

10th Baltic Sport Science Conference
MULTIPLICITY OF SPORT SCIENCE
IN PRACTICE

PROGRAMME

April 26 - 28, 2017
Riga, Latvia

Editor

Juris Grants

Latvian Academy of Sport Education
Brivibas street 333
Riga, LV-1006, Latvia

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Dear friends,

You are kindly welcome to participate in the 10th Baltic Sport Science Conference “Multiplicity of Sport Science in Practice”. On the one hand, the idea of the Conference is to take a deeper insight into sport science as a relatively new science branch which studies the regularities of human’s physical health, development, condition, and sport achievement formation and its uniqueness. It includes related to sport integrated research of the questions of pedagogy, psychology, medicine, biology, biomechanics, sociology, and economics science.

On the other hand, the Baltic scientific conferences in the framework of the Baltic Sport Science Society (BSSS) demonstrate excellent solidarity between three Baltic States – Estonia, Latvia and Lithuania in the field of sport, health and exercise sciences with the synergy of education, research and practice.

The Abstract Book includes both oral and poster presentations. The editors would like to use the opportunity and thank all authors who have contributed to this Conference.

On behalf of Scientific and
Organizing Committee
of BSSS Conference

President of BSSS
Prof. Juris Grants

BALTIC SPORT SCIENCE SOCIETY
balticsportsciencesociety.com

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,
- and Faculty of Sports and Health Education, Lithuanian University of Educational Science, Vilnius, Lithuania.

The main event of BSSS is an annual conference. Each spring the host organization arranges the Baltic 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 – Latvia
- 2011 – Estonia
- 2012 – Lithuania
- 2013 – Latvia,
- 2014 – Estonia,
- 2015 – Lithuania (Vilnius),
- 2016 – Lithuania (Kaunas),
- 2017 – Latvia,
- 2018 – Estonia, etc.

CONFERENCE PROGRAMME

April 26, 2017 Radisson Blu Daugava Hotel, 24 Kugu Street, Riga

Arrival and registration	16.00 – 20.00
BSSS Board Meeting (<i>hall Gauja</i>)	17.00 – 18.00
Round Table Meeting	18.00 – 19.00
Welcome cocktail (<i>Talavera Restaurant</i>)	19.00

April 27, 2017 Radisson Blu Daugava Hotel

Arrival and registration	8.00 – 9.00
Opening Ceremony	9.15
Plenary Meeting	
- International keynote speakers	9.30 – 11.00
- Baltic States keynote speakers	11.30 – 13.00
Lunch (<i>Talavera Restaurant</i>)	13.00 – 14.00
Young scientists' presentations in sections	14.00 – 18.00
Visit to Latvian National Library	18.00 – 19.00
Banquet (<i>Talavera Restaurant</i>)	19.30

April 28, 2017 Radisson Blu Daugava Hotel

Meeting in sections (oral and poster)	9.00 – 13.00
General conclusions of the conference	13.00 – 13.30
Closing Ceremony and lunch	13.30

Duration of presentations

Presentations:

- Plenary Meeting – 30 min.
- In sections – 15 min.
- Poster presentation – 5 min.

Conference language

The official language of the Conference is English.

Round Table Meeting

Master Academic and Professional Programs (Sport Science) in the Baltic States

(Radisson Blu Daugava, Abava Hall)

April 26, 2017

17.00 – 18.00

Chair: Prof. A. Fernāte (Latvia)

- *University of Tartu, Estonia*
 - *Latvian Academy of Sport Education*
 - *Lithuanian Sports University*
 - *Lithuanian University of Educational Sciences*
-
- **Discussion**

PLENARY MEETING

(Radisson Blu Daugava, Daugava Hall)

April 27, 2017

9.15

OPENING CEREMONY

Welcome by

President of BSSS Prof. Juris Grants

Ministry of Education and Science of the Republic of Latvia

Latvian Academy of Sciences

Latvian Paralympic Committee

Plenary session I

Chairs: Prof. J. Grants (Latvia)

Prof. M. Pääsuke (Estonia)

Prof. J. Poderys (Lithuania)

9.30 – 10.00

Prof. Pierre Trudel (Canada)

Sport coaches' development: it is time to be creative and innovative

10.00 – 10.30

Prof. Abel Santos (Portugal)

Current trends in sport management: job market and education

10.30 – 11.00

Prof. Johnny Nilsson (Sweden)

Science and innovations in sport practice and physical fitness testing

11.00 – 11.30

Coffee break (*in front of Daugava Hall*)

Plenary session II

(Radisson Blu Daugava, Daugava Hall)

Chairs: Prof. A. Fernāte (Latvia)
Prof. J. Jürimäe (Estonia)
Prof. A. Vilkas (Lithuania)

