



11th BSSS Conference in Tartu on 25-27 April 2018 Overall Programme



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**The Conference is organized by the University of Tartu in cooperation with
Baltic Sport Science Society and Active Life Cluster SportEST**

11th BSSS Conference in Tartu on 25-27 April 2018

Overall Programme

25 April

17.00-19.00	BSSS Board Meeting and Round Table Meeting
19.00	Welcome reception

26 April

9.00-9.45	Registration and opening of the conference
	Plenary Session I Chair Martin Mooses
9.45-10.30	Iñigo Mujika Univ. of Basque Country Strength training for endurance performance
10.30-11.15	Marc Lochbaum Texas Tech. Univ. Achievement goals and the sports experience – what we do know and what we need to do
11.15-11.45	Aave Hannus TÜ 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 (depending on the number of presentations on concrete topics)
19.00	Conference dinner

27 April

	Plenary Session II Chair Jarek Mäestu
9.00-9.45	Perikles Simon Joh. Gutenberg-Univ. of Mainz efDNA as upcoming biomarker in sports sciences
9.45-10.15	Aleksandra Čuprika (A. Fernāte, R. Seiler) Latv. Acad. Sports Educ. Promotion of physical capital in fitness
10.15-10.45	Tomas Venckūnas Lith. Sports Univ. 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
13.00	Lunch

Coaching and Performance

26 April

Chair: Rūtenis Paulaskas, Lith. Univ. Educ. Sci.

Ando Pehme, Univ of Tartu

	Coaching and Performance 1
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) Univ. 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) Latv. Acad. Sports Educ. The model of special artistry in rhythmic gymnastics
12.45-13.00	Kalvis Ciekurs / Viesturs Krauksts (V. Krauksts, K. Ciekurs, J. Grants, /R. Haljand/, R. Mati(u)ljevičius) Latv. Acad. Sports Educ. 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) Latv. Acad. Sports Educ. Kettlebell lifting exercises develop strength endurance in fitness
	Renata Kvikliene (R. Kontorovicienė) Lith. Univ. Educ. Sci. Evaluation of volleyball techniques in the initial stage of the volleyball players training
	Audronius Vilkas (R. Melinis, A. Lisinskienė) Lith. Univ. Educ. Sci. Do talented boxers athletes have the same performance characteristics as their peer athletes?
	Olena Adelman (L. Čupriks) Latv. Acad. Sports Educ. Combination of strength and plyometric exercises for development of explosive power in powerlifting
	Inga Liepina (A. Kaupuzs) Latv. Acad. Sports Educ. Sport climbers' hand plaster application in bouldering competitions
	Kalvis Ciekurs (I. Nikonovs, R. Zangerl, D. Krauksta) Latv. Acad. Sports Educ. Parkour and recreational activities
	Antra Gulbe (L. Celmina) Latv. Acad. Sports Educ. Canoe rower posture asymmetry correction with exercises
	Donatas Gražulis Lith. Univ. Educ. Sci. Performance indicators of Lithuanian national soccer team
	Coaching and Performance - young scientists' session
	Chair Mehis Viru Univ of Tartu
14.30-14.45	Edgars Bernans (V. Abolins, J. Lanka) Latv. Acad. Sports Educ.

	Differences in vertical ground reaction forces during the first attempt of barefoot running
14.45-15.00	Deividas Velicka (K. Poderienė, Z. Kairiukstienė, J. Poderys) Lith. Univ. Health Sci. 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) TÜ Effect of countermovement jumps on lower limbs performance of basketball substitution players
15.15-15.30	Martins Campa (G. Akuratere, S. Rozenstoka) Latv. Acad. Sports Educ. The effects of mental fatigue on basketball specific physical and technical performance
15.30-15.45	Irina Bogdanoviča (V. Lāriņš) Latv. Acad. Sports Educ. 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 Priit Purge Univ of Tartu
16.00-16.15	Agris Peipiņš (A. Fernāte, B. Smila) Latv. Acad. Sports Educ. The essence of the decision making and its assessment of the orienteering sprint
16.15-16.30	Marina Rjabkova (A. Zuša) Latv. Acad. Sports Educ. 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) TÜ 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) Latv. Acad. Sports. Educ. Effect from respiratory depression on organism functionality in pre-season training period in triathlon

