

6th Baltic Scientific Conference
Sport Science for Sustainable Society

PROGRAMME

April 23 - 25, 2013
Riga, Latvia

Editor

Juris Grants

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

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I.Bula-Bīteniece

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I.Rudzinska

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Website: www.lspa.lv

Dear Friends,

You are welcome to participate in the 6th Baltic Scientific Conference “Sport Science for Sustainable Society”. The Conference theme involves sustainable society where knowledge and skills are shared in the sport, health and active leisure sector.

Within the framework of the Baltic Sport Science Society a new scientific journal *Baltic Journal of Sport Sciences* has been created. The first issue of the Journal will be published in 2013. The publisher is Lithuanian Sport University (Lithuania) with its publishing partners: the University of Tartu (Estonia), Latvian Academy of Sport Education (Latvia) and Lithuanian University of Educational Sciences (Lithuania). The aim of the new Journal is to improve and strengthen sport science in the Baltic States, Europe and the world, as well as to promote better cooperation among sport universities in the Baltic region.

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 the Scientific and
Organization Committees
of the BSSS Conference

Vice President of BSSS
Prof. Juris Grants

BALTIC SPORT SCIENCE SOCIETY

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,
- Lithuania Academy of Physical Education, Kaunas, Lithuania (*at present Lithuanian Sports University*) and Faculty of Sports and Health Education, Vilnius Pedagogical University, Vilnius, Lithuania (*at present Lithuanian University of Educational Sciences*).

The membership of BSSS includes individual members from the Baltic States (the Republic of Estonia, Republic of Latvia, and Republic of Lithuania) who have a PhD degree in sport or related sciences. Doctoral (PhD) students are on the status of junior members. Membership is open for scholars and doctoral students from other countries as well.

The presidents of the BSSS:

- 2009 – 2012 Prof. T. Jürimäe (University of Tartu, Estonia),
- 2012 and at present Prof. A. Skurvydas (Lithuanian Sports University).

The main event of BSSS is an annual conference. Each spring the host organization arranges the Baltic State 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, etc.

The aims of the conferences are:

- to enhance the quality of sport sciences in the Baltic States;
- to organize a young scientist section during the conference in order to promote PhD studies;
- to invite leading scientists all over the world as key-note speakers.

CONFERENCE PROGRAMME

April 23, 2013 Radisson Blu Daugava Hotel, 24 Kugu Street, Riga

Arrival and registration	16.00 – 20.00
BSSS Board meeting	17.00 – 18.00
Round Table Meeting (different project experience of conference participants)	18.00 – 20.00
Welcome cocktail (<i>Talavera Restaurant</i>)	20.00

April 24, 2013 Radisson Blu Daugava Hotel

Opening Ceremony	9.00
Plenary Meeting	
- International keynote speakers	9.30 – 11.10
- Baltic State keynote speakers	11.30 – 13.00
Lunch (<i>Talavera Restaurant</i>)	13.00 – 14.00
Young scientists' presentations in sections	14.00 – 18.30
Sightseeing tours	17.30 – 19.00
Banquet (<i>Talavera Restaurant</i>)	19.00

April 25, 2013 Radisson Blu Daugava Hotel

Meeting in sections (oral and poster)	8.30 – 13.00
General conclusions of the conference	13.00 – 13.30
Closing Ceremony and lunch	13.30

Duration of presentations

Presentations:

- Plenary Meeting – 25 min.
- In sections – 15 min.
- Poster presentation – 5 min.

Conference language

The official language of the Conference is English.

Round Table Meeting

(Different project experience of conference participants)

(Radisson Blu Daugava, *Daugava Hall*)

April 23, 2013

Session I

Chairs:

Assoc. Prof. Ž. Vazne (Latvia), Prof. K. Milašius (Lithuania)

1. *Ž. Vazne (Latvia)*
Development of the Psychological Training Programme for Youth and for High level Athletes Preparation
2. *A.Fernate (Latvia)*
Swiss – Latvian Cooperation Programme: Activities of Swiss Researchers in Latvia, Scientific Exchange Programme NMS-CH (Latvia). Project: "Sport Psychology Research Development Promotion in Latvia as Potential of Human Resources Development"
3. *L.I. Tjelta (Norway)*
Volume and Intensity in Distance Running
4. *J. Solovjova (Latvia)*
Nordic and Baltic Network for Sports Coach Training
5. *J. Solovjova (Latvia)*
EU Project "Competent Sports Teacher"
6. *D. Smaliakou (Belarus)*
Top Level Sportsmen and Education – Models of the Sport Success
7. *K. Milašius (Lithuania)*
Coaching and Performance

Session II

Chairs:

Prof. V. Lāriņš (Latvia), Prof. M. Pääsuke (Estonia)

1. *M. Pääsuke, H. Gapeyeva (Estonia)*
EU FP7 Project "Myoage – Understanding and Combating Age Related Muscle Weakness"

2. *H. Gapeyeva, M. Pääsuke (Estonia)*
Eurostars Project "Developing and Introduction of Novel Technology to be embedded in Myoton Lite Allowing for Objectified Muscle Assessment"
3. *A. Kaupužs (Latvia)*
Project „Designing a Model Geared towards Participation of People at Social Risk Groups in the Labour Market” (MODPART)
4. *L. Sharova, N. Belokrylov (Russia)*
Complex Assessment and Correction of Cerebral Hemodynamics Disorders among Wrestlers with Cervical Osteochondrosis by Means of Bioinformational Technologies
5. *N. Belokrylov, L. Sharova (Russia)*
Rehabilitation in Shoulder Joint Instability among Wrestlers
6. *K. Milašius (Lithuania)*
Exercise in Biology and Physiotherapy

Session III

Chairs:

