

CONFERENCE PROGRAM

EQOL

2024 6TH INTERNATIONAL
SCIENTIFIC CONFERENCE
NOVI SAD, SERBIA



UNIVERSITY OF NOVI SAD
FACULTY OF SPORT AND PHYSICAL EDUCATION
50 YEARS ANNIVERSARY [1974-2024.]

Dear Friends and Colleagues,

It is our pleasure to welcome you to the 6th International Scientific Conference: Exercise and Quality of Life 2024: Global Impact of Sport Science. The Conference will take place in the beautiful city of Novi Sad, Serbia, from April 11-13, 2024. Novi Sad, the European Capital of Culture 2021 and European Youth Capital 2019, is the city of culture, science, innovation, sports, and youth. The Faculty of Sport and Physical Education warmly welcomes researchers from different scientific fields in order to enhance better understanding of the relationship between physical activity and quality of life. EQOL 2024 encompasses a rich scientific program of oral and poster presentations and invited lectures, with leading international experts presenting cutting-edge knowledge in their area of expertise.

Global Impact of Sport Science

Exercise and Quality of Life 2024: Global Impact of Sport Science aims to provide the latest scientific and professional insights, present recent findings and share experiences in exercise and health sciences, with a special emphasis given to the importance of lifelong exercise and the quality of life, highlighting biological, medical and psychosocial factors of quality of life.

The Conference covers wide range of topics: Sustainability, Management, Medicine, Rehabilitation, Health, Psychology, Biomechanics, Physical education, Motor control, Performance, Exercise and Tourism.



Patrik Drid, PhD
Dean of the Faculty
President of the Organizing
Committee



Sergej Ostojić, MD, PhD
Vice-Dean for Science
President of the Science
Committee

EXERCISE AND QUALITY OF LIFE 2024: GLOBAL IMPACT OF SPORT SCIENCE

ORGANIZED BY:

Faculty of Sport and Physical Education
University of Novi Sad, Serbia



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Josip Juraj Strossmayer University of Osijek, Croatia



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2024 6TH INTERNATIONAL
SCIENTIFIC CONFERENCE
NOVI SAD, SERBIA

EQOL2024
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Provincial Secretariat for Sports and Youth



Provincial Secretariat for Higher Education and
Scientific Research



Global Impact
of Sport Science

THURSDAY April 11, 2024

► Faculty of Sport and Physical Education

Lovčenska 16, Novi Sad

15:00 – 17:30 Registration

17:30 – 18:00 Welcome speech

18:00 – 19:30 Invited Speakers

Moderators: **Gregor Starc, Aleksander Veraksa, and Ivana Milovanović**

Time	Place	Invited lectures – Paper title and authors
18:00 – 18:30	Amphitheater 1 st floor	Antonino Bianco Effects of resistance training on sleep quality and disorders among individual diagnosed with cancer: an overview within the OACCUS project
18:30 – 19:00	Amphitheater 1 st floor	Aleksandra Milovančev Sports cardiology
19:00 – 19:30	Amphitheater 1 st floor	Kostas Alexandris Subjective wellbeing and the promotion of exercise participation

Moderators: **Rado Pišot, Iva Šklempa Kokić, and Sergej Ostojić**

Time	Place	Invited lectures – Paper title and authors
18:00 – 18:30	Amphitheater 2 nd floor	Tyler W. LeBaron Exploring the potential physiological effects of molecular hydrogen on exercise performance and adaptations
18:30 – 19:00	Amphitheater 2 nd floor	Nachiappan Chokalingam Bridging the gap: Translating biomechanics research from lab to field for practical impact and collaborative innovation
19:00 – 19:30	Amphitheater 2 nd floor	Attilio N. Carraro Sport & Sustainability: A paradox, a challenge, an opportunity

19:30 – 20:00 Welcome cocktail

FRIDAY April 12, 2024

► Faculty of Sport and Physical Education

Lovčenska 16, Novi Sad

08:00 – 17:30 Registration

09:00 – 10:30 Invited Speakers

Moderators: **Stevo Popović, Uroš Marušić, and Višnja Đorđić**

Time	Place	Invited lectures – Paper title and authors
09:00 – 09:30	Amphitheater 1 st floor	Saša Pišot, Uroš Marušić, and Rado Pišot Understanding the Ski Easy unified teaching model tools. How and why is easy?
09:30 – 10:00	Amphitheater 1 st floor	Ivana M. Milovanović, Vuk Raonić, Roberto Roklicer, Marko Manojlović, Tatjana Trivić, and Patrik Drid Beyond the ring - Understanding self-declared prohibited substance use in combat sports: A Serbian perspective

Moderators: **Selcuk Akpinar, Fatma Neşe Şahin, and Sunčica Poček**

Time	Place	Invited lectures – Paper title and authors
09:00 – 09:30	Amphitheater 2 nd floor	Pongrác Ács A complex, health-economic and public health study of the effects of physical activity
09:30 – 10:00	Amphitheater 2 nd floor	Julio Calleja Gonzalez "Personalized Recovery" – The future of recovery
10:00 – 10:30	Amphitheater 2 nd floor	Andrea Uccello FISU's multifaceted approach to student well-being, urban development, and sustainability: A comprehensive analysis

11:00 – 13:30 Session work

Sport psychology, humanities and social science perspectives (History, Management...)

