

12th CONFERENCE OF BALTIC SOCIETY OF SPORT
SCIENCES

**SPORT SCIENCE FOR SPORTS PRACTICE, TEACHER
TRAINING AND HEALTH PROMOTION**

PROGRAMME

April 25 - 26, 2019,
Vilnius, Lithuania

Scientific Committee

Prof. Rūtenis Paulauskas (Chairman)	Vytautas Magnus University
Prof. Sniegina Poteliūnienė	Vytautas Magnus University
Prof. Algirdas Raslanas	Vytautas Magnus University
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Prof. Janis Zidens	Latvian Academy of Sports Education
Prof. Andra Fernate	Latvian Academy of Sport Education
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Prof. Mati Pääsuke	University of Tartu
Prof. Jaak Jürimäe	University of Tartu
Prof. Rūta Dadelienė	Vilnius University
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Assoc. Prof. Aušra Lisinskienė	Vytautas Magnus University
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Ramūnė Motiejūnaitė
Žaneta Šalnaitė (Secretary)

Dear Friends,

On behalf of the Baltic Society of Sport Sciences (BSSS), Vytautas Magnus University Education Academy, Lithuanian National Olympic Committee and Lithuanian Olympic Academy we have the honour to invite you to take part in the work of the 12th Baltic States Sport Science Conference „Sport Science for Sports Practice and Teacher’s Training and health promotion” in Vilnius, Lithuania. Vilnius hosts the BSSS conference for the third time.

Vytautas Magnus University Education Academy has the honour to assume the main responsibility for the organization the Conference.

The annual event brings together the teaching staff, research fellows and doctoral students from the institutions of university-level education in the Baltic States and several other countries. Sport scientists from 25 countries already acknowledged their intention to present their study in the Conference this year: from, Germany, UK, Norway, Finland, Italy, Croatia, Spain, Austria, Slovakia, Poland, Greece, Iceland, Turkey, Israel, Brazil, Portugal, China, Chile and others. Traditionally, the Conference offers the opportunity for colleagues to learn about the research results yielded by others and to launch or renew cooperation projects. The format of the conference hopefully encourages academic discussions and interaction between the participants and renowned scientists who have been invited to deliver keynote speeches. The Conference traditionally includes competition for the award of young scientists, who get the chance to exchange ideas and establish contacts for developing their research projects.

The Conference is held in the Best Western Hotel Conference Centre that has excellent facilities for a successful scientific meeting. The Conference venue is located in the city centre, allowing easy access to several hotels, shops and restaurants. We are looking forward to seeing you in Vilnius, Lithuania.

Prof. Dr. Rūtenis Paulauskas
Chairman of the Conference Scientific Committee

CONFERENCE PROGRAMME

April 25, 2019 Hotel 'Best Western Hotel Vilnius', Konstitucijos Av. 14, Vilnius

till 14.00	Arrival and registration
14.00-14.15	Opening ceremony
14.15-16.15	Plenary meeting (Two international and three Baltic keynote speakers)
16.15-16.45	Coffee-brake
16.45-18.45	Young scientists' presentations in sections
16.45-18.30	Coaches' round table meeting
19.00	Banquet

April 26, 2019 Hotel 'Best Western Hotel Vilnius', Konstitucijos Av. 14, Vilnius

8.00-9.00	BSSS Board meeting
9.00-11.00	Meetings in sections (oral and poster)
11.00-11.30	Coffee-brake
11.30-13.00	Meetings in sections (oral and poster)
13.00-13.30	General discussion and closing ceremony
13.30	Lunch and departure

Duration of presentations

International keynote speakers	30 min.
Baltic keynote speakers	20 min.
Oral presentation	15 min.
Poster exposition	9.00-13.00

Conference language

The official language of the Conference is English.