Prof. J. Grants (Latvia), Assoc. Prof. A. Emeljanovas (Lithuania)

1. *J. Grants, I. Kravalis (Latvia), K. Piech, A. Litwiniuk (Poland)*
International Outdoor Sports and Recreation Education Summer Schools
2. *A. Klonova (Latvia)*
Support for Doctoral Study Programme Implementation
3. *A. Litwiniuk (Poland)*
Lifestyle of University Students from Selected Countries of Europe
4. *R. Navickiene (Lithuania)*
Entrepreneurship in Tourism Service
5. *U. Lindberg (Sweden)*
Dual Career Project
6. *J. Grants (Latvia)*
Seven Steps of the Lifelong Learning Strategy for Sport and Leisure Sector

PLENARY MEETING

(Radisson Blu Daugava, *Daugava Hall*)

April 24, 2013

Plenary session I

Chairs: Prof. J. Grants (Latvia)
Prof. J. Žīdens (Latvia)

9.00 -9.15 Ceremony of the Memorandum
President of BSSS *Prof. A. Skurvydas*

9.15 – 9.30 **OPENING CEREMONY**
Welcome by

Minister of Education and Science of the Republic of Latvia
Assoc. Prof. R. Kīlis

President of Latvian Olympic Committee
A. Vrubļevskis

Presentations:

9.30 – 9.55 *B. Ooijen (European Commission)*
Developments in the EU Dimension Sport

9.55 – 10.20 *Prof. R. Seiler (Switzerland)*
Sport Psychology – Needs and Perspectives for Research,
Education and Application

10.20 – 10.45 *Prof. A. Hökelmann (Germany)*
Effects of Dance Intervention on Physical and Mental Fitness in
Elderly, Aged from 65 – 80 Years

10.45 – 11.10 *Prof. A. Cicchella (Italy)*
Sport Biomechanics Research in Italy and at Bologna University

11.10 – 11.30 **Coffee break** (*in front of Daugava Hall*)

Plenary session II
(Radisson Blu Daugava, Daugava Hall)

- Chairs:** **Prof. M. Pääsuke (Estonia)**
 Prof. A. Skurvydas (Lithuania)
- 11.30 – 11.55** ***Prof. J. Jürimäe (Estonia)***
 Methods for Monitoring Training Status and Their Effects on
 Performance in Rowing
- 11.55 – 12.20** ***Assoc. Prof. R. Paulauskas (Lithuania)***
 Anaerobic Power and Muscle Work Capacity of Lithuanian
 Basketball Players
- 12.20 – 12.45** ***Assoc. Prof. A. Kaupužs (Latvia)***
 Mechanotherapy in Rehabilitation Process
- 13.00 – 14.00** **Lunch (*Talavera Restaurant*)**

YOUNG SCIENTISTS' PRESENTATIONS IN SECTIONS

Pedagogy and Psychology in Sport

(Amata Hall)

April 24, 2013

- Chairs:** **Assoc. Prof. A.Fernāte (Latvia)**
 Assoc. Prof. V.Hein (Estonia)
 Prof. R. Malinauskas (Lithuania)
- 14.00 – 14.15 *I. Zelča, Ž. Vazne, A. Čuprika, I. Amantova, Z. Galeja, L. Ozoliņa, O. Vaisjūns, I. Ozola (Latvia)*
Psychometric Indicators of General Health Questionnaire in Latvia
- 14.15 – 14.30 *A. S. Pavlov (Russia)*
Individual Complex Preparing of Hockey Players
- 14.30 – 14.45 *A. Petrov (Russia)*
Questions in Modelling Training Processes for Hockey
- 14.45 – 15.00 *A. Piļkevičs, R. Jansone, I. Bula-Biteniece (Latvia)*
E-Planner in the Subject of Sports in General Secondary Education
- 15.00 – 15.15 *N. Strazdiņa, A. Klavina (Latvia)*
Physical Education Teachers' Attitude toward Teaching Students with Severe and Multiple Disabilities
- 15.15 – 15.30 *R. Žilinskienė, I. Girčytė (Lithuania)*
Some Aspects of Individual Sports Athletes' Psychological Preparation for the London Olympic Games
- 15.30 – 16.00 **Coffee break** *(in front of Daugava Hall)*

POSTER PRESENTATIONS

Exposition – from 14.00

Presentation – 16.00 – 18.00

1. S. Lisovska, R. Jansone (Latvia)

The Contents of Physical Activities, the Heart Rate Frequency and the Amount of Steps Measurements of 4 to 5 Year-old Children in the Kindergarten's Daily Regime (Results of Pilot Studies)

2. *R. Mėlinis, A. Vilkas (Lithuania)*
Educational Prerequisites for Physical Activity and Sport Orientation of Adolescents from Various Age Groups
3. *S. Saulīte, N. Vysochina (Latvia, Ukraine)*
Self-appraisal and its Impact on the Emotional State of Athletes
4. *P. S. Tsonkova, D. G. Tsonkova (Bulgaria)*
Sport Activity in the Family from the Perspective of the People of the "Third Age"
5. *A. Akelaitis, R. Malinauskas (Lithuania)*
Emotional Intelligence among Lithuanian and Latvian Students of Senior High School Age in Physical Education Classes
6. *S. Derkintienė (Lithuania)*
Gender Differences in Physical Body Image Perception among 8th Grade Pupils
7. *D. Juodsnukis, R. Malinauskas (Lithuania)*
Peculiarities of Social Responsibility among Lithuanian and Latvian Sports Schools Students
8. *V. Kontautienė, A. Vilkas (Lithuania)*
Development of Physical and Self-control Abilities of Junior School Children (10 – 11 years old)
9. *T. Stupuris, S. Šukys, I. Tilindienė (Lithuania)*
Adolescent Athletes Prosocial Behavior and Values Relations in Sport
10. *I. Tihomirova (Latvia)*
Means to Increase the Word Stock of Grade 1 Children Having Speech Disorders in Sports Classes