27 April

	Coaching and Performance 2 Chair Jaak Jürimäe Univ of Tartu
11.00-11.15	Daniele Conte (L. Šiupšinskas, R. Kreivyte, H. Paulauskas) Lith. Sports Univ. 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) Lith. Sports Univ. Effectiveness of the pick and roll offense in top level Lithuanian basketball teams

11.30-11.45	Henrikas Paulauskas (R. Kreivyte, L. Šiupšinskas, D. Conte) Lith. Sports Univ. Investigating weekly training load, monotony and strain in top and bottom elite women's basketball teams
11.45-12.00	Einārs Pimenovs (A. Pimenovs, A. Fernāte) Latv. Acad. Sports Educ. The role of Judo's complex and risk group diverse techniques in the process of judo training and competition
12.00-12.15	Enrika Baltrimavičiūtė (E. Zaičenkoviėnė) Lith. Sports Univ. 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

26 April

Chair: Aušra Lisinskiene, Lith. Univ. Educ. Sci.

Andre Koka, Univ of Tartu

	Pedagogy, Social Aspects and Management 1
12.00-12.15	Artūras Akelaitis Lith. Univ. Educ. Sci. The education of emotional skills among senior high school age students in physical education classes
12.15-12.30	Inta Bula-Biteniece / Rasma Jansone Latv. Acad. Sports Educ. Outdoor class in preschool
12.30-12.45	Aušra Lisinskiene (M. Lochbaum) Lith. Univ. Educ. Sci. 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. Lisinskiene) Lith. Univ. Educ. Sci. The selection of talented adolescent athletes: the experiences of elite youth sport coaches
13.00-14.00	Lunch
14.00-14.30	Posters
	Irena Dravniece (M. Jakovļeva, A. Dzenitis) Latv. Acad. Sports Educ. Integrating content of natural sciences in PE games
	Asta Lileikienė (L. Danilevičienė) Lith. Sports Univ. Students' self-perceptions of foreign language anxiety in university learning
	Ando Pehme (R. Puhke, P. Kaasik) TÜ Experience of student-athletes' dual career at the University of Tartu
	Stanislav Sabaliauskas (R. Šilinskiene) Lith. Univ. Educ. Sci. Psychometric properties of the teacher leadership scale adapted to physical education
	Stanislav Sabaliauskas (S. Poteliūnienė, ... Ustilaitė, J. Česnavičienė, A. Juškevičienė) Lith. Univ. Educ. Sci. The need of physical education teachers to develop their professional competence
	Stanislav Sabaliauskas (E. Šileikytė) Lith. Univ. Educ. Sci. Between sport and arts: systematic review of the context in aesthetic sports
	Agita Abele (I. Immere, G. Immere) Latv. Acad. Sports Educ. Sense Development in a Creative Sports Class for Third Grade Students
	Monta Jakovleva (B. Luika, S. Rulle) Latv. Acad. Sports Educ. Provision of the development of children and youth sport in Valmiera
	Kristina Mejeryte-Narkeviciene Lith. Sports Univ. Benefits of university collaboration with leisure organizations in curriculum development
	Vida Ivaskiene (V. Skyriene) Lith. Sports Univ. The distribution of students' values according to their gender and level of physical activity
	Pedagogy, Social Aspects and Management - young scientists' session

