



15th CONFERENCE OF BALTIC SOCIETY OF SPORT SCIENCES

CHALLENGES AND SOLUTIONS IN SPORT SCIENCE

APRIL 28–29, 2022

Programme



LITHUANIAN
SPORTS
UNIVERSITY

BALTIC JOURNAL
OF SPORT AND HEALTH
SCIENCES



15th Conference of Baltic Society of Sport Sciences
CHALLENGES AND SOLUTIONS IN SPORT SCIENCE

SCIENTIFIC COMMITTEE

Prof. Dr. Diana RĖKLAITIENĖ
Lithuanian Sports University, Lithuania (Chairperson)

Prof. Dr. Edmundas JASINSKAS
Lithuanian Sports University, Lithuania (Deputy Chairperson)

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Assoc. Prof. Dr. Ugis CIEMATNIEKS
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Latvian Academy of Sport Education, Latvia

Prof. Dr. Vahur ÖÖPIK
Assoc. Prof. Dr. Andre KOKA
Dr. Priit PURGE
Dr. Henry TILGA
University of Tartu, Estonia

Prof. Dr. Dariusz BOGUSZEWSKI
Prof. Dr. Jan GAJEWSKI
Prof. Dr. Michał LENARTOWICZ
Prof. Dr. Paweł TOMASZEWSKI
Józef Piłsudski University of Physical Education in Warsaw, Poland

In the conference programme, the first speaker indicated in bold and underline is a young scientist and participates in the competition for the award of young scientists

15th Conference of Baltic Society of Sport Sciences
CHALLENGES AND SOLUTIONS IN SPORT SCIENCE

ZOOM MEETING LINKS

April 28, 2022 Time (GMT+2)		
9.00–9.15	Opening ceremony, welcome speech	Zoom link: https://liedm.zoom.us/j/81685196432 Meeting ID: 81685196432
9.15–11.45	Plenary session	
12.15–15.00	Pedagogy and Psychology in Sport + Sport Management and Sociology 1	Zoom link: https://liedm.zoom.us/j/85480823111 Meeting ID: 85480823111
12.15–15.00	Pedagogy and Psychology in Sport + Sport Management and Sociology 2	Zoom link: https://liedm.zoom.us/j/95884150611 Meeting ID: 95884150611
12.15–15.00	Coaching and Performance 1	Zoom link: https://liedm.zoom.us/j/82265310567 Meeting ID: 82265310567
12.15–15.00	Coaching and Performance 2	Zoom link: https://liedm.zoom.us/j/88922969939 Meeting ID: 88922969939
12.15–15.00	Sports Physiology, Biochemistry, Medicine 1	Zoom link: https://liedm.zoom.us/s/85936241190 Meeting ID: 85936241190
12.15–15.00	Sports Physiology, Biochemistry, Medicine 2	Zoom link: https://liedm.zoom.us/j/82437846586 Meeting ID: 82437846586
12.15–15.00	Physical Activity, Recreation and Health 1	Zoom link: https://liedm.zoom.us/j/89415200062 Meeting ID: 89415200062
12.15–15.00	Physical Activity, Recreation and Health 2	Zoom link: https://liedm.zoom.us/j/81685196432 Meeting ID: 81685196432
16.30–16.45	Award of young scientists and Closing of the Conference	Zoom link: https://liedm.zoom.us/j/81685196432 Meeting ID: 81685196432

CONFERENCE PROGRAMME

April 28, 2022

9.00–9.15 OPENING AND WELCOMING

Introduction and welcoming conference participants

Prof. Dr. Diana RĖKLAITIENĖ, Rector of the Lithuanian Sports University
Linas OBCARSKAS, Vice-Minister of the Ministry of Education, Science and Sport

9.15–11.45 PLENARY SESSION

Moderators: Prof. Dr. Arvydas STASIULIS, Prof. Dr. Andra FERNĀTE, Prof. Dr. Jaak JÜRIMÄE