Coaching and Performance

(Gauja Hall)

April 24, 2013

- Chairs:** Prof. J. Lanka (Latvia)
Prof. J. Jürimäe (Estonia)
Prof. K. Milasius (Lithuania)
- 14.00 – 14.15 *D. Gražulis, D. Radžiukynas (Lithuania)*
Analysis of Lithuanian Young Soccer Players' Game Performance
- 14.15 – 14.30 *A. Kļonova, L. Žilinskis, A. Cicchella, J. Kļonovs (Latvia, Italy, Denmark)*
Development of a Body Contact Improvement Model for Standard Sport Dances
- 14.30 – 14.45 *A. Lazauskas, A. Skarbalius (Lithuania)*
A Long-Term Athlete Development: the Sensitive Periods
- 14.45 – 15.00 *R. Līcis, A. Rudzītis, L. Žilinskis (Latvia)*
Abilities Characterizing High Quality Officials of Sport Games
- 15.00 – 15.15 *A. B. Ušpurienė, A. Čepulėnas (Lithuania)*
Changes in Physical Fitness of 9–10 Years Old Sport Dancers during a Ten-Month Training Cycle
- 15.15 – 15.30 *V. Vaicikonis E. Balčiūnas, K. Milašius (Lithuania)*
High-masteries Kayaker Preparation for World Championships Characteristics
- 15.30 – 16.00 **Coffee break** (in front of Daugava Hall)
- 16.00 – 16.15 *M. Zienius, A. Skarbalius, A. K. Zuoza, K. Pukėnas (Lithuania)*
Total Time and Heart Rate Changes of Youth Golfers during Pre-Shot Routines On-Course Conditions
- 16.15 – 16.30 *A. Zuša, J. Lanka, A. Vagin (Latvia, Russia)*
Forehand Technique Time Parameter Group and Intergroup Variation in Tennis
- 16.30 – 16.45 *V. Talts, J. Ereline, H. Gapeyeva, T. Kums, M. Pääsuke (Estonia)*
Shoulder Muscle Activation during Successful and Unsuccessful Shots in More and Less Skilled Novus Players

POSTER PRESENTATIONS

Exposition – from 14.00

Presentation – 17.00 – 18.00

1. *A. Lajevska, A. Čuprika, L. Čupriks (Latvia)*

Development of the Back Muscle Strength Expressions (Women Aged 23–25)

2. *M. Lesčinskis, S. Saulīte (Latvia)*

Development of Rapid Force and Power with Special Exercises of Kettlebell Sport

3. *E.V. Gorina, E. G. Pritkova (Russia)*

Modern Realities Selection and Prediction in Sports Swimming

4. *E. Balčiūnas, R. Nekrošius, R. Dadelienė, J. Skernevičius (Lithuania)*

Development of Kayak Rowers' Aerobic Capacity

Recreation and Management

(Abava Hall)

April 24, 2013

- Chairs:** **Assoc. Prof. I. Kravalis (Latvia)**
 PhD H. Gapeyeva (Estonia)
 Assoc. Prof. E. Jasinskas (Lithuania)
- 14.00 – 14.15 *I. Kundziņa, J. Grants (Latvia)*
 Relationship between Beta Endorphins and Well-Being for
 Further Outdoor Activities in 45 to 55-years-Old People (Pilot
 Study)
- 14.15 – 14.30 *G. Jansons, J. Ošenieks (Latvia)*
 The Improvement of Management Facilities of Sports
 Organizations in Latvia
- 14.30 – 14.45 *R. Navickiene (Lithuania)*
 Entrepreneurship and Needs of Tourism Service Users
- 14.45 – 15.00 *A. Čuprika, A. Fernāte (Latvia)*
 Fitness in the Sport Structure of Latvia
- 15.30 – 16.00 **Coffee break** *(in front of Daugava Hall)*

POSTER PRESENTATIONS

Exposition – from 14.00

Presentation – 16.00 – 18.00

1. *N. Sitņika, I. Kīsis (Latvia)*
Functional Abilities of Children with Psychoneurological Disturbances
2. *G. Ulme, J. Grants (Latvia)*
Evaluation of Emotional State in Recreation Activities

Exercise in Biology and Physiotherapy

(Daugava Hall)

April 24, 2013

- Chairs:** Prof. A. Paeglītis (Latvia)
Prof. M. Pääsuke (Estonia)
Prof. A. Stasiulis (Lithuania)
- 14.00 – 14.15 *M. Arend, J. Mäestu, J. Kivastik, R. Rämson (Estonia)*
The Effect of Inspiratory Muscle Warm-Up on Submaximal Rowing Performance
- 14.15 – 14.30 *M. Aru, K. Alev, P. Kaasik, R. Puhke, A. Pehme, J. Sagim, T. Seene, E. L. Rahusoo (Estonia)*
Effect of Short-Term Exercise on Regenerative Capacity of Rat Skeletal Muscle
- 14.30 – 14.45 *I. Nikonovs, E. Bernāns K. Ciekurs (Latvia)*
Effect of Drafting on Heart Rate, Cycle Length and Frequency in Cross - country Skiing
- 14.45 – 15.00 *G. Dargeviciute, N. Masiulis, S. Kamandulis, H. Westerblad, A. Skurvydas, D. Kiele, V. Aleknaviciute (Lithuania)*
Residual Force Depression Following Muscle Shortening in Fresh and Fatigued Human Quadriceps Muscle
- 15.00 – 15.15 *Z. Galeja, A. Paeglītis (Latvia)*
Disturbances of Muscles Neural Regulation in Connection with Vegetative Nervous System's Functional State
- 15.15 – 15.30 *D. Kielė, N. Masiulis, R. Gudas, G. Dargevičiūtė, V. Streckis, V. Dudonienė (Lithuania)*
Rate of Force Development in Anterior Cruciate Ligament Reconstructed Patients
- 15.30 – 16.00 **Coffee break** (in front of Daugava Hall)
- 16.00 – 16.15 *L. Lepasalu, E. Lätt, J. Jürimäe, J. Ereline, H. Gapeyeva, T. Kums, M. Mumm, M. Pääsuke (Estonia)*
Body Composition, Bone Mineral Content and Skeletal Muscle Quality Characteristics in Cyclists And Power Lifters
- 16.15 – 16.30 *L. Ozoliņa, I. Pontaga (Latvia)*
Football Player Body Hydration Level Changes during Training in winter

