

# JOZEF PILSUDSKI UNIVERSITY OF PHYSICAL EDUCATION IN WARSAW, UNIVERSITY COLLEGE IN BIALA PODLASKA,



## THE 13<sup>TH</sup> CONFERENCE OF BALTIC SOCIETY OF SPORT SCIENCES

### “TRENDS IN SPORT SCIENCES FOR THE PRACTICE OF SPORTS AND HEALTH IN SOCIETY”

**APRIL 23-24, 2020**

DEAR FRIENDS,

ON BEHALF OF THE CONFERENCE COMMITTEE, WE CORDIALLY INVITE YOU TO TAKE PART IN THE 13TH CONFERENCE OF BALTIC SOCIETY OF SPORT SCIENCES, ENTITLED “TRENDS IN SPORT SCIENCES FOR THE PRACTICE OF SPORTS AND HEALTH IN SOCIETY”. THE CONFERENCE WILL TAKE PLACE AT THE REGIONAL CENTER FOR RESEARCH AND DEVELOPMENT OF OUR UNIVERSITY, ON APRIL 23-24, 2020.

IT WOULD BE A GREAT HONOR FOR US IF YOU KINDLY ACCEPT OUR INVITATION AND DELIVER A 30-MINUTE PRESENTATION AT THE PLENARY SESSION.

ON THE ACCEPTANCE OF OUR INVITATION, PLEASE SEND US A CONFIRMATION OF YOUR PARTICIPATION AS WELL AS THE TOPIC OF YOUR PRESENTATION. ALSO, WE WOULD LIKE TO INFORM YOU THAT THE ACCOMMODATION EXPENSES AND A CONFERENCE FEE WILL BE COVERED BY THE ORGANIZING COMMITTEE. YOUR PRESENCE AT THIS CONFERENCE WILL BE HIGHLY APPRECIATED.

THE 2020 CONFERENCE WEBSITE IS, [BSSS.AWF-BP.EDU.PL](http://BSSS.AWF-BP.EDU.PL), WHERE ALL THE INFORMATION WILL BE UPDATED CONTINUALLY. IN THE MEANTIME, IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT US.

SINCERELY,

CHAIRMAN OF THE ORGANIZING COMMITTEE

PROF. DR HAB. JERZY SADOWSKI



## GENERAL INFORMATION

**TITLE:** THE 13<sup>TH</sup> CONFERENCE OF BALTIC SOCIETY OF SPORT SCIENCES

**“TRENDS IN SPORT SCIENCE FOR THE PRACTICE OF SPORTS AND HEALTH IN SOCIETY”**

**DATES:** APRIL 23 – 24, 2020, BIALA PODLASKA, POLAND

**CONFERENCE LANGUAGE:** ENGLISH

**CONFERENCE WEBSITE:** [WWW.BSSS.AWF-BP.EDU.PL](http://www.BSSS.AWF-BP.EDU.PL)

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## VENUE

**THE CONFERENCE VENUE IS:**



**REGIONAL CENTER FOR RESEARCH AND DEVELOPMENT IN BIALA PODLASKA**

**JOZEF PILSUDSKI UNIVERSITY OF PHYSICAL EDUCATION IN WARSAW**

**UNIVERSITY COLLEGE IN BIALA PODLASKA**

**21-500 BIALA PODLASKA**

**AKADEMICKA 2**

**POLAND**

## CONFERENCE COMMITTEE

### SCIENTIFIC COMMITTEE:

- JAAK JÜRIMÄE,
- JURIS GRANTS,
- AUDRONIUS VILKAS,
- PRIIT KAASIK,
- ANDRE KOKA,
- MATI PÄÄSUKE,
- ANDRA FERNATE,
- JANIS ZIDENS,
- AIVARAS RATKEVIČIUS,
- ARVYDAS STASIULIS,
- JONAS PODERYS,
- KAZYS MILAŠIUS,

### ORGANIZING COMMITTEE:

- TOMASZ NIŻNIKOWSKI – PRZEWODNICZĄCY,
- WERONIKA GRANTHAM – SEKRETARZ,
- MICHAŁ BIEGAJŁO,
- MARCIN BOCHENEK,
- MARIUSZ BUSZTA,
- WILHELM GROMISZ,
- DAMIAN JABŁOŃSKI,
- KRZYSZTOF JUŚKIEWICZ,
- AGNIESZKA KĘDRA,
- PRZEMYSŁAW KĘDRA,
- PRZEMYSŁAW KIZEWETER,
- ANNA KUDELSKA-HUK,
- ARTUR LITWINIUK,
- BEATA MAKARUK,
- MARTA NOGAL,
- MARCIN STARZAK,
- PAWEŁ STEPEL,
- ROBERT WILCZEWSKI,
- PAWEŁ WOŁOSZ,
- JANUSZ ZIELIŃSKI,

