

# The 10th INSHS International Christmas Sport Scientific Conference



## "Qualitative and Quantitative Research in Sport Science"

4-5 th December 2015, Szombathely

### Final Programme

Edited by Mike Hughes and Henriette Dancs



## FOREWORD

The Christmas Sport Scientific Conference is a unique event, having the aim of providing an informal forum for the presentation of research, projects and proposals by postgraduate students or inexperienced researchers. It hopes to provide an opportunity for young researchers to present their ideas in English, a daunting task to most of us, and begin their career path in a friendly atmosphere. There are always a number of very experienced Sports Scientists invited as Keynote Speakers and, as well as providing exemplars in presentation style and content, also provide the delegates with feedback and positive criticism on their research communication skills. In effect the Conference then becomes a practical output for Scientific Writing and Research Methods courses. It was the dearth of such courses in Europe that 'sparked' the ideas for the first Conference ten years ago.

Each year the Conference grows, so much so that we will have to have a rethink on the structure and organisation. This year we had over 100 abstracts – this sort of size inhibits flexibility. It might be in the future that we cannot accept abstracts in the morning that the conference starts. We might even expect the submissions to meet the publishers' guidelines in formatting? On the other hand.....?

Good conference everyone.

Mike Hughes and Henriette Dancs



**The 10th INSHS International  
Christmas Sport Scientific Conference**

**"Qualitative and Quantitative Research in  
Sport Science"**



**Final Programme**

**4th - 5th December 2015**

**University of West – Hungary, Savaria Campus, Institute of  
Sport Science and INSHS (International Network on Sport  
and Health Science), Hungarian Society of Sport Science**

**Szombathely – Hungary**



# **The 10<sup>th</sup> International Christmas Sport Scientific Conference Szombathely (4-5 December 2015)**

## **CONFERENCE PROGRAMME**

### **4<sup>th</sup> December 2015 (Friday)**

**10.00- 10.15** Opening Speeches

**CHAIR:** Prof. Helmut Simi

### **1. SPORT PEDAGOGICAL AND PSYCHOLOGICAL ASPECTS**

#### **KEYNOTE**

**10.15 – 11.15** The attitudes of pupils to Physical Education and Sport

Pavol Bartík,  
Matej Bel University, Faculty of Arts, Department of Physical Education and  
Sport, Banská Bystrica, Slovakia

**11.15 – 11.30** Functional exercise in children and impact on coordination skills and  
motor performance.

E. Zekaj and R. Citozi Ū  
Sports University of Tirana, Department of Physical Activity, Recreation and  
Tourism, Tirana, Albania

**11.30 – 11.45** Subjective and objective indicators in the research on health status

K. Nagyváradí and Zs. Mátrai,  
University of West Hungary, Savaria Campus, Szombathely, Hungary

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**11.45 – 12.10**

**COFFEE BREAK**

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**12.10 – 12.25 Physical activity of Czech schoolchildren in the autumn season.**

T.Vespalec; J. Pavlík; M. Zvonař  
Masaryk University, Faculty of Sport, Brno, Czech Republic

**12.25 – 12.40 The multisystemic theory in water for autism. Its benefits at school and in social life.**

L. Rio, R. Russo, G. Raiola, F. Gomez Paloma  
University of Salerno, Salerno and University of Parthenope Napoli, Italy.

**12.40- 12.50 Introduction of the Journal of Human Sport and Exercise**

A- Penichet Tomas  
University of Alicante, Spain

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**12.50 - 13.50**

**LUNCH**

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**CHAIR: Prof. Pavol Bartik**

**2. SPORT PHYSIOLOGY – PART I**

**KEYNOTE**

**13.50 – 14.50 Physical training in COPD: What are the minimum requirements for pulmonary outpatient rehabilitation?**

Simi, Helmut<sup>1</sup>., Kurze, S<sup>1</sup>., Hofmann, P<sup>2</sup>., Wallner, D<sup>1</sup>. & Wurzinger, G<sup>3</sup>.