- 16.30 – 16.45 *H. Paulauskas, M. Brazaitis (Lithuania)*
Controllable Repeated Passive Heating Effect to Acclimation Symptoms and Neuromuscular Function
- 16.45 – 17.00 *M. Rätsepsoo, H. Gapeyeva, J. Sokk, J. Erelina, T. Haviko, A. Märtson, M. Pääsuke (Estonia)*
Relationship between Leg Extensor Muscle Strength, Postural Stability and Risk of Falling in Women with Knee Joint Osteoarthritis after a 2-Month Home Exercise Program
- 17.00 – 17.15 *S. Raubaitė, N. Baranauskienė, A. Stasiulis (Lithuania)*
The Effect of Power Endurance and High-Intensity Power Training on Aerobic Capacity in Sprinters
- 17.15 – 17.30 *J. Sagim, T. Seene, E. L. Rahu-soo (Estonia)*
Concurrent Training Vs: Resistance Training: Effects on Skeletal Muscle Morpho-Functional Parameters
- 17.30-17.45 *R. Solianik, A. Skurvydas, M. Brazaitis, V. Berneckė (Lithuania)*
Does Passive Heating and Cooling Induce Any Memory Alterations?

POSTER PRESENTATIONS

Exposition – from 14.00

Presentation – 17.45 – 18.00

1. *A. Kursīte, I. Pontaga (Latvia)*

Aerobic and Anaerobic Characteristics in Female Lacrosse Players

Health and Physical Activity

(Venta Hall)

April 24, 2013

- Chairs:** Prof. L. Čupriks (Latvia)
PhD J. Mäestu (Estonia)
Assoc. Prof. A. Emeljanovas (Lithuania)
- 14.00 – 14.15 V. Abramavičiūtė, K. Zaičėnkoviėnė (Lithuania)
Impact of Strength Training Program on Physical Fitness and Psychical Condition for Elderly Women
- 14.15 – 14.30 V. Berneckė, M. Brazaitis, A. Skuryvydas, R. Solianik (Lithuania)
Effect of Passive Heating and Cooling on Attention
- 14.30 – 14.45 Z. Kalniņa (Latvia)
Adapted Physical Activity Program for Persons with Intellectual Disabilities
- 14.45 – 15.00 L. Kreivėnaitė, V. Streckis., K. Visagurskienė., A. Buliuolis (Lithuania)
The Change in Results of Elderly People's Physical Activity Between 2005 – 2012 Years
- 15.00 – 15.15 A. Šarkauskienė (Lithuania)
Non-Formal Physical Education in School as Factor for Innate Physical Powers Training
- 15.15. – 15.30 D. Vaitkevičiute, E. Lätt, J. Mäestu, M. Saar, P. Purge, T. Jürimäe, J. Jürimäe (Estonia, Lithuania)
Physical Activity is related to Bone Mineral Density in Underweight Adolescent Boys.
- 15.30 – 16.00 **Coffee break** (in front of Daugava Hall)

POSTER PRESENTATIONS

Exposition – from 14.00

Presentation – 16.00 – 18.00

1. C. A. Becerra Fernandez, D. Mayorga-Vega, E. Fernández Rodríguez, R. Merino Marban (Spain)

The Efficacy of a Stretching Program on Hamstring in Students of Baccalaureate Utilizing a Bouncing Stretch Technical

2. *V. Kavaliauskas (Lithuania)*

Evaluation of Physical Development and Physical Activity Indicators among Vilnius School Children Aged 10 – 17

3. *V. Kriaučionienė, A. Laukė, B. Statkevičienė (Lithuania)*

Comparison of the Lifestyle and Subjective Health of Master Swimmers and Physically Inactive Lithuanian Adult Population

4. *H. Vecenāne (Latvia)*

Correlations between students' physical activity habits and factors influencing them from the perspective of Theory of Planned Behavior

5. *D. Majauskienė, A. Kuzmienė (Lithuania)*

Aspects of educational activity of the Lithuanian sport museum in the education of schoolchildren

Talent Development in Sport

(Parlour Hall)

April 24, 2013

Session – workshop 14.00 – 18.00

Chairs: Prof. R. Carlson (Sweden)

Prof. J. Grants (Latvia)

All participants of the project “Elite Sport Training in upper Secondary Education – Models for Sportive Success” take part.