## IMPOROTANT DATE

**1<sup>ST</sup> OF SEPTEMBER 2019 - BEGINNING OF THE CONFERENCE; REGISTRATION AND ABSTRACTS SUBMISSION**

**15<sup>TH</sup> OF MARCH, 2020 - DEADLINE FOR ABSTRACTS SUBMISSION**

**1<sup>ST</sup> OF APRIL, 2020 - NOTIFICATION OF ACCEPTANCE TO THE AUTHORS**

**15<sup>TH</sup> OF MARCH, 2020 - DEADLINE FOR EARLY REGISTRATION**

**10<sup>TH</sup> OF APRIL, 2020 - DEADLINE FOR ALL REGISTRATIONS**

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## PROGRAMME

### 23<sup>RD</sup> OF APRIL, 2020

**ARRIVAL AND REGISTRATION UNTIL 15.00**

**15.00 OPENING CEREMONY**

**15.15-17.15 PLENARY MEETING (KEYNOTE SPEAKERS)**

**17.15-17.30 COFFEE BREAK**

**17.30-19.30 YOUNG SCIENTISTS' PRESENTATIONS IN SECTIONS**

**20.00 BANQUET**

### 24<sup>TH</sup> OF APRIL, 2020

**08.00-9.00 BSSS BOARD MEETING**

**9.00-10.00 PLENARY MEETING**

**10.00-10.30 COFFEE BREAK**

**10.30-13.00 MEETINGS IN SECTIONS (ORAL AND POSTER)**

**13.00-14.30 GENERAL DISCUSSION AND CLOSING CEREMONY**

**14.30 LUNCH AND DEPARTURE**

## PRESENTATIONS FORMS

### ORAL PRESENTATIONS

- DURATION OF THE PRESENTATIONS:
- KEYNOTE SPEAKERS— 30 MIN.
- OTHER ORAL PRESENTATIONS—10 MIN.
- THE PRESENTERS ARE EXPECTED TO REPORT TO THE CHAIR(S) OF SECTION 5 MINUTES BEFORE THE BEGINNING OF THE SESSION. PRESENTATIONS IN POWER POINT FORMAT HAVE TO BE DOWNLOADED BEFORE THE BEGINNING OF THE ORAL SESSION. NO DOWNLOADING IS ALLOWED DIRECTLY BEFORE THE PLANNED TIME OF THE PRESENTATION.
- ORAL PRESENTATIONS ARE TO BE DELIVERED IN ENGLISH.

### POSTER PRESENTATIONS

- DURATION OF THE PRESENTATIONS - 3 MIN.
- THE SPACE GUARANTEED FOR EVERY POSTER IS 60 CM (WIDTH) X 90 CM (HEIGHT) (“PORTRAIT”).
- POSTER PRESENTATIONS ARE TO BE DELIVERED IN ENGLISH.

### YOUNG SCIENTIST’S AWARD

- DOCTORAL AND MASTER STUDENTS WHO WISH TO COMPETE FOR THE YOUNG INVESTIGATOR AWARD SUBMIT THE ABSTRACT FOR THE ORAL PRESENTATION AS THE FIRST AUTHOR AND MAKE THE PRESENTATION BY THEMSELVES. POSTER PRESENTATIONS CANNOT BE NOMINATED FOR THE AWARD. FIVE AWARDS OF EQUAL SIZE ARE GOING TO BE ISSUED, ONE FOR EACH CONFERENCE TOPIC.

### TOPICS OF THE CONFERENCE

- COACHING, LEARNING, AND PERFORMANCE
- EDUCATIONAL AND PSYCHOLOGICAL ASPECTS OF ATHLETES’ AND COACHES’ TRAINING
- SPORTS PHYSIOLOGY, BIOCHEMISTRY, AND MEDICINE
- PHYSICAL ACTIVITY, RECREATION, AND HEALTH
- ADAPTED PHYSICAL ACTIVITY AND REHABILITATION

## **CALL FOR ABSTRACTS**

**ONE PRESENTER CAN SUBMIT ONLY ONE ABSTRACT WHERE HE/SHE IS THE FIRST AUTHOR. THE SAME PRESENTER MAY BE A CO-AUTHOR IN OTHER ABSTRACTS (THE NUMBER IS NOT LIMITED).**

**SUMMARIES OF KEYNOTE LECTURES AND ALL ABSTRACTS ACCEPTED FOR ORAL AND POSTER PRESENTATIONS WILL BE PUBLISHED AS AN E-BOOK OF ABSTRACTS.**

