



# 11<sup>th</sup> BSSS Conference in Tartu on 25-27 April 2018

## Programme



Euroopa Liit  
Euroopa  
Regionaalarengu Fond



Eesti  
tuleviku heaks

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**The Conference is organized by the University of Tartu in cooperation with  
Baltic Sport Science Society, Active Life Cluster SportEST,  
Doctoral School of Behavioural, Social and Health Sciences  
and supported by the University of Tartu ASTRA Project PER ASPERA  
(European Regional Development Fund).**

# Overall Programme of 11<sup>th</sup> BSSS Conference in Tartu on 25-27 April 2018 at Dorpat Conference Centre

## 25 April

- 17.00-18.00** BSSS Board Meeting / Peterson Hall  
**18.00-19.00** Round Table Meeting / Peterson Hall  
**19.00** Welcome Reception / Baer Hall

## 26 April

- 8.45-9.20 Registration  
**9.20-9.40** **Opening Address** by Priit Kaasik, Head of the Institute of Sport Sciences and Physiotherapy / **Struve Hall**

### **Plenary Session I / Struve Hall**

**Chair: Martin Mooses, University of Tartu**

- 9.45-10.30 Iñigo Mujika, University of Basque Country  
Strength training for endurance performance  
10.30-11.15 Marc Lochbaum, Texas Tech University  
Achievement goals and the sports experience – what we do know and what we need to do  
11.15-11.45 Aave Hannus, University of Tartu  
Understanding and misunderstanding single-case research designs  
**11.45-12.00** **Coffee break**  
12.00-13.00 Scientific Sessions on 4 topics  
**13.00-14.00** **Lunch**  
14.00-14.30 Poster Presentations  
14.30-15.45 Young Scientists' Sessions on 4 topics  
**15.45-16.00** **Coffee break**  
16.00-17.00 Young Scientists' Sessions continue and/or Scientific Sessions  
19.00 **Conference Dinner / Struve Hall**

## 27 April

### **Plenary Session II / Struve Hall**

**Chair: Jarek Mäestu, University of Tartu**

- 9.00-9.45 Perikles Simon, Johannes Gutenberg-University of Mainz  
efDNA as upcoming biomarker in sports sciences  
9.45-10.15 Aleksandra Čuprika (A. Fernāte, R. Seiler), Latvian Academy of Sport  
Education  
Promotion of physical capital in fitness  
10.15-10.45 Tomas Venckūnas, Lithuanian Sports University  
Adaptation to high intensity interval training depending on antioxidant status  
**10.45-11.00** **Coffee break**  
11.00-12.30 Scientific Sessions on 4 topics  
**12.30** **Closing ceremony / Peterson Hall**  
**13.00** **Lunch**

## Coaching and Performance / Krause Hall

26 April

### Coaching and Performance 1

**Chair: Rūtenis Paulauskas, Lithuanian University of Educational Sciences**

**Ando Pehme, University of Tartu**

- 12.00-12.15 Indrek Rannama (K. Pedak, K. Reinpõld), Tallinn University  
Relationships between road cyclists' musculoskeletal state and metabolic economy
- 12.15-12.30 Pierpaolo Sansone (H. Tschan, D. Conte, A. Tessitore), University of Rome  
Foro Italico  
Influence of competitive level and position on training load and perceived recovery in female basketball players
- 12.30-12.45 Diana Krafte (V. Lāriņš, A. Fernāte), Latvian Academy of Sport Education  
The model of special artistry in rhythmic gymnastics
- 12.45-13.00 Kalvis Ciekurs / Viesturs Krauksts (J. Grants, R. Haljand, R. Matuljevičius),  
Latvian Academy of Sport Education  
Influence of foot belly pressure on anaerobic power in rowers
- 13.00-14.00 Lunch**
- 14.00-14.30 Posters**
- Edgars Ģetmančuks (A. Čuprika, L. Čupriks), Latvian Academy of Sport Education  
Kettlebell lifting exercises develop strength endurance in fitness
- Renata Kvikliene (R. Kontorovicienė), Lithuanian University of Educational Sciences  
Evaluation of volleyball techniques in the initial stage of the volleyball players training
- Audronius Vilkas (R. Melinis, A. Lisinskienė), Lithuanian University of Educational Sciences  
Do talented boxers athletes have the same performance characteristics as their peer athletes?
- Olena Adelman (L. Čupriks), Latvian Academy of Sport Education  
Combination of strength and plyometric exercises for development of explosive power in powerlifting
- Inga Liepiņa (A. Kaupuzs), Latvian Academy of Sport Education  
Sport climbers' hand plaster application in bouldering competitions
- Kalvis Ciekurs (I. Nikonovs, R. Zangerl, D. Krauksta), Latvian Academy of Sport Education. Parkour and recreational activities
- Antra Gulbe (L. Celmina), Latvian Academy of Sport Education  
Canoe rower posture asymmetry correction with exercises
- Donatas Gražulis, Lithuanian University of Educational Sciences  
Performance indicators of Lithuanian national soccer team
- Jānis Bullītis (I. Renins), Latvian Academy of Sport Education  
The impact of balance development on 9-11-year-old ice hockey players' ice skating skills