- 11.30 – 12.00** *PhD Ausra Lisinskiene (Lithuania)*
Coach–athlete–parent as an educational system: putting
evidence–based research into practice
- 12.00 – 12.30** *Assoc. Prof. Jarek Mäestu (Estonia)*
Physical activity and sedentary behaviour – challenges for health
- 12.30 – 13.00** *Prof. Aija Kļavina (Latvia)*
Evidence based research on measures of physical activity in
children with and without disability
- 13.00 – 14.00** **Lunch** (*Talavera Restaurant*)

YOUNG SCIENTISTS' PRESENTATIONS IN SECTIONS

Pedagogy and Psychology in Sport

(Amata Hall)

April 27, 2017

- Chairs:** Prof. A. Ābele (Latvia)
Assoc. Prof. A. Koka (Estonia)
Assoc. Prof. A. Emeljanovas (Lithuania)
- 14.00 – 14.15 *Irina Bogdanoviča (V. Lāriņš, M. Kratina) (Latvia)*
Problems in teaching swimming skills in the initial stage of the teaching process in the age group 5 – 7 years old.
- 14.15 – 14.30 *Henri Tilga (Estonia)*
The role of autonomy-supportive and controlling teachers' behaviours on students' health-related quality of life through need satisfaction and need frustration in PE
- 14.30 – 14.45 *Gundega Ulme (I. Austers, J. Grants) (Latvia)*
Motives type relations with emotional state during physical activities
- 14.45 – 15.00 *Eleonora Šišlova (V. Dunay, A. Fernāte) (Latvia)*
Students' attitude towards sports educational process in the Republic of Belarus and Latvia
- 15.00 – 15.15 *Katrīna Volgemute (D. Krauksta) (Latvia)*
The correlation between psychological preparedness exercises with athletic achievements in controlled training environment
- 15.30 – 16.00 **Coffee break** (in front of Daugava Hall)

POSTER PRESENTATIONS

Exposition – from 14.00

Presentation – 16.00

1. *Gunita Tālberga (A. Fernāte) (Latvia)*
An explanatory model to enhance spirituality during the study process of future sport specialists
2. *Dovilē Selickaitē (E. Kaunietē, D. Rēklaitienē, D. Selickaitē) (Lithuania)*
The impact of Paralympic Day to the students' attitude to inclusive physical education class

Coaching and Performance

(Gauja Hall)

April 27, 2017

- Chairs:** **Prof. A. Rudzītis (Latvia)**
 Prof. K. Milašius (Lithuania)
 PhD M. Mooses (Estonia)
- 14.00 – 14.15 *Kristīne Dzene-Lekse (J. Žīdens) (Latvia)*
 The young tennis players' coordination skill and its control
- 14.15 – 14.30 *Mikola Misjuk (I. Rannama, A Zuša) (Estonia)*
 The effect of muscular strength and strength asymmetry on
 jumping height among soccer players
- 14.30 – 14.45 *Agris Peipiņš (A. Fernāte) (Latvia)*
 Differences between orienteers technique in orienteering sprint
 and middle distance
- 14.45 – 15.00 *Audinga Kniubaite (A. Skarbalius) (Lithuania)*
 Locomotion characteristics in semi-professional female team
 handball players
- 15.00 – 15.15 *Gabija Vidūnaitē (A. Skarbalius) (Lithuania)*
 Quantification training loads and sport performance during
 preparation period in semi-professionall female team handball
- 15.15 – 15.30 *Rasmus Pind (J. Santos-Concejero, D.W.Haile, R. Ojiambo
 K. Mooses, A. Lane, A.C. Hackney, M. Mooses)(Estonia)*
 Heart rate recovery in high-level female Kenyan runners
- 15.30 – 16.00 **Coffee break (in front of Daugava Hall)**
- 16.00 – 16.15 *Diāna Krafte (V. Lāriņš) (Latvia)*
 The evaluation and development of artistry for young gymnasts
- 16.15 – 16.30 *Lolita Dudeniene (A. Skarbalius) (Lithuania)*
 Alteration of aerobic and special fitness in semi-professional
 female judokas during two seasons
- 16.30 – 16.45 *Lukas Jakeliūnas (K. Milašius) (Lithuania)*
 Change of Lithuanian skiers' physical capacities during yearly
 training cycle, preparing for the 2017 World Ski Championships

- 16.45 – 17.00 *Eno Vahtra (E. Paalberg, K. Mooses, J. Mäestu, M. Mooses)*
(Estonia)
The physical activity patterns of international level cross-country skiers in training camp and at home
- 17.00 – 17.15 *Igors Siminaitis (L. Čupriks, A. Čuprika)* (Latvia)
Effects of respiratory depression on body's functionality during cycling inter-seasonal preparation period in triathlon
- 17.15 – 17.30 *Teet Meerits (S. Siitam, J. Ereline, T. Kums, M. Pääsuke, H. Gapeyeva)* (Estonia)
Acute effect of individual and regulated warm-up on contractile properties of knee extensor muscles