Moderators: **Yiyong Liang, Urška Čeklić, and Tatjana Tubić**

Time	Place	Authors and Paper title
Ⓚ 11:00 – 11:10	Room 3	Barbara Gilić , Mirela Šunda, and Damir Sekulić Changes in physical literacy levels among high school adolescents following a 12-week educational intervention
11:10 – 11:20	Room 3	Urška Čeklić Evaluation the amount of classroom physical activity integration into mathematics lessons
Ⓚ 11:20 – 11:30	Room 3	Tamara Matijević The importance of communication skills for enhancing the quality of physical education teaching
Ⓚ 11:30 – 11:40	Room 3	Ana Cikač , Kaja Teraž, and Saša Pišot From theory to practice: Promoting sedentary behavior awareness
Ⓚ 11:40 – 11:50	Room 3	Berkay Ayverdi and Hakan Sunay The global sporting arms race: A comparative analysis of sport system models
Ⓚ 11:50 – 12:00	Room 3	Gabriella Scavuzzo Unlocking longevity in exercise for older populations: The crucial role of enjoyment in training consistently for a decade or more
12:00 – 12:10	Room 3	Yiyong Liang and Wei Zhao The sporting migrants and naturalisation trajectory in red China
12:10 – 12:20	Room 3	Jovana Trbojević Jocić and Jelica Petrović What predicts flow experience in Serbian professional athletes? The role of motivation and psychobiosocial state
12:20 – 12:30	Room 3	Márk Hoffbauer , Pongrác Ács, and Miklós Stocker Application of portfolio matrix for resource allocation purposes in sports: The case of Hungary
12:20 – 12:30	Room 3	Viktória Prémusz , Eszter Skriba, Gabor Szmataona, Zoltan Tandor, Kalman Kovacs, and Akos Varnagy The importance of health behavior for infertility-specific quality of life, with particular regard to physical activity

Applied sports medicine, physiology, biology and nutrition (Biochemistry, Physiotherapy...)

Moderators: **Pongrác Ács, Boštjan Šimunič, and Valdemar Štajer**

Time	Place	Authors and Paper title
11:00 – 11:10	Room 5	Anja Lazić and Nebojša Trajković Acute effects of different “exercise snacking” interventions on glycemic control in patients with type 2 Diabetes Mellitus (T2DM): Study protocol for a randomized controlled trial
11:10 – 11:20	Room 5	Špela Bogataj , Maja Pajek, Aljaž Kren, Katja Kurnik Mesarič, and Jernej Pajek Aerobic and cognitive training during hemodialysis: A randomized controlled trial
11:20 – 11:30	Room 5	Kristina Malečkar , Marko Kapeleti, Vuk Stevanović, Vladimir Mrdaković, Marija Macura Triple lumbar disc herniation – improving the quality of life through physical exercising: longitudinal case study
11:30 – 11:40	Room 5	Draženka Mačak , Jelena Slankamenac, Dragan Marinković, Brigita Banjac, Branislav Kokeza, and Danilo Radanović Y-balance test performance among previously lower-limb injured and uninjured recreational athletes: A cross-sectional study
11:40 – 11:50	Room 5	Brahian Steven Castrillón Rendon , Carlos Federico Ayala Zuluaga, Maria Valentina Suarez Leon, and Javier Eduardo Castrillón Escudero Prevalence of chronic noncommunicable diseases in relation to quality of life and physical activity in Colombian university students
11:50 – 12:00	Room 5	Tamara Ilić , Stefan Stojanović, Doroteja Rančić, and Ismail Ilbak Effects of supplementation on motor abilities of basketball players
12:00 – 12:10	Room 5	Soroosh Mozaffaritabar , Smaragda Giannopoulou, Lei Zhou, and Zsolt Radak Comparison of the effects of voluntary physical activity on mitochondrial function and lipid breakdown in the liver of aged rats with different running capacities
12:10 – 12:20	Room 5	Nikolett Tumpek , Marcell Lendvay, Rebeka Orbán, and Melinda Járomi Neck pain and its association with physical activity, quality of life and perceived stress level

Sustainable innovation in sport (E-Sports, Sports & Environment, Exercise, Tourism...)

Moderators: **Olga Polyakova, Kostas Alexandris, and Danilo Radanović**

Time	Place	Authors and Paper title
11:00 – 11:10	Amphitheater 1 st floor	Pál Novák New ways of sport: The phenomenon of esports and its impact on our lives
11:10 – 11:20	Amphitheater 1 st floor	Aleksandr Khelvas and Roman Pavlovich Online soccer analytics and robotic video broadcasting system
11:20 – 11:30	Amphitheater 1 st floor	Anita Štajer Examination of physical activity and the use of smart devices among Teacher Training Students in Vojvodina

11:30 – 11:40	Amphitheater 1 st floor	Yerlan Seisenbekov and Rysgul Kokebayeva Educational, upbringing and health-improving significance of Kazakh national games
11:40 – 11:50	Amphitheater 1 st floor	Irena Klebenceti , Miha Lesjak, Klemen Širok and Matej Plevnik Factors for choosing glamping as a way to spend a physically active holiday
11:50 – 12:00	Amphitheater 1 st floor	Szabolcs Halasi , Nándor Angyal, Anita Štajer, István Thékes, Ferenc Györi, Dušan Stupar and Tihomir Dugandžija Does running performance differ on domestic and international games in TSC football team?
12:00 – 12:10	Amphitheater 1 st floor	Belkheyr Kaddour Bey , Mohammed Zerf, and Mohamed Hadjar Kherfane Prevalence and determinants of obesity in citizens

Applied sport sciences (Fitness, Biomechanics, Motor Control, Coaching...)