Zoom link: <https://litedm.zoom.us/j/81685196432>

Meeting ID: 81685196432

9.15

Dr. Alīna KURMELEVA

Latvian Academy of Sport Education, Latvia

THE DEVELOPMENT OF PARENTAL COMPETENCE MODEL IN INFANT FLOATING

9.45

Prof. Dr. Bruno FIGUEIRA

Vytautas Magnus University, Education Academy, Lithuania

THE ACUTE PHYSICAL LOAD IN BASKETBALL PLAYERS CONTESTED IN DIFFERENT BASKETBALL GAME EVENTS

10.15

Dr. Eva-Maria RISO

University of Tartu, Estonia

PHYSICAL ACTIVITY AND HEALTH INDICATORS OF ESTONIAN CHILDREN

10.45

Prof. Dr. Jerzy SADOWSKI

Józef Piłsudski University of Physical Education in Warsaw, Poland

THE EFFECTS OF FOCUS OF ATTENTION AND AUTONOMY SUPPORT ON MOTOR SKILL LEARNING

11.15

Prof. Dr. Arvydas STASIULIS, Prof. Dr. Carsten LUNDBY

Lithuanian Sports University, Lithuania; University of Lillehammer, Norway

LSU'S INNOVATIVE MOBILE LABORATORY AND ADVANCED AEROBIC CAPACITY TESTING CAPABILITIES IN MEASURING ATHLETES' TOTAL BLOOD AND HB VOLUME

11.45–12.15 Coffee break

12.15–15.00 PARALLEL SESSIONS

PEDAGOGY AND PSYCHOLOGY IN SPORT + SPORT MANAGEMENT AND SOCIOLOGY Part 1

**Moderators: Prof. Dr. Žermēna VAZNE, Prof. Dr. Romualdas MALINAUSKAS,
Assoc. Prof. Signe LUIKA, Prof. Dr. Vilija Bitė FOMINIENĖ, Assoc. Prof. Aušra LISINSKIENĖ**

Zoom link: <https://litedm.zoom.us/j/85480823111>
Meeting ID: 85480823111

12.15

Aleksandrs Astafičevs, Žermēna Vazne, Andra Fernāte
THE DEVELOPMENT OF THE GENERAL METAL TOUGHNESS AND SELF EFFICACY
MULTIDIMENSIONAL MODEL

12.25

Laura Batutytė-Gudžiauskė, Sniegina Poteliūnienė
STUDENTS ENJOYMENT OF PHYSICAL EDUCATION, PERCEIVED ATHLETIC COMPETENCE
AND LEARNING ENVIRONMENT IN PHYSICAL EDUCATION

12.35

Aušra Lisinskienė, Marc Lochbaum, Jarek Mäestu, Gregor Jurak, Jaka Kramaršič, Harto Hakonen, Jouni Kallio,
Janne Kulmala, Hermann Oksanen, Henri Tilga, Andre Koka, Evelin Mäestu, Maret Pihu
MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY GAME DESIGN AND USE IN PHYSICAL EDUCATION
CLASSES: JOYMVPA PROJECT

12.45

Amir Dana, Sheida Ranjbari, Tayebah Baniyasi, Sedighe Khajeaflatoon Mofrad
EFFECTS OF A COMPETENCE-BASED INTERVENTION IN PHYSICAL EDUCATION ON ENHANCING
STUDENTS' PHYSICAL ACTIVITY LEVEL: AN ACCELEROMETER-BASED STUDY

12.55

Eimantas Pocius, Romualdas Malinauskas
EXPRESSION OF PROSOCIAL AND ANTISOCIAL BEHAVIORAL SKILLS OF YOUNG ATHLETES
IN LITHUANIA

13.05

Jānis Šults, Andris Rudzītis, Andra Fernāte
YOUNG BASKETBALL PLAYER'S CHARACTER DEVELOPMENT AS A TOOL FOR ATHLETIC GROWTH
VALUE EDUCATION IN BASKETBALL

13.15

Aušra Lisinskienė, Albertas Skurvydas, Marc Lochbaum, Daiva Majauskienė, Dovilė Valančienė, Rūta Dadelienė,
Natalja Fatkulina, Asta Šarkauskienė
DID COVID-19 PANDEMIC CHANGE PEOPLE'S HEALTH, LIFESTYLE AND BODY MASS INDEX?

13.25

Aurimas Puodžiūnas, Šarūnas Šniras
EXPRESSION OF COMPETITIVE PSYCHOLOGICAL SKILLS OF U16 YOUNG BASKETBALL PLAYERS
DURING TRAINING AND COMPETITION

13.35

Aušra Lisinskienė, Albertas Skurvydas, Marc Lochbaum, Daiva Majauskienė, Dovilė Valančienė, Rūta Dadelienė,
Natalja Fatkulina, Asta Šarkauskienė
WEIGHT AND OBESITY IN YOUNG ADULTS EXTREMELY INCREASED, BUT THE EXPRESSION
OF STRESS AND DEPRESSION DECREASED, THE HEALTH ASSESSMENT DID NOT CHANGE: WHY?