POSTER PRESENTATIONS

Exposition – from 14.00

Presentation – 17.30

1. *Viire Talts (J. Ereline, M. Pääsuke, H. Gapeyeva)* (Estonia)
Effect of auditory stimuli on muscle tone: a pilot study
2. *Inga Siegerte (B. Smila, D. Krauksta, K. Ciekurs)* (Latvia)
The application of cross-country skiing technique and the connections of route choice in ski orienteering (14 – 16 years old orienteers)

Physical Activity, Recreation and Health

(Abava Hall)

April 27, 2017

Chairs:

PhD I. Zvīgule (Latvia)

PhD J. Ereline (Estonia)

PhD V. Juškelienė (Lithuania)

- 14.00 – 14.15 *Margarita Cernych (A. Satas, N. Baranauskiene, N. Eimantas, H. Paulauskas, M. Brazaitis) (Lithuania)*
Cognitively demanding workday influence on Go/No-Go task performance
- 14.15 – 14.30 *Kerli Mooses (M. Kull) (Estonia)*
Physical activity and sedentary time across recess
- 14.30 – 14.45 *Aistė Leleikienė (A. Adomaityte) (Lithuania)*
Physical activity impact on cognitive functions for patients with depressive disorder
- 14.45 – 15.00 *Karina Ostrovska (A. Kļaviņa, M. Čampa, L. Mitrone, J. Barinova, S. Galvanovska) (Latvia)*
Fundamental movement skills and physical functioning outcomes association in children with different functional restrictions
- 15.00 – 15.15 *Intars Nikonovs (J. Grants, K. Ciekurs) (Latvia)*
Effect of one time HRV biofeedback and controlled breathing on immediate HRV
- 15.15 – 15.30 *Mārtiņš Čampa (A. Zuša, Z. Galeja, A. Kļaviņa) (Latvia)*
Lower extremity muscle synergies in stance phase during gait among children with various disabilities
- 15.30 – 16.00 **Coffee break** (in front of Daugava Hall)
- 16.00 – 16.15 *Jekaterina Barinova (S. Galvanovska, L. Mitrone, A. Kļaviņa) (Latvia)*
Relationship between physical ability and fundamental motor skills among children with disabilities
- 16.15 – 16.30 *Alīna Kurmeļeva (A. Fernāte) (Latvia)*
Main challenges and aspect of parental competence in 2 – 12 months aged infant floating

- 16.30 – 16.45 *Anni Rava (A. Pihlak, T. Kums, P. Purge, M. Pääsuke, J. Jürimäe) (Estonia)*
Associations of distinct levels of physical activity with body composition and mobility parameters in healthy older women
- 16.45 – 17.00 *Monika Rätsepsoo (P. Tootsi, J. Sock, J. Ereline, T. Haviko, M. Pääsuke, H. Gapeyeva) (Estonia)*
Eight-week home exercise program in patients with severe knee joint osteoarthritis: thigh muscle's emg activity changes
- 17.00 – 17.15 *Anu Pihlak (A. Rava, J. Ereline, H. Gapeyeva, T. Kums, P. Purge, J. Jürimäe, M. Pääsuke) (Estonia)*
Body composition, bone mineral density and functional performance dynamic study in elderly women: 5-years follow up
- 17.15 – 17.30 *Triinu Sirge (J. Ereline, T. Kums, H. Gapeyeva, K. Kallion, M. Pääsuke) (Estonia)*
Upper limb complaints, working technique, muscle strength and physical activity in supermarket cashiers
- 17.30 – 17.45 *Agris Liepa (Latvia)*
A systematic review assessing the effect of different types of resistance training on core stability in older adults

POSTER PRESENTATIONS

Exposition – from 14.00

Presentation – 17.45

1. *Regina Andriukaitienė (B. Švagždienė) (Lithuania)*
Social responsibility to the users providing tourism and entertainment services
2. *Rasa Mikalonyte (E. Kemeryte-Riaubiene) (Lithuania)*
Preventive measures of lower limb injuries in handball
3. *Vitalija Putriute (V. Putriute, A. Emeljanovas, B. Mieziene, E. Aleknaite, B. Bagdonaite, V. Hein) (Lithuania)*
The importance of autonomy support and need satisfaction for intentions to be physical active during physical education classes
4. *Margot Bergmann (T. Lai, A. Zahharova, T. Asser, D. Vahtrik, H. Gapeyeva) (Estonia)*
Effect of functional electrical stimulation and therapeutic exercise on quality of life in patient with traumatic spinal cord injury: a case study

