30 H. Gapeyeva, V. Lavrentjeva, J. Ereline, M. Pääsuke (Estonia)
Associations between postural stability, flexibility and calf muscle strength in young athletes.
- 10.30-10.45 N. Ivanova (Belarus)
The factors defining the functional condition of cardiorespiratory system of athletes of game sports.
- 10.45-11.00 E. Pranckevičienė, V. Ginevičienė, K. Milašius, A. Utkus (Lithuania)
Decision tree learning rules to associate athletes phenotypes with genotypes in different sports.
- 11.00-11.30 **Coffee break**
- 11.30-11.45 I. Pontaga (Latvia)
Fatigue resistance of thigh muscles in sport games players.
- 11.30-13.30 – **Poster presentations**

Section 3-4. Sport's physiology, biochemistry, medicine and sport movements II

April 24 2015 (Water Hall)

Chairs: Prof. V. Lāriņš (Latvia)
Prof. J. Poderys (Lithuania)

- 9.00-9.15 *K. Sozbir, B. Yuktasir, K. Aydin, N. Yildiz (Turkey)*
The effects of frontal and sagittal plane plyometric on sprint performance and lower extremity electromyography.
- 9.15-9.30 *I. Rannama, K. Pedak, K. Port, B. Bazanov, M. Misjuk (Estonia)*
Bilateral pedalling power and thigh muscles activity during 30 second isokinetic sprint cycling.
- 9.30-9.45 *J. Poderys, A. Sujeta, K. Poderienė, A. Buliuolis (Lithuania)*
The algebraic data cointegration approach for evaluation of functional state changes during exercising.
- 9.45-10.00 *D. Bondarev, V. Pelmenev (Russia)*
Making experience matter: effort regulation depends on experience.
- 10.00-10.15 *G. Raudonikytė, A. Daunoravičienė, K. Berškienė, A. Vainoras (Lithuania)*
The effect of yoga practice on women's cardiovascular system.
- 10.15-10.30 *R. Sakalauskaitė, E. Kemerytė-Riaubienė, N. Jaščaninienė, A. Gocentas (Lithuania)*
Young triathlon and modern pentathlon athletes' physical fitness.
- 10.30-10.45 *I. Rudzinska (Latvia)*
Latvian sportsmen in Latvian and English Wikipedia.
- 11.00-11.30 **Coffee break**
- 11.30-13.30 – **Poster presentations**

Section 5. Physical activity, recreation and health

April 24 2015 (Granite Hall)

Chairs: Assoc. Prof. K. Piech (Poland)
Assoc. Prof. R. Žilinskienė (Lithuania)

- 9.00-9.15 L.I. Tjelta, I. Brandal Berge (Norway)
Cooperation between health researchers and a regional newspaper can be used to promote a healthy lifestyle.
- 9.15-09.30 O. Batutis, I. Titenytė (Lithuania)
Links between motivation and attendance of physical education classes.
- 9.30-9.45 A. Šarkauskienė (Lithuania)
The development of 11- 13 years old children physical fitness by non - formal education at school.
- 9.45-10.00 S. Muceniece, I. Kravalis (Latvia)
Set of recreational activities to improve cooperation skills in women's floorball team.
- 10.00-10.15 I. Misevičienė, K. Žalnieraitienė (Lithuania)
What are the reasons for physicians and teachers to participate in health check-up and what is their risk profile for NCDs?
- 10.15-10.30 V. Juškeliene (Lithuania)
Health disorders and exercising behavior that characterize transitional stage of first-year students at the Lithuanian university of educational sciences.
- 10.30-10.45 K. Medijainen, P. Taba, A. Lukmann, M. Pääsuke (Estonia)
Body composition and associations with functional performance in men with Parkinson's disease.
- 10.45-11.00 J. Sökk, M. Rätsepsoo, D. Vahtrik, 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 and six months after total knee arthroplasty.
- 11.00-11.30 **Coffee break**

- 11.30-11.45 K. Rodionova, A. Klavina (Latvia)
The impact of physical activity on health variables in elderly people with type 2 diabetes.
- 11.45-12.00 S. Pajaujienė, R. Jankauskienė (Lithuania)
How to reduce adolescents' body image problems? Analysis of effectiveness of educational program.
- 12.00-12.15 J. Mäestu, E. Lätt, F. Ortega, T. Rääsk, T. Jürimäe, J. Jürimäe (Estonia)
Overweight and obesity is predicted by vigorous physical activity rather than sedentary behavior in pubertal boys.
- 12.15-12.30 R. Žilinskienė, J. Armonienė (Lithuania)
Leisure-time and physical activity in university.
- 12.30-12.45 Skolnikova T. (Latvia)
Outdoor life-friluftsliv-as an experiential education in Norwegian educational system.