13.45

Andra Fernate, Zermena Vazne

CONTENT VALIDITY AND RELIABILITY OF A QUESTIONNAIRE ON TEACHERS' VALUE ORIENTATIONS IN PHYSICAL EDUCATION

13.55

Silvija Baubonytė, Irena Valantinė

THE USE OF SMART TECHNOLOGIES FOR ENGAGING PEOPLE IN PHYSICAL ACTIVITY

14.05

Anastasija Ropa

RELATION BETWEEN PHYSICAL EXERCISE PATTERNS AND REPORTED WELL-BEING IN EXPERIENCED ADULT EQUESTRIANS DURING COVID-19 PANDEMIC

14.15

Adam Metelski

MULTI-CLUB OWNERSHIP – NEW MODEL OF SUCCESS IN FOOTBALL?

**PEDAGOGY AND PSYCHOLOGY IN SPORT + SPORT MANAGEMENT AND SOCIOLOGY
Part 2**

**Moderators: Prof. Dr. Saulius ŠUKYS, Assoc. Prof. Andre KOKA, Assoc. Prof. Renata RUTKAUSKAITĖ,
Assoc. Prof. Artūras SIMANAVIČIUS, Dr. Henry TILGA, Prof. Dr. Michal LENARTOWICZ**

Zoom link: <https://liedm.zoom.us/j/95884150611>

Meeting ID: 95884150611

12.15

Miglė Bacevičienė, Rasa Jankauskienė, Laima Trinkūnienė

TESTING THE MODERATING ROLE OF THE PARTICIPATION IN SPORTS IN THE ASSOCIATION BETWEEN PERCEIVED MEDIA PRESSURES TOWARDS APPEARANCE, MUSCULAR BODY INTERNALIZATION AND BODY DISSATISFACTION IN ADOLESCENT BOYS

12.25

Simone Digennaro, Alice Iannaccone

THE DUPLICATED BODY: A NEW FORM OF DUALISM AMONG PREADOLESCENTS

12.35

Nelė Žilinskienė, Stanislav Sabaliauskas, Donatas Gražulis, Tomas Kaukėnas

EXPRESSION OF YOUNG ATHLETES' SELF-REGULATION ABILITIES, PERCEIVED SPORTS COMPETENCIES AND SATISFACTION WITH SPORTS ACTIVITIES DURING THE COVID-19 PANDEMIC

12.45

Andre Koka, Hanna Kalajas-Tilga, Henri Tilga, Vello Hein, Lennart Raudsepp

SELF-DETERMINATION THEORY PREDICTING CHANGE IN STUDENTS' MOTIVATION IN PHYSICAL EDUCATION: A ONE-YEAR LONGITUDINAL STUDY

12.55

Paula Grikietė, Audronė Dumčienė

PECULIARITIES OF PSYCHOLOGICAL WELL-BEING OF STUDENTS

13.05

Lluc Montull, Silvia Fernández, Natàlia Balagué

CAN INJURIES OR DISEASES ENHANCE ATHLETE'S AWARENESS?

13.15

Kristina Poderienė, Aistė Žemaitytė, Kristina Motiejūnaitė, Liepa Bikulčienė
PSYCHOPHYSIOLOGICAL ASSESSMENT OF ELITE ATHLETE'S MENTAL STATE DURING STRESS TESTS
AND PRE-COMPETITIVE CONDITION

13.25

Artur Litwiniuk, Juris Grants, Oscar Romero Ramos, Bogusz Suchecki
PROFESSIONAL COMPETENCES OF PERSONAL TRAINERS

13.35

Donatas Gražulis, Stanislav Sabaliauskas, Nelė Žilinskienė, Tomas Kaukėnas
THE CHANGES OF SELF-REGULATION ABILITIES OF LITHUANIAN SPORTS GYMNASIUM COACHES
DURING COVID-19 PANDEMIC PERIOD: THE MENTORING PROGRAM EFFECT

13.45

Baiba Veisa, Agita Abele
IMPLEMENTATION OF FAIR PLAY PRINCIPLES IN THE MANAGEMENT OF OLYMPIC SPORTS IN LATVIA

13.55

Egle Raim, Audronė Dumčienė
EXPRESSION OF EMOTIONAL INTELLIGENCE AMONG ATHLETIC AND NON-ATHLETIC STUDENTS

14.05

Mabliny Thuany, Douglas Vieira, Beat Knechtle, Thayse Natacha Gomes
NON-RELATIONSHIP BETWEEN FEAR OF FAILURE AND RUNNERS PERFORMANCE

14.15

Gintarė Jaciūnė, Vilija Bitė Fominienė
DETERMINANTS OF SOCIAL INNOVATIONS IN SPORT