Sports Physiology, Biochemistry, Medicine

(Daugava Hall)

April 27, 2017

- Chairs:** **Prof. I. Pontaga (Latvia)**
 Prof. V. Ööpik (Estonia)
 PhD M. Brazaitis (Lithuania)
- 14.00 – 14.15 *Silva Suvi (M. Mooses, S. Timpmann, L. Medijainen, D. Latina, E. Unt, V. Ööpik) (Estonia)*
Sodium citrate enhances rehydration after dehydrating exercise, but has no impact on subsequent 40km cycling performance in the heat in male endurance athletes
- 14.15 – 14.30 *Normunds Vārpa (A. Paeglitis, Z. Galeja, J. Ereline, T. Kums, H. Gapeyeva, M. Paasuke) (Latvia)*
The effect of altered neuromuscular regulation on spinal motoneuronal reflectory activity induced by manipulation
- 14.30 – 14.45 *Zane Šmite (L. Plakane) (Latvia)*
Ischemic preconditioning: a novel method that could improve exercise performance
- 14.45 – 15.00 *Andrej Fokin (R. Zukiene, A. Ratkevicius) (Lithuania)*
Gender effect on metabolism and mitochondria respiration in mice with normal and reduced citrate synthase activity
- 15.00 – 15.15 *Henrikas Paulauskas (N. Eimantas, A. Šatas, N. Baranauskienė, M. Černych, M. Eimontė, M. Brazaitis) (Lithuania)*
Brief cold water immersion increase h-reflex latency and prolong muscle contraction: pilot study
- 15.15 – 15.30 *Andrius Šatas (R. Solianik, D. Mickevičienė, A. Čekanauskaitė, N. Eimantas, H. Paulauskas, A. Skurvydas)(Lithuania)*
Prolonged speed–accuracy motor task activate neural facilitation and inhibition systems
- 15.30 – 16.00 **Coffee break (in front of Daugava Hall)**
- 16.00 – 16.15 *Matas Norvydas (V. Ginevičienė, K. Milašius, L. Tubelis, A. Utkus) (Lithuania)*
Relationship between CKM gene variant and physical performance phenotypes in Lithuanian elite athletes

- 16.15 – 16.30 *Artūras Sujeta (E. Piešinaite, S. Capkauskiene, D. Vizbaraite, L. Stasiule, M. Balciunas, A. Stasiulis, E. Kadusevicius) (Lithuania)*
Effect of Omega3 fatty acid and vitamin D supplementation on anthropometric, biochemical blood indices and respiratory function in office workers
- 16.30 – 16.45 *Donatas Januševičius (A. Sniečkus, E. Trinkūnas, A. Skurvydas, S. Kamandulis) (Lithuania)*
The effect of high velocity elastic band training on muscle activity and cooperation
- 16.45 – 17.00 *Pornpimol Muanjai (D. A. Jones, M. I. Mickevicius, D. Satkunskiene, A. Snieckus, R. Rutkauskaite, S. Kamandulis) (Lithuania)*
Benefits and possible risks of stretching to the point of pain: a 4 week training study
- 17.00 – 17.15 *Mindaugas Kvedaras (A. Ratkevičius) (Lithuania)*
Myostatin dysfunction does not protect against muscle force and weight loss in calorie-restricted mice

POSTER PRESENTATIONS

Exposition – from 14.00

Presentation – 17.15

1. *Kristaps Zvejnieks (A. Ābele) (Latvia)*
Pre-start psychological self-regulation methods in Alpine skiing
2. *Vaidas Verbickas (N. Baranauskiene, N. Eimantas, S. Kamandulis S. Rutkauskas, D. Satkunskiene, S. Sadauskas, M. Brazaitis, A. Skurvydas) (Lithuania)*
Effects of sprint cycling and stretch-shortening cycle exercises on the neuromuscular, immune and stress indicators in young men

Sport Management and Sociology

(Venta Hall)

April 27, 2017

- Chairs:** **Prof. R. Carlson (Latvia/Sweden)**
 Prof. B. Švagždienė (Lithuania)
 Prof. V. Hein (Estonia)
- 14.00 – 14.15 *Mārtiņš Lauva (U. Grāvītis) (Latvia)*
Athletes as an object of investment
- 14.15 – 14.30 *Aiga Dombrovska (S. Luika) (Latvia)*
High-performance sport management in Latvia: a review of
athletes and coaches' view
- 14.30 – 14.45 *Andrius Lazauskas (A. Skarbalius) (Lithuania)*
Lithuanian Olympic medalists: career development
- 14.45 – 15.00 *Maarja Kalma (K. Mägi, K. Mooses, M. Kull) (Estonia)*
Classroom-based physical activity intervention: pilot study
- 15.00 – 15.15 *Diāna Bahvalova (I. Liepiņa) (Latvia)*
Active recreation and outdoor activity opportunities for the urban
environment
- 15.15 – 15.30 *Maria Laura Jimenez Monteagudo (R. Cuevas, J. L. Hernández-
Álvarez) (Spain)*
Competencies of sport professionals in inclusive physical activity
services
- 15.30 – 16.00 **Coffee break** *(in front of Daugava Hall)*