### **Coaching and Performance - young scientists' session**

**Chair: Mehis Viru, University of Tartu**

- 14.30-14.45 Edgars Bernāns (V. Āboliņš, J. Lanka), Latvian Academy of Sport Education  
Differences in vertical ground reaction forces during the first attempt of barefoot running
- 14.45-15.00 Deivydas Velicka (K. Poderienė, Z. Kairiukstienė, J. Poderys), Lithuanian University of Health Science  
Cardiovascular changes during exercising in easy aerobic mode and under influence of differential learning tasks
- 15.00-15.15 Teet Meerits (T. Oja, M. Pääsuke, H. Gapeyeva), University of Tartu  
Effect of countermovement jumps on lower limbs performance of basketball substitution players
- 15.15-15.30 Mārtiņš Čampa (G. Akuratere, S. Rozenstoka), Latvian Academy of Sport Education  
The effects of mental fatigue on basketball specific physical and technical performance
- 15.30-15.45 Irina Bogdanoviča (V. Lāriņš), Latvian Academy of Sport Education  
Efficient pattern and technique problems on the initial stage of learning swimming strokes: case study
- 15.45-16.00 Coffee break**

### **Coaching and Performance - young scientists' session**

**Chair: Janar Sagim, University of Tartu**

- 16.00-16.15 Agris Peipiņš (A. Fernāte, B. Smila), Latvian Academy of Sport Education  
The essence of the decision making and its assessment of the orienteering sprint
- 16.15-16.30 Marina Rjabkova (A. Zuša), Latvian Academy of Sport Education  
Relationship between balance skills, foot stance and sport result in archery. Pilot study
- 16.30-16.45 Rasmus Pind (E. Lätt, P. Purge, J. Mäestu), University of Tartu  
Session-RPE method for quantifying and relating training loads to physical performance in adolescent swimmers
- 16.45-17.00 Igors Siminaitis (L. Čupriks, A. Čuprika), Latvian Academy of Sport Education  
Effect from respiratory depression on organism functionality in pre-season training period in triathlon
- 17.00-17.15 Einārs Pimenovs (A. Pimenovs, A. Fernāte), Latvian Academy of Sport Education  
The role of Judo's complex and risk group diverse techniques in the process of judo training and competition

27 April

**Coaching and Performance 2**

**Chair: Jaak Jürimäe, University of Tartu**

- 11.00-11.15 Daniele Conte (L. Šiupšinskas, R. Kreivyte, H. Paulauskas), Lithuanian Sports University  
Monitoring weekly training load and acute: chronic workload ratio changes during the in-season phase in elite women's basketball
- 11.15-11.30 Kęstutis Matulaitis (Pakalniškis), Lithuanian Sports University  
Effectiveness of the pick and roll offense in top level Lithuanian basketball teams
- 11.30-11.45 Henrikas Paulauskas (R. Kreivytė, L. Šiupšinskas, D. Conte), Lithuanian Sports University  
Investigating weekly training load, monotony and strain in top and bottom elite women's basketball teams
- 11.45-12.00 Enrika Baltrimavičiūtė (E. Zaičenkoviėnė), Lithuanian Sports University  
The effect of Pilates exercises on the 10-14-year-old aerobic gymnastics athletes hamstrings muscles elasticity and trunk mobility