Pedagogy and Psychology in Sport

(Amata Hall)

April 25, 2013

Session I

Chairs:

Assoc. Prof. A. Kļaviņa (Latvia)

Assoc. Prof. V. Hein (Estonia)

8.30 – 8.45

A. Fernāte (Latvia)

Student Athletes' Perceptions of Career Transition in Sport and Higher Education

8.45 – 9.00

V. Hein, A. Emeljanovas, J. H. Ekler, I. Valantine (Estonia, Lithuania)

How Teacher Motivation is related to the Student's Motivation and Physical Self-esteem: a Cross-cultural Evaluation

9.00 – 9.15

C. Kuśnierz (Poland)

The Direction of Functional Asymmetry and Learning Performance in Children and Youth

9.15 – 9.30

A. Kļaviņa, L. Kristen, L. Hammar, K. Jerlinder, T. Soulie (Latvia, Sweden, Denmark)

Cooperation Directed Learning in Inclusive Physical Education

9.30 – 9.45

R. Jansone, I. Immere, A. Fernāte (Latvia)

Learning Outcomes Assessment in Sport Teacher Qualification Obtaining in Latvian Academy of Sport Education

9.45 – 10.00

I. Rudzinska (Latvia)

Sport Student Foreign Language Learning and Use Habits

10.00 – 10.15

L. Zeiberte (Latvia)

Formative Assessment – Assessment for Learning

10.15 – 10.30

A. Rudzītis, U. Gravitis, A. Spunde (Latvia)

Evolution of Students Opinion about Their Studies at the Latvian Academy of Sports Education

11.00 – 11.30

Coffee breaks *(in front of Daugava Hall)*

Session II

Chairs: **Assoc. Prof. Ž. Vazne (Latvia)**
Prof. R. Malinauskas (Lithuania)

11.30 – 11.45 *I. Simonenkova (Latvia)*
Psychological Skills in Sport

POSTER PRESENTATIONS

Exposition – from 8.30

Presentation – 12.00 – 13.00

1. *A. Gulbe (Latvia)*

Evaluation of World Youth Olympic Games from the Perspective of Young Latvian Athletes

2. *A. Budreikaitė, (Lithuania)*

Emotional Experiences of Adolescents' in Sport

3. *A. Emeljanovas, E. Petrylaitė, L. Trinkūnienė (Lithuania)*

Factors Influencing 5th – 8th Grade Students' Ability to Participate and Enjoy Physical Education Classes

4. *M. Jakovleva (Latvia)*

Coach Opinion on the Provision of Coach Continuing Education in Latvia

5. *S. Sabaliauskas, S. Poteliūnienė (Lithuania)*

Athletes and Coaches' Educational Interaction Strategies in Elite Sport

6. *I. Tilindiene (Lithuania)*

Correlation among Bullying, Self-esteem and Anxiety of 12 -15 Year Old Athletes

7. *D. G. Tsonkova (Bulgaria)*

Factors of the Professional Motivation of the Sport Pedagogues in Bulgaria

8. *D. Belyukov (Russia)*

The State's Role in the Development of Physical Education in Russia in the Pre-soviet Period

9. *A. Homiča, U. Jermakova (Latvia)*

Personality of Lecturer in Gym Classes

10. *I. Bula-Biteniece E. Majore (Latvia)*

Pupils' Physical Activities at School (Grade 2)

11. *Ž. Vazne, E. Politors (Latvia)*

Latvian Handball Players' Dependence of Effectiveness in Competitions on Psychological Indicators

Coaching and Performance

(Gauja Hall)

April 25, 2013

Session I

Chairs:

Assoc. Prof. J. Solovjova (Latvia)

Prof. J. Poderys (Lithuania)

- 8.30 – 8.45 *I. Rannama, K. Baskin, M. Roosalu, V. Kunitson (Estonia)*
Comparison of Lower Limb Isokinetic Muscle Performance between Road Cyclists and Middle Distance Runners
- 8.45 – 9.00 *J. Solovjova, I. Upiītis, J. Grants, J. Kalmikovs (Latvia, Australia)*
Posture Specifics in Young Athletes in Different Sports
- 9.00 – 9.15 E. Arājs (Latvia)
Alpha-stim CES and MET therapy for anxiety, depression, insomnia and pain treatment.
- 9.15 – 9.30 *V. Krauksts, K. Ciekurs (Latvia)*
Local Vibration in Kayaking
- 9.30 – 9.45 *L. I. Tjelta (Norway)*
Training Characteristics of Norwegian Distance Runners at an International Level
- 9.45 – 10.00 *J. Poderys, V. Papievienė, E. Trinkūnas, A. Buliuolis, A. Grūnovas (Lithuania)*
Dynamics of Concatenation between Muscular Blood Flow and Functional Indices of Cardiovascular System in Endurance or Sprint Cohorts during Graded Exercise Stress
- 10.00 – 10.15 *A. K. Zuoza, I. J. Zuozienė, E. Voronovas (Lithuania)*
The Efficiency of Free Throws of Young 13–14 Years Old Basketball Players Adjusting the Different Programs of Perfection
- 10.15 – 10.30 *K. Ciekurs, V. Krauksts (Latvia)*
Local Vibration Influence of Anaerobic Power Anaerobic Power Capacity in Rowers
- 10.30 – 10.45 *V. Kunitsõn, I. Rannamaa (Estonia)*
Relationship between Isokinetic Muscle Strength and Finswimming Time

10.45 – 11.00 *A. K. Zuoza, I. J. Zuozienė, L. Beniušis (Lithuania)*
Changes in Morphological Characteristics and Indicators of Velocity Power in Young Basketball Players

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

Session II

Chairs: **Prof. V. Krauksts (Latvia)**
Prof. A. Raslanas (Lithuania)

11.30 – 11.45 *R. Dadelienė, K. Milašius, J. Skernevicius (Lithuania)*
Characteristic of Future Olympic Champion and Other Young Lithuanian Women Swimmers of Age 12

11.45 – 12.00 *A. Raslanas, E. Petkus (Lithuania)*
Aerobic Capacity Training of High Performance Rowers

12.00 – 12.15 *L. Tubelis, A. Jakimavičius (Lithuania)*
The Review of High Performance Women Track Cyclists of 3 km Team Pursuit Race Training Process for European Championship 2012