Moderators: **Julio Calleja Gonzalez, Selcuk Akpinar, and Marko Stojanović**

Time	Place	Authors and Paper title
11:00 – 11:10	Amphitheater 2 nd floor	Petra Rajković Vuletić , Antea Šipalo Lilić, and Vladimir Pavlinović Evaluating the correlation between physical literacy and physical fitness in children aged 9-10 years
11:10 – 11:20	Amphitheater 2 nd floor	Nikola Manolopoulos , Tamara Matijević, and Snežana Damjanović Effects of structured exercise program on the general coordination development of 5-6 year-old children
11:20 – 11:30	Amphitheater 2 nd floor	Birgül Arslan , Salih Pinar, and Figen Çiloğlu Examination of the effects of 8-week two different concurrent training programs on athletes' performance and physiological parameters
11:30 – 11:40	Amphitheater 2 nd floor	Damjan Jakšič, Stefan Maričić , Vladimir Šipka, Radenko Matić, and Jovan Vuković Effects of additional plyometric training with elastic bands on the jump performance, change of direction, and repeated sprint ability of female handball players
11:40 – 11:50	Amphitheater 2 nd floor	Ahmet Aydın, Kerem Tuncay Özgünen, Cemil Keskinoglu , Emine Nur Talib, Nazlı Yaren Dağ, and Ertuğrul Gezgin Indoor athletic performance evaluation through real-time wireless heart rate monitoring
11:50 – 12:00	Amphitheater 2 nd floor	Gábor Herczeg , Levente Szántai, Josip Lepeš and Ferenc Györi Digital football curriculum at Szeged-Csanád Grosics Akadémia
12:00 – 12:10	Amphitheater 2 nd floor	Doroteja Rančić , Tamara Ilić, Stefan Stojanović, and Andrea Marković The influence of motor abilities and anthropometric characteristics on success in rhythmic gymnastics
12:10 – 12:20	Amphitheater 2 nd floor	Giulia Andreottola , Andrea Ongaro, Joao Ferreira, and Domenico Crognale Injuries in women and men handball players, what do coaches need to know? A comprehensive analysis over 3 seasons and 154 games

12:20 – 12:30	Amphitheater 2 nd floor	Viorel Petru Ardelean , Vlad Adrian Geantă, Corina Dulceanu, Claudiu Bulzan, Denis Petran, and Vasile Emil Ursu The effectiveness of a new and promising method for assessing the general physical condition of the adult population - European Fitness Badge
12:30 – 12:40	Amphitheater 2 nd floor	Nebojša Trajković , Elzan Bibić, and Ivan Stajčić The effect of nonlinear pedagogy on the acquisition of volleyball skills in primary school children
12:40 – 12:50	Amphitheater 2 nd floor	Ivana Klaričić and Karlo Čorić Development of basic and specific fitness skills in School of Football “Antunovac”
13:00 – 13:10	Amphitheater 2 nd floor	Ahac Istenič , Luka Šlosar, and Uroš Marušič CLIMBWISE project: Children’s holistic development through sport climbing
13:10 – 13:20	Amphitheater 2 nd floor	Uroš Marušič , Manca Peskar, Luka Šlosar, and Rado Pišot Age-related differences in single- and dual-task walking after 10 days of bed rest
13:20 – 13:30	Amphitheater 2 nd floor	Miloš Kalc , Matej Kramberger, Jakob Škarabot and Aleš Holobar Spinal mechanisms underlying the reduction of the H-reflex after short maximal isometric contractions
13:30 – 13:40	Amphitheater 2 nd floor	Boštjan Šimunič , Katarina Puš, Kaja Teraž, Miloš Kalc, and Manca Peskar Adherence and effects of the neuromuscular training for physical activity related injuries in adolescent basketball players
13:40 – 13:50	Amphitheater 2 nd floor	Dóra Nagy , Kenza Szabó, Stefan Pajić, and László Rátgéber Monitoring fatigue among elite male basketball players
13:50 – 14:00	Amphitheater 2 nd floor	Susana Franco, Vera Simões, Carla Chicau-Borrego, John van Heel, Simona Pajaujiene, Aurimas Maciukas, Farid Kempnaers, Eric Vandenaabeele, Manel Valcarce-Torrente, Sergio Garcia Ortega, Eva Rýzková, Gabriela Luptakova, Branislav Antala, Jana Labudová, Adriana Kaplánová, Iris Španjol, Bojana Harrison, Darinka Korovljjev, and Sergej M. Ostojić Healthy Lifestyle Network Europe project

Empowering future health professionals: Strengthening climate health education to enhance quality of life – ERASMUS+ CLIMATEMED project results

Moderators: **Sergej Ostojić and Darinka Korovljjev**

Time	Place	Authors and Paper title
12:00 – 13:30	Amphitheater 1 st floor	János Girán, Ágnes Szenczi , Gergely Márovics, Frances Shiely, Séamus Mc Monagle, Zoltán Ábrám, Ferencz Loránd, Valentin Nădășan, Dragan Milošević, Bojana Harrison, and Valdemar Štajer Voices from the classroom: Students and academics’ opinions on climate change and health in medical and health education
	Amphitheater 1 st floor	Ábrám Zoltán , Ferencz Loránd, Nădășan Valentin The necessity to integrate the health challenges associated with climate change into the teaching materials at our university