11.30-13.30 – **Poster presentations**

POSTERS' PRESENTATIONS

April 24, 2015 (Glass Hall)

Exposition – from 9.00

Presentation – 11.30 – 13.00

Scientific management of high performance athletes' training:

Chairs: Prof. V. Krauksts (Latvia)

Assoc. Prof. R. Paulauskas (Lithuania)

1. B. Statkevičienė (Lithuania)
Do speed skaters bodies' anthropometrical indicators influence competition results?
2. V. Vimbson, L. Čupriks, A. Rudzītis, A. Čuprika (Latvia)
Cranial electrotherapy stimulation in fitness with weightlifting equipment.
3. T. Kaukėnas, S. Sabaliauskas (Lithuania)
The analysis of elite biathletes shooting indices in the world cup and the Olympic Games.
4. J. Bāča, L. Čupriks (Latvia)
Impact of jump power on middle shot accuracy in basketball
5. P. Raгаuskas, A. Stanislovaitis, J. Stanislovaitienė (Lithuania)
Analysis of youth baseball players vertical jump measures, comparing use of different training microcycles.
6. D. Razmaitė, L. Grajauskas (Lithuania)
Relationships between parameters of junior rugby players' speed as well as muscular power and their sportive mastership.
7. L. Grajauskas, D. Razmaitė (Lithuania)
Relationships of junior rugby players' technical parameters and their sportive mastership.
8. A. Zuša, J. Lanka, L. Čupriks (Latvia)
A descriptive profile of low extremity and spine muscles isometric strength in young competitive tennis players.
9. R. Kreivyte, R. Kozlovski (Lithuania)
The analysis of 15 - 16 year old basketball players' technical actions during the matches.

10. I.J. Zuožienė, G. Mudėnas, A.K. Zuoza (Lithuania)
The influence of training factors to the results in swimming: strength components.
11. M. Vilimas, E. Kemerytė-Riaubienė, A. Šatas (Lithuania)
Preparedness and playing activity of Lithuanian national deaf basketball team in 2007 and 2011 world championships.
12. J. Liepiņa (Latvia)
Fear of falling during sport climbing activities.
13. V. Aboliņš (Latvia)
Software for endurance and training control.

Educational and psychological aspects of athletes' and teacher's training:

Chairs: Prof. V. Hein (Estonia)
Prof. R. Malinauskas (Lithuania)

14. A. Akeļaitis, R. Malinauskas (Lithuania)
Emotional skills among senior high school age students in physical education classes.
15. Š. Šniras, R. Juknelis (Lithuania)
Pre-competitive emotional states of table tennis players participating in different leagues.
16. D. Juodsnuikis, R. Malinauskas (Lithuania)
Exploring the social responsibility of Lithuanian and Latvian sports schools students.
17. A. Budreikaitė, K. Macijauskas (Lithuania)
Motives of young basketball players for going in for sports.
18. L. Danilevičienė, A. Lileikienė. (Lithuania)
Analysis of motivational components in foreign language acquisition in student learning.
19. N. Žilinskienė, D. Gražulis, D. Radžiukynas (Lithuania)
Value based orientations of young track & field athletes and football players.
20. V. Kontautienė, A. Vilkas (Lithuania)
Development of self-control abilities during physical education classes as a physical abilities developing factor for junior school learners.

21. M. Lipowski, M. Lipowska, M. Jochimek, D. Krokosz (Poland)
Resiliency as a factor protecting young athletes against undertaking risky behaviors.
22. R. Gaiko, S. Sabaliauskas (Lithuania)
Expression of sport motivation, coach leadership style, and self-esteem in young boxing fighters.
23. E. Šatikauskaitė, S. Poteliūnienė (Lithuania)
Factors affecting the professional adaptation of beginner physical education teachers.
24. I. Tatarūnaitė, S. Poteliūnienė (Lithuania)
Students' motivation becoming a physical education teacher.
25. J. Buliņš, I. Bula-Bīteniece, R. Jansone, I. Bautre (Latvia)
Study of risk factors to facilitate schoolchildren securitability.
26. V. Ivaškienė, I. Taujanskienė, L. Dudonienė (Lithuania)
Expression of judo sportsmen's aggression and self-evaluation.
27. I. J. Zuozienė, G. Grigonė, J. J. Grigonienė (Lithuania)
Development of swimming skills in primary school aged children.
28. D. Gražulis (Lithuania)
The values of young soccer players in the process of competences development (self-development).
29. A. Litwiniuk, H. Mroczkowska, Z. Obmiński, M. Jagiello
Personality traits in elite volleyball and basketball players. sex-and sport- related differences.