PLENARY MEETING

Plenary session (Glass Hall)

Chairs:	Prof. R. Paulauskas (Lithuania) Prof. J. Grants (Latvia) Prof. J. Jürimäe (Estonia)
14.00-14.15	Opening ceremony
14.15-14.45	L. Purdy (United Kingdom) Sports workers' welfare in European men's basketball: context, experiences, concerns and possibilities.
14.45-15.15	S. Gray (United Kingdom) The importance of the maintenance of skeletal muscle mass for metabolic health.
15.15-15.35	M. Pääsuke (Estonia) Association between upper and lower extremity muscle strength dependent on health status and physical activity in older adults.
15.35-15.55	E. Bernans (Latvia) Factors affecting rates of movement in different types of locomotion.
15.55-16.15	A. Lisinskienė (Lithuania) Moving towards positive interpersonal relationships in youth sports: The coach, the athlete and the parent (C-A-P) concept.
16.15-16.45	Coffee brake

ORAL PRESENTATIONS OF YOUNG SCIENTISTS IN SECTIONS

Section 1. Scientific management of high performance athletes' training and sport movements

April 25, 2019 (Amber Hall)

Chairs:	R. Paulauskas (Lithuania) K. Ciekurs (Latvia) J. Mäestu (Estonia)
16.45-17.00	M. Veispals , A. Gulbe, A. Konrads (Latvia) Does heart rate recovery changes after maximum oxygen consumption test differs during different period of training for high-class male flatwater kayakers?
17.00-17.15	P. Kamarauskas , L. Šimkus, I. Lukonaitienė, H. Paulauskas, D. Conte (Lithuania) Monitoring internal and external game loads and well-being in two consecutive weekly games during the in-season phase in basketball.
17.15-17.30	A. Kniubaite , A. Skarbalius, D. Conte (Lithuania) Quantification of external and internal match loads in elite female team handball.
17.30-17.45	M. Rjabkova , L. Čupriks, A. Zuša (Latvia) Open and square foot stance influence to the bow drawing process in archery. Pilot study.
17.45-18.00	R. Saulgriezis , E. Bernans, E. Gjacs (Latvia) Preferred step frequency in race walking (a case study).
19.00	Banquet

**Sections 2 and 4. Educational and psychological aspects of athletes'
and teacher's training**
Physical activity, recreation and health
April 25, 2019 (Granite Hall)

Chairs:	A. Lisinskienė (Lithuania) A. Fernate (Latvia) A. Koka (Estonia)
16.45-17.00	R. Navardauskas, G. Navardauskienė , A. Šarkauskienė (Lithuania) The sport training of professional road cyclist R. N. during four Olympic period years.
17.00-17.15	H. Tilga , H. Kalajas-Tilga, V. Hein, L. Raudsepp, A. Koka (Estonia) Do the effects of a web-based intervention program for physical education teachers endure? – a 15-month follow-up investigation.
17.15-17.30	D. Krafte , V. Lāriņš, A. Fernāte (Latvia) Styles of special artistry in rhythmic gymnastics.
17.30-17.45	K. Volgemute , Z. Vazne, D. Krauksta (Latvia) Psychometric properties of the sport imagery ability questionnaire in Latvia.
17.45-18.00	T. Sirge , J. Erelina, T. Kums, H. Gapeyeva, K. Kindsiko, M. Pääsuke (Estonia) Sedentary behaviour and physical activity in association with work-related musculoskeletal pain in female office workers.
18.00-18.15	A. Kurmejeva , A. Fernāte (Latvia) Comparison of parents' and swimming specialists competence components evaluation in infant floating.
18.15-18.30	I. Kalnina , I. Zvīgule (Latvia) Effect of positive thoughts on cortisol and immunoglobulin a indicators (Pilot Research).
19.00	Banquet

Section 3. Sport's physiology, biochemistry, medicine
April 25, 2019 (Marble Hall)