## **Pedagogy, Social Aspects and Management in Sport / Parrot Hall**

26 April

### **Pedagogy, Social Aspects and Management in Sport 1**

**Chair: Aušra Lisinskienė, Lithuanian University of Educational Sciences**

**Andre Koka, University of Tartu**

- 12.00-12.15 Artūras Akelaitis, Lithuanian University of Educational Sciences  
The education of emotional skills among senior high school age students in physical education classes
- 12.15-12.30 Inta Bula-Biteniece / Rasma Jansone, Latvian Academy of Sport Education  
Outdoor class in preschool
- 12.30-12.45 Aušra Lisinskienė (M. Lochbaum), Lithuanian University of Educational Sciences  
Developing a C-A-P questionnaire for the measuring of coach-athlete-parent interpersonal relationships in youth sport: A pilot study
- 12.45-13.00 Rimantas Mėlinis (A. Vilkas, A. Lisinskienė), Lithuanian University of Educational Sciences  
The selection of talented adolescent athletes: the experiences of elite youth sport coaches
- 13.00-14.00 Lunch**
- 14.00-14.30 Posters**
- Irena Dravniecė (M. Jakovļeva, A. Dzenitis), Latvian Academy of Sport Education  
Integrating content of natural sciences in PE games
- Asta Lileikienė (L. Danilevičienė), Lithuanian Sports University  
Students' self-perceptions of foreign language anxiety in university learning
- Ando Pehme (R. Puhke, P. Kaasik), University of Tartu  
Experience of student-athletes' dual career at the University of Tartu
- Stanislav Sabaliauskas (R. Šilinskienė), Lithuanian University of Educational Sci.  
Psychometric properties of the teacher leadership scale adapted to physical education
- Stanislav Sabaliauskas (S. Poteliūnienė, Ustilaitė, J. Česnavičienė, A. Juškevičienė), Lithuanian University of Educational Sciences  
The need of physical education teachers to develop their professional competence
- Stanislav Sabaliauskas (E. Šileikytė), Lithuanian University of Educational Sciences  
Between sport and arts: systematic review of the context in aesthetic sports
- Agita Ābele (I. Immere, G. Immere), Latvian Academy of Sport Education  
Sense Development in a Creative Sports Class for Third Grade Students
- Monta Jakovļeva (B. Luika, S. Rulle), Latvian Academy of Sport Education  
Provision of the development of children and youth sport in Valmiera
- Kristina Mejerytė-Narkevičienė, Lithuanian Sports University  
Benefits of university collaboration with leisure organizations in curriculum development
- Vida Ivaskienė (V. Skyriene), Lithuanian Sports University  
The distribution of students' values according to their gender and level of physical activity

### **Pedagogy, Social Aspects and Management in Sport - young scientists' session**

**Chair: Kristjan Kais, University of Tartu**

- 14.30-14.45 Henri Tilga (V. Hein, A. Koka), University of Tartu  
Enhancing students' psychological need satisfaction and intrinsic motivation by increasing physical education teachers' autonomy support
- 14.45-15.00 Hanna Kalajas (A. Koka, V. Hein, H. Tilga, L. Raudsepp), University of Tartu  
Using the self-determination theory to explain the objectively measured leisure time physical activity among adolescents
- 15.00-15.15 Katrina Volgemute (D. Krauksta, Ž. Vazne), Latvian Academy of Sport Education  
Sport Imagery Ability Questionnaire adaptation to Latvian environment
- 15.15-15.30 Maria de la Trinidad Morales Belando (D. Conte, J.L. Arias-Estero), Universidad Católica San Antonio de Murcia  
Differences in type of attack and final action as a function of ball mass in youth basketball
- 15.45-16.00 Coffee break**

### **Pedagogy, Social Aspects and Management in Sport 2**

**Chair: Lennart Raudsepp, University of Tartu**

- 16.00-16.15 Aiga Dombrovska (S. Luika), Latvian Academy of Sport Education  
Preconditions of High performance sport development in Latvia
- 16.15-16.30 Vita Karvelytė (R. Gruodytė-Račienė), Lithuanian Sports University  
Is physical activity and body mass index of nordic and baltic upper secondary schoolchildren and their best classmates related? An international pilot study
- 16.30-16.45 Ingrida Smuka, Latvian Academy of Sport Education  
The experience of recreation and tourism students from different sports Universities of different countries, using Intangible Cultural Heritage (ICH)
- 16.45-17.00 Signe Luika (J. Grants, I. Kravalis, A. Dombrovska, I. Rudzinska), Latvian Academy of Sport Education  
Labor market of sport in Latvia: reality and challenges

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### **Pedagogy, Social Aspects and Management in Sport 3**