<sup>1</sup>Sport Science Laboratory FH JOANNEUM

<sup>2</sup>Institut of Sport Science, Exercise Physiology & Training Research Group,  
University of Graz, Austria

<sup>3</sup>LKH Hörgas-Enzenbach

**14.50 – 15.05 Oxygen uptake kinetics high intensity running.**

C. Triska, <sup>1,2</sup>; N. Novak, <sup>2</sup>, G. Tazreiter,<sup>2</sup> H.Tschan<sup>1</sup> and A. Nimmerichter<sup>2</sup>.

<sup>1</sup> Center for Sports Science and University Sports, Institute of Sport Science,  
University of Vienna, Vienna, Austria

<sup>2</sup> University of Applied Sciences Wiener Neustadt, Sport and Exercise  
Science, Wiener Neustadt, Austria

## **KEYNOTE**

### **15.05 – 15.45 Anthropometric Measures of Non-olympic Rowers Modalities**

Alfonso Penichet Tomas  
University of Alicante, Department of Education, Alicante, Spain

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**15.45 – 16.15**

**COFFEE BREAK**

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## **POSTER SESSION**

**CHAIR: Dr. Alfonso. Penichet Tomas**

### **16.15 – 16.25 Motor imagery, perspective taking and gender differences: a VVIQ2-based study.**

Di Tore P.A., Gomez Paloma F., Barba S., Raiola G.  
University of Salerno (Salerno) and University of Parthenope, Napoli, Italy

### **16.25 – 16.35 Assesement in young soccer team.**

Raiola G., Tafuri D., Gomez Paloma F, Di Tore P A,  
University of Salerno (Salerno) and University of Parthenope, Napoli, Italy

### **16.35 – 16.45 Shot analysis in basketball.**

Raiola G., Altavilla G., Gomez Paloma F., Di Tore P.A.,  
University of Salerno (Salerno) and University of Parthenope Napoli, Italy

### **16.45 – 16.55 Oxygen Uptake Kinetics at Normoxia or Normobaric Hypoxia.**

E. Onarici Gungor<sup>1</sup>, C. Kacoglu<sup>1</sup>, A. Onur Cerrah<sup>1</sup>, İ.Yilmaz<sup>1</sup>  
<sup>1</sup> Laboratory Hypoxia, Anadolu University, Turkey

**16.55 – 17.05 Changes in mean swimming speed and efficiency in the front crawl at 100m track.**

J. Stastny, J. Motycka, M. Batorova and M. Pasek,  
Brno University of technology, Centre of sport activities, Masaryk University  
Czech Republic

**17.05 – 17.15 Gross-motor skills and creativity in artistic gymnastics.**

A. Gargiulo, M. Lipoma, G. Raiola, F. Gomez Paloma,  
University of Salerno, Salerno and University of Parthenope Napoli, Italy.

**17.15- 17.25 Visual motor skills and reading fluency: a correlational study.**

Di Tore P.A., Lipoma M., Gomez Paloma F., Gervilli M.G., Raiola G.  
University of Salerno (Salerno) and University of Parthenope, Napoli, Italy

**17.25 -17.35 Physical Self-Description Questionary and disability in the primary school**

Petrillo, D. Tafuri, L. Rio, G. Raiola, F. Gomez Paloma  
University of Salerno (Salerno) and University of Parthenope, Napoli, Italy

**17.35 – 17.45 Sport and disability: new proposal in the school.**

Gomez Paloma F., Giglio K., Pastena N., Raiola G.,  
University of Salerno (Salerno) and University of Parthenope, Napoli, Italy

**17.45 -17.55 Effects of six weeks static stretching exercises on biomotoric characteristics of adolescents.**

G. Aydin and I. Yilmaz,  
Anadolu University, Faculty of Sport Sciences, Eskisehir, Turkey

**17.55 – 18.05 Examining the level of humanitarian values of physical education and sports teaching department students from different variables.**