Chairs:	A. Ratkevičius (Lithuania) A. Paeglītis (Latvia) M. Pääsuke (Estonia)
16.45-17.00	P. Muanjai , M. Mickevicius, S. Kamandulis, A. Snieckus, D. Mickeviciene, D. A. Jones (Thailand) The relationship between stiffness and pain following unaccustomed eccentric exercise.
17.00-17.15	T. Meerits , T. Oja, T. Kums, J. Erelina, H. Gapeyeva, M. Pääsuke (Estonia) Comparison of the physiological effects of individualized and standardized team warm-up programmes in male basketball players.
17.15-17.30	L. Šilinė , A. Stasiulis (Lithuania) Faster VO ₂ kinetic and greater ventilatory threshold is determined by higher physical activity volume in elderly women.
17.30-17.45	G. Vaitiekaitytė , V. Ginevičienė, K. Milašius (Lithuania) Association of AGT (rs699) and AGTR1 (rs5186) polymorphisms with physical performance phenotype of Lithuanian athletes.
17.45-18.00	M. Kvedaras , A. Ratkevicius (Lithuania) Effects of fasting and caloric restriction on skeletal muscle mass and function in mice.
18.00-18.15	I. Bogdanoviča , V. Lāriņš (Latvia) The effect of different backstroke techniques on children's heart rate variability on the initial stage of swimming learning: case study.
18.15-18.30	A. Swaminathan , T. Venckunas, H. Degens (Lithuania) Age-related changes in glucose tolerance and the relationship with muscle hypertrophy in the m.plantaris of the mouse.
18.30-18.45	Y. Yerzhanova , Zh. Sabyrbek, K. Milasius (Kazakhstan) Assessment of condition of rational nutrition of athletes in Kazakhstan.
19.00	Banquet

COACHES' ROUND TABLE MEETING

April 25, 2019 (Glass Hall)

Chairs: **K. Milašius (Lithuania)**
 A. Raslanas (Lithuania)

16.45-17.30 **V. Issurin (Israel)**
Particularities and early precursors of athletic talent. study of Olympic champions.

17.30-18.15 **R. Germanienė (Lithuania)**
Psychological aspects of coaching

April 26, 2019 Hotel 'Best Western Hotel Vilnius', Konstitucijos Av. 14, Vilnius

8.00-9.00 BSSS Board meeting (Glass Hall)
9.00 – 11.00 Meetings in sections (oral and poster)
11.00-11.30 **Coffee-brake**
11.30-13.00 Meetings in sections (oral and poster)
13.00-13.30 General discussion and closing ceremony
13.30 **Lunch and departure**

ORAL PRESENTATIONS IN SECTIONS

Section 1. Scientific management of high performance athletes' training and sport movements April 26, 2019 (Amber Hall)

Chairs:	R. Paulauskas (Lithuania) A. PHEME (Estonia)
9.00-9.15	V. Issurin , V. Lyakh (Israel) The strategies of coordination training in preparation of high-performance athletes.
9.15-9.30	A. Skarbalius (Lithuania) Quantification of monotony, weekly load and strain during preparatory period in semi-professional female team handball.
9.30-9.45	D. Ribera-Nebot , N. Stavropoulos, D. Stavropoulos, S. Muñoz-Espona (Spain) Technical-tactical optimization in young basketball players.
9.45-10.00	L.I. Tjelta (Norway) Three Norwegian brothers all European 1500m champions. What is the secret?
10.00-10.15	I. Lukonaitienė, S. Kamandulis, J. Stanislovaitiene, H. Paulauskas, R. Kreivytė, V. Pliauga, D. Conte (Lithuania) Monitoring training load, stress response and physical performance in under18 and under20 Lithuanian women national basketball teams preparing for the women's European basketball championships 2018 - division B.
10.15-10.30	D. Valiulin , P. Purge, P. Hofmann, A. Kivil, A. Mueller, G. Tschakert, P. Birnbaumer, J. Mäestu, J. Jürimäe (Estonia) Does high-intensity pre-load have an effect on lactate elimination rate after cross-country skiing sprint performance?
10.30-10.45	J. Lanka (Latvia) Biomechanical principles of coordinated movements for throws for distance.
10.45-11.00	J. Mäestu , R. Lelle, E. Mäestu, P. Mikulic (Estonia) 2000 m rowing ergometer performance modelling of the Olympic medal winners.
11.00-11.30	Coffee brake