12:00 – 13:30	Amphitheater 1 st floor	Frances Shiely , Séamus Mc Monagle, János Girán, Ágnes Szenczi, Gergely Márovics, Paul Edit, Zsuzsanna Máté, Zoltán Ábrám, Loránd Ferencz, Valentin Nádásan, Darinka Korovljev, and Sergej M. Ostojic Training medical and public health students of the future: open online CLIMATEMED programme
	Amphitheater 1 st floor	Anna Paldy , Dragan Milošević, Marijana Ranisavljev, Nikola Todorović, Zoltán Ábrám, Loránd Ferencz, and Valentin Nádásan Heat alert and heat-related mortality in Hungary in the period 2011-2023
	Amphitheater 1 st floor	Dragan Milošević, Anna Paldy, Marijana Ranisavljev , Nikola Todorović, Frances Shiely, and Séamus Mc Monagle Impact of summer heat on mortality and hospital admissions in the cities of Serbia

14:00 – 15:00 Poster presentations, Big hall

Young Scientists Award: **Julio Calleja Gonzalez, Fatma Neşe Şahin, and Ratgeber Laszlo**

Position	Authors and Paper title
1	Y Vladimir Šipka , Stefan Maričić, Marko Kuridža, Lidija Marković, and Damjan Jakšić Gender differences in physical activity patterns among low-educational level people
2	Y Boris Karasek , Igor Vučković, and Mladen Mikić Differences in statistics between winning and losing U-17 men's and women's basketball teams
3	Y Sara Aščić Descriptive biomechanical parameters of winning performance in men's artistic gymnastics high bar discipline: A national championship: Case study
4	Y Marin Marinović , Sara Aščić, and Iva Macan Exploring differences in postural parameters between elderly individuals engaged in specialized training for one year or more and those without specialized program participation
5	Y Milorad Jakšić , Goran Dimitrić, and Maja Batez Time and mechanical parameters in three different swimming starts
6	Y Stefan Mijalković , Anđela Došić, Danijela Živković, Mladen Živković, and Saša Pantelić The relation between physical activity and the quality of life in elderly people
7	Y Jelena Aleksić , Lucija Faj, Branislav Božović, Anastasija Kočić, Olivera M. Knežević, Dimitrije Čabarkapa, Damjana V. Čabarkapa, and Dragan M. Mirkov Does reaction time influence countermovement jump performance in basketball players? Pilot study
8	Y Bojan Rašković , Dejan Javorac, Rade Milić, Marko Ubović, Miloš Kojić, Dušan Đorđević, Slavko Molnar, and Borislav Obradović Talent identification in youth football categories: A Systematic Review
9	Y Mateja Očić , Vedran Dukarić, and Damir Knjaz The influence of a 12-week circular exercise program on the motor status of a previously inactive female population
10	Y Vedran Dukarić , Mateja Očić, and Damir Knjaz Differences in activity level and HR zones of indoor and outdoor training programs
11	Y Anna Horváth-Pápai , Zoltán Alföldi, Sándor Gergely Gabnai, and Ádám Balog Analysis of pulse pattern indicated by Fit Dance workout (Pilot study)
12	Y Evelin Derkacs and Alexandra Makai The change in the popularity of online workouts among the Hungarian population during the pandemic period
13	Y Carlo Rossi , Roberto Roklicer, and Antonino Bianco Rapid weight loss and its impact on skeletal and cardiac muscle biochemical markers in wrestlers: Implications for combat sports
14	Y Marko Manojlović , Isidora Vasiljević, Carlo Rossi, Tatjana Trivić, Antonino Bianco A comparative study on optimizing strength training protocols in young females: Velocity-based vs. percentage-based programs

- 15 **Y** **Roan Kotze**, Željko Banićević, and Ivana Banićević
Effects of blood flow restriction training and traditional resistance training on 1 rm squat and vertical jump performance following a 4-week intervention in well-trained males
- 16 **Y** **Margarita M. Tcepelevich** and Viktor V. Bolshakov
Exploring the relationship between on-ice testing, spatial attention, and game performance in elite junior ice hockey players
- 17 **Y** **Olívía Dózsa-Juhász**, Viktória Prémusz, Pongrác Ács, Alexandra Makai, and Márta Hock
Determinants of body image in reproductive-age women: A cross-sectional investigation
- 18 **Y** Panagiota Chrysopoulou, Papadimitriou Katerina, Efstratia Tsitskari, Dimitra Kotsi, **Ourlania Matsouka**, and George Costa
Implementing a physical activity game to engage students in a learning environment
- 19 **Y** **Bettina Horváthné Tóth**, András Salamon, and Gabriella Császár
Correlations between smartphone use and physical activity among Hungarian university students
- 20 **Y** **Matvey Sevastyanov**, Ivan Chavychelov, Aleksandr Khelvas, and Roman Pavlovich
Solution for medical rehabilitation by remote monitoring the patient's implementation of exercises set
- 21 **Y** Višnja Đorđić, Tatjana Tubić, and **Lidija Marković**
Physical activity in Vojvodina: Is there a gendered pattern?