14.25

Aleksandr Iljins, Signe Liuka
THEORETICAL ASPECTS OF SPORTS BRAND MANAGEMENT (IN LATVIAN FOOTBALL
HIGHERLEAGUE)

COACHING AND PERFORMANCE

Part 1

**Moderators: Assoc. Prof. Ugis CIEMATNIEKS, Dr. Priit PURGE, Prof. Dr. Jonas PODERYS,
Prof. Dr. Antanas SKARBALIUS**

Zoom link: <https://litedm.zoom.us/j/82265310567>

Meeting ID: 82265310567

12.15

Mohammed Amine Azzouzi, Mustafa Söğüt
A SYSTEMATIC REVIEW OF THE EFFECT OF PLYOMETRIC TRAINING ON VERTICAL JUMP
PERFORMANCE IN YOUNG BASKETBALL PLAYERS

12.25

Svetlana Rudmieze, Andra Fernate
EVALUATION OF THE CONTENT OF THE EQUESTRIAN SPORTS SHOW-JUMPING DISCIPLINES'
COMPETITION ACTIVITY

12.35

Greta Folmer, Aurelijus Kazys Zuoza, Gerda Grudzinskaitė
THE ANALYSIS OF ATTACK PERFORMANCES OF VOLLEYBALL PLAYERS AT THE U-20 WORLD
CHAMPIONSHIP IN WOMEN'S COMPETITIONS

12.45

Oskars Blaus, Uģis Ciematnieks

A SET OF NATIONAL ARMED FORCES PHYSICAL READINESS CONTROL EXERCISES

12.55

Iva Dimova, Petya Petkova

BULGARIAN UNIVERSITY LEVEL LONG JUMP (MEN AND WOMEN) – STATUS AND TREND OF DEVELOPMENT

13.05

Kristaps Slaidiņš, Andra Fernāte

COACHES' EXPERTISE EVALUATION ON TECHNICAL SKILLS DEVELOPMENT FOR YOUTH FOOTBALL PLAYERS

13.15

Rytis Dikšaitis, Antanas Juodsnukis, Eugenijus Trinkūnas

THE INFLUENCE OF ATHLETIC TRAINING ON THE PHYSICAL PERFORMANCE OF YOUNG SAILORS DURING SAILING SEASON

13.25

Germans Jakubovskis, Anna Zuša, Jelena Solovjova

RELATIONSHIP BETWEEN RESPIRATORY SYSTEMS' PARAMETERS AND RESULT IN SWIMMING

13.35

Adrijus Glebauskas, Danguolė Satkunsienė

DOES THE COUNTERMOVEMENT JUMP TEST PREDICT THE FOSBURY-FLOP HIGH JUMP PERFORMANCE FOR ELITE JUMPERS?

13.45

Mārtiņš Veispals, Antra Gulbe

ANALYSIS OF PADDLING FORCE PROFILE AT MAXIMUM PACE IN 200 M DISTANCE OF AN ELITE CANOE SPRINT ATHLETE (WORLD CHAMPIONSHIP MEDALLIST)

13.55

Einārs Pimenovs, Andra Fernāte, Andris Pimenovs

AN OPTIMISATION MODEL FOR LEARNING THE COMPLEX AND VARIED BASIC TECHNIQUES OF STAND-UP COMBAT IN JUDO AND ITS CONTENT

14.05

Jonas Poderys, Živilė Kairiūkštienė, Kristina Poderienė, Kristina Motiejūnaitė, Eugenijus Trinkūnas, Deivydas Velička
PULSE WAVE PARAMETERS OF RADIAL ARTERY PRESENT INFORMATION ABOUT THE CHANGES IN FUNCTIONAL STATE OF ATHLETES

COACHING AND PERFORMANCE

Part 2

**Moderators: Assoc. Prof. Kristina BRADAUSKIENĖ, Assoc. Prof. Daniele CONTE,
Prof. Dr. Dariusz BOGUSZEWSKI, Prof. Dr. Rūtenis PAULAUSKAS**

Zoom link: <https://liedm.zoom.us/j/88922969939>

Meeting ID: 88922969939

12.15

Francesco Coletta, Leonardo Cesanelli, Daniele Conte

BICEPS BRACHII MORPHO-MECHANICAL PROPERTIES AND PERFORMANCE DIFFERENCES BETWEEN STRENGTH-TRAINED ATHLETES AND PROFESSIONAL ARM-WRESTLERS