	Chair Maret Pihu, Univ of Tartu
14.30-14.45	Henri Tilga (V. Hein, A. Koka) TÜ 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) TÜ 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) Latv. Acad. Sports Educ. Sport Imagery Ability Questionnaire adaptation to Latvian environment
15.15-15.30	Maria de la Trinidad Morales Belando (D. Conte, J.L. Arias-Estero) Univ. Católica San Antonio de Murcia (Spain) 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 2 Chair Lennart Raudsepp, Univ of Tartu
16.00-16.15	Aiga Dombrovska (S. Luika) Latv. Acad. Sports Educ. Preconditions of High performance sport development in Latvia
16.15-16.30	Vita Karvelytė (R. Gruodytė-Račienė) Lith. Sports Univ. 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 Latv. Acad. Sports Educ. 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) Latv. Acad. Sports Educ. Labor market of sport in Latvia: reality and challenges

27 April

	Pedagogy, Social Aspects and Management 3 Chair Vello Hein, Univ of Tartu
11.00-11.15	Raimonda Palionytė Lith. Equestrian Fed. 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 Acad. Phys. Educ. Warsaw Physical activity and personality of students training combat sport
11.45-12.00	Juris Grants (P. Róžański, I. Nikonovs, K. Mirkowicz) Latv. Acad. Sports Educ. Students' emotional state in skiing education: inductive approach

Physiotherapy and Health-Related Issues of Physical Activity

26 April

Chair: Vida Juškeliene, Lith. Univ. Educ. Sci.

Doris Vahtrik, Univ of Tartu

	Physiotherapy and Health 1
12.00-12.15	Rima Solianik (A. Sujeta, K. Justinavičienė, A. Čekanauskaitė, J. Jocienė) Lith. Sports Univ. Effects of 2-day fasting on perceived stress, and cognitive and motor functions in overweight young women
12.15-12.30	Saule Sipaviciene (I. Klizienė, J. Pozerienė, K. Vadoplas) Lith. Sports Univ. 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 Univ. (Turkey) Metabolic and psychological responses of physical activity for a healthy lifestyle among young people.
12.45-13.00	Raminta Sakalauskaite (E. Kemerytė-Riaubienė) Lith. Univ. Educ. Sci. Relationship among maturation and fitness tests indices of girls
13.00-14.00	Lunch
14.00-14.30	Posters
	Rasa Mikalonytė (E. Kemerytė-Riaubienė) Lith.Univ. Educ. Sci. The handball players training based on preventive measures
	Audronius Vilkas (V. Juškeliene, A. Lisinskienė, R. Melinis) Lith. Univ. Educ. Sci. Attachment to parents and peers as a social determinant of adolescent's health related physical activity
	Darius Radžiukynas (N. Žilinskienė, D. Gražulis) Lith. Univ. Educ. Sci. Comparison between the 20–29 and 30–39-year-old women's anthropometric indices
	Viesturs Lāriņš (A. Rudzitis, P. Krumina) Latv. Acad. Sports Educ. A whole body oscillation method influence on functional state of the organism