Moderators: **Alexandra Makai, Cemil Keskinoglu, and Goran Dimitrić**

- 22 **Ferenc Ihász** and Angéla Somogyi
Analysis of the six-minute walk test (6MWT) as an indicator of the circulatory system in older female
- 23 **Ádám Balog**, Zoltán Alföldi, Anna Horváth-Pápai, and Ferenc Ihász
Comparison of motor skills among junior triathlon athletes
- 24 **Romina Herodek**, Mladen Živković, Aleksandra Ilić, Katarina Herodek, and Aleksandra Catić Đorđević
Effects of combined exercise program on happiness and life satisfaction on physically active older adults: Systematic review
- 25 **Marek Konefal**, Blażej Szmigiel, Bogdan Bochenek, Ryland Morgans, and Piotr Żmijewski
Match running performance preceding scoring and conceding a goal in professional soccer
- 26 Oliver Radenković, **Dušan Stanković**, Emilija Petković, Nikola Aksović, and Saša Bubanj
Effects of resistance training on muscle potential in late adolescents
- 27 **Jovan Gardašević** and Ivan Vasiljević
Two Olympic water polo national teams in Tokyo and the body composition of their players
- 28 **Csaba Melczer**, Tamás Laczkó, Bence Raposa, Péter Tardi, and Dorina Czakó
A study of the effectiveness of core training with EMG in recreational kayak and canoe athletes
- 29 **Vlad Adrian Geantă**, Viorel Petru Ardelean, Pierre Joseph de Hillerin, Iosif Ilia, Gyongy Osser, Andrei Bitang, and Dana Rad
Accuracy of CoM variability assessment using inertial motion sensors - a study case on martial arts
- 30 **Aleksandra Vulović**, Radivoje Radaković, and Nenad Filipović
Numerical Analysis of Knee Joint During Jump Among Volleyball Players
- 31 **Jovan Vuković**, Zoran Milošević, Marko Stojanović, and Bojan Rašković
Effects of resistance program exercise for the improvement of physical form, health biomarkers and quality of life of institutionalized older adults
- 32 **Melinda Trpkovici**, Krisztina Rác, and Viktória Prémusz
The potential use of virtual reality in the treatment of anxiety in athletes
- 33 **Hrvoje Ajman**, Zoran Špoljarić, and Luka Sambol
The effect of a sports program on the development of motor abilities in preschool children
- 34 **Khaothin Thawichai** and Rachnavy Pornthep
The intensity analysis during a male wheelchair tennis match-play between winners and losers of the Thai national team

- 35 **Rachnavy Pornthep** and Khaothin Thawichai
Rowing strategy of Thailand National Team in Asian Games 2023
- 36 **Zsófia Kovács-Szabó** and Márta Hock
Investigating the relationships between endometriosis-related pelvic pain, pain self-efficacy, perceived stress, quality of life and physical activity
- 37 **Ana Kraml**, Danijela Kuna, and Klara Findrik
Differences in motives for exercise between participants of different group exercise programs
- 38 **Iva Macan**, Josip Cvenić, and Marin Marinović
Comparative Analysis of morphological characteristics between female and male second-year students at the Faculty of Kinesiology Osijek
- 39 **Tamás Laczkó**, Csaba Melczer, Kata Morvay Sey, and Miklós Stocker
Role of sports in the psychological well-being of Hungarian adult population in COVID-19 pandemic
- 40 **Klara Findrik**, Iva Macan, and Danijela Kuna
Anthropometric characteristics of students at the Faculty of Kinesiology
- 41 **Dragan Marinković**, Danilo Radanović, Aleksandra Ilić, Aleksandra Rajčić, and Dejan M. Madić
Plantar pressure and force asymmetry in elite gymnast
- 42 **Mihovil Psihista**, Zvonimir Tomac, and Tvrtko Galić
Anthropological characteristics of Osijek basketball referees
- 43 **Milan Cvetković**, Vladimir Miljković, Nikola Manolopoulos, Miloš Kojić, and Slobodan Andrašić
Efficiency of physical education classes among the students: longitudinal study
- 44 **Boris Popović**, Nina Nikolić, Milan Cvetković, and Nikola Manolopoulos
Correlation between anthropometric measures and motor test performance among students
- 45 **Alexandra Makai**
Physical literacy as a determinant of physically active lifestyle in association with well-being, a cross-sectional study
- 46 **Zsolt Bálint Katona**, Zoltán Alföldi, Tamás Gyömörei, Angéla Somogyi, and Ferenc Ihasz
Effect of race days' locomotor stress on the circulatory system in elite rowers
- 47 **Zoltán Alföldi**, Ivan Petrov, Imre Soos, Angela Somogyi, Laszlo Suszter, Emese Santa, Tamas Gyomorei, Erzsebet Sarlos, Zsolt Katona, and Ferenc Ihasz
Physiological and psychological characteristics among female competitive rowers
- 48 **Aleksandra Ilić**, Romina Herodek, and Saša Jovanović
The effects of different modern dance programs on development of physical fitness related to health in younger school aged girls