POSTER PRESENTATIONS

Exposition – from 8.30

Presentation – 12.00 – 13.00

1. *U. Grāvītis, J. Rimbenieks, A. Andersons, M. Pliens (Latvia)*
Forced Mode Training in Basketball

2. *R. Kreivyte (Lithuania)*
Effect of Attention Concentration on the Accuracy of Free Throws

3. *M. Misjuk, I. Rannama, E. Niglas (Estonia)*
Relationship between Lower Limb Isokinetic Strength and 60m Sprint Running Time

4. *P. Purge, U. Viickberg, T. Jürimäe, M. Saar, E. Lätt, J. Mäestu, J. Jürimäe (Estonia)*
Interpretation of Peak Oxygen Consumption in 10-12-Year-Old Soccer Players: Effect of Biological Maturation and Body Size

5. *O. Romero Ramos, M. Gonzalez Dominguez, J. I. Álvarez De Toledo Rohe, A. Ortega (Spain)*
Linares Influence of Acrobatic Skills in Basic Physical and Coordination Abilities

6. *M. Visnapuu, K. Karuauk (Estonia)*

Relationships of Throwing Performance Characteristics with Anthropometrical Parameters and Motor Abilities

7. *N. Žilinskienė, D. Radžiukynas, D. Gražulis (Lithuania)*

Change in Sports Motion Abilities of Students

8. *B. Statkeviciene (Lithuania)*

How Many Years Must Pass before Women can Demonstrate Similar Swim Competition Results as Men

9. *B. Statkevičienė, A. Čepulėnas, V. Bružas (Lithuania)*

Interaction between Age, Body Somatic Indicators and Athletic Results for Men and Women in Elite Pair Figure Skating

10. *B. Statkevičienė, Ž. Bagdanavičiūtė (Lithuania)*

Are there Differences between Men's and Women's Breaststroke Technique Indicators?

11. *U. Ciematnieks, L. Čupriks (Latvia)*

Visualization of Local Vibrostimulation

Recreation and Management

(Abava Hall)

April 25, 2013

Session I

Chairs:

Assoc. Prof. I. Kravalis (Latvia)

Assoc. Prof. B. Švagždienė (Lithuania)

- 8.30 – 8.45 *E. Jasinskas, B. Švagždienė (Lithuania)*
The Possibilities for the Improvement of Assessment of Employees' Activities at Leisure and Sports Clubs
- 8.45 – 9.00 *I. Kravalis, J. Grants, D. Krauksta (Latvia)*
Qualification "Recreation Specialist" for Lifelong Learning Strategy
- 9.00 – 9.15 *S. Luika, B. Luika (Latvia)*
The Influence of Sport Strategic Planning on Sport Development in Latvia
- 9.15 – 9.30 *I. Liepiņa, I. Smukā (Latvia)*
Outdoor Activity Instructor's Education and Certification in Latvia and Other Countries
- 9.30 – 9.45 *K. Piech, I. Bula-Biteniece, R. Jansone, J. Grants (Poland, Latvia)*
The Child as Family Animator of Physical Activity
- 9.45 – 10.00 *G. Zilaityte, G. Junevicius (Lithuania)*
Leisure Cluster: from Theory to Practice
- 10.0 – 10.15 *B. Švagždienė, E. Jasinskas, K. Grigai (Lithuania)*
Assessment of Service Skills in the Companies Providing with Leisure Facilities: Research in Customer Approach
- 10.15 – 10.30 *E. Arājs (Latvia)*
Alpha-stim CES and MET therapy for anxiety, depression, insomnia and pain treatment.
- 11.00 – 11.30 **Coffee breaks** (*in front of Daugava Hall*)

POSTER PRESENTATIONS

Exposition – from 8.30

Presentation – 11.30 – 13.00

1. *R. Andriukaitiene, B. Svagzdiene, A. Pabedinskiene (Lithuania)*

Urban Image – Making in Business Perspective

2. *V. B. Fominienė, D. Bulotienė, R. Mikalauskas (Lithuania)*

Coaches' Loyalty Importance on the Organizations Providing with Recreational Sport Service

3. *S. Kromalcas, I. Valantine (Lithuania)*

Sport Organizations Brand-building Models: Theoretical View

4. *G. Zilaityte, B. Svagzdiene, I. Valantine (Lithuania)*

Development of Innovative Health Tourism Service in Learning Organization

5. *R. Mikalauskas, B. Švagždienė*

Basic Understanding Aspects of Sport Recreation, as a Complicated Social Phenomenon

Exercise in Biology and Physiotherapy

(Daugava Hall)

April 25, 2013

Session I

Chairs:

Prof. I. Pontaga (Latvia)

Prof. V. Oopik (Estonia)

8.30 – 8.45

V. Lāriņš, A. Rudzītis, Z. Pavāre (Latvia)

The Influence of Service Clothing Sets on the Working Capacity

8.45 – 9.00

M. Pääsuke, J. Ereline, H. Gapeyeva, T. Kums, K. Alev, R. Puhke, P. Kaasik, R. Pääsuke, K. Paju, M. Eimre, L. Kadaja, E. Seppet (Estonia)

Mitochondrial Respiration Capacity in Relation to Skeletal Muscle Mass, Inflammatory Markers and Functional Performance in Recreationally Active Older Women

9.00 – 9.15

N. Baranauskienė, S. Raubaitė, A. Stasiulis, (Lithuania)

Changes in EMG of m. m. Vastus Lateralis and Medialis during Incremental Cycling 24 Hours after prior Drop Jumps Exercise

9.15 – 9.30

E. Kemerytė-Riaubienė, N. Jaščaninienė, A. Kepežėnas, R. Tamulevičius (Lithuania)

The Influence of Different Physical Loads on Young Athletes Lung Function

9.30 – 9.45

V. Ööpik, S. Timpmann, K. Kreegipuu, M. Tamm, E. Unt (Estonia)

Is there Any Association between Human Ace i/d Polymorphism and Individual Differences in Exercise Heat Stress Tolerance?