- 11.30-11.45 **H. Paulauskas**, I. Lukonaitienė, P. Kamarauskas, A. Pocevičiūtė, D. Conte (Lithuania)
Comparison of player-coach perceptions of internal training load and relation with external training load experienced in semi-professional basketball players.
- 11.45-12.00 **D. Gražulis** (Lithuania)
Performance indicators of Lithuanian national soccer team.
- 12.00-12.15 **I. Kravalis** (Latvia)
Students about dual career in LASE.
- 12.15-12.30 **S. Luika**, J. Grants, I. Kravalis, I. Rudzinska, A. Dombrovska (Latvia)
National sport and physical activity labour market in Latvia.
- 12.30-12.45 **A. Dombrovska**, S. Luika (Latvia)
Factors of high performance sport management in Latvia.
- 9.00-13.00 Poster presentations
- 13.00-13.30 General discussion and closing ceremony
- 13.30 **Lunch and departure**

**Section 2. Educational and psychological aspects of athletes' and
teacher's training**
April 26, 2019 (Granite Hall)

Chairs:	A. Akelaitis (Lithuania) A. Litwiniuk (Poland)
9.00-9.15	A. Fernate (Latvia) Physical education preservice teachers' perceptions of the physical education teacher profession and personal learning experience.
9.15-9.30	A. Litwiniuk , J. Grants, E. Huk-Wieliczuk, T. Waldzinski, W. Blach, B. Blach (Poland) Professional competences of sport coach.
9.30-9.45	A. Lisinskienė , V. Juškeliienė (Lithuania) Adolescents' engagement in physical activity and their attachment to mothers, fathers, and peers: a psychological investigation.
9.45-10.00	A. Abele , I. Immere, G. Immere (Latvia) Interdisciplinary competencies in sports classes at primary school.
10.00-10.15	T. Waldzinski , A. Litwiniuk, A. Durzynska, K. Kochanowicz (Poland) The somatic build versus the sports result of boys aged 12 training tennis in sport club.
10.15-10.30	A. Akelaitis (Lithuania) The expression of emotional skills among individual and team sports male athletes.
10.30-10.45	K. Ciekurs , V. Arnis, E. Bernāns (Latvia) The effect of fitness exercise on anaerobic power and aerobic power.
10.45-11.00	V. Krauksts , K. Ciekurs, D. Krauksta, J. Grants (Latvia) Olympic team rowers stroke technical analysis.
11.00-11.30	Coffee brake
11.30-11.45	L. Zeiberte , M. Jakovjeva (Latvia) The process of implementation of transversal key competences in vocational education and training
11.45-12.00	S. Pajaujienė , I.J. Zuozienė, O. Pajaujytė, M. Alesi, A. Bianco (Lithuania) Physical fitness and motor coordination monitoring during enriched sport activities in a sample of children living in Lithuania. The ESA program.

- 12.00-12.15 **L. Wen-ming**, M. Vita, L. Chun-ri (Lithuania)
The effects of taichi and qigong practice on body awareness and psychological well-being: a pilot study.
- 12.15-12.30 **S. Edriss** (Latvia)
Develop sport performance analysis software for youth football players.
- 12.30-12.45 **I. Bula-Biteniece**, R. Jansone (Latvia)
The balance and writing skills interconnections in preschool.
- 9.00-13.00 Poster presentations
- 13.00-13.30 General discussion and closing ceremony
- 13.30 **Lunch and departure**

Section 3. Sport's physiology, biochemistry, medicine
April 26, 2019 (Marble Hall)