	Aivars Kaupuzs (A. Gorbunovs, Z. Timsans) Rezekne Acad. Technologies The validation of prototype of force platform for postural balance analysis
	Edita Slamasauskaite (V. Juodzbaliene) Lith. Sports Univ. 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) Lith. Sports Univ. Muscle oxygenation during exercise in physically active and overweight 6-19 years old children
	Eglė Kemerytė-Riaubienė (R. Sakalauskaite) Lith. Univ. Educ. Sci. Peculiarities of respiratory system in cyclic and acyclic sports representatives
	Vilma Juodzbaliene (S. Eidukevicius, L. Skikas, V. Dudoniene, V. Stalioraitis) Lith. Sports Univ. 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) Lith. Sports Univ. Relationship between body composition, inflammatory markers and habitual physical activity in older women
	Onur Oral Ege Univ. (Turkey) The global health problem of childhood overweight and obesity
	Onur Oral (N. Oztasan, K. Arslan, F. Alakoc) Ege Univ. (Turkey) A current glance at sports nutrition supplements
	Onur Oral (N. Oztasan, G. Nomikos, K. Bakan) Ege Univ. (Turkey) The correlation between ACTN3 gene and sports trauma susceptibility
	Physiotherapy and Health - young scientists' session Chair Helena Gapeyeva, Univ of Tartu
14.30-14.45	Margot Bergmann (A. Zahharova, T. Asser, H. Gapeyeva, D. Vahtrik) TÜ 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) Latv. Acad. Sports Educ. Model of consciousness in the process of physical activity
15.00-15.15	Inga Dijokiene (M. Brazaitis, N. Eimantas, N. Baranauskiene, M. Cernych, H. Paulaskas) Lith. Sports Univ. Repetitive short-term cold exposure effect on cognitive function: pilot study
15.15-15.30	Alina Kurmeleva Latv. Acad. Sports Educ. Infant swimming specialist main challenge of parental competence factors in infant floating
15.30-15.45	Karina Ostrovska (A. Kļaviņa, J. Sokolovska) Latv. Acad. Sports Educ. Free-living physical activity programme and Type 2 diabetes: research proposal
15.45-16.00	Coffee break
	Physiotherapy and Health - young scientists' session/ Physiotherapy and Health 2 Chair Mati Pääsuke, Univ of Tartu
16.00-16.15	Margarita Cernych (A. Satas, N. Baranauskiene, M. Brazaitis) Lith. Sports Univ. Residual sauna effect on cerebral activity and cognitive performance (Y)
16.15-16.30	Agris Liepa (U. Gudina, V. Lāriņš, E. De Bruin) Latv. Acad. Sports Educ. 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) TÜ Associations between shoulder active range of motion, shoulder muscle force and fatigability in patients with frozen shoulder syndrome
16.45-17.00	Vilma Dudoniene (R. Obertinca, V. Juodzbaliene, J. Pozeriene) Lith. Sports Univ. Impact of core stabilization exercises on the balance and core stability of young football players