► **Rectorate, University of Novi Sad**

Dr Zorana Đinđića 1, Novi Sad

17:00 – 17:45 Opening ceremony

18:00 – 19:30 Invited Speakers

Moderators: **Nachiappan Chokalingam, Zsolt Radak, and Sergej Ostojić**

Time	Place	Invited lectures – Authors and Paper title
18:00 – 18:30	Lecture theatre	Gregor Starc When the kids stood still: The effects of COVID-19 mitigation measures on children's development
18:30 – 19:00	Lecture theatre	Olga Polyakova Healthy eSports – Double oxymoron?
19:00 – 19:30	Lecture theatre	Aleksander Veraksa Physical fitness and executive function development among children in a digital world

19:30 – ... Gala Dinner – “Alaska Barka”, Ribarsko Ostrvo, Novi Sad

SATURDAY April 13, 2024

► Faculty of Sport and Physical Education

Lovčenska 16, Novi Sad

08:00 – 09:00 Registration

09:00 – 10:30 Invited Speakers

Moderators: **Olga Polyakova, Nemanja Lakićević, and Borislav Obradović**

Time	Place	Invited lectures – Paper title and authors
09:00 – 09:30	Amphitheater 2 nd floor	Zsolt Radák Exercise and epigenetics
09:30 – 10:00	Amphitheater 2 nd floor	Fatma Neşe Şahin From the podium to the hospital: Female athlete triad
10:00 – 10:30	Amphitheater 2 nd floor	Stevo Popović and Miodrag Zarubica Exceptional body height of people from the Karst Area of the Dinaric Mountain Range: A retrospective of previous knowledge and perspective of advanced assessment methods

10:30 – 11:00 Coffee break

11:00 – 12:30 Session work

Sport psychology, humanities and social science perspectives (History, Management...)

Moderators: **Milan Hosta, Gabriella Scavuzzo, and Milan Cvetković**

Time	Place	Authors and Paper title
11:00 – 11:10	Room 3	Uroš Perko and Maša Černelič Bizjak Adverse childhood experiences and athlete mental health
11:10 – 11:20	Room 3	Anastasia Yakushina and Sergey Leonov Using Virtual Reality to test the anticipation skill of ice hockey players
11:20 – 11:30	Room 3	Milan Hosta Integrating life skills in youth sports through critical pedagogy, virtue ethics, and ethics of care
11:30 – 11:40	Room 3	Neda Aleksić , Marina Đelić, and Jadranka Vlašić Physical activity as possible coping strategy for music performance anxiety
11:40 – 11:50	Room 3	Levente Szantai and Josip Lepeš Application of sport psychology methodology to optimise the self-confidence of a 19-year-old athlete
11:50 – 12:00	Room 3	Nemanja Lakićević , Marko Manojlović, Ambra Gentile, Sergey Leonov, Aleksander Veraksa, and Patrik Drid Cognitively enhanced physical activity and executive function in preschool children: A systematic review

Applied sports medicine, physiology, biology and nutrition (Biochemistry, Physiotherapy...)

Moderators: **Nachiappan Chokalingam, Zsófia Bábszky, and Borislav Obradović**

Time	Place	Authors and Paper title
11:00 – 11:10	Amphitheater 1 st floor	Duygu Çamkartan, Erbil Harbili , Güzin Özkurt, and Ferhan Bölükbaş Effect of beta alanine supplementation on carnosine and histidine level tissue in rats performing high-intensity interval training

11:10 – 11:20	Amphitheater 1 st floor	Hacı Servet Karaca, Sultan Harbili , and Erbil Harbili The effect of different rest intervals on repeated sprint performance and hormones in young football players
11:20 – 11:30	Amphitheater 1 st floor	Rado Pišot , Boštjan Šimunič, Uroš Marušič, Mladen Gasparini, Gianni Biolo, and Marco Narici Understanding the treath of physical inactivity to increase adherence to physical activity: Insights from two decades of research at the Bedrest Centre in Koper
11:30 – 11:40	Amphitheater 1 st floor	Andrea Keser Personality traits, motivation and self-concept as predictors of attitudes towards the teaching of physical education
11:40 – 11:50	Amphitheater 1 st floor	Ersagun Kepir , Gokhan Mehmet Karatay, Bekir Car, Esedullah Akaras, Necmiye Un Yildirim, Serdar Eler, Gokhan Yagiz, and Julian Owen Older football players exhibit significant eccentric hamstring Strength decreases following a football match-play
11:50 – 12:00	Amphitheater 1 st floor	Ana Kovač and Ivan Perić Physical therapy following total knee arthroplasty: A case report
12:00 – 12:10	Amphitheater 1 st floor	Abdullah Kayhan, Salih Karaman, Halil Özer, Ömer Faruk Topaloglu, İnci Kara, and Zübeyde Aslankeser Low- and high-resistance training have similar effects on muscle strength and hypertrophy in young adults
12:10 – 12:20	Amphitheater 1 st floor	Katarina Puš , Miloš Kalč, Peter Kokol, Helena Blažun Vošner, Jernej Završnik, and Boštjan Šimunič Prevalence of sarcopenia in Slovenia
12:20 – 12:30	Amphitheater 1 st floor	Kaja Teraž , Saša Pišot, Ana Cikač, Katarina Puš, and Boštjan Šimunič Preliminary results on the nutritional assessment and Mediterranean diet of older adults in Slovenia
12:30 – 12:40	Amphitheater 1 st floor	Zsófia Bábszky DNA methylation-based aging clocks of 59 Olympic Champions: Are they younger or older than their chronological age?
12:40 – 12:50	Amphitheater 1 st floor	Teo Radić , Jelena Paušić, and Mario Rak Effectiveness of EMMETT technique on Iliotibial band tightness in football players
12:50 – 13:00	Amphitheater 1 st floor	Maria Justine and Adrina Abd Rahim Physical activity and physical functions of older adults residing in the community

Applied sport sciences (Fitness, Biomechanics, Motor Control, Coaching...)