Chairs:	A. Stasiulis (Lithuania) S. Gray (United Kingdom)
9.00-9.15	D. Aras , O. Guler, M. Gulu, F. Akca, E. Arslan, C. Akalan (Turkey) Comparison of balance skills of visually impaired and non-impaired judo athletes and goalball/futsal players.
9.15-9.30	M. Kvedaras , P. Minderis, R. Krusnauskas, A. Lionikas, A. Ratkevicius (Lithuania) Myostatin dysfunction does not affect metabolic rate, but is associated with reduced levels of physical activity in mice.
9.30-9.45	V. Ginevičienė , E. Pranckevičienė, C.M. Calò, M. Massidda, S.B Drozdovska (Lithuania) Association analysis of ACE and ACTN3 genes polymorphisms in Italian, Ukrainian and Lithuanian track and field professional athletes.
9.45-10.00	A. Fokin , M. Dirmontas, I. Libnickienė, P. Minderis (Lithuania) Carbohydrate and fat ratio in hypocaloric diets with equal protein and calorie content does not affect energy metabolism in obese mice.
10.00-10.15	P. Minderis , M. Dirmontas, A. Fokin, I. Libnickienė (Lithuania) Isocaloric low carbohydrate and low fat diets similarly improve body composition and glucose tolerance in obese mice.
10.15-10.30	B. Boobani , R. Licis The effects of plyometric training and blood flow restriction on explosive power in taekwondo players.
10.30-10.45	G. Piliukaitytė, R. Dadelienė (Lithuania) Effects of dance on circulatory and respiratory systems of 14 - 18 years old dancers.
11.00-11.30	Coffee brake
9.00-13.00	Poster presentations
13.00-13.30	General discussion and closing ceremony
13.30	Lunch and departure

Section 4. Physical activity, recreation and health April 26, 2019 (Glass Hall)

- Chairs:** **V. Juškelienė (Lithuania)**
E.-M Riso (Estonia)
- 9.00-9.15 O. Petrachkov, **Vysochina N.** (Ukraine)
The establishment of the educational and scientific institute of physical culture and sports and health technologies of the national defence university of Ukraine named after Ivan. Chernyakhovskiy
- 9.15-9.30 **V. Juškelienė** (Lithuania)
Teachers' occupational health and welfare: the review of scientific evidence
- 9.30-9.45 **F. Akca**, D. Aras, E. Arslan, (Turkey)
Variations in fitness, blood health markers and body composition of postmenopausal overweight women after 12 weeks of varied high intensity interval trainings.
- 9.45-10.00** **R. Solianik**, A. Sujeta, K. Justinavičienė, A. Čekauskaitė (Lithuania)
Effects of 2-day fasting on perceived stress and cognitive, and motor functions in overweight young women.
- 10.00-10.15 **U. Ciematnieks**, R. Gasjune (Latvia)
Effect of local vibrostimulation and physical activities on focus persistence of office workers.
- 10.15-10.30 **S.A.I. Shalfawi**, G.M.Kh. Elkailani, Z. Khemesh (Norway)
The effects of menstrual cycle phases on strength and aerobic exercise performance in female physical education students.
- 10.30-10.45 **E.-M Riso**, K. Mägi, S. Vaiksaar, L. Toplaan, J. Jürimäe (Estonia)
Cognitive abilities, health behaviour and cardiorespiratory fitness according to participation in organized sports, parental education and gender in 6-7-year-old Estonian children.
- 10.45-11.00 **V. Juodžbaliėnė**, D. Lipskis (Lithuania)
The analysis of pain questionnaire suitability for cross-cultural and Lithuanian language adaptation.
- 11.00-11.30 Coffee break
- 11.30-11.45 **K. Visagurskienė**, I. Fjortoft, L. Kjonniksen, R. Rutkauskaitė, R. Gruodyte-Račienė, T. Huovinen, T. Gisladottir, M. Pihu, M. Kull, I. Rudzinska (Lithuania)
Schoolyard affordances for physical activity during recess and physical education: a pilot study in Nordic-Baltic countries.