POSTER PRESENTATIONS

Exposition – from 14.00

Presentation – 16.00

1. *Regina Andriukaitienė (B. Švagždienė) (Lithuania)*
The significance of human resources competence education in company's
management

MULTIPLICITY OF SPORTS SCIENCE IN PRACTICE

Pedagogy and Psychology in Sport

(Amata Hall)

April 28, 2017

- Chairs:** **Assoc. Prof. Ž. Vazne (Latvia)**
 Assoc. Prof. S. Sabaliauskas (Lithuania)
- 9.00 – 9.15 *A. Fernāte (Latvia)*
Physical education pre-service teachers' professional identity and understanding of quality of physical education in relation to professional development
- 9.15 – 9.30 *Ž. Vazne, R. Malinauskas (Latvia, Lithuania)*
Mental toughness among Latvian and Lithuanian students-Athletes
- 9.30 – 9.45 *S. Sabaliauskas, S. Poteliūnienė, J. Levko (Lithuania)*
The psychometric properties of the Lithuanian version of scale to measure perceived physical education class climate
- 9.45 – 10.00 *A. Lisinskiene (Lithuania)*
Coach-athlete-parent as an educational system: putting evidence-based research into practice
- 10.00 – 10.15 *A. Koka (Estonia)*
Gender differences in the relationships between perceived teachers' controlling behaviours and amotivation in physical education
- 10.15 – 10.30 *V. Hein, A. Emeljanovas, B. Mieziene (Estonia, Lithuania)*
Exploring the effects of autonomy-supportive and controlling teaching behaviours on anger among Estonian and Lithuanian school students
- 10.30 – 10.45 *O. Aftimichuk (Moldova)*
Essence of the program of gradual formation at students of knowledge and skills of the rhythm of didactic communication
- 10.45 – 11.00 *A. Čuprika, A. Fernāte, L. Čupriks (Latvia)*
Healthy lifestyle implementation needs, obstacles and provisions to overcome them for women in fitness: case study
- 11.00 – 11.30 **Coffee break (in front of Daugava Hall)**

- 11.00 – 11.15 *A. Ropa (Latvia)*
The rhetoric of fear and courage in sports coaching and management

POSTER PRESENTATIONS

Exposition – from 8.30

Presentation – 11.30

1. *R. Wojciech (Poland)*
The competence theory of physical education
2. *V. Ivaskiene, V. Skyriene, V. Murauskas (Lithuania)*
Pre-match emotional states of young boxers of differently skilled
3. *A. Emeljanovas, B. Mieziene, V. Putriute, E. Aleknaite, B. Bagdonaite, V. Hein (Lithuania, Estonia)*
Predicting high school students leisure time physical activity from perceived autonomy support of their physical education teachers
4. *L. Danilevičienė, D. Majauskienė (Lithuania)*
The significance of Olympic education: overview of the research carried out in Lithuania
5. *R. Paulauskas, D. Petraitis, Š. Stanionis, M. Valatkevičius (Lithuania)*
Preschool boys capacity by attending kindergarten basketball training
6. *A. Tilindiene, A. Zuoza, B. Svagzdiene (Lithuania)*
The peculiarities of 14 – 16 years old athletes' bullying and their values
7. *A. Lileikienė, L. Danilevičienė (Lithuania)*
Foreign language anxiety in higher education: a qualitative study
8. *I. Immere, A. Ābele (Latvia)*
Creativity of sports classes in the opinions of third and fourth grade students
9. *A. Gulbe, Z. Galeja, S. Luika (Latvia)*
Project "All the Class Does Sport" and schoolchildren's physical conditioning

Coaching and Performance

(Abava Hall)

April 28, 2017

Session I

Chairs:

PhD K. Ciekurs (Latvia)

PhD B. Bazanov (Estonia)

