



## 21<sup>th</sup> Annual Scientific Conference of Montenegrin Sports Academy

### “SPORT, PHYSICAL ACTIVITY AND HEALTH: CONTEMPORARY PERSPECTIVES”

18th - 21th April 2024, Cavtat, Dubrovnik – Croatia,  
Hotel Croatia, Iznad Tihe 8, 20210 Cavtat

#### CONFERENCE PROGRAMME

##### 18<sup>th</sup> April 2024 Thursday

19:30 - 21:00	Registration
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##### 19<sup>th</sup> April 2024 Friday

8:00 - 9:00	Registration
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8:30 - 9:00	Poster setting
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9:00 - 11:00	Oral Sessions
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##### Session 1

**J. Vladović:** how do elite football goalkeepers train during the competitive microcycle?

**S. Aščić:** analysis of game-related parameters and league rankings in men's volleyball across european leagues

**A.K. Ivišić:** Do we have a new sport-specific gymnastics balance test?

**Š. Bogataj:** Intradialytic Cycling and Cognitive Training to Improve Functional and Physiological Status of Hemodialysis Patients: A Randomized Controlled Trial

**D. Vrdoljak:** hyperaemic reactivity of muscles during freediving training: a case study

**M. Ilić:** Examining the Association Between Physical Activity, Burnout Symptoms and Academic Performance among Health Sciences Students from Eight South-East European Countries

**T. Hakonardottir:** Different submaximal tests to evaluate aerobic endurance among older adults: Gait speed and heart rate

**K. Kodjoman:** The Impact of a 6-Week Step Aerobic Training on Motor Abilities and Body Composition in Adult Recreational Women

**A. Sinkovic:** Knowledge on legal issues of anti-doping regulations in sport professionals; validation of the newly developed measurement tool

**B. Majić:** Physical literacy levels in the Croatian adult population; gender differences and associations with participation in organized physical activity

**M. Petričušić:** Combine tests as a predictor of situational performance in the rookie NBA season

		<b>L. Cikojević:</b> Profiling of the positional running performance among FIFA confederations – Analysis of the FIFA World Cup 2022
		<b>J. Maleš:</b> Positional Variations in Internal Training Intensity and Psychometric Responses During Soccer's Pre-Competitive Phase
		<b>J.O.Gudmundsson:</b> The difference in breathing frequency and volume in recreational cyclists and runners as a fraction of VO2max
<b>11:00 - 12:00</b>	<b>Invited Speeches</b>	<b>Hrvoje Ajman:</b> Social capital and physical activity of high school students
		<b>Peter Bakalar:</b> Physical activity-related injuries prevention in adolescents – results of the PARIPRE project.
<b>12:00 - 12:30</b>	<b>Opening ceremony</b>	
<b>12:30 - 15:00</b>	<b>Break</b>	
<b>15:00 - 15:30</b>	<b>Poster Sessions</b>	<b>Session 2</b>
		<b>A. Dimitric:</b> Problematic use of the internet among medical students
		<b>Z. Milinković:</b> Morphological characteristics of clear cell renal tumor - five-year experience of one institution
		<b>J. Gatarić:</b> Functional training in kickboxing
		<b>D. Kozma:</b> Impact of a six-week training program on rowers' muscular endurance
		<b>S. Vajagić:</b> Effects of four-week plyometric exercises on explosive strength in children
		<b>D. Djurdjevic:</b> Arrangement of facial wrinkles in women and influence of certain harmful factors on their appearance
		<b>J. Tosic:</b> Crisis communication in emergency situations
		<b>N. Gleser:</b> Health and sport advancement through implementation of innovative applications and technologies in smart cities infrastructures
		<b>I. Macan:</b> Perception of Personal Physical Appearance Among Female and Male Students of the Faculty of Kinesiology
		<b>K. Findrik:</b> Body Image and Self-Confidence: A Study of Attitudes Among Students of the Faculty of Kinesiology.
		<b>M. Rezić:</b> Trends in physical activity levels and sedentary behavior in preadolescence; gender specific analysis
		<b>S. Besal:</b> Fitback Digital Toolkit: Supporting Physical Education Teachers in Raising the Physical Literacy of Adolescent Students Through Effective Fitness Monitoring
		<b>D. Ivanov:</b> Impact of football set-pieces in the European club tournaments in the 2022/2023 season
	<b>D. Kuna:</b> The Impact of a Combined Exercise Model on Certain Dimensions of Exercisers' Anthropological Status	
<b>15:30 - 16:00</b>	<b>Poster setting</b>	
<b>16:00 - 18:00</b>	<b>Oral Sessions</b>	<b>Session 3</b>
		<b>H. Haider:</b> Project management services
		<b>T. Bavčević:</b> Motivation for Physical Education in Students Aged 13 to 15 Years – Structure Analysis
		<b>R. Janičić:</b> Social Marketing in Raising Awareness about BMI Index and Opportunities of Sport's Activities for Qualitative Life
		<b>S. Rogan:</b> How is low back pain associated with low education and why? A systematic review with meta-analysis