9.45 – 10.00

A. Paegūtis, I. Kukulis, E. Eglītis, Z. Galeja (Latvia)

Muscle Blood Supply during Prolonged Static Voluntary Contractions

10.00 – 10.15

J. Sokk, H. Gapeyeva, J. Ereline, M. Merila, M. Pääsuke (Estonia)

Relationships between Shoulder Muscle Strength and Endurance in Patients with Frozen Shoulder Syndrome before and after Manipulation under General Anesthesia

10.15 – 10.30

K. Zaicenkoviene, A. Stasiulis (Lithuania)

Physiological Responses and Energetics during Different Modes of Pilates Sessions with Reformer: a Pilot Study

- 10.30 – 10.45 *K. Milašius, R. Dadelienė (Lithuania)*
The Impact of Dietary Supplement Multi Maca on Athletes' Organism
- 10.45 – 11.00 *T. Seene, J. Lellep, P. Kaasik (Estonia)*
Strength Development Capacity through the Life-Span: Physiological Limiting Factors
- 11.00 – 11.30 **Coffee breaks** (*in front of Daugava Hall*)

Session II

Chairs: **Prof. V. Lāriņš (Latvia)**
Assoc. Prof. K. Milašius (Lithuania)

- 11.30 – 11.45 *H. Gapeyeva, J. Ereline, T. Kums, H. Aibast, E. Seppet, K. Paju, J. S. McPhee, M. Pääsuke, (Estonia)*
Voluntary and Electrically Evoked Force-Generation Capacity of Quadriceps Femoris Muscle in Young and Elderly Women with Similar Physical Activity

POSTER PRESENTATIONS

Exposition – from 8.30

Presentation – 11.45 – 13.00

- J. Ereline, H. Reino, H. Gapeyeva, T. Kums, M. Pääsuke (Estonia)*
Biomechanical Analysis of Forehand High and Low Serve in Badminton Players with Different Training Experience
- H. Gapeyeva, P. Mitt, J. Ereline, M. Pääsuke (Estonia)*
Influence of 3-Month Therapy Using the Neuro-Othopedic Pneumosuit Atlant on Gait Characteristics in Preschool Children with Spastic Cerebral Palsy
- A. Grūnovas, J. Poderys, E. Trinkūnas, V. Silinskas (Lithuania)*
Influence of Passive Foot Flexion Movements Applied after Exertion Isometric Workouts on Muscular Blood Flow
- V. Juodzbaliene, D. Imbrasiene, R. Sakaliene, V. Dudoniene, M. Baranauskiene (Lithuania)*
The Relationship between the Quadriceps Femoris Thickness and Function in Frail Elderly in Clinical Setting

5. *D. Mickevičienė, D. Karanauskienė, A. Skurvydas, K. Čapkauskas (Lithuania)*
Dependence of Psychomotor Reaction Time on Gender and Task Complexity for Elderly Deaf People

6. *E. M. Riso, M. Veevo, J. Ereline, H. Gapeyeva (Estonia)*
The Effect of Warm-Up and Different Stretching Exercises on Biceps Brachii Muscle Function

7. *D. Vizbaraitė, S. Čapkauskienė, I. Sedliorienė (Lithuania)*
Connection between the 1st Year Students' Nutrition Peculiarities and Body Fat Weight

Health and Physical Activity

(Venta Hall)

April 25, 2013

Session I

Chairs:

Prof. I. M. Rubana (Latvia)

Assoc. Prof. A. Litwiniuk (Poland)

- 8.30 – 8.45 *A. Litwiniuk, R. Cieśliński, E. Huk-Wieliczuk, A. Daniluk, J. Grants, I. Kundzina (Poland, Latvia)*
Chosen Elements of Lifestyle Of The Polish Students of the University of Physical Education and Sport in Biala Podlaska and Students of Latvian Academy of Sport Education in Riga
- 8.45 – 9.00 *D. Bondarev (Sweden)*
Tailoring Physical Activity Prescription: Effect of Regulatory Focus on Acute Affective Responses to Exercise
- 9.00 – 9.15 *V. Ginevičienė (Lithuania)*
A Gene for Sports: the Effect of Ten Genetic Variants on the Physical Performance of Lithuanian Athletes
- 9.15 – 9.30 *A. Gocentas, D. Mieliauskaitė (Lithuania)*
Prevalence of Generalized Joint Hypermobility in Vilnius School-Aged Children
- 9.30 – 9.45 *R. Gruodyte-Racienė, M. C. Erlandson, S. A. Jackowski, A. D. G. Baxter-Jones (Lithuania, Canada)*
Early Exposure to Recreational Gymnastics Benefits Geometric and Bone Architecture Properties: a 4-Year Longitudinal Hip Structural Analysis Study
- 9.45 – 10.00 *J. Mäestu, E. Lätt, T. Rääsk, K. Laas, T. Jürimäe, K. Sak, J. Jürimäe (Estonia)*
Ace Id Polymorphism is Associated with Physical Activity in Pubertal Boys
- 10.00 – 10.15 *A. Mihailova, I. Kaminska, A. Bernāne, O. Ivanova (Latvia)*
The Effect of Physical Activity and Body Composition on Health-related Physical Fitness in Women aged 20 – 49
- 10.15 – 10.30 *R. Merino, O. Romero, E. Fernandez, I. Smukā (Spain, Latvia)*
Effect of Kinesio Taping on the Toe Touch Test Results after Skiing