12.25

Bruno Figueira, Nuno Mateus, Pedro Esteves, Jaime Sampaio, Rūtenis Paulauskas
PHYSIOLOGICAL RESPONSES AND TECHNICAL-TACTICAL PERFORMANCE OF YOUTH BASKETBALL PLAYERS – A BRIEF COMPARISON BETWEEN 3vs3 AND 5vs5 BASKETBALL

12.35

Gilbertas Kerpė, Aurelijus Kazys Zuoza, Daniele Conte
THE EFFECT OF DRILL TYPOLOGY AND LEVEL OF COMPETITION ON INTERNAL AND EXTERNAL LOAD IN VOLLEYBALL PLAYERS DURING THE PRE-SEASON PERIOD

12.45

Jelena Solovjova, Germans Jakobovskis, Ilze Avotina
SHOULDER'S INJURIES IN SWIMMING: REASONS

12.55

Marcis Jakovics, Inese Pontaga, Voldemars Arnis
DYNAMIC HIGH INTENSITY INTERVAL TRAINING PROTOCOL EFFECT ON PEAK VO₂ IN CROSS COUNTRY SKIERS, A PRELIMINARY RESULT REPORT

13.05

Rūtenis Paulauskas
REPEATED SPRINT ABILITY IN ELITE DEAF BASKETBALL PLAYERS DURING THE PREPARATORY PERIOD

13.15

Dino Peraica, Daniele Conte
INVESTIGATING SPACE PROTECTION DYNAMICS IN NBA AND EUROLEAGUE

13.25

Leonīds Čupriks, Edgars Getmančuks, Aleksandra Keizāne, Valentins Oleško
THE DIVERSITY OF STRENGTH MANIFESTATIONS AND VERTICAL SPEED OF HIGHLY QUALIFIED WEIGHTLIFTERS OF CLEAN AND JERK

13.35

Andrea Perazzetti, Milivoj Dopsaj, Antonio Tessitore
ANALYSIS OF DIFFERENT SWIMMING ABILITIES IN YOUTH WATER POLO PLAYERS AND ITS COMPARISON IN TWO AGE CATEGORIES

13.45

Aivars Kaupuzs, Inga Liepina, Romans Pjahnš
BALANCE IMPROVEMENT FOR SPORT CLIMBERS

13.55

Lukass Edmunds Teteris, Sergejs Saulite
EFFECT OF EXERCISE INTENSITY LEVEL ON REACTION TIME

14.05

Yogesh Chander
ASSOCIATION OF STRENGTH AND CARDIO-VASCULAR ENDURANCE AMONG VOLLEYBALL PLAYERS

14.15

Jindřich Vampola, Matěj Varjan, Jakub Kokštejn
POSITIONAL DIFFERENCES IN HIGH ACCELERATIONS AND DECELERATIONS IN ELITE ACADEMY SOCCER PLAYERS

14.25

Marco Pernigoni, Julio Calleja-González, Inga Lukonaitienė, Antonio Tessitore, Jūratė Stanislovaitienė, Paulius Kamarauskas, Daniele Conte
COMPARATIVE EFFECTIVENESS OF ACTIVE RECOVERY AND STATIC STRETCHING DURING POST-EXERCISE RECOVERY IN ELITE YOUTH BASKETBALL PLAYERS

SPORT PHYSIOLOGY, BIOCHEMISTRY, MEDICINE
Part 1

**Moderators: Prof. Dr. Inese PONTAGA, Assoc. Prof. Eglė KEMERYTĖ-IVANAUSKIENĖ,
Prof. Dr. Arvydas STASIULIS**

Zoom link: <https://litedm.zoom.us/j/85936241190>
Meeting ID: 85936241190

12.15

Ernestas Barkus, Ligita Šilinė

RELATIONSHIP BETWEEN BASKETBALLERS FUNCTIONAL AND PHYSICAL CONDITION WITH PAIN AND INJURIES BETWEEN GENDERS

12.25

Ansis Bremanis

INFLUENCE OF LOCAL VIBRATION ON THE RECOVERY PROCESS FOR CYCLISTS DURING THE PREPARATION PERIOD

12.35

Guoda Gorovojūtė, Vida Janina Česnaitienė

RELATIONSHIP BETWEEN BODY COMPOSITION, CARDIOVASCULAR INDICATORS AND BALANCE MANAGEMENT IN THE ELDERLY

12.45

Álex Cebrián-Ponce, Manuel Vicente Garnacho-Castaño, Jorge Castizo-Olier, Marta Carrasco-Marginet, Javier Espasa-Labrador, Zeasseska Noriega, Alfredo Iruetia