## **CALL FOR PAPERS AND GUIDELINES**

**SELECTED ARTICLES (IN ENGLISH), PREPARED ACCORDING TO THE AUTHOR'S GUIDELINES, WILL BE PUBLISHED ELECTRONICALLY IN THE FOLLOWING JOURNALS:**

### **POLISH JOURNAL OF SPORT AND TOURISM**

**FOR ALL THE INFORMATION, PLEASE GO TO THE FOLLOWING WEBSITE:**

[HTTP://PJST.AWF-BP.EDU.PL/](http://PJST.AWF-BP.EDU.PL/)

**ABSTRACTING AND INDEXING INFORMATION:**

**INDEXED IN SCOPUS, EBSCO, DOAJ, ERIH PLUS, SOCIAL SCIENCES, INDEX COPERNICUS, SCIMAGO (SJR)**

### **BALTIC JOURNAL OF SPORT SCIENCE AND HEALTH**

**FOR ALL THE INFORMATION, PLEASE GO TO THE FOLLOWING WEBSITE: [HTTP://WWW.LSU.LT/LT/ZURNALAS](http://www.lsu.lt/lt/zurnalas)**

**ABSTRACTING AND INDEXING INFORMATION:**

**INDEXED IN CENTRAL AND EASTERN EUROPEAN ACADEMIC SOURCE (EBSCO), INDEXCOPERNICUS, SPORTDISCUS WITH FULL TEXT (EBSCO).**

## PAYMENT

CONFERENCE FEE TO BE TRANSFERRED TO: ACCOUNT HOLDER

ORGANIZING COMMITTEE ACCOUNT:

PEKAO S.A. I O/BIAŁA PODLASKA

UL NARUTOWICZA 12

PHONE: +4883 342 20 03

**PL 63124021771111000035703633**

SWIFT CODE: PKO PPLWBIP

**PLEASE INCLUDE THE KEYWORDS „BSSS“ AND THE NAME(S) OF PARTICIPANT(S)**

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REGISTRATION FEE INCLUDES:

- CONFERENCE MATERIALS, WELCOME COCKTAIL, LUNCH, BANQUET, COFFEE BREAKS.
- FEES WILL VARY BY CATEGORY OF PARTICIPANTS AND THE TIME OF REGISTRATION.
- PAYMENTS TO BE MADE IN EURO.

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## CONTACTS

PHONE: +48 833428758 /758 OR +48 507 149 990

E-MAIL: [BSSS@AWF-BP.EDU.PL](mailto:BSSS@AWF-BP.EDU.PL)

WWW: [BSSS.AWF-BP.EDU.PL](http://BSSS.AWF-BP.EDU.PL)

## ACCOMMODATION

WE ASK ALL THE CONFERENCE GUESTS TO BOOK A HOTEL BY THEMSELVES. ALL OF THE HOTELS LISTED ARE IN CLOSE PROXIMITY TO THE CONFERENCE VENUE.

### SKALA HOTEL AND RESTAURANT

ADDRESS: ARTYLERYJSKA 1, 21-500 BIAŁA PODLASKA, POLAND

PHONE: +48 83 344 76 76

WEBSITE: [WWW.SKALABP.PL](http://WWW.SKALABP.PL)

E-MAIL: [HOTEL@SKALABP.PL](mailto:HOTEL@SKALABP.PL)

### ZŁOTA RYBKA/ HARMONIA HOTEL

ADDRESS: ZGODA 1A, 21-500 BIAŁA PODLASKA, POLAND

PHONE: +48 83 342 08 55 / +48 83 342 57 91

E-MAIL: [RYBKA@PETRODOM.PL](mailto:RYBKA@PETRODOM.PL) / [PETRODOM@PETRODOM.PL](mailto:PETRODOM@PETRODOM.PL)

### DELFIN HOTEL

ADDRESS: ALEJA JANA PAWŁA II 11, 21-500 BIAŁA PODLASKA, POLAND

PHONE: +48 83 344 51 41

WEBSITE: [HTTP://WWW.HOTELDELFIN.PL/](http://WWW.HOTELDELFIN.PL/)

E-MAIL: [HOTELDELFIN@HOTELDELFIN.PL](mailto:HOTELDELFIN@HOTELDELFIN.PL) / [BIURO@HOTELDELFIN.PL](mailto:BIURO@HOTELDELFIN.PL)

### HOTEL „DUKAT”

ADDRESS: UL. WARSZAWSKA 129, 21-500 BIAŁA PODLASKA TEL. 83 342 22 04

E-MAIL [PETRODOM@PETRODOM.PL](mailto:PETRODOM@PETRODOM.PL)