Moderators: **Mariana C. Kotzamanidou, Jelena Obradović, and Maja Batez**

Time	Place	Authors and Paper title
11:00 – 11:10	Amphitheater 2 nd floor	Josip Cveniċ , Stefan Mijalković, and Nera Ivković The effect of group exercise training on physical performance in young healthy women
11:10 – 11:20	Amphitheater 2 nd floor	Iason Vasileiadis The physical aspects of Tiqui-Taca: One of the keys to success in modern football?
11:20 – 11:30	Amphitheater 2 nd floor	Emre Burak Gürlek and Selcuk Akpinar Effects of volleyball sport and age factor on proprioceptive sense

11:30 – 11:40	Amphitheater 2 nd floor	Jelena Obradović, Mila Vukadinović Jurišić, Anja Obradović , Marko Manojlović, and Patrik Drid Is there a difference in the functional stability of women according to their physical activity?
11:40 – 11:50	Amphitheater 2 nd floor	Mariana C. Kotzamanidou , Alexandra Stampouli-Drossopoulou, Vassilios Panoutsakopoulos, Panagiotis Siaperas, George A. Tsalis, and Victoria Misailidou Physical fitness status in middle-aged women: A preliminary examination of the long-term effect of the participation in aquatic fitness programs
11:50 – 12:00	Amphitheater 2 nd floor	Stefan Stojanović , Bojan Jorgić, Ismail Ilbak, and Doroteja Rančić The relationship of the body composition and the motor abilities of female soccer players
12:00 – 12:10	Amphitheater 2 nd floor	Erzsébet Stephens-Sarlós The relationship between primitive reflex profile and development of vestibular maturity in early school years
12:10 – 12:20	Amphitheater 2 nd floor	Ferenc Győri , Beáta Vári, Szabolcs Halasi, Gábor Herczeg, and Tamás Berki The relationship between sitting time with exercise habits, body composition and bone density
12:20 – 12:30	Amphitheater 2 nd floor	Jelena Stošić , Xiao Qiu, Stefan Fuhrmann, and Santiago Veiga Kinematic determinants of repeated transition from underwater to surface swimming
12:30 – 12:40	Amphitheater 2 nd floor	Dimitrije Čabarkapa , Damjana V. Čabarkapa, and Andrew C. Fry Pre-post 3x3 basketball tournament changes in vertical jump force-time metrics
12:40 – 12:50	Amphitheater 2 nd floor	Vassilios Panoutsakopoulos 3D biomechanical analysis of the high jump technique of Greek female adolescent athletes

13:45 – 14:45 Poster presentations, Big hall

Moderators:

Szabolcs Halasi, Gordan Drašinac, Boris Popović, Jovan Vuković, and Mladen Mikić

Position	Authors and Paper title
1	Sandra Vujkov and Bojana Marić Physiological profile of elite Serbian kumite athletes
2	Bojana Marić and Sandra Vujkov Correlation between acute muscle damage and oxidative protection enzymes during different aerobic exercises
3	Gordan Drašinac , Mirela Müller, and Damjan Jakšić Students' perception of the influence in coordination abilities of physical activities on the development of an active process of self-regulated learning
4	Iva Šklempa Kokić , Matko Vuksanić, and Tomislav Kokić Does electromyographic biofeedback-assisted exercise improve outcomes in patients after total hip and knee arthroplasty? Secondary analysis of data from two randomized controlled trials
5	Stephanie Mić , Saša Krstulović, and Goran Kuvačić The association between rapid weight loss and dietary habits of former combat sports athletes
6	Maja Radovanović , Frane Žuvela, and Goran Kuvačić Effects of vibrational treatment on body composition and weight loss: a systematic review