MUSCLE-LOCALIZED BIOELECTRICAL CHANGES OVER A GIRO D'ITALIA PRO RACE

12.55

Gintarė Daukšaitė, Marius Brazaitis, Nerijus Eimantas, Neringa Baranauskienė

LOCAL COOLING EFFECT ON CENTRAL FATIGUE FOR PERSONS WITH MULTIPLE SCLEROSIS

13.05

Eglė Kemerytė-Ivanauskienė, Jūratė Česnavičienė

EFFECT OF EXERCISE AND KINESIOLOGICAL TYPING ON 12–16 YEAR OLD ADOLESCENTS' POSTURE

13.15

Egemen Mancı, Çağdaş Güdücü, Erkan Günay, Cem Ş. Bediz

THE EFFECT OF ACUTE SUPRAMAXIMAL EXERCISE ON COGNITIVE TEST SCORES OF BASKETBALL PLAYERS PLAYING IN DIFFERENT POSITIONS

13.25

Emma Juškevičiūtė, Nerijus Eimantas, Sandra Kilikevičienė, Viktorija Treigytė, Kostas Mongirdas, Elmo Neuberger, Perikles Simon, Marius Brazaitis

THE EFFECT OF BODY TEMPERATURE DURING CYCLING EXERCISE, HOT AND COLD WATER IMMERSION ON CELL-FREE DNA LEVELS IN YOUNG ADULTS

13.35

Samrat Sheoran, Wouter Arthur Johan Vints, Gintarė Katkutė, Kristina Valatkevičienė, Rymantė Gleiznienė, Vida Janina Česnaitienė, Oron Levin, Nerijus Masiulis

THE BENEFICIAL EFFECT OF 12 WEEKS OF RESISTANCE TRAINING ON MUSCULAR STRENGTH AND ASSOCIATED DEVELOPMENTS IN BRAIN NEURONAL INTEGRITY OF OLDER ADULTS

13.45

Lukas Uogintas, Saulė Sipavičienė

THE EFFECT OF DIFFERENT PHYSIOTHERAPY PROGRAMS ON THE BALANCE AND STRENGTH OF THE LOWER EXTREMITIES IN THE ELDERLY

13.55

Ramunė Vansevičiūtė, Arvydas Stasiulis

EFFECTIVENESS OF AEROBIC EXERCISE FOR PHYSICAL AND MENTAL HEALTH IN INDIVIDUALS WITH SCHIZOPHRENIA

14.05

Andrej Klokov, Daiva Vizbaraitė

CHANGES IN THE INTERFACE BETWEEN NUTRITION AND BODY COMPOSITION INDICATORS DURING THE PRE-COMPETITION CYCLE IN JUDOKAS

14.15

Monika Mets, Piret Tootsi, Jelena Sokk, Jaan Ereline, Tiit Haviko, Mati Pääsuke, Helena Gapeyeva

THIGH MUSCLE EMG ACTIVITY DURING SIT-TO-STAND AFTER A PREOPERATIVE HOME EXERCISE PROGRAM IN WOMEN WITH KNEE OSTEOARTHRITIS

14.25

Mangirdas Šermukšnis, Aivaras Ratkevičius, Anelė Gedmantaitė

TWO WEEKS PHYSICAL ACTIVITY RESTRICTION EFFECTS ON HEALTH-RELATED FACTORS

14.35

Ugnė Mazuronytė, Wouter A. J. Vints, Oron Levin, Masiulis Nerijus, Vaida Pokvytytė

EFFECTS OF MUSCLE ELECTRO STIMULATION ON BLOOD LACTATE AND COGNITIVE FUNCTION IN INDIVIDUALS WITH SPINAL CORD INJURIES

14.45

Inese Pontaga, Svens Vilks

EVALUATION OF STATIC AND DYNAMIC BALANCE PERFORMANCE IN TEAM SPORTS ATHLETES

SPORT PHYSIOLOGY, BIOCHEMISTRY, MEDICINE Part 2

Moderators: Prof. Dr. Sigitas KAMANDULIS, Dr. Nerijus EIMANTAS,
Prof. Dr. Vahur OOIPIK, Prof. Dr. Jan GAJEWSKI

Zoom link: <https://litedm.zoom.us/j/82437846586>

Meeting ID: 82437846586

12.15

Saulė Bartkutė, Andrej Fokin, Petras Minderis

EFFECTS OF DIET COMPOSITION ON ENERGY INTAKE, HUNGER AND SATIETY HORMONES DURING AND AFTER WEIGHT LOSS: THE MOUSE MODEL

12.25

Berta Ylaitė, Nerijus Eimantas, Rima Solianik, Sandra Kilikevičienė, Marius Brazaitis