**Chair: Vello Hein, University of Tartu**

**Artur Litwiniuk, Josef Pilsudski Academy of Physical Education Warsaw**

- 11.00-11.15 Raimonda Palionytė, Lithuanian Equestrian Federation  
Dual career – what is missing? Education. Lithuanian review
- 11.15-11.30 Karel Kulbin (E. Amur), Tallinn University  
Short-term event volunteering and subjective well-being
- 11.30-11.45 Artur Litwiniuk (E. Huk-Wieliczuk, W. Jagiello, W. Blach, J. Grants), Josef Pilsudski Academy of Physical Education Warsaw  
Physical activity and personality of students training combat sport
- 11.45-12.00 Juris Grants (P. Róžański, I. Nikonovs, K. Mirkowicz), Latvian Academy of Sport Education. Students' emotional state in skiing education: inductive approach

## **Physiotherapy and Health-Related Issues of Physical Activity / Pirogov Hall**

26 April

### **Physiotherapy and Health-Related Issues of Physical Activity 1**

**Doris Vahtrik, University of Tartu**

12.00-12.15 Rima Solianik (A. Sujeta, K. Justinavičienė, A. Čekanauskaitė, J. Jocienė), Lithuanian Sports University  
Effects of 2-day fasting on perceived stress, and cognitive and motor functions in overweight young women

12.15-12.30 Saule Sipavičienė (I. Klizienė, J. Pozerienė, K. Vadopalas), Lithuanian Sports University  
Effects of a three months' lumbar-stabilization exercises on multifidus muscles, isokinetic peak torque and pain for women with chronic low back pain

12.30-12.45 Onur Oral (N. Oztasan, F. Alakoc), Ege University  
Metabolic and psychological responses of physical activity for a healthy lifestyle among young people.

12.45-13.00 Raminta Sakalauskaite (E. Kemerytė-Riaubienė), Lithuanian University of Educational Sciences  
Relationship among maturation and fitness tests indices of girls

**13.00-14.00 Lunch**

**14.00-14.30 Posters**

Rasa Mikalonytė (E. Kemerytė-Riaubienė), Lithuanian University of Educational Sciences

The handball players training based on preventive measures

Audronius Vilkas (V. Juškelienė, A. Lisinskienė, R. Melinis), Lithuanian University of Educational Sciences

Attachment to parents and peers as a social determinant of adolescent's health related physical activity

Darius Radžiukynas (N. Žilinskienė, D. Gražulis), Lithuanian University of Educational Sciences

Comparison between the 20–29 and 30–39-year-old women's anthropometric indices

Viesturs Lāriņš (A. Rudzitis, P. Krumina), Latvian Academy of Sport Education

A whole body oscillation method influence on functional state of the organism

Aivars Kaupuzs (A. Gorbunovs, Z. Timsans), Rezekne Academy of Technologies

The validation of prototype of force platform for postural balance analysis

Edita Slamasauskaite (V. Juodzbalienė), Lithuanian Sports University

The effect of physiotherapy with local vibration of quadriceps femoris on leg function and static balance after anterior cruciate ligament reconstruction

Vaida Sidlauskaitė (B. Zachariene, A. Stasiulis), Lithuanian Sports University

Muscle oxygenation during exercise in physically active and overweight 6-19 years old children

Eglė Kemerytė-Riaubienė (R. Sakalauskaite), Lithuanian University of Educational Sciences

Peculiarities of respiratory system in cyclic and acyclic sports representatives



Vilma Juodžbalienė (S. Eidukevicius, L. Skikas, V. Dudoniene, V. Stalioraitis),  
Lithuanian Sports University

The effect of physiotherapy and platelet enriched plasma injections on pain and  
function in achilles tendinopathy

Milda Gintilienė (H. Gapeyeva, J. Ereline, T. Kums, J. Jürimäe, M. Pääsuke),  
Lithuanian Sports University

Relationship between body composition, inflammatory markers and habitual  
physical activity in older women

### **Physiotherapy and Health-Related Issues of Physical Activity - young scientists' session**

**Chair: Helena Gapeyeva, University of Tartu**

14.30-14.45 Margot Bergmann (A. Zahharova, T. Asser, H. Gapeyeva, D. Vahtrik), University  
of Tartu. Associations between trunk muscles tone and the vital capacity of the  
lungs in persons with traumatic spinal cord injury and healthy controls

14.45-15.00 Iveta Kalnina (L. Zilinskis, I. Zvigule), Latvian Academy of Sport Education  
Model of consciousness in the process of physical activity