		<b>M. Starčević:</b> Factors influencing the choice and remaining of subjects in group Fitness programs
		<b>J. Križaj:</b> Sociological variables in football talent development: An analytical exploration of strategy, chance, and societal dynamics with practical applications.
		<b>I. Luznik:</b> Evaluating active range of motion of the cervical spine with a head-mounted inertial measurement unit: Intra-rater, test-retest and inter-rater reliability in healthy adults
		<b>D. Tominec:</b> Exogenous Ketosis at High-Altitude: Influence on Oxygenation During Rest and Maximal Exercise
		<b>S. Iskra:</b> Utility of glucose threshold determination during exercise in trained cyclists
		<b>I. Stefanovska-Cvetkovska:</b> Active Architecture: Designing Sports Facilities and Urban Spaces to Promote Physical Activity and Health
		<b>A. Rađa:</b> Differences in the speed and power of elite u12 and u13 croatian soccer players
		<b>B. Gilić:</b> Urban-rural differences in physical literacy levels among Croatian adults
		<b>R. Huaraca Aparco:</b> Prevalence of anemia, iron deficiency anemia and associated factors among children aged 1 to 5 years in the high Andean rural environment, Perú.
		<b>D. Koseva- Kovacheva:</b> Urban Planning and Physical Activity: How to Activate Public Open Spaces
<b>18:00 - 18:35</b>	<b>Poster Sessions</b>	<b>Session 4</b>
		<b>M. Kulungana Naomi:</b> Female performance
		<b>S. Vujkov:</b> Differences in Competitive Karate Athletes Within Physiological Characteristics
		<b>Toni Modrić:</b> The effect of priming session on match performance in soccer
		<b>B. Maric:</b> Assessment of Movement Functionality of Young Female Athletes
		<b>I. Alaj:</b> Strategic plan for the development of sports in Kosovo
		<b>M. Šunda:</b> Psychometric properties of the Croatian version of the revised Sports Motivations Scale (SMS-2-CRO) among youth athletes
		<b>T. Đurković:</b> Efficiency of Serve Reception Regarding the Zone of Service
		<b>Z. Srećkov:</b> How consumer choices drive sustainability efforts
		<b>A. Penjak:</b> Teachers' and Students' Needs Analysis Regarding the Usage of English for Specific Purposes
		<b>K. Němá:</b> Intersexual Differences and Relationship of Specific and General Muscle Strength of Young Sports Climbers
		<b>T. Aleksandric:</b> Differences in Pressure Pain Thresholds and Temporal Summation Between Sexes
		<b>D. Kelmendi:</b> Kinematic Analysis in ball release phase for Free Throw in Basketball
		<b>I. Perić:</b> Physical activity among Health sciences students
		<b>N. Zenic:</b> Sport participation, physical activity and cannabis misuse; Cross sectional study in college students in post-pandemic period
		<b>P. Zaletel:</b> Physical Activity Habits and Psychophysical Health of Adults During COVID-19 Movement Restrictions

		<b>M. Pajek:</b> Intra-rater and test-retest reliability of cervical movement control test (the Butterfly test) in healthy older adults
		<b>I. Klaričić:</b> Development of motor skills and aerobic fitness in School of Rowing
		<b>D. Ivanov:</b> Interrelation between relative age effect and goal scoring in bulgarian football
<b>18:35 - 19:35</b>	<b>Invited Speeches</b>	<b>Robert C. Schneider:</b> Minimizing Sport Organization Politics to Maximize Sport Organization Benefits
		<b>Jernej Kapus:</b> Masks, goggles and snorkels. Should we use these aids in learn-to-swim programs for non-swimmers or not?

## 20<sup>st</sup> April 2024, Saturday

<b>8:00-9:00</b>	<b>Registration</b>	
<b>8:30-9:00</b>	<b>Poster setting</b>	
<b>9:00-11:00</b>	<b>Oral Sessions</b>	<b>Session 5</b>
		<b>B. Gilić:</b> Isokinetic knee muscle strength parameters and anthropometric indices in athletes with and without hyperextended knee
		<b>Š. Veršić:</b> The effect of spectators on situational efficiency in football - an analysis on the sample of the English premiership league during the COVID-19 pandemic
		<b>N. Manojlović:</b> Forms of risky behavior of young people via social media
		<b>M. Bosancic:</b> Recommendations for physical activity of the population in mature age
		<b>P. Rajković Vuletić:</b> Are physical literacy and physical activity levels correlated in children aged 9-10 years?
		<b>M. Maracek:</b> Associations Between Sport Participation and Mental Well-being in Czech Adolescents
		<b>M. Malovic:</b> Functional movement screen differences between two growth-sensitive period groups of various team sport athletes
		<b>I. Malović:</b> Ankle mobility: does it affect lower body motor control?
		<b>K. Škugor:</b> Wrestling-specific exhaustive test protocol for determining performance quality
		<b>L. Železnik Mežan:</b> Suitability of Cooperative Learning for Training Young Athletes from the Perspective of Coaches
		<b>J. Blažević:</b> Associations between physical literacy knowledge questionnaire and physical literacy self-description in high-school students; gender-stratified analysis
		<b>S. Þorgeirsson:</b> Potential doping behavior in professional handball; analysis of specific predictors
		<b>I. Panidi:</b> time-course of changes in muscle geometry in youth athletes
<b>11:00-12:00</b>	<b>Invited Speeches</b>	<b>Toni Modrić:</