THE EFFECT OF PHYSICAL FITNESS LEVEL ON GLYCOLYTIC CAPACITY IN RESPONSE TO PROLONGED FASTING: A PILOT STUDY

12.35

Martins Campa, Aija Klavina, Rudolfs Ceseiko

PERSONALISED AEROBIC EXERCISE PROGRAMS IMPACT ON THE PHYSICAL AND FUNCTIONAL FITNESS PARAMETERS IN BREAST CANCER PATIENTS UNDERGOING NEOADJUVANT CHEMOTHERAPY: A PILOT RANDOMIZED CONTROLLED TRIAL

12.45

Monika Čepaitytė, Petras Minderis, Andrej Fokin
EFFECTS OF DIETS WITH DIFFERENT MACRONUTRIENT DISTRIBUTION ON BODY COMPOSITION DURING CALORIC RESTRICTION FOLLOWED BY AD LIBITUM FEEDING IN AGED MICE

12.55

Mantas Dirmontas, Mindaugas Kvedaras, Indrė Libnickienė, Aivaras Ratkevičius
THE EFFECT OF SUCCINATE SUPPLEMENTATION ON MUSCLE HYPERTROPHY AND ATROPHY IN ADULT C57BL/6J MICE FED TWO DIFFERENT DIETS

13.05

Laura Gustauskienė, Vaida Pokvytytė
EFFECTS OF PHYSIOTHERAPY ON JOINT PAIN AND AMPLITUDE IN INDIVIDUALS WITH SHOULDER IMPINGEMENT SYNDROME

13.15

Jekaterina Neteca, Inga Liepina, Una Veseta, Maija Dzintare
REVIEW OF RESEARCH ON BEETROOT JUICE USE PROTOCOLS TO INCREASE ATHLETIC PERFORMANCE

13.25

Simonas Usevičius, Vilma Juodžbalienė
THE INFLUENCE OF DIFFERENT PHYSIOTHERAPY METHODS ON CORE MUSCLE STATIC ENDURANCE, ELECTRICAL ACTIVITY AND SPINAL MOBILITY

13.35

Santa Vareikienė, Diana Rėklaitienė
AN IMPACT OF PHYSIOTHERAPY WITH INTERACTIVE GAMES ON PHYSICAL CONDITION OF TEENAGERS WITH MODERATE INTELLECTUAL DISABILITIES

13.45

Elza Sebre, Aija Klavina
ONLINE AEROBIC ADAPTED PHYSICAL ACTIVITIES FOR IMPROVING FUNCTIONING AND QUALITY OF LIFE IN PERSONS WITH CHRONIC STROKE

13.55

Junli Wang, Marius Brazaitis, Nerijus Eimantas
ALTERATIONS IN COGNITIVE ABILITIES ARE AGE-DEPENDENT RATHER THAN HEAT STRESS DURING SEVERE WHOLE-BODY HYPERTHERMIA IN HEALTHY YOUNG AND OLDER MEN

14.05

Ravi Kumar, Andrej Fokin, Tomas Kazimieras Povilonis, Petras Minderis
LOW-FAT DIET RESULTS IN LOWER RESPIRATORY QUOTIENT DURING CALORIC RESTRICTION AND REFEEDING THAN OTHER DIETS BUT IT IS NOT A PREDICTOR OF GREATER BODY FAT BURNING IN MICE

14.15

Erika Pavalkytė, Saulė Sipavičienė
THE EFFECT OF PHYSIOTHERAPY ON NECK PAIN IN SEDENTARY WORKERS

14.25

Asta Terentjevienė, Dalia Mickevičienė, Diana Karanauskienė, Dovilė Valančienė, Rima Solianik, Albertas Skurvydas
THE EFFECT OF COGNITIVE FATIGUE ON MOTOR WORKING CAPACITY IN YOUNG AND ELDERLY SUBJECTS

14.35

Szczepan Wiecha, Igor Cieśliński
POWER PREDICTION IN CYCLISTS BASED ON CARDIORESPIRATORY PARAMETERS AND BODY COMPOSITION