15.00-15.15 Inga Dijokienė (M. Brazaitis, N. Eimantas, N. Baranauskiene, M. Cernych, H.  
Paulaskas), Lithuanian Sports University  
Repetitive short-term cold exposure effect on cognitive function: pilot study

15.15-15.30 Alina Kurmeleva, Latvian Academy of Sport Education  
Infant swimming specialist main challenge of parental competence factors in infant  
floating

15.30-15.45 Karina Ostrovska (A. Kļaviņa, J. Sokolovska), Latvian Academy of Sport  
Education  
Free-living physical activity programme and Type 2 diabetes: research proposal

**15.45-16.00 Coffee break**

### **Physiotherapy and Health-Related Issues of Physical Activity - young scientists' session/**

### **Physiotherapy and Health-Related Issues of Physical Activity 2**

**Chair: Mati Pääsuke, University of Tartu**

16.00-16.15 Margarita Černych (A. Šatas, N. Baranauskienė, M. Brazaitis), Lithuanian Sports  
University.

Residual sauna effect on cerebral activity and cognitive performance **(Y)**

16.15-16.30 Agris Liepa (U. Gudina, V. Lāriņš, E. De Bruin), Latvian Academy of Sport  
Education

The effects of cognition and functional performance on core stability: a cross-  
sectional study **(Y)**

16.30-16.45 Jelena Sokk (H. Gapeyeva, J. Ereline, M. Merila, M. Pääsuke), University of Tartu  
Associations between shoulder active range of motion, shoulder muscle force and  
fatigability in patients with frozen shoulder syndrome

16.45-17.00 Vilma Dudonienė (R. Obertinca, V. Juodzbaliene, J. Pozeriene), Lithuanian Sports  
University

Impact of core stabilization exercises on the balance and core stability of young  
football players

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**Physiotherapy and Health 3**

**Chair: Jelena Sokk, University of Tartu**

- 11.00-11.15 Agnė Čekanauskaitė (R. Solianik, A. Skurvydas), Lithuanian Sports University  
Effect of a single bout of aerobic exercise on cognitive function and motor learning  
in elder people
- 11.15-11.30 Luīze Bebriša-Fedotova (A. S. Brian, L.J. Lieberman, A. Kļaviņa), Latvian  
Academy of Sport Education  
SUP Boarding for Children with Visual Impairment During Sport Camp
- 11.30-11.45 Eva-Maria Riso (S. Vaiksaar, L. Toplaan, J. Jürimäe), University of Tartu  
Physical activity of children during the transformation from kindergarten to school
- 11.45-12.00 Andra Fernāte (A. Kļaviņa), Latvian Academy of Sport Education  
Measurement characteristics of the currently used physical activity questionnaires  
in Latvia
- 12.00-12.15 Kristina Poderiene (E. Trinkunas, V. Silinskas, A. Buliuolis, J. Poderys),  
Lithuanian Sports University  
Wearable sensors based feedback during exercising for health
- 12.15-12.30 Triinu Sirge (J. Ereline, T. Kums, H. Gapeyeva, K. Kindsiko, M. Pääsuke),  
University of Tartu  
Work ability, musculoskeletal pain and physical activity in university  
administrative workers