- 9.00 – 9.15 *P. Purge, P. Hofmann, R. Merisaar, A. Mueller, G. Tschakert, J. Mäestu, J. Jürimäe (Estonia)*
The effect of upper body anaerobic pre-loading on 2000 m ergometer-rowing performance
- 9.15 – 9.30 *I. Rannama, K. Pedak, K. Reinpöld, B. Bazanov (Estonia)*
Relationships between road cyclists's pedalling force delivery effectiveness, postural stability and metabolic economy
- 9.30 – 9.45 *K. Matulaitis (Lithuania)*
Technical fitness test reliability in youth basketball
- 9.45 – 10.00 *V. Krauksts, K. Ciekurs, A. Alekrinskis, D. Bulotiene, J. Grants, R Haljand (Latvia, Lithuania, Estonia)*
Drive comparison: London Olympic games and Rio Olympic Games
- 10.00 – 10.15 *R. Dadeliene, R. Nekriošius, A. Stasiulis (Lithuania)*
Change of aerobic metabolism in elite kayak rowers (1000 m) during yearly Olympic cycle
- 10.15 – 10.30 *M. Mooses, W. D. Haile, R. Ojiambo, K. Mooses, A. R. Lane, A. C. Hackney (Estonia)*
Association between ground contact time and running economy of the female Kenyan runners
- 10.30 – 10.45 *V. Dudoniene, A. Petrauskas (Lithuania)*
The effect of neuromuscular training on the dynamic ankle stability in male handball players
- 10.45 – 11.00 *S. Saulīte, A. Zavarujevs, A. Vizulis, U. Ciematnieks (Latvia)*
Rapidforce development with rubber shock absorber
- 11.00 – 11.30 **Coffee break** (*in front of Daugava Hall*)

Session II

Chairs: Prof. L. Čupriks (Latvia)
Prof. V. Bružas (Lithuania)

- 11.30 – 11.45 *K. Ciekurs, V. Krauksts, D. Krauksta (Latvia)*
The effect local vibration on electromyography parameters in rowers
- 11.45 – 12.00 *V. Bružas, S. Kamandulis, T. Venckunas, A. Snieckus, P. Mockus, A. Stasiulis (Lithuania)*
The influence of sport-specific repeated sprint training on punching ability and upper-body aerobic power in experienced amateur boxers
- 12.00 – 12.15 *A. Rudzītis, L. Čupriks, A. Spunde, R. Līcis (Latvia)*
The impact of cranial electrostimulation on the activity of brain waves after different load
- 12.15 – 12.30 *V. Bružas, S. Kamandulis, T. Venckunas, A. Snieckus, P. Mockus, (Lithuania)*
Effects of plyometric exercise on punching ability of boxers
- 12.30 – 12.45 *A. Skarbalius, A. Kniubaite, G. Vidūnaitė (Lithuania)*
Quantification training loads and sport performance in semi-professiona female team handball

POSTER PRESENTATIONS

Exposition – from 8.30

Presentation – 12.45

10. *J. Ereline, M. Turb, M. Pääsuke, H. Gapeyeva (Estonia)*
Muscle tone characteristics of calf and foot in long-distance runners: associations with toe grip strength
11. *K. Pedak, I. Rannama (Estonia)*
Functional movement performance ability in martial arts and team sport young male athletes
12. *R. Mēlinis, A. Vilkas (Lithuania)*
Athlete talent identification: the elite coach perspectives
13. *D. Grazulis, M. Puodziunas (Lithuania)*
Preparatory training cycle of Lithuanian football club „UTENIS”

14. *V. Vimbons, A. Čuprika, L. Čupriks (Latvia)*
Development of muscle explosive strength for 21±3 years old weightlifters with different external resistance action
15. *B. Bazanov, K. Pedak, I. Rannama (Estonia)*
The relationship between fms score and vertical jump characteristics among junior level sport games players
16. *R. Kreivyte, D. Petraitis (Lithuania)*
Different physical education program impact on the preschoolers physical fitness and motor skills changes
17. *M. Lazarenko (Ukraine)*
The development of motor qualities of students with the help of training simulator "Belts with rings"
18. *I. Siegerte, B. Smila, D. Krauksta (Latvia)*
The application of cross-country skiing technique and the connections of route choice in ski orienteering (14 – 16 years old orienteers)
19. *A. Skrypko, Ł. Lamcha (Poland)*
Technology training athletes using vibration method and other technical means
20. *I. Upītis, J. Solovjova, I. Dravniece (Latvia)*
Teaching breaststroke swimming technique using the support device
21. *J. Solovjova, I. Upītis, I. Dravniece (Latvia)*
Shoulder's injuries in swimming

Sport Management and Sociology

(Venta Hall)

April 28, 2017

Session I

Chairs:

PhD S. Luika (Latvia)

Assoc. Prof. A. Simanavičius (Lithuania)

9.00 – 9.15

Nimande E. (Latvia)