D. Y. Solmaz,  
Anadolu University, faculty of Sport Science, Turkey

**18.05 – 18.15**

J. Jurikova,  
Masaryk University, Faculty of Sport, Brno, Czech Republic

**18.15 – 18.25 Changes of the Body Composition of the Women Youth and Young Volleyball Players.**

P. Jindřich and T. Vespalec ,  
Masaryk University, Faculty of Sport Studies, Brno, Czech Republic

**18.25 – 18.35 Women Football Spectatorship in the Czech Republic.**

Petr Scholz,  
Masaryk University, Faculty of Sport Studies, Brno, Czech Republic

**18.35 -18.45 The relationship between body composition and playing position in Czech football players.**

Vaculíková, P., Cacek, J., Kalina T., Svobodová, L.  
Faculty of Sport Studies, Masaryk University, Brno, Czech Republic



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**CONFERENCE PROGRAMME**

**5<sup>th</sup> December 2015 ( Saturday)**

**3. PERFORMANCE ANALYSIS AND BIOMECHANICS**

**CHAIR: Dr. Alfonso Penichet**

**KEYNOTE**

**09.30 – 10.30 Momentum in sport.**

Mike Hughes  
ITC, Carlow, Eire.

**10.30 – 10.45 Can the Intensity of Game Load Affect the Shooting Performance in Basketball?**

T. Vencúrik and J.Nykodým,  
Faculty of Sports Studies, Masaryk University, Brno, Czech Republic

**10.45 – 11.00 Accelerometry in Sport.**

M. Lukášek<sup>1</sup> and R. Vychodilová<sup>2</sup>  
<sup>1</sup>Athletics, Swimming and Outdoor Sports Department, Faculty of Sports Studies, Masaryk University, Czech Republic  
<sup>2</sup>Department of University Sports Centre, Faculty of Sports Studies

**11.00- 11.15 Measuring of sport specific skills of football players**

Koltai, M 1; Wallner, D 2; Gusztafik, Á 1; Tóth, Zs 1; Sáfár, Z 1; Dancs, H 1;  
Hagenauer, M 2; Buchgraber, A M 2;  
1. NYME-BDPK Institute of Academy of Sport, Szombathely, Hungary  
2. FH-Joanneum, Bad Gleichenberg, Austria

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**11.15 – 11.45**

**COFFEE BREAK**

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**KEYNOTE**

**11.45 – 12.45 Perturbations in sport.**

Mike Hughes  
ITC, Carlow Eire. Ireland, UK

**12.45-13.00 Academic Networking in Sport Science**

H. Dancs,  
University of West Hungary, Institute of Sport Science, Szombathely,  
Hungary

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**13.00 – 14.00**

**LUNCH**

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**4. TEACHING , COACHING METHODOLOGY**

**CHAIR: Prof. Mike Hughes**

**14.00 – 14.15 Model of fencing coaches education in Czech Republic.**

V. Kundera,  
Centre of Sport Activities of Technical University, Brno, Czech Republic.

**14.15 – 14.30 Harnessing technology in Physical Education.**

P. Palička and J. Zvoníček,  
University of Hradec Kralove, Faculty of Education. Czech Republic

## **5. SPORT AND SOCIETY/ LEISURE/TOURISM/RECREATION:**

**CHAIR: Prof. Mike Hughes**

### **14.30 – 14.45 The Influence of Strength Abilities on Sports Performance in Climbing**

J. Došla and J. Meško,  
Faculty of Sports Studies, Masaryk University, Brno, Czech Republic.

### **14.45 – 15.00 The role of hiking activities in improving balance skills.**

R. Citozi, A. Kasa and E. Peja.  
Sports University of Tirana, Sport Science Research Institute, Department of  
Physical Activity Health and Recreation, Tirana, Albania

### **15.00 – 15.15 Efficacy of selected Mobility exercises and participation in special games on psychomotor abilities among intellectually disabled children of under 18 age groups.**