## **Exercise Physiology / Peterson Hall**

26 April

### **Exercise Physiology 1**

**Chair: Eva-Maria Riso, University of Tartu**

- 12.00-12.15 Aivaras Ratkevičius (P. Minderis, M. Kvedaras, A. Fokin, A. Lionikas), Lithuanian Sports University  
Fasting leads to greater weakening of soleus muscle than caloric restriction in mice
- 12.15-12.30 Ruta Dadelienė (R. Nekriošius, J. Skernevičius), Lithuanian University of Educational Sciences  
Changes of aerobic metabolism in kayak rowers during application of different training methods
- 12.30-12.45 Inese Pontaga (J. Židens), Latvian Academy of Sport Education  
Performance estimation of Latvian handball and basketball players from premium league teams
- 12.45-13.00 Marius Brazaitis (H. Paulauskas, N. Eimantas), Lithuanian Sports University  
Aging preserves motor performance in hyperthermia
- 13.00-14.00 Lunch**
- 14.00-14.30 Posters**
- Kazys Milašius (Y.Y. Yerzhanova, Zh.B. Sabyrbek), Lithuanian University of Educational Sciences  
Assessment of condition of rational nutrition of athletes in Kazakhstan
- Edgaras Lapinskas (A. Ratkevičius, A. Lionikas), Lithuanian Sports University  
The exploration of morphometric characteristics of soleus muscle between C57BL/6J and consomic C57BL/6J-Chr10A/J/NaJ mice. Pilot study
- Ando Pehme (M. Aru, Karin Alev L. Önnik, P. Kaasik, T. Seene), University of Tartu  
Changes in myosin heavy chain isoforms of old rats skeletal muscle after high dose dexamethasone administration
- Silva Suvi (M. Mooses, S. Timpmann, L. Medijainen, E. Unt, V. Ööpik), University of Tartu  
Sodium citrate supplementation after dehydrating exercise may alleviate stress during subsequent 40-km cycling time-trial in the heat
- Zinta Galeja (A. Paeglitis), Latvian Academy of Sport Education  
Correlative relationships between changes of the neck functional state and respiratory cycle parameters after reflector irritation of neck vertebra
- Janis Fiedler (A. Brahmer, E. Neuberger, B. Boztepe, P. Simon), Johannes Gutenberg-University of Mainz  
Molecular changes impacted by the diving reflex

### **Exercise Physiology – young scientists' session**

**Chair: Raivo Puhke, University of Tartu**

- 14.30-14.45 Paulius Kamarauskas (R. Paulauskas), Lithuanian University of Educational Sciences

- Muscle oxygenation related to repeated sprint exercises in basketball players
- 14.45-15.00 Mindaugas Kvedaras (A. Ratkevičius), Lithuanian Sports University  
Fighting against muscle weakness in ageing: examining the effect of calorie restriction
- 15.00-15.15 Lauri Önnik (S. Suvi, M. Mooses), University of Tartu  
Prevalence of low BMD of high-level Kenyan male and female distance runners compared to controls
- 15.15-15.30 Raulas Krušnauskas (T. Venckūnas, A. Snieckus, N. Eimantas, N. Baranauskienė, A. Skurvydas, M. Brazaitis, S. Kamandulis), Lithuanian Sports University  
Effects of very low volume, high-intensity interval exercise in young, old and cyclist men
- 15.30-15.45 Ligita Siline (A. Stasiulis), Lithuanian Sports University  
Relationship between VO<sub>2</sub>, muscle deoxygenation kinetics and cognitive function in older people
- 15.45-16.00 Coffee break**

### **Exercise Physiology – young scientists' session**

**Chair: Martin Mooses, University of Tartu**

- 16.00-16.15 Andrius Šatas (G. Jurgelaitienė, A. Čekanauskaite, A. Skurvydas), Lithuanian Sports University  
The effect of multiple sustained bilateral maximum isometric voluntary contractions on indicators of fatigue and force coordination
- 16.15-16.30 Lauri Savolainen (S. Timpmann, L. Medijainen, E. Lätt, M. Lellsaar, E. Unt, V. Ööpik), University of Tartu  
Is there any relationship between cardiorespiratory fitness and vitamin D status in middle age and elderly men?
- 16.30-16.45 Giedre Jurgelaitienė (A. Skurvydas, A. Šatas), Lithuanian Sports University  
The relationship between motor function fatigue, stress markers, glucose and lactate concentration after physical task of bilateral sustained isometric maximal voluntary contraction
- 16.45-17.00 Martin Vahimets (H. Gapeyeva, S. Mutsenik, J. Ereline, M. Pääsuke, P. Kaasik), University of Tartu  
Calf muscles tone characteristics in young basketball players: immediate effect of cold application

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### **Exercise Physiology 2**

**Chair: Vahur Ööpik, University of Tartu**

- 11.00-11.15 Mati Pääsuke (J. Ereline, H. Gapeyeva, T. Kums, M. Leht, M. Nigul, M. Eimre, R. Pääsuke, K. Paju), University of Tartu  
Gender differences in age-related bone remodeling
- 11.15-11.30 Alvis Paeglītis (K. Pogulis), Latvian Academy of Sport Education  
Trunk muscle endurance and emg characteristics

- 11.30-11.45 Neringa Baranauskienė (N. Eimantas, M. Černych, H. Paulauskas, A. Šatas, M. Brazaitis), Lithuanian Sports University  
Effect of repeated sprint interval cycling exercise on neuromuscular and stress indicators in young women
- 11.45-12.00 Vahur Ööpik (S. Timpmann), University of Tartu  
Sodium citrate supplementation: physiological and performance aspects