Protection of the rights of children in sports

9.15 – 9.30

V. Čingienė (Lithuania)

Good governance concept application to Lithuanian national sport federations

9.30 – 9.45

S. Luika, B. Luika, T. Tambovceva (Latvia)

Impact of economic crises on the sport for all sport events

9.45 – 10.00

I. Boge, L. Malahova (Latvia)

LASE foreign student satisfaction with their studies and life in Latvia

10.00– 10.15

J. Vveinhardt, J. Kuklyte (Lithuania)

Deviant behavior in sports organizations

10.15 – 10.30

I. Kravalis, I. Ābeļkalns (Latvia)

The possibilities of dual career in universities of Latvia

10.30 – 10.45

T. Fusco, A. Altieri (Italy)

Coaches' education and employment in Italy

11.00 – 11.30

Coffee break *(in front of Daugava Hall)*

POSTER PRESENTATIONS

Exposition – from 8.30

Presentation – 11.30

1. *D. Kozłowska (Poland)*

Ethical competences of physical education teachers in the opinion of physical education students in Belarus

2. *D. Kozłowska (Poland)*

Planning competences of physical education teachers

3. *K. Gorbunova (Latvia)*
Interaction of human capital and sport in the context of national development
4. *M. Jakovļeva, B. Luika, S. Luika (Latvia)*
Student evaluation of LASE qualification “Sports Manager” work placement
5. *B. Svagzdiene, A. Simanavicius, L. Trinkuniene, I. Tilindiene (Lithuania)*
Ability development in the leisure industry as learning organization through shared leadership
6. *R. Puhke, A. Pehme, P. Kaasik (Estonia)*
Dual career activities of student-athletes at the University of Tartu, Estonia
7. *J. Kuklyte, J. Vveinhardt (Lithuania)*
Harassment among athletes: theoretical insights
8. *I. Smukā (Latvia)*
Seasonal festivals for recreation and local traditions preservation in The Latvian Ethnographic Open Air Museum

Sports Physiology, Biochemistry, Medicine

(Daugava Hall)

April 28, 2017

Session I

Chairs:

Prof. V. Lāriņš (Latvia)

PhD T. Kums (Estonia)

- 9.00 – 9.15 *V. Ööpik, S. Timpmann, L. Rips, I. Olveti, M. Mooses, H. Mölder, A. Varblane, H. Lille, H. Gapeyeva (Estonia)*
Physiological and performance responses to basic military training in conscripts: is there any impact of vitamin D status?
- 9.15 – 9.30 *R. Lagzdīņa, M. Rumaka, A. Tutane, L. Piekuse (Latvia)*
Relation of ACE, ACTN3, HIF1A gene polymorphism to body composition and resting metabolism in adults
- 9.30 – 9.45 *N. Eimantas, M. Brazaitis, N. Baranauskienė, L. Kyguolienė, H. Paulauskas, M. Černych, A. Šatas, M. Eimontė, A. Skurvydas (Lithuania)*
Effect of constant and variously predictable motor tasks on central and peripheral motor fatigue in young and older men
- 9.45 – 10.00 *I. Pontaga, I. Zvigule (Latvia)*
Shoulder external/internal rotator muscles peak torques, mean work and power ratio changes due to repeated movements in male amateur swimmers
- 10.00 – 10.15 *B. Crewther, J. Orysiak, H. Mroczkowska, J. Mazur, P. Zmijewski, Z. Obmiński (Poland)*
Heterogeneity in the testosterone responses of junior weightlifters across a simulated competition: Is it regulating stress levels and physical performance?
- 10.15 – 10.30 *T. Seene, J. Lellep, M. Seene, P. Kaasik (Estonia)*
Strength capacity during the lifetime : dependance on muscle morphology
- 10.30 – 10.45 *M. Brazaitis, N. Eimantas, S. Kamandulis, N. Masiulis, D. Mickeviciene, M. Schlittler, H. Westerblad, A. Skurvydas (Lithuania, Sweden)*
Heat transfer and loss by whole-body hyperthermia during severe lower-body heating are impaired in healthy older men
- 11.00 – 11.30 **Coffee break (in front of Daugava Hall)**

POSTER PRESENTATIONS

Exposition – from 8.30

Presentation – 11.30

1. *B. Crewther, Z. Obmiński (Poland)*
Within- and between-subject variation in the blood testosterone and cortisol concentrations of elite male weightlifters during a 10-day training period
2. *A. Kaupužs (Latvia)*
Balance performance in children with borderline intellectual functioning and specific language impairment
3. *V. Lāriņš, Z. Pavāre, P. Krūmiņa (Latvia)*
The comparative analysis of body fat evaluation methods
4. *Z. Galeja, A. Kļaviņa (Latvia)*
Postural assesment in children with disabilities
5. *M. Dzintare (Latvia)*
Bioflavonoid supplementations for athletes reduce oxidative stress during physical loads
6. *T. Kums, M. Jõgi, J. Ereline, H. Gapeyeva, M. Pääsuke (Estonia)*
Function of the foot and ankle complex in association with jumping performance in rhythmic gymnasts
7. *V. Gineviciene, S. B. Drozdovska, L. Tubelis, A. Utkus (Lithuania)*
The association of mct1 gene variant with football players status in Lithuanian and Ukrainian cohorts