PHYSICAL ACTIVITY, RECREATION AND HEALTH
Part 1

**Moderators: Assoc. Prof. Kalvis CIEKURS, Assoc. Prof. Miglė BACEVIČIENĖ,
Assoc. Prof. Dr. Donatas GRAŽULIS**

Zoom link: <https://litedm.zoom.us/j/89415200062>

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12.15

Grėta Burkaitė, Brigita Miežienė

MEDITERRANEAN DIET HABITS BETWEEN LITHUANIAN AND CROATIAN REGIONS

12.25

Eglė Kemerytė-Ivanauskienė, Jūratė Česnavičienė, Agnė Brandišauskienė

THE IMPACT OF PHYSICAL ACTIVITY ON ADOLESCENTS' LEARNING BEHAVIOUR

12.35

Liliana Ramos, Rita Santos-Rocha, Fátima Ramalho, Isabel Vieira, Vera Simões, Susana Franco

FITNESS TRENDS IN PORTUGAL FOR 2022: FITNESS CLIENTS' OPINION

12.45

Jolanta Tیرهیچیūtė, Jūratė Požėrienė

THE EFFECT OF PHYSIOTHERAPY PROGRAM USING THERAPEUTIC BALLS ON THE BALANCE AND POSTURE OF PRESCHOOL CHILDREN

12.55

Maricarmen Almarcha, Ignacio Gonzalez, Natàlia Balagué

PRESCRIBING OR CO-DESIGNING EXERCISE IN HEALTHY ADULTS?

13.05

Regina Andriukaitienė

LEVEL OF CORPORATE SOCIAL RESPONSIBILITY FROM THE POINT OF VIEW OF EMPLOYEES:
A CASE OF LEISURE ORGANIZATIONS

13.15

Alessandro Cudicio, Valeria Agosti, Antonio Borgogni

PHYSICAL ACTIVITY FOR AGING: A LIFELONG LEARNING APPROACH

13.25

Krzysztof Piech, Anna Bodasińska

THE MODELS OF ORGANIZED PHYSICAL ACTIVITIES AS A FORM OF INVOLVING FAMILY IN SPORT –
RECOMMENDATIONS FOR PRACTICE

PHYSICAL ACTIVITY, RECREATION AND HEALTH
Part 2

Moderators: Dr. Margarita ČERNYCH, Prof. Dr. Pawel TOMASZEWSKI

Zoom link: <https://litedm.zoom.us/j/81685196432>
Meeting ID: 81685196432

12.15

Laima Gasiūnienė, Brigita Miežienė

PHYSICAL ACTIVITY IN THE CONTEXT OF SUSTAINABLE DEVELOPMENT

12.25

Tayebeh Baniasadi, Sheida Ranjbari, Amir Dana, Sedighe Khajeaflaton Mofrad

OBJECTIVELY-MEASURED PHYSICAL ACTIVITY AND HEALTH-RELATED QUALITY OF LIFE
AMONG CHILDREN WITH HIGH AND LOW SOCIOECONOMIC STATUS

12.35

Monika Širkaitė, Rita Gruodytė-Račienė

CONSEQUENCES OF COVID-19 PANDEMIC ON THE LEVELS OF PRIMARY SCHOOL CHILDREN
PHYSICAL LITERACY

12.45

Merike Järvamägi, Eva-Maria Riso, Kirkke Reisberg, Jaak Jürimäe

LONGITUDINAL DEVELOPMENT OF CARDIORESPIRATORY FITNESS IN CHILDREN IN TRANSITION
FROM KINDERGARTEN TO BASIC SCHOOL ACCORDING TO PARTICIPATION IN ORGANIZED SPORTS

12.55

Samrah Saeed

ASSOCIATIONS BETWEEN POSITIVE BODY IMAGE, PHYSICAL ACTIVITY AND DIETARY HABITS
IN YOUNG ADULTS

13.05

Jarek Mäestu, Gregor Jurak, Jaka Kramaršič, Harto Hakonen, Jouni Kallio, Janne Kulmala, Hermann Oksanen,
Henri Tilga, Andre Koka, Evelin Mäestu, Maret Pihu, Ausra Lisinskiene, Marc Lochbaum

PARAMETERS THAT INFLUENCE THE ACCUMULATION OF MODERATE-TO-VIGOROUS PHYSICAL
ACTIVITY DURING THE PHYSICAL EDUCATION CLASS: JOYMVPA PROJECT

13.15

Umaid Hussain Siddiqui

RELATIONSHIP BETWEEN PHYSICAL ACTIVITY, HEALTHY EATING, AND OBESITY

13.25

Eimis Vengrauskas, Audronė Dumčienė

THE EXPRESSION OF QUALITY OF LIFE OF ATHLETIC STUDENTS AND NON-ATHLETIC STUDENTS

16.30–16.45 AWARD OF YOUNG SCIENTISTS AND CLOSING OF THE CONFERENCE

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