11.45-12.00	M. Campa (Latvia) Gross motor development differences in children living in orphanage house and family settings.
12.00-12.15	L. Arcimavičienė, J. Armonienė (Lithuania) Young adults, media and health perceptions: socio-linguistic approach.
12.15-12.30	E. Kemerytė-Ivanauskienė (Lithuania) Food supplement consumption, eating habits and physical fitness interface among male students.
9.00-13.00	Poster presentations
13.00-13.30	General discussion and closing ceremony
13.30	Lunch and departure

POSTERS' PRESENTATIONS

April 26, 2019 (Glass Hall)

Exposition – from 9.00 till 13.00

Scientific management of high performance athletes' training and sport movements

- 1 R. Paulauskas, P. Kamarauskas, R. Nekriošius (Lithuania)
Changes in physical and functional basketball players' capacity during different modes of interval training.
- 2 L. Danilevičius, R. Kreivytė (Lithuania)
Shooting analysis of Lithuanian national basketball men's teams in different age categories.
- 3 O. Kokanauskas, R. Kreivytė (Lithuania)
The effectiveness of the game indicators of elite basketball players, playing in different. Positions.
- 4 L. Dudenienė, A. Skarbalius (Lithuania)
Lithuanian judo semi professional female sportsmen aerobic endurance indicators and sifft result changes in mesocycle.
- 5 O. Shevchuk, V. Gamalii, A. Bakum, V. Baidachenko (Ukraine)
Technical and tactical training of high level fencers with the use of modern means of registration and modeling of actions.
- 6 E. Bernans (Latvia)
Optimization of flight phase duration in competitive race walking (a case study)

Educational and psychological aspects of athletes' and teacher's training

- 7 K. Grigaitė-Bliūmienė, R. Malinauskas (Lithuania)
Sport values of young athletes.
- 8 A. Paškevičė, J. Požėrienė (Lithuania)
Football as a tool for integrating refugee children and young people into society.
- 9 S. Šniras, A. B. Ušpurienė (Lithuania)
Stanpoint of young basketball players and coaches to the necessary competence and abilities for activity of the coach.

- 10 H. Kalajas-Tilga, A. Koka, V. Hein, H. Tilga, L. Raudsepp (Estonia)
Perceived autonomy support from the physical education teachers, peers and parents influencing adolescents' objectively measured leisure-time physical activity: an application of the trans-contextual model.
- 11 E. Getmančuks, L. Čupriks, A. Čuprika, A. Zuša (Latvia)
Special weightlifting exercise for increasing weightlifting clean.
- 12 A. Alekrinskis, D. Bulotienė, R. Dagytė (Lithuania)
Peculiarities of pre-competition emotional state of the Lithuanian national kayak and canoe rowing team members and junior kayakers and canoeists.
- 13 L. Malahova (Latvia)
Trends in literature sources for bachelor and master papers at LASE (2009-2018).
- 14 R. Motiejūnaitė (Greece)
The attitude of Lithuanian students toward values of Olympism.
- 15 K. Dzene-Lekse, J. Zidens (Latvia)
Development of orientation in space and time for 10-12 years old tennis players.
- 16 I. Jurgelevičiūtė, S. Šukys (Lithuania)
Empowering youth in physical education: implications for attitudes towards physical education, exercise motivation and physical activity.
- 17 I.J. Zuožienė, S. Pajaujienė, I. Tilindienė, L. Diliutė, M. Alesi, A. Bianco (Lithuania)
Parental involvement in sport and attitude towards children's physical activity during the ESA program.
- 18 R. Kreivytė, I. Tilindienė, I. Valantinė, S. Kavaliauskas (Lithuania)
Aggressive behaviour in sport: Lithuanian case.
- 19 R. Puhke, K. Alev, P. Kaasik, A. Pehme (Estonia)
Differences in dual career activities between national and international level Estonian student-athletes.
- 20 R. Gruodytė-Račienė, T. Virbukas (Lithuania)
Adolescents' athletic identity in relation to perceived variety of teaching styles used in physical education lessons.
- 21 R. Mélinis, A. Vilkas (Lithuania)
The use of anthropometric and performance characteristics to identify talented adolescent weightlifters athletes.
- 22 A. Akelaitis (Lithuania)
The education of emotional skills among senior high school age students in physical education classes.
- 23 S. Poteliūnienė (Lithuania)
Professional motivation of physical education teachers.
- 24 M. Treigienė, S. Šukys (Lithuania)
A critical analysis of athlete retirement from sport.