Physical Activity, Recreation and Health

(Gauja Hall)

April 28, 2017

Session I

Chairs:

Assoc. Prof. A. Litwiniuk (Poland)

Assoc. Prof. J. Mäestu (Estonia)

9.00 – 9.15

K. Piech, I. Smukā, J. Grants (Poland, Latvia)

Summer school in Madona and Biała Podlaska as examples of safeguarding intangible cultural heritage

9.15 – 9.30

A. Litwiniuk, J. Slopecki, E. Huk-Wieliczuk, D. Jaciubek (Poland)

Physical activity and psychological factors of person training in combat sport

9.30 – 9.45

H. Gapeyeva, M. Rätsepsoo, J. Sökk, J. Erelina, T. Kums, T. Haviko, M. Pääsuke (Estonia)

Quadriceps femoris muscle function and mobility six months after knee joint replacement in women with osteoarthritis who performed preoperatively home therapeutical exercises

9.45 – 10.00

E. M. Riso, P. Viira, S. Vaiksaar, J. Jürimäe (Estonia)

Physical fitness, physical activity and body composition in Estonian preschool children according to their weight status and sports club participation

10.00 – 10.15

E. Kemeryte-Riaubiene, R. Sakalauskaite, N. Jascaniniene, J. D. Beas-Jiménez, M. L. Estriga (Lithuania, Spain)

Relationship among maturation and fitness test indices of boys active in sport

10.15 – 10.30

J. Poderys, A. Buliuolis, K. Poderienė, E. Trinkunas (Lithuania)

Functional state monitoring during exercising project careware: electronic wearable sport and health solutions

10.30 – 10.45

D. Reklaitiene, J. Pozeriene, A. Saari, M. Deutekom, M. Breedijk, A. Kerkstra (Lithuania)

How to increase the participation in physical activity of disabled youth: SEDY project

10.45 – 11.00

R. Mikalauskas, G. Statnickė (Lithuania)

Management quality evaluation of sports clubs for the disabled applying the common assessment framework (CAF)

11.00 – 11.30 **Coffee break** (*in front of Daugava Hall*)

11.30 – 11.45 *I. Bula-Biteniece, R. Jansone, D. Krauksta (Latvia)*
Recreation activities in preschool in summertime

POSTER PRESENTATIONS

Exposition – from 8.30

Presentation – 11.45

1. *K. Zaicenkoviene, J. Simaityte (Lithuania)*
The dynamic balance and risk of ankle injury in 16th – 17th years basketball athletes and non-physically active adolescents
2. *R. Andriukaitiene (Lithuania)*
The sustainable development: global goals and changes
3. *E. Lätt, J. Mäestu, J. Jürimäe (Estonia)*
Cardiovascular fitness and physical activity associations to insulin resistance among adolescent Estonian boys: a longitudinal study
4. *V. Ševčenko, V. Lāriņš (Latvia)*
5. Effect of posture correction on balance in elderly people
6. *N. Žilinskienė, D. Radžiukynas, T. Aglinskas (Lithuania)*
20 – 39 years old men anthropometric indices and physical abilities
7. *D. Radžiukynas, R. Sakalauskaitė, E. Kemerytė – Riaubienė, N. Jaščaninienė (Lithuania)*
Young judo athletes' physical and functional capacity
8. *R. Kvikliene, R. Kontorovičienė (Lithuania)*
The analysis of special physical education group students' physical activity situation during their physical education lessons and leisure time
9. *M. Jakovļeva, I. Rudzinska (Latvia)*
Grade 10 student leisure time physical activity in neighborhood
10. *V. Juškelienė, J. Česnavičienė (Lithuania)*
Physical activity measured by IPAQ and health risk behaviour among young adults coming from teachers' training programs
11. *B. Statkevičienė (Lithuania)*
Body balance and swimming

PLENARY MEETING

(Daugava Hall)

April 28, 2017

Plenary session III

Chairs: **Prof. J. Grants (Latvia)**
 Prof. J. Poderys (Lithuania)
 Prof. V. Hein (Estonia)

13.00 – 13.30 **GENERAL CONCLUSIONS OF
CONFERENCE AND CLOSING CEREMONY**

13.30 **Lunch (*Talavera Restaurant*)**