27 April

	Physiotherapy and Health 3 Chair Jelena Sokk, Univ of Tartu
11.00-11.15	Agnė Čekanauskaitė (R. Solianik, A. Skurvydas) Lith. Sports Univ. Effect of a single bout of aerobic exercise on cognitive function and motor learning in elder people
11.15-11.30	Luīze Bebrīša-Fedotova (A. S. Brian, L.J. Lieberman, A. Kļaviņa) Latv. Acad. Sports Educ. SUP Boarding for Children with Visual Impairment During Sport Camp
11.30-11.45	Eva-Maria Riso (S. Vaiksaar, L. Toplaan, J. Jürimäe) TÜ Physical activity of children during the transformation from kindergarten to school
11.45-12.00	Andra Fernāte (A. Kļaviņa) Latv. Acad. Sports Educ. 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) Lith. Sports Univ. Wearable sensors based feedback during exercising for health
12.15-12.30	Triinu Sirge (J. Erelaine, T. Kums, H. Gapeyeva, K. Kindsiko, M. Pääsuke) TÜ Work ability, musculoskeletal pain and physical activity in university administrative workers

Exercise Physiology

26 April

Chair: Eglė Kemerytė-Riaubienė

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	Exercise physiology 1
12.00-12.15	Aivaras Ratkevičius (P. Minderis, M. Kvedaras, A. Fokin, A. Lionikas) Lith. Sports Univ. Fasting leads to greater weakening of soleus muscle than caloric restriction in mice
12.15-12.30	Ruta Dadelienė (R. Nekriošius, J. Skernevičius) Lith. Univ. Educ. Sci. Changes of aerobic metabolism in kayak rowers during application of different training methods
12.30-12.45	Inese Pontaga (J. Zidens) Latv. Acad. Sports Educ. Performance estimation of 11 Latvian handball and basketball players from premium league teams
12.45-13.00	Marius Brazaitis (H. Paulauskas, N. Eimantas) Lith. Sports Univ. Aging preserves motor performance in hyperthermia
13.00-14.00	Lunch
14.00-14.30	Posters
	Kazys Milašius (Y.Y. Yerzhanova, Zh.B. Sabyrbek) Lith. Univ. Educ. Sci. Assessment of condition of rational nutrition of athletes in Kazakhstan
	Edgaras Lapinskas (A. Ratkevičius, A. Lionikas) Lith. Sports Univ. The exploration of morphometric characteristics of soleus muscle between C57BL/6J and consomic C57BL/6J-Chr10A/J/NaJ mice. Pilot study
	Karin Alev (A. Pehme, M. Aru, L. Önnik, P. Kaasik, T. Seene) TÜ 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) TÜ Sodium citrate supplementation after dehydrating exercise may alleviate stress during subsequent 40-km cycling time-trial in the heat
	Zinta Galeja (A. Paeglitis) Latv. Acad. Sports Educ. 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) Joh. Gutenberg- Univ. Mainz Molecular changes impacted by the diving reflex
	Exercise physiology - young scientists' session Chair Raivo Puhke, Univ of Tartu
14.30-14.45	Paulius Kamarauskas (R. Paulauskas) Lith. Univ. Educ. Sci. Muscle oxygenation related to repeated sprint exercises in basketball players
14.45-15.00	Mindaugas Kvedaras (A. Ratkevičius) Lith. Sports Univ. Fighting against muscle weakness in ageing: examining the effect of calorie restriction

15.00-15.15	Lauri Õnnik TÜ Prevalence of low BMD of high-level Kenyan male and female distance runners compared to controls
15.15-15.30	Raulas Krasnauskas (T. Venckūnas, A. Snieckus, N. Eimantas, N. Baranauskienė, A. Skurvydas, M. Brazaitis, S. Kamandulis) Lith. Sports Univ. Effects of very low volume, high-intensity interval exercise in young, old and cyclist men
15.30-15.45	Ligita Siline (A. Stasiulis) Lith. Sports Univ. Relationship between VO ₂ , muscle deoxygenation kinetics and cognitive function in older people
15.45-16.00	Coffee break
	Exercise physiology - young scientists' session Chair Martin Mooses, Univ of Tartu
16.00-16.15	Andrius Satas (G. Jurgelaitiene, A. Cekanauskaite, A. Skurvydas) Lith. Sports Univ. 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) TÜ Is there any relationship between cardiorespiratory fitness and vitamin D status in middle age and elderly men?
16.30-16.45	Giedre Jurgelaitiene (A. Skurvydas, A. Satas) Lith. Sports Univ. The relationship between motor function fatigue, stress markers, glucose and lactate concentration after physical task of bilateral sustained isometric maximal voluntary contraction

27 April

	Exercise physiology 2 Chair Vahur Ööpik, Univ of Tartu
11.00-11.15	Mati Pääsuke (J. Ereline, H. Gapeyeva, T. Kums, M. Leht, M. Nigul, M. Eimre, R. Pääsuke, K. Paju) TÜ Gender differences in age-related bone remodeling
11.15-11.30	Alvis Paeglitis (K. Pogulis) Latv. Acad. Sports Educ. Trunk muscle endurance and emg characteristics
11.30-11.45	Neringa Baranauskiene (N. Eimantas, M. Cernych, H. Paulauskas, A. Satas, M. Brazaitis) Lith. Sports Univ. Effect of repeated sprint interval cycling exercise on neuromuscular and stress indicators in young women
11.45-12.00	Helena Gapeyeva (S. Mutsenik, M. Vahimets, J. Ereline, M. Pääsuke, P. Kaasik) TÜ Calf muscles tone characteristics in young basketball players: immediate effect of cold application
12.15-12.30	Vahur Ööpik (S. Timpmann, ..) TÜ Sodium citrate supplementation: physiological and performance aspects