- 25 E. Šileikytė, S. Sabaliauskas (Lithuania)
Between sport and arts: systematic review of the context in aesthetic sports.
- 26 R. Šilinskienė, S. Sabaliauskas (Lithuania)
Psychometric properties of the teacher leadership scale adapted to physical education.
- 27 J. Krauze, I. Bula-Biteniece (Latvia)
Pupil personality building during judo classes.
- 28 A. Bėtina, I. Bula-Biteniece (Latvia)
Parental involvement in children's physical activities.

Sport's physiology, biochemistry, medicine

- 29 T. Kums, L. Palumäe, J. Ereline, E.-M. Riso, M. Pääsuke (Estonia)
Markers for monitoring intrinsic risk factors for achilles tendon overuse injuries in male maraton runners.
- 30 G. Jurgelaitienė, A. Skurvydas, A. Šatas (Lithuania)
The relationship between motor function fatigue and stress markers after physical task of bilateral sustained isometric maximal voluntary contraction.
- 31 D. Imbrasienė, V. Streckis. K. Vadopalas, A. Paunksnis (Lithuania)
Investigation of retinal vessels during the long-term intense exercise with digital portable eye fundus camera.
- 32 K. Venckutė, V. Ginevičienė, A. Utkus (Lithuania)
Investigation of COL1A1 and COL3A1 gene variants in Lithuanian endurance and sprint/power oriented athletes.
- 33 Z. Galeja, L. Balode, A. Paeglītis (Latvia)
Soft tissue techniques for increasing rib mobility for improve sound tone maintenance for obojists.
- 34 S. Sipavičienė, J. Marčiulionytė (Lithuania)
Effect of taping and eccentric – concentric exercises on pain and functional condition for athletes after anterior cruciate ligament reconstruction surgery.
- 35 K. Vadopalas, Z. Žiobaitė, S. Sipavičienė (Lithuania)
Effect of physical therapy and electrical muscle stimulation on pain and function condition for persons with chronic non-specific low back pain.
- 36 J. Ereline, H. Gapeyeva, T. Kums, M. Pääsuke (Estonia)
Neuromuscular fatigue during repeated high-intensity maximal isokinetic contractions in athletes and untrained men.
- 37 M. Černych, M. Brazaitis, N. Eimantas, P. Simon, E. Neuberger (Lithuania)
Cell free DNA (cfDNA) as a novel marker to prevent chronic overtraining.

- 38 E. Trinkūnas, T. Sakalauskas, K. Poderienė, J. Poderys (Lithuania)
Effects of slow and fast yogic breathing techniques on central and peripheral cardiovascular changes and muscular oxygen saturation.
- 39 S. Derkintienė (Lithuania)
Body image assessment of boys.
- 40 R. Žavoronkova, V. Ginevičienė (Lithuania)
PPARA and PPARGC1A genetic variants in Lithuanian endurance and sprint/power athletes.

Physical activity, recreation and health

- 41 R. Mikalonytė (Lithuania)
Strategies and methods for developing handball skills in the formal physical education curriculum.
- 42 J. Vveinhardt, V.B.Fominienė (Lithuania)
Parallels between sport and sustainable development: how to ensure wellbeing for present and future generations?
- 43 I. Upītis, I. Dravniece, J. Solovjova (Latvia)
Device and method for teaching of breathing.
- 44 Knatauskaitė J., Budde H. (Lithuania)
Changes of motor skills and salivary testosterone after the additional afterschool exercises in adolescents.
- 45 A. Čekanauskaitė, R. Solianik, A. Skurvydas (Lithuania)
Impact of single bout of moderate intensity aerobic training on parameters of cognitive function and motor learning in senescent population.
- 46 V. Borkertienė, B. Zacharienė, A. Stasiulis (Lithuania)
Soccer trained 6-11 year old children demonstrate better executive function compared to untrained peers.
- 47 D. Velička, K. Poderienė, A. Buliuolis, J. Poderys (Lithuania)
Comparison the effects of interval training and traditional endurance training on cardiovascular system.
- 48 O. Liutkevičienė, J. Požėrienė (Lithuania)
The role of sporting activities and personal monitoring system in changing the self-esteem of men in social exclusion.
- 49 R. Rutkauskaitė, K. Kuisinen (Lithuania)
Lithuanian adolescents health literacy association to physical activity and body mass index.
- 50 R. Rutkauskaitė, Š. Selvestravičius (Lithuania)
Physical activity versus sitting behavior among children: objective measurement.