- 10.30 – 10.45 *L. V. Sharova, N. M. Belokrylov, Y. I. Kravtsov (Russia)*
Complex Assessment and Correction of Cerebral Hemodynamics Disorders among Wrestlers with Cervical Osteochondrosis by Means of Bioinformational Technologies
- 10.45 – 11.00 *A. Ivuškāns, E. Lätt, J. Mäestu, M. Saar, P. Purge, K. Maasalu, T. Jürimäe, J. Jürimäe (Estonia)*
Bone Mineral Density in 11–13-Year-Old Boys: Relative Importance of the Weight Status and Body Composition Factors
- 11.00 – 11.30 **Coffee breaks** (*in front of Daugava Hall*)

Session II

Chairs: **A. Kaupužs (Latvia)**
H. Gapejeva (Estonia)

- 11.30 – 11.45 *N. M. Belokrylov, L. V. Sharova (Russia)*
Rehabilitation in Shoulder Joint Instability among Wrestlers

POSTER PRESENTATIONS

Exposition – from 8.30

Presentation – 11.45 – 13.00

1. *V. Juškeliene, S. Ustilaitė, A. Raslanas (Lithuania)*
Physical Activity as a Determinant of Physical and Psycho Emotional Wellbeing in Late Adolescence
2. *Z. Birontienė (Lithuania)*
Stimulation of Physical Activity in Families with Preschool Children
3. *M. Charmas, A. Bodasińska, M. Zajac (Poland)*
The Effect of Special Volleyball Training on Body Structure and Composition of Female Volleyball Players
4. *I. Dravniece, S. Anisimova, (Latvia)*
LASE Student Opinion about Movement Games at School and Training Process
5. *A. Emeljanovas, B. Mieziene, V. Putriute, M. Liepa (Lithuania)*
Lithuanian 11 – 12 Years Schoolchildren's Characteristics of Physical Activity Depending on the Content of the Physical Education Lesson
6. *T. Kums, S. Valgemäe, J. Ereline, H. Gapeyeva, H. Aibast, M. Pääsuke (Estonia)*
Shoe Characteristics and Balance in Young Women

7. *E. Lätt, J. Mäestu, T. Rääsk, D.A. Rubin, P. Purge, M. Saar, K. Maasalu, T. Jürimäe, J. Jürimäe (Estonia, USA)*
Physical Activity Relations with Body Fatness in Boys with Different Weight Status
8. *R. Merino Marban, C. A. Becerra Fernandez, D. Mayorga-Vega, E. Fernández Rodríguez (Spain)*
Effect of 9 Weeks School-based Program with 1 Minute of Stretching per Each Physical Education Lesson on Hamstrings Flexibility
9. *Z. M. Ossowski, V. Juškelienė, V. J. Česnaitienė (Poland, Lithuania)*
Health Behaviours of female Students of Physical Education from Poland and Lithuania.
10. *R. Rutkauskaitė, S. Dambrauskaitė, L. Klikodujeva (Lithuania)*
Purposeful Physical Education Program Effect on Physical Fitness and Motor Abilities Changes of Preschool Children
11. *R. Rutkauskaitė, E. Maciuleviciene, R. Sadzeviciene (Lithuania)*
Objectively Measured Weekly Physical Activity among Adolescent Boys and their Relation to Body Composition and Physical Fitness
12. *M. Saar, A. L. Parm, K. Pärna, J. Jürimäe, V. Tillmann, K. Maasalu, I. Neissaar, T. Jürimäe (Estonia)*
Relationships between Anthropometry, Biological Age, Body Composition and Bone Parameters in Prepubertal Rhythmic Gymnasts
13. *V. Ševcenko, V. Lāriņš (Latvia)*
Didactic Model for Middle-aged and Elderly People to Purposefully Maintain and Improve Balance
14. *B. Smila, A. Fernāte, V. Zaļaiskalna (Latvia)*
Osteopathic Manipulations of the Ankle in the Context of Young Orienteer's Balance Improvement
15. *M. Rumaka, I. Upītis (Latvia)*
Maximal Respiratory Pressures; their Association with Spirometric Parameters and Changes due to Immersion in Water
16. *V. Ginevičienė, A. Jakaitienė, A. Pranculis, K. Milašius, L. Tubelis, V. Kučinskas, A. Utkus (Lithuania)*
The Myoglobin Gene a 79g Polymorphism in Lithuanian Athletes

Talent Development in Sport

(Parlour Hall)

April 25, 2013

Session I

Chairs:

Prof. J. Grants (Latvia)

Prof. R. Carlson (Sweden)

8.30 – 8.45

R. Carlson (Sweden)

Elite Training and Upper Secondary Education – Models for Sportive Success

8.45 – 9.00

J. Grants (Latvia)

Comparative Approach to the Sports and Education Systems in Latvia

9.00 – 9.15

D. Smaliakou (Belarus)

BSUPC in Framework of the Belarusian System of Sport Education

9.15 – 9.30

U. Lindberg (Sweden)

Dual Career Training and Education in Europe an EU-project during 2009 – 2011

9.30 – 9.45

A. Gattatulin (Belarus)

Development of Training System of Sport Reserve in the Republic of Belarus

9.45 – 10.00

K. Piech (Poland)

Education on Sports Systems in Poland

10.00 – 10.15

D. Cherenkov (Russia)

Education on Sports Systems in Russia

11.00 – 11.30

Coffee breaks *(in front of Daugava Hall)*

PLENARY MEETING

(Daugava Hall)

April 25, 2013

Plenary session III

Chairs: **Prof. J. Grants (Latvia)**
 Prof. J. Žīdens (Latvia)

13.30 – 14.00 **GENERAL CONCLUSIONS OF
CONFERENCE AND CLOSING CEREMONY**

14.00 **Lunch (*Talavera Restaurant*)**