J. S. Jesudoss,  
YMCA College of Physical Education, Chennai, India

### **15.15 – 15.30 Outdoor adventure activity benefits and the contribution of adventure tourism in local development.**

R.Palushi, R. Citozi and A. Kasa,  
Sports University of Tirana, Sport Science Research Institute, Department of  
Physical Activity Health and Recreation, Tirana, Albania

### **15.30 -15.45 Explanation of Communication Skills Model of Tehran Physical Educators with Emphasis of increasing Job satisfaction and Organizational commitment**

A. Hemmati Afif, M. Ehsani<sup>2</sup>, .H. Koozehchian<sup>3</sup>  
1.Imam Khomeini International University. 2&3 Tarbiat Modares University

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**15.45 – 16.15**

**COFFEE BREAK**

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## 2. SPORT PHYSIOLOGY – PART II

### 16.15 – 16.30 Ultra-endurance running performance might be risky for athletes.

J. Novak\*, O. Topolcan\*\*, J. Racek\*\*\* and V. Zeman\*,  
\*Institute of Sports Medicine, Medical Faculty of Charles University, Plzen  
\*\* Central Laboratory for Immunoanalysis, Faculty Hospital, Plzen  
\*\*\* Department of Biochemistry and Haematology, Faculty Hospital, Plzen,  
Czech Republic

### 16.30 – 16.45 Muscle activation of a sportsman vs. an untrained man.

P.Korvas<sup>1</sup>, M. Kot'ová<sup>2</sup> and P. Horáková<sup>2</sup>.  
Brno University of Technology:-  
<sup>1</sup>Centre of Sport Activities,  
<sup>2</sup>Department of Biomedical Engineering. Czech Republic

### 16.45 -17.00 Postural and balance evaluation in 18-30 years old Albanian $\beta$ -Thalassemia patients.

<sup>1</sup>G. Pano, <sup>2</sup>R. Çina, G. Murataj, A. Kristuli and D. Rusi,  
<sup>1</sup> Sports University of Tirana, Sport Sciences Research Institute, Department  
of Physical Activity Health and Recreation, Tirana Albania.  
<sup>2</sup> Sports University of Tirana, Albania, Faculty of Movement Sciences, Department  
of Sport Medicine, Tirana, Albania

### 17.00 -17.15 Gait and equilibrium evaluation in 18-30 years old Albanian $\beta$ -Thalassemia patients.

<sup>1</sup>G. Pano, <sup>2</sup>D.Prifti, Genti M., Kristuli, A. and D. Rusi  
<sup>1</sup> Sports University of Tirana, Sport Sciences Research Institute, Department  
of Physical Activity Health and Recreation, Tirana Albania.  
<sup>2</sup> Sports University of Tirana, Albania, Faculty of Movement Sciences,  
Department of Sport Medicine, Tirana Albania

### 17.15- 17.30 Physical activity effects on postural adjustments.

<sup>1</sup>A. Bogdani and <sup>2</sup>G. Pano,  
<sup>1</sup> Sports University of Tirana, Albania, Faculty of Physical Activity and  
Recreation, Department of Physical Activity, Recreation and Tourism. Tirana,  
Albania  
<sup>2</sup> Sports University of Tirana, Sport Science Research Institute, Department of  
Physical Activity Health and Recreation, Tirana, Albania

**17.30- 17.45 Correlation between posture and balance in 19-20 years old Albanian Students.**

<sup>1</sup>A. Bogdani and <sup>2</sup>G. Pano,

<sup>1</sup> Sports University of Tirana, Albania, Faculty of Physical Activity and Recreation, Department of Physical Activity, Recreation and Tourism. Tirana Albania

<sup>2</sup> Sports University of Tirana, Sport Science Research Institute, Department of Physical Activity Health and Recreation, Tirana Albania

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**17.45**

**Conference Closing**

**Celebrate our 10th Anniversary Christmas Conference!**

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*Prof. Henriette Dancs, and...*

*The Team of the Organising Committee*