- 51 G.M.K.H Elkailani, S.A.I Shalfawi, (Norway)
The relationship between measures of shoulder mobility, hand size, grip strength and upper body multi joint maximum muscle strength in female physical education students.
- 52 L. Grajauskas, D. Razmaitė (Lithuania)
Some psychometric characteristics of the Lithuanian exercise motivations inventory (EMI-2).
- 53 A. Gatatullin (Republic of Belarus)
Prospects of sports and eventful tourism developing in the republic of Belarus.
- 54 I. Masiulytė, G. Jurgelaitienė, A. Šatas (Lithuania)
Short-term forward head posture correction effect for maximum bite force and masseter muscle electromyography activity.
- 55 L. Žlibinaitė, A. Skurvydas, R. Solianik (Lithuania)
Combination of aerobic exercise and calorie restriction improves mood and cognition in overweight and obese women.
- 56 A. Gedmantaitė, C. Celis-Morales, A. Ratkevičius, S.R.Gray (Lithuania)
Association between diet and handgrip strength: a cross-sectional study from UK biobank.
- 57 G. Vekterienė, V. Juodžbalienė (Lithuania)
Effect of different lymph drainage techniques on lower limb function.
- 58 R. Kviklienė, R. Kontorovičienė (Lithuania)
15-16 years adolescent physical activity differences by gender.
- 59 K. Piech, A. Bodasińska (Poland)
Parents as animators of physical activity: an example of exercises for parent with children.
- 60 E. Mäestu, J. Mäestu, J. Jürimäe (Estonia)
Associations of cardiometabolic health to sedentary and moderate-to-vigorous physical activity accumulation in 10-13-year-old boys.
- 61 V. Larins, J. Lacis (Latvia)
Changes in left ventricular hypertrophy in response to aerobic training (case study of athletes).
- 62 R. Andriukaitienė, V. Voronkova (Lithuania)
Sustainable tourism development: meaning and activity.
- 63 M. Gintilienė, H. Gapeyeva, J. Ereline, T. Kums, J. Jürimäe, M. Pääsuke (Lithuania)
Inflammatory biomarkers, body composition and assessment of habitual physical activity in older adults.
- 64 I. Smuka, L. Purvina (Latvia)
Pilgrimage and recreation.

- 65 R. Jančiauskas (Lithuania)
Relationship between harmful habits of athletic and non-athletic senior pupils and their aggressive behaviour.
- 66 D. Radžiukynas, N. Žilinskienė, D. Gražulis (Lithuania)
Comparison between the 20 - 29 and 30 - 39 years old women anthropometric indices.
- 67 V. Kontautienė, A. Žiauberis (Lithuania)
Changes in physical fitness of permanent compulsory military service soldiers (2015 – 2016).
- 68 Miliauskė E., Budreikaitė A. (Lithuania)
Correlation between physical activity and body mass index indicators in gymnasium year 1-4 students.
- 69 Ž. Jocys, A. Tutlienė (Lithuania)
Physical activity of adolescents at a sports club.
- 70 B. Boobani, J. Grants (Latvia)
Physical recreation to improve the well-being of 55-65 years old men.
- 71 N. Žilinskienė, S. Sabaliauskas, D. Radžiukynas (Lithuania)
Amotivation of students physical education activities and social support of teachers of physical education.

GENERAL CONCLUSIONS AND CLOSING CEREMONY

April 26, 2019

(Glass Hall)

Chair: R. Paulauskas (Lithuania)

13.00-13.30 Analysis of Conference and general conclusions.
Young Scientist's Award.

Presentation of next BSSS Conference

13.30 **Lunch and departure**