- 7 **Petar Šušnjara**, Nikolina Kolobarić, Ana Stupin, Zrinka Mihaljević, and Ines Drenjančević
mRNA gene expression of healthy young participant who consumed functionally enriched food
- 8 **Branislava Teofilović**, Nevena Grujić-Letić, Emilia Gligorić, Aleksandar Takači, and Daniela Kenjerić
Differences in eating routines among medical and non-medical faculties in Novi Sad
- 9 **Dragana Zanini**, Nikola Todorović, Darinka Korovljev, Valdemar Štajer, and Sergej M. Ostojić
Physical form as panacea: Fitness in elderly is related to cognition, quality of life and brain metabolism
- 10 **Zoran Milić**, Anita Štajer, Milan Šolaja, Darijan Ujsasi, and Vladan Pelemiš
The influence of developmental gymnastics on the motor coordination of preschool children
- 11 **Sunčica Poček**, Duško Cvijović, and Lana Bajić
Age at peak performance of elite male and female volleyball players
- 12 **Stefan Maričić**, Vladimir Šipka, Filip Sadri, and Milorad Jakšić
The differences in anthropometric characteristics of young football players based on their positions
- 13 **Tatjana Trošt Bobić**, Sven Lukić, Lidija Petrinović, and Lara Juriša
Does foot alignment affect balance of elementary school gymnasts?
- 14 **Ilona Mihajlović**, Vuk Ralić, and Nikola Radulović
Impact of elasticity on explosive power in athletes of pioneer age from Sjenica
- 15 Gordana Furjan-Mandić, Ana Mekovec, and **Josipa Radaš**
The influence of music on the performance of general preparatory exercises in preschool children
- 16 **Lana Bajić**, Duško Cvijović, and Sunčica Poček
Serve reception techniques used of elite female volleyball players
- 17 **Ivan Belčić**, Ivan Ljubičić, and Ivan Krakan
Analysis of situational efficiency indicators between the Champions of the Champions league in seasons 2021/2022 and 2022/2023
- 18 **Nikola Andrić**, Aleksandar Karać, Radenko Pantović, Alen Ninkov, Bogdan Ilić, and Marko Stojanović
Seasonal changes of body fat percentage in elite soccer players
- 19 **Danilo Radanović**, Dragan Marinković, Draženka Mačak, Boris Popović, Milan Cvetković, Marko Gušić, Slobodan Andrašić, Milenko Janković, and Dejan M. Madić
Effects of nine months developmental gymnastics exercise program on motor coordination in pre-school children
- 20 **Katerina Papadimitriou**, Sofia Papaioannou, Katerina Daskalaki, Anestis Giannakopoulos, Xanthi Konstantinidou, and Ourania Matsouka
Effectiveness of set-plays depending on the area of the field and the time period of the match in women's soccer
- 21 **Fran Masnjak**, Petar Barbaros, and Zlatan Bilić
Use of mobile applications in estimating the speed of serve in tennis (preliminary research)
- 22 **Dejan Javorac**, Jelena Slankamenac, Saša Marković, and Slavko Molnar
Differences in body composition of professional football players according to their playing positions
- 23 **Slavko Molnar** and Dejan Javorac
Correlation between speed and vertical jump performance in professional football players
- 24 **Mirela Šunda**, Barbara Gilić Škugor, and Nataša Zenić
The impact of an educational intervention on the physical activity of adolescents during the Covid-19 pandemic
- 25 **Ana-Marija Jagodić Rukavina** and Karlo Šimanović
Health improvement intervention at the workplace: Analysis of the perception of body technique as a physical activity within the work environment
- 26 **Snežana Damjanović**, Aleka Vujatović, Draženka Mačak, and Boris Popović
Acute effects of social dances on self-perceived health: a pre-post pilot study
- 27 **Milena Mitrović**
Quality of life of Montenegrin female students

- 28 **Ivana Duvnjak** and Iva Šklempe Kokić
Mental health and satisfaction with life of good and poor sleepers
- 29 **Brigita Banjac**, Radenko Matić, Željka Bojanić, Sandra Radenović, and Ivana Milovanović
Factors related to aggression and interpersonal violence manifestation in youth sport
- 30 **Marian Cosmin Tomescu**
Implications of structured physical activity and sports programmes in reducing inmates aggression - Systematic review
- 31 **Alexandru Octavian Mihai Stoica**
The role of chronic exercise on attention and working memory in adolescents and older adults
- 32 **Mladen Mikić** and Boris Karasek
Dribble Deficit in youth basketball players
- 33 Miloslav Marković, **Mila Vukadinović Jurišić**, Anja Obradović, Aleksandra Aleksić-Veljčković, Andrea Marković, and Jelena Obradović
Functional stability and mobility of middle-aged women with different occupations
- 34 Siniša Nikolić, Borislav Obradović, Vanja Dimitrijević, **Bojan Rašković**, Dragana Dragičević - Cvjetković
Isokinetic and isotonic quadriceps exercise after knee surgery: A retrospective study
- 35 **Giampaolo Santi**, Irene Lardschneider, Ross Wadey, and Attilio Carraro
Managing studies and sport: A qualitative investigation on student-athletes' dual career pathways
- 36 **Ivana Radić**, Sonja Čanković, Sanja Harhaji, Nataša Dragnić, Vesna Mijatović Jovanović, and Zorana Ostojčić
Is walking associated with better self-rated health?
- 37 **Sonja Čanković**, Vesna Petrović, Dušan Čanković, Ivana Radić, and Vesna Mijatović Jovanović
Physical activity and depressive symptoms in adolescents in Vojvodina
- 38 Radenko Matić, Nebojša Maksimović, Ivana Milovanović, and **Brigita Banjac**
Differences among the sports science students with low and high entrepreneurial intentions: The case study of University of Novi Sad
- 39 **Dubravko Marić** and Bojana Marić
Conceptualization of sustainable development through civil and military sport
- 40 **Bojan Mašanović** and Balša Kasćelan
The Sport Without Stereotypes (SWOST): An overview of the project development and outputs
- 41 **Tvrtko Galić**
Does "traditional" sport have a future or is our future e-sport?
- 42 **Duško Cvijović**, Lana Bajić, and Sunčica Poček
Body height of elite volleyball players
- 43 **Bence Cselik**, Ágnes Borsos, János Girán, and Nikolett Tumpek
"10 minutes for health" - Examining the effectiveness of workplace health promotion programmes
- 44 **Miloš Kojić**, Tijana Šćepanović, Borislav Obradović, and Vanja Dimitrijević
Effect of integrate training method on core strength and stability in young adult males and females

Global Impact of Sport Science

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