Sport's physiology, biochemistry, medicine:

Chairs: Prof. A. Paeglītis (Latvia)
Prof. S. Kamandulis (Lithuania)

30. S. Derkintienė (Lithuania)
Gender differences in physical appearance perception among VIII grade pupils.
31. D. Vizbaraitė, A. Kniūbaitė, L. Dudėnienė (Lithuania)
Changes in body composition parameters and diets of judo female athletes reducing body weight in the pre-competition period.

32. J. Ereline, H. Gapeyeva, M. Pääsuke (Estonia)
 Quadriceps femoris muscle fatigue during repeated high-intensity maximal isokinetic contractions in male athletes.
33. T. Kums, J. Zvereva, J. Ereline, H. Gapeyeva, M. Pääsuke (Estonia)
 Influence of training load on the function of musculoskeletal system in female figure skaters.
34. I. Rybina (Belarus)
 Reticulocytes as a marker of oxygen transport system adaptation to physical activity in cyclic sports.
35. V. Pliauga, S. Kamandulis, G. Dargevičiūtė, J. Jaščaninas, I. Klizienė, J. Stanislovaitienė, A. Stanislovaitis (Lithuania, Poland)
 The effect of a simulated basketball game on male players' sprint and jump performance, temperature and muscle damage.
36. A. Brazaitis, A. Tamošiūnas (Lithuania)
 Kinematic weight bearing MRI in patient with patellofemoral pain: femoral and patellar rotation.
37. L. Kyquolienė, A. Skurvydas, M. Brazaitis, N. Eimantas, N. Baranauskienė (Lithuania)
 Assessment the quadriceps muscles EMG signal changes of the maximal voluntary contraction performing submaximal intermittent isometric contractions at three different strategies.
38. J. Glazkovs, D. Makarova (Latvia)
 The traumatism prevention of a boxer during the training process.
39. S. Drozdovska, A. Yevtushenko, A. Bakunovskiy, V. Iyin (Ukraine)
 The association of genes polymorphisms with athletes hemodynamics indices.
40. L. Kreivėnaitė, V. Streckis, L. Poderys, D. Mickevičienė (Lithuania)
 The effect of age on central and peripheral fatigue during 1-min MVC.
41. V. Šidlauskaitė, A. Stasiulis, B. Zacharienė (Lithuania)
 Oxygen uptake kinetics during treadmill walking in prepubertal children with different physical activity.
42. V. Ševčenko, V. Lāriņš (Latvia)
 Functionality affecting the balance of elderly people.
43. M. Aru, P. Kaasik, K. Alev, A. Pehme, R. Puhke, J. Sagim, M. Niilits, P. Purge, T. Seene (Estonia)
 Degenerative effect of glucocorticoids and dynamics of recovery in aging.
44. A. Shepieliev (Ukraine)
 Physiological and anthropometric indicators of athletes in different sports.

Management of sport movements:

Chairs: Prof. J. Lanka (Latvia)

Assoc. Prof. A. Šarkauskienė (Lithuania)

45. D. Radžiukynas, E. Kaškevičius (Lithuania)
Anthropometric indicators and motor skills of 15–16 years old basketball, soccer and volleyball players.
46. V. Talts, J. Ereline, H. Gapeyeva, T. Kums, M. Pääsuke (Estonia)
Kinematics of novus shots: shot velocity and impact power in more and less skilled novus players.
47. V. Šilinskas, A. Buliuolis (Lithuania)
Running speed and kinematic characteristics of stride of the best Lithuanian 1500 meters runners.
48. B. Bazanov, I. Rannama (Estonia)
Analysis of offensive team activity at high level of junior (U-20) basketball performance.
49. B. Luika, M. Jakovleva, S. Luika (Latvia)
Employer opinion to optimize study quality.
50. A. Dombrovskā, S. Luika (Latvia)
High achievement sport climate in Latvia.
51. A. Gulbe (Latvia)
Participation of young people in the session of international Olympic academy and its influence on the prospects of the future career.
52. A. Šimkus, M. Mižutavičius, A. Alekrinskis, D. Bulotienė (Lithuania)
Evaluation of volunteers satisfaction and commitment factors in sport organization.
53. R. Puhke, A. Pehme, A. Koka, P. Kaasik (Estonia)
Brief overview of “lifelong learning programme facilitating higher education for athletes-winner education model” project: preliminary findings on Estonian student-athletes dual career activities
54. Š. Beivydas, D. Gražulis (Lithuania)
The evaluation of sport-specific skills in youth soccer.

