



The 28th Symposium of the International Council for  
Physical Activity and Fitness Research (ICPAFR)

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Physical Activity and Fitness:  
Challenges and New Perspectives

# PROGRAMME

August 24–27, 2016, Kaunas, Lithuania

Hosted by  
Lithuanian Sports University

## SYMPOSIUM SPONSOR



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## About ICPAFR

International Council for Physical Activity and Fitness Research (ICPAFR) is one of the oldest and most interdisciplinary physical activity-related scientific societies in the world and has a membership spanning a wide range of scientific disciplines. Its aim is the development of basic and applied research in physical activity and fitness in order to promote the quality of life most conducive to the realization of one's highest creative potential through physical activity and fitness.

The ICPAFR with its initial name: International Committee for the Standardization of Physical Fitness Tests (ICPSPFT) was founded in 1964 in Tokyo, Japan, by a group of researchers in sports medicine, anthropometry, physiology of exercise and physical education, led by Prof. Leonard A. Larsen, U.S.A. The standardization process culminated in the publication of a book on standards of physical fitness and performance tests in 1974. The book was the result of nine years of work including six international Symposia and comparative research in many countries around the world which aimed at the standardization of the tests.

In 1973, in Jyväskylä, Finland, a decision was made to change the name of the Committee to the International Council for Physical Fitness Research. In 1992, in Leuven, Belgium, a further change was made to the current title: International Council for Physical Activity and Fitness Research (ICPAFR).

Since its foundation, the ICPAFR has already held 27 international Symposia in different countries around the world.

**The 28th Symposium of the International Council for  
Physical Activity and Fitness Research**

**PHYSICAL ACTIVITY AND FITNESS:  
Challenges and New Perspectives**

**PROGRAMME**

August 24–27, 2016  
Kaunas, Lithuania



**Franco Viviani**  
*ICPAFR President*

**WELCOME TO THE 28TH ICPAFR SYMPOSIUM!**

*The Lithuanian Sports University in the city of Kaunas offers an ideal setting for an international conference aiming to deepen several aspects of the 28th ICPAFR Symposium's theme, that is **"Physical Activity and Fitness: Challenges and New Perspectives"**.*

*Throughout history, physical activity has been differently considered in various parts of the world, however, all cultures assigned to physical activity an important role. In western countries it became part of the formal education process as "physical education". However, despite the efforts of many scientists, inactivity seems to increase among most ages in different countries and this is one of the big challenges that many continental areas are facing.*

*ICPAFR and LSU hope, with this symposium, to be able not only to thoroughly determine the challenges that we must face globally, but also to intercept the new perspectives that are set up worldwide.*

*On behalf of the ICPAFR and LSU, I warmly welcome all the participants to the 28th symposium and I cordially invite them to take full advantage of the event!*

*Lastly, may I also wish you all a memorable and enjoyable stay in Kaunas!*

## SCIENTIFIC COMMITTEE

**Prof. Dr. Franco VIVIANI** (Chairperson)  
*University of Padova, Italy*

**Prof. Dr. Saulius ŠUKYS** (Deputy Chairperson)  
*Lithuanian Sports University, Lithuania*

**Dr. Stanisław CZYŻ**  
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*University of Tasmania, Australia*

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*Waikato Institute of Technology, New Zealand*

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*University of Porto, Portugal*

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*University of Padova, Italy*

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*Józef Piłsudski University of Physical Education in Warsaw, Poland*

**Prof. Dr. Mati PÄÄSUKE**  
*University of Tartu, Estonia*

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*Lithuanian Sports University, Lithuania*

**Prof. Dr. Jonas PODERYS**  
*Lithuanian Sports University, Lithuania*

**Prof. Dr. Albertas SKURVYDAS**  
*Lithuanian Sports University, Lithuania*

**Prof. Dr. Arvydas STASIULIS**  
*Lithuanian Sports University, Lithuania*

## ORGANIZING COMMITTEE

**Prof. Dr. Saulius ŠUKYS** (Chairperson)  
*Lithuanian Sports University, Lithuania*

**Prof. Dr. Franco VIVIANI** (Deputy Chairperson)  
*University of Padova, Italy*

**Dr. Daiva MAJAUSKIENĖ** (Deputy Chairperson)  
*Lithuanian Sports University, Lithuania*

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*Lithuanian Sports University, Lithuania*

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*Lithuanian Sports University, Lithuania*

**Dr. Diana KARANAUSKIENĖ**  
*Lithuanian Sports University, Lithuania*

**Dr. Simona PAJAUJENĖ**  
*Lithuanian Sports University, Lithuania*

**Vaiva BALČIŪNIENĖ**  
*Lithuanian Sports University, Lithuania*

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*Lithuanian Sports University, Lithuania*

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*Lithuanian Sports University, Lithuania*

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*Lithuanian Sports University, Lithuania*

**Saulius KREIVAITIS**  
*Lithuanian Sports University, Lithuania*

**Brigita MIEŽIENĖ**  
*Lithuanian Sports University, Lithuania*

## SYMPOSIUM PROGRAMME

### August 24, Wednesday

|             |  |
|-------------|--|
|             | Arrival                                      |
| 17.00–18.00 | Early registration                           |
| 18.00–20.00 | Welcome Reception at the Europa Royale Hotel |

### August 25, Thursday

|             |  |
|-------------|--|
| 08.00–09.00 | Registration   |
| 09.00–09.30 | Opening Ceremony ( <i>Hall 2.1</i> )                           |
| 09.30–10.15 | Keynote 1. Dr. Brian Martin (Switzerland) ( <i>Hall 2.1</i> )  |
| 10.15–10.45 | Coffee break   |
| 10.45–12.15 | Symposium Session 1 ( <i>Hall 2.1</i> )                        |
| 12.15–13.45 | Lunch  |
| 13.45–14.30 | Keynote 2. Dr. Andrew P. Hills (Australia) ( <i>Hall 2.1</i> ) |
| 14.30–15.00 | Coffee break   |
| 15.00–16.30 | Symposium Session 2 ( <i>Hall 2.1</i> )                        |
| 19.00       | Symposium Banquet at the restaurant " <i>Bernelių užėiga</i> " |

### August 26, Friday

|             |  |
|-------------|--|
| 09.30–10.15 | Keynote 3. Dr. Dale Eslinger (United Kingdom) ( <i>Hall 2.1</i> )                  |
| 10.15–10.45 | Coffee break   |
| 10.45–12.30 | Symposium Session 3 ( <i>Hall 2.1</i> )  |
| 12.30–14.00 | Lunch  |
| 14.00–15.30 | e-Poster Session 1 ( <i>Hall 2.1</i> )<br>e-Poster Session 2 ( <i>Hall 2.2</i> )   |
| 15.45–16.15 | ICPAFR General Assembly and Closing Ceremony ( <i>Hall 2.1</i> )                   |
| 16.30–19.00 | Social Programme:<br>Guided walking tour " <i>The Old Town Secrets in Kaunas</i> " |

### August 27, Saturday

|             |  |
|-------------|--|
| 10.00–12.00 | Social Programme:<br>Guided tour to Pažaislis Monastery<br>Departure |
|-------------|--|

## SYMPOSIUM VENUE

The Conference Centre of the Europa Royale Kaunas Hotel  
Address: Miško Street 11, Kaunas

## DURATION OF PRESENTATION

|                       |        |
|-----------------------|--------|
| Keynote presentation  | 45 min |
| Oral presentation     | 15 min |
| e-Poster Presentation | 5 min  |

## SYMPOSIUM LANGUAGE

The official language of the Symposium is English.

## SOCIAL PROGRAMME

### Welcome Reception

*Wednesday, August 24, 18.00–20.00*  
Location: Restaurant at the Europa Royale Hotel (*Miško Street 11*)

### Symposium Banquet

*Thursday, August 25, 19.00*  
Location: Restaurant "Bernelių užėiga" (*M. Valančiaus Street 9*)

### Guided walking tour "The Old Town Secrets in Kaunas"

*Friday, August 26, 16.30–19.00*  
Departure: from Europa Royale Hotel lobby

### Guided tour to Pažaislis Monastery

*Saturday, August 27, 10.00–12.00*  
Departure: from Europa Royale Hotel lobby

## THURSDAY, 25 August 2016

**08.00–09.00**  
**REGISTRATION**

**09.00–09.30**  
**OPENING CEREMONY**  
Location: Hall 2.1

Chairs:  
**Prof. Dr. Franco Viviani (Italy)**  
**Prof. Dr. Arvydas Stasiulis (Lithuania)**

### *Welcome Address*

**Dr. Aivaras Ratkevičius**  
*Rector of the Lithuanian Sports University, Lithuania*

**Prof. Dr. Franco Viviani**  
*ICPAFR President, University of Padova, Italy*

**Dr. Natalja Istomina**  
*Vice-Minister of the Ministry of Education and Science, Lithuania*

**09.30–10.15**  
**KEYNOTE 1**

**Brian Martin**  
*University of Zurich, Office of Public Health, Canton of Basel-Country, Switzerland*  
PHYSICAL ACTIVITY PROMOTION IN THE CONTEXT OF OVERALL HEALTH POLICY

**10.15–10.45**  
**COFFEE BREAK**

**10.45–12.15**  
**SYMPOSIUM SESSION 1**  
Location: Hall 2.1

Chairs:  
**Dr. Brian Martin (Switzerland)**  
**Prof. Dr. Saulius Šukys (Lithuania)**

**10.45–11.00**  
**Irena Misevičienė, Rasa Jankauskienė, Saulius Šukys**  
*Lithuanian Sports University, Kaunas, Lithuania*  
HEALTH PROMOTING UNIVERSITIES ACT FOR THE IMPROVEMENT OF POPULATION'S HEALTH

**11.00–11.15**  
**Ramunė Žilinskienė, Laima Galkutė**  
*Vilnius University, Vilnius, Lithuania*  
HEALTH PROMOTION AMONG STUDENTS: ROLE OF THE UNIVERSITY

**11.15–11.30**  
**Tineke Mariën**  
*Ghent University, Ghent, Belgium*  
THE RELATIONSHIP OF CHILDHOOD FITNESS TO EXECUTIVE FUNCTIONS: A SYSTEMATIC REVIEW

**11.30–11.45**  
**Eva Martin-Diener, Simon Foster, Meichun Mohler-Kuo, Brian Martin**  
*University of Zurich, Zurich, Switzerland*  
PHYSICAL ACTIVITY, SPORTS, PERSONALITY: BEING PHYSICALLY INACTIVE INCREASES EXPOSURE-ADJUSTED INJURY RISK IN YOUNG MEN

**11.45–12.00**  
**Durdica Miletic, Petra Mandic Jelaska, Jelena Pausic**  
*University of Split, Split, Croatia*  
INFLUENCE OF UNORGANIZED PHYSICAL ACTIVITY ON PERFORMING FOOTBALL MOTOR SKILLS IN ORGANIZED PHYSICAL EDUCATION CLASSES

**12.00–12.15**  
**Franco Viviani, Tommaso De Vivo**  
*University of Padova, Padova, Italy*  
ASPECTS OF THE SELF-REFERENT THOUGHT IN ITALIAN SPELEOLOGISTS

**12.15–13.45**  
**LUNCH**

**13.45–14.30**  
**KEYNOTE 2**  
Location: Hall 2.1

Chair:  
**Prof. Dr. Arvydas Stasiulis (Lithuania)**

**Andrew P. Hills**  
*University of Tasmania, Australia*  
EFFECTIVE EXERCISE INTERVENTIONS FOR OBESITY AND TYPE 2 DIABETES

**14.30–15.00**  
**COFFEE BREAK**

**15.00–16.30**  
**SYMPOSIUM SESSION 2**  
Location: Hall 2.1

Chairs:  
**Prof. Dr. Andrew P. Hills (Australia)**  
**Prof. Dr. Arvydas Stasiulis (Lithuania)**

**15.00–15.15**  
**Dorien De Strijcker<sup>1</sup>, Patrick Calders<sup>1</sup>, Dominique Hansen<sup>2</sup>**  
*Ghent University<sup>1</sup>, Ghent, Belgium; Hasselt University<sup>2</sup>, Diepenbeek, Belgium*  
THE IMPACT OF ENDURANCE EXERCISE (TRAINING) IN FASTED VS. FED STATE IN HEALTHY SUBJECTS AND TYPE 2 DIABETES ON GLYCEMIC CONTROL AND INSULIN SENSITIVITY: A SYSTEMATIC REVIEW

**15.15–15.30**  
**Nauris Tamulevicius<sup>1,2</sup>, Guillermo R. Oviedo<sup>3,4</sup>, Sunday Onagbiye<sup>3</sup>, Mashudu Phidza<sup>3</sup>, Caroline Madise<sup>3</sup>, Stanislaw H. Czyż<sup>3</sup>, Sarah J. Moss<sup>3</sup>**  
*University of Tampa<sup>1</sup>, Tampa, USA; Barry University<sup>1</sup>, Miami, USA; North-West University<sup>3</sup>, Potchefstroom, South Africa; University Ramon Llull<sup>4</sup>, Barcelona, Spain*  
CARDIORESPIRATORY FITNESS AND PHYSICAL ACTIVITY LEVEL CHANGES AFTER 12 WEEKS EXERCISE INTERVENTION IN BLACK AFRICAN POPULATION

**15.30–15.45**  
**Milda Gintilienė<sup>1</sup>, Helena Gapeyeva<sup>2</sup>, Jaan Ereline<sup>2</sup>, Tatjana Kums<sup>2</sup>, Jaak Jürimäe<sup>2</sup>, Mati Pääsuke<sup>2</sup>**  
*Lithuanian Sports University<sup>1</sup>, Kaunas, Lithuania; University of Tartu<sup>2</sup>, Tartu, Estonia*  
ASSOCIATIONS BETWEEN INFLAMMATORY MARKERS, BODY COMPOSITION AND PHYSICAL ACTIVITY IN OLDER WOMEN

**15.45–16.00**  
**Kristīne Šneidere, Zane Ulmane, Jeļena Harlamova, Voldemārs Arnis, Iveta Mintāle, Kārlis Kupčs, Kristīne Mārtinsone, Ainārs Stepens**  
*Riga Stradins University, Riga, Latvia*  
IMPACT OF LONG-TERM AEROBIC PHYSICAL ACTIVITIES ON COGNITIVE FUNCTIONING: EVALUATION OF THE PILOT STUDY

**16.00-16.15**

**Susann Weichelt, Marcel Partie, Anita Hökelmann**

*Otto-von-Guericke-University Magdeburg, Magdeburg, Germany*

DANCE TRAINING WITH THE NEW SPORT AND REHABILITATION WALKER

**16.15-16.30**

**Vinícius Emanuel de Oliveira, Juan Pedro Fuentes García,**

**Ruperto Menayo, Ernest Baiget**

*University of Extremadura, Caceres, Spain*

EFFECTS OF THE VARIABILITY PRACTICE ON THE ACCURACY OF  
THE APPROACH SHOT FOREHAND DOWN THE LINE IN TENNIS

**FRIDAY, 26 August 2016**

**09.30–10.15**

**KEYNOTE 3**

Location: Hall 2.1

Chair:

**Assoc. Prof. Dr. Rita Gruodytė-Račienė (Lithuania)**

**Dale Esliger**

*Loughborough University, United Kingdom*

OPPORTUNITIES IN “LIFESTYLE MEDICINE”: INTEGRATING CONTINUOUS,  
NON-INVASIVE MEASURES TO ACHIEVE MORE POTENT BEHAVIOUR  
CHANGE

**10.15–10.45**

**COFFEE BREAK**

**10.45–12.30**

**SYMPOSIUM SESSION 3**

Location: Hall 2.1

Chairs:

**Dr. Dale Esliger (United Kingdom)**

**Assoc. Prof. Dr. Rita Gruodytė-Račienė (Lithuania)**

**10.45–11.00**

**Alexis Batrakoulis, Thomas Rieger, Rita Santos-Rocha**

*EuropeActive, Brussels, Belgium*

THE RELATIONSHIP BETWEEN SPECIAL POPULATIONS AND CREDENTIALS  
FOR THE EUROPEAN FITNESS PROFESSIONALS

**11.00–11.15**

**Saša Cecić Erpič**

*University of Ljubljana, Ljubljana, Slovenia*

PSYCHOLOGICAL OUTCOMES OF PHYSICAL ACTIVITY INTERVENTION FOR NON-ACTIVE ADULTS FROM ECONOMICALLY CHALLENGED FAMILIES: "WILL FOR MOVEMENT AND MOVEMENT FOR WILL"

**11.15–11.30**

**Ewa Jówko, Paweł Różański, Andrzej Tomczak**

*University of Physical Education in Warsaw, Biala Podlaska, Poland*

EFFECTS OF A 36-HOUR SURVIVAL TRAINING ON OXIDATIVE STRESS AND MUSCLE DAMAGE BIOMARKERS

**11.30–11.45**

**Jūratė Kesienė, Aušra Adomavičienė, Raimundas Venskaitis, Ieva Eglė Jamontaitė**

*Vilnius University, Vilnius, Lithuania*

PHYSICAL ACTIVITY DETERMINANTS AMONG PEOPLE WITH SPINAL CORD INJURY

**11.45–12.00**

**Asta Šarkauskienė**

*Klaipėda University, Klaipėda, Lithuania*

THE NON-FORMAL PHYSICAL EDUCATION OF CHILDREN: THE INCREASE FACTOR OF PHYSICAL ACTIVITY AND PHYSICAL FITNESS

**12.00–12.15**

**Serdar Alemdag, Ceyhun Alemdag, Abdullah Bora Özkara**

*Karadeniz Technical University, Trabzon, Turkey*

PARTICIPATING PHYSICAL ACTIVITY AND SOCIAL APPEARANCE ANXIETY

**12.15–12.30**

**Mahmoud Alomari, Nihaya A. Al-sheyab**

*Jordan University of Science and Technology, Irbid, Jordan*

STEPWISE RELATIONSHIP OF EXERCISE FREQUENCY WITH SERUM BDNF LEVEL AMONG ADOLESCENTS

**12.30–14.00**

**LUNCH**

**14.00–15.30**

**E-POSTER SESSION 1**

Location: Hall 2.1

Chairs:

**Prof. Dr. Franco Viviani (Italy)**

**Assoc. Prof. Dr. Renata Rutkauskaitė (Lithuania)**

**14.00–14.05**

**Vaiva Balčiūnienė**

*Lithuanian Sports University, Kaunas, Lithuania*

STIMULATORY SUPPORT OF DOING SPORTS AT SPORTS CLUBS: GROUNDED THEORY

**14.05–14.10**

**Rui Neves, Ana Silva**

*University of Aveiro, Aveiro, Portugal*

THE PERCEPTION OF INTENSITY OF EFFORT IN PHYSICAL ACTIVITY PROGRAMS FOR SENIORS

**14.10–14.15**

**Laimutė Samsonienė<sup>1</sup>, Diana Karanauskienė<sup>2</sup>, Vilma Stankutė<sup>1</sup>**

*Vilnius University<sup>1</sup>, Vilnius, Lithuania; Lithuanian Sports University<sup>2</sup>, Kaunas, Lithuania*

ELDERLY PERSONS' MOTIVATION FOR PHYSICAL ACTIVITY

**14.15–14.20**

**Cevdet Cengiz, Sakir Serbes, Kayhan Sevimli**

*Canakkale Onsekiz Mart University, Canakkale, Turkey*

AFTER-SCHOOL PHYSICAL ACTIVITY SELF-EFFICACY LEVELS IN PRIVATE AND PUBLIC MIDDLE SCHOOL STUDENTS

**14.20–14.25**

**Laima Jesevičiūtė-Ufartienė, Vilija Bitė Fominienė**

*Lithuanian Sports University, Kaunas, Lithuania*

SITUATION OF SOCIAL EXCLUSION AND HEALTH OF OLDER UNEMPLOYED IN LITHUANIA

**14.25–14.30**

**Jae-Keun Yang**

*Seoul National University of Sciences and Technology, Seoul, South Korea*

THE RELATIONSHIP AMONG INTERNAL MARKETING, JOB SATISFACTION, ORGANIZATIONAL COMMITMENT AND JOB PERFORMANCE OF COMMERCIAL SPORTS FACILITY

**14.30–14.35**

**Vita Karvelytė, Rita Gruodytė-Račienė**

*Lithuanian Sports University, Kaunas, Lithuania*

PHYSICAL ACTIVITY AND BODY MASS INDEX OF NORDIC AND BALTIC UPPER SECONDARY SCHOOLCHILDREN AND THEIR BEST CLASSMATES: A PILOT STUDY

**14.35–14.40**

**Şakir Serbes, Cevdet Cengiz, Selin Burucu**

*Çanakkale Onsekiz Mart University, Çanakkale, Turkey*

RURAL AND URBAN MIDDLE SCHOOL STUDENTS' PHYSICAL ACTIVITY LEVEL AND PHYSICAL ACTIVITY SELF-EFFICACY

**14.40–14.45**

**Birutė Statkevičienė, Aistė Korsakaitė**

*Lithuanian Sports University, Kaunas, Lithuania*

SPORTS AS LEISURE AND WELLNESS ACTIVITY IN THE VARIOUS UNIVERSITIES IN THE WORLD

**14.45–14.50**

**YunLa Cho**

*Chungnam National University, Daejeon, South Korea*

THE RELATIONSHIP BETWEEN EDUCATIONAL SERVICE QUALITY, CUSTOMER SATISFACTION, AND BEHAVIOURAL INTENTION OF DANCE ACADEMY

**14.50–14.55**

**Živilė Gadliauskaitė**

*Lithuanian Sports University, Kaunas, Lithuania*

UNIVERSITY EFFORTS TO PROMOTE PHYSICAL ACTIVITY AND HEALTHY LIFESTYLE

**14.55–15.00**

**Gytė Levulienė, Vida Ivaškienė**

*Lithuanian Sports University, Kaunas, Lithuania*

THE ATTITUDE OF PHYSICALLY ACTIVE HIGH SCHOOL SENIOR STUDENTS TOWARDS PE TEACHER IN RELATION TO GENDER

**15.00–15.05**

**Laimutė Samsonienė, Vilma Stankutė**

*Vilnius University, Vilnius, Lithuania*

SELF-ACTUALIZATION AND SELF-ESTEEM OF WHEELCHAIR USERS IN THE PHYSICAL AND SOCIO-PSYCHOLOGICAL PERSPECTIVE

**15.05–15.10**

**Vida Ivaškienė<sup>1</sup>, Aušra Freimanienė<sup>2</sup>**

*Lithuanian Sports University<sup>1</sup>, Kaunas, Lithuania; Health and Pharmaceutical Specialist Competence Centre<sup>2</sup>, Kaunas, Lithuania*

REASONS OF STRESS IN PHYSICALLY ACTIVE STUDENTS FROM SENIOR CLASSES AND THE POSSIBILITY FOR REDUCING STRESS: EXPERIMENTAL CASE

**15.10–15.15**

**Valentina Skyrienė, Vida Ivaškienė, Romanas Blažko**

*Lithuanian Sports University, Kaunas, Lithuania*

THE RELATIONSHIP BETWEEN ATHLETES' PERSONALITY TRAITS AND COPING STRATEGIES

**15.15–15.20**

**Ceyhun Alemdağ, Serdar Alemdağ, Abdullah Bora Özkara**

*Karadeniz Technical University, Trabzon, Turkey*

PHYSICAL ACTIVITY AS A DETERMINANT OF SUBJECTIVE HAPPINESS

**15.20–15.25**

**Abdullah Bora Özkara, Arslan Kalkavan, Serdar Alemdağ,**

**Ceyhun Alemdağ**

*Karadeniz Technical University, Trabzon, Turkey*

THE ROLE OF PHYSICAL ACTIVITY IN PSYCHOLOGICAL RESILIENCE

**15.25–15.30**

**Nihaya Al-sheyab, Tamer Gharaibeh**

*Jordan University of Science and Technology, Irbid, Jordan*

INFLUENCE OF PEER PRESSURE ON EATING BEHAVIOURS OF ADOLESCENTS IN NORTHERN JORDAN

**14.00–15.20**  
**E-POSTER SESSION 2**

Location: Hall 2.2

Chairs:

**Assoc. Prof. Dr. Nauris Tamulevicius (USA)**

**Prof. Dr. Jonas Poderys (Lithuania)**

**14.00–14.05**

**Irina Klizienė<sup>1</sup>, Saulė Sipavičienė<sup>2</sup>, Šarūnas Klizas<sup>3</sup>,  
Roma Aleksandravičienė<sup>2,4</sup>, Jovita Liaudienkaitė<sup>5</sup>**

*Kaunas University of Technology<sup>1</sup>, Kaunas, Lithuania; Lithuanian Sports University<sup>2</sup>, Kaunas, Lithuania; Lithuanian University of Health Sciences<sup>3</sup>, Kaunas, Lithuania; Aleksandras Stulginskis University<sup>4</sup>, Kaunas, Lithuania; Karalius Mindaugas Vocational Training Centre<sup>5</sup>, Kaunas, Lithuania*

EFFECTS OF A TWELVE-WEEK PROGRAMME OF SPINE-STABILIZING EXERCISES ON TRUNK MUSCLE AREA, STRENGTH AND FUNCTION IN WOMEN WITH CHRONIC LOW BACK PAIN

**14.05–14.10**

**Ya-Chen Liu<sup>1</sup>, Chiang Liu<sup>2</sup>**

*Chung Hua University<sup>1</sup>, Hsinchu, Taiwan; University of Taipei<sup>2</sup>, Taipei City, Taiwan*

VISION AND LOCOMOTION SPEED DECREASED WITH AGING IN COMMUNITY ELDERLY

**14.10–14.15**

**Laura Kyguolienė<sup>1,2</sup>, Rasa Bacevičienė<sup>2</sup>, Ingrida Kupčiūnaitė<sup>2</sup>,  
Laura Janušonienė<sup>2</sup>**

*Lithuanian Sports University<sup>1</sup>, Kaunas, Lithuania; Panevėžys College<sup>2</sup>, Panevėžys, Lithuania*

BALANCE CHANGES AFTER EXERCISE PROGRAM AT HOME IN PATIENTS WITH PARKINSON'S DISEASE

**14.15–14.20**

**Ilona Pokora, Ewa Sadowska-Krępa, Katarzyna Kępa, Rafał Stachowski**

*The Jerzy Kukuczka Academy of Physical Education, Katowice, Poland*

THE INFLUENCE OF FOUR WEEKS ENDURANCE TRAINING AND HEAT EXPOSURE ON CHANGES IN LEUKOCYTE SUBSETS IN RESPONSE TO EXERCISE IN JOGGING AMATEURS

**14.20–14.25**

**Živilė Kairiūkštienė<sup>1</sup>, Kristina Poderienė<sup>1</sup>, Rita Sakalauskytė<sup>1</sup>,  
Deivydas Velička<sup>2</sup>, Alfonsas Buliuolis<sup>1</sup>, Jonas Poderys<sup>1</sup>**

*Lithuanian Sports University<sup>1</sup>, Kaunas, Lithuania; Lithuanian University of Health Sciences<sup>2</sup>, Kaunas, Lithuania*

INDIVIDUALIZATION OF EXERTION WHILE MONITORING FUNCTIONAL STATE DURING EXERCISING

**14.25–14.30**

**Fatih Karakaş, Alperen Erkin, Onur Öztürk, Ali Kerim Yılmaz,  
Osman İmamoğlu**

*University of Ondokuz Mayıs, Samsun, Turkey*

AN INVESTIGATION OF THE RELATIONSHIP BETWEEN MULTIPLE REACTION TIME AND ISOKINETIC BALANCE

**14.30–14.35**

**Natalia Radlińska, Aneta Bac**

*The Bronisław Czech University of Physical Education, Kraków, Poland*

PREVALENCE OF GENERALIZED JOINT HYPERMOBILITY AMONG STUDENTS FROM THE UNIVERSITY SCHOOL OF PHYSICAL EDUCATION AND SPORT

**14.35–14.40**

**Vaida Šidlauskaitė, Arvydas Stasiulis, Birutė Zacharienė**

*Lithuanian Sports University, Kaunas, Lithuania*

OXYGEN UPTAKE KINETICS DURING TREADMILL WALKING IN 6–19-YEAR-OLD CHILDREN WITH DIFFERENT PHYSICAL ACTIVITY

**14.40–14.45**

**Andrzej Tomczak, Paweł Róžański, Ewa Jówko**

*University of Physical Education in Warsaw, Biala Podlaska, Poland*

ESTIMATION OF CHANGES IN SELECTED MOTOR COORDINATION ABILITIES DURING RECREATION-SURVIVAL TRAINING OF STUDENTS OF UNIVERSITY OF PHYSICAL EDUCATION

**14.45–14.50**

**Enrika Baltrimavičiūtė, Kristina Zaičenkovienė**

*Lithuanian Sports University, Kaunas, Lithuania*

THE EFFECT OF PILATES EXERCISES ON THE 10–14 YEARS OLD AEROBIC GYMNASTICS ATHLETES BALANCE AND CORE MUSCLE ENDURANCE