Physical activity, recreation and health:

**Chairs: Prof. R. Dadelienė (Lithuania)
Prof. L. Čupriks (Latvia)**

55. R. Bacevičienė, A. Povilaitytė, L. Kyguolienė (Lithuania)
Psychomotor reaction changes after physiotherapy program at home in patients with Parkinson's disease
56. A. Gylytė, R. Bacevičienė, J. Barzdaitė (Lithuania)
Individual 4 week effects of physiotherapy to childrens' posture with juvenile osteochondrosis.
57. A. Maciejewska-Karłowska, M. Sawczuk, P. Ciężczyk, A. Leońska-Duniec, K. Kotarska, M. Buryta, M. Kaczmarczyk, Z. Jastrzębski, A. Zarębska (Poland)
The PRO12ALA polymorphism of the peroxisome proliferator-activated receptor gamma gene modify the association of physical activity and body mass changes in polish women.
58. R. Balevičiūtė, V. Blauzdys (Lithuania)
Competences for future generations of physical culture in the teaching professions.
59. Z. Birontienė (Lithuania)
Change in motor performance among pre-school children of Klaipėda city.
60. V. Vaičiulis, R. Radišauskas (Lithuania)
Dependence of morbidity and mortality from cardiovascular disease on heliogeophysical factors.
61. Z.M. Ossowski, V.J. Česnaitienė, V. Juškelienė, S. Šukys (Poland, Lithuania)
Health behavior of students living in rural and urban areas in Poland.
62. Z. M. Ossowski, K. Pilcicka (Poland)
The endurance level and selected anthropometry parameters in relation of hypertensive in postmenopausal women.
63. E.-M. Riso, M. Kull, A. Hannus, K. Mooses (Estonia)
Objectively measured school-based physical activity interventions for schoolchildren: a systematic review.
64. J. Česnavičienė, R. Motiejūnaitė, R. Proškuvienė (Lithuania)
Relationships between physical activity and eating habits among the students of Lithuanian university of educational sciences.

65. V. Ivaškienė, V. Skyrienė (Lithuania)
Needs, self-confidence and attitudes towards sports benefits of students of different physical activity levels.
66. V. Ivaškienė, J. Čepelionienė (Lithuania)
The shift of males students' attitude towards the teacher of physical education.
67. I. Dravniece, I. Atala (Latvia)
Obstacle courses and games for primary school pupils to develop balance and accuracy of movement.
68. K. Pedak, M. Maurer, K. Lee (Estonia)
The aerobic capacity and functional and anthropometric indicators of pre-term children aged 4-6 with extremely low birth weight.
69. A. Alekrinskis, M. Daškevičius, D. Bulotienė, A. Šimkus (Lithuania)
Health and fitness mobile applications (HFMA) usage peculiarities in Lithuania.
70. A. Emeljanovas, B. Miežienė (Lithuania)
The prevalence of overweight and obesity in Lithuanian schoolchildren.
71. A. Dumčienė, R. Malinauskas, T. Saulius (Lithuania)
Physical self-efficacy of women participation in fitness classes.
72. A. Vilkas, R. Mėlinis (Lithuania)
Change in learners' physical activity and sports orientation: aspect of age.
73. I. Smuka, P. Rozentalde (Latvia)
Program of recreational activities for promoting adult interpersonal abilities.
74. E. Bernans, J. Lanka, V. Abolins (Latvia)
Dynamics of step length and frequency variability during different intensity treadmill running.
75. L. Trinkūnienė (Lithuania)
Attitudes of physical education teachers towards their work as a precondition of their professional position.
76. K. Karasniece, D. Krauksta (Latvia)
Assessment of the outdoor activity "the strong race" and the development of suggestions for the improvement of quality.
77. S. Anisimova (Latvia)
The models of organization and introduction processes of aerobic training to 55-65 years old women.

GENERAL CONCLUSIONS AND CLOSING CEREMONY

April 24, 2015 (Glass Hall)

Chairs: Prof. A. Vilkas (Lithuania)
Prof. A. Raslanas (Lithuania)
Assoc. Prof. R. Paulauskas (Lithuania)

13.30-14.00 Analysis of Conference and general conclusions.
Young Scientist's Award
Presentation of next BSSS Conference.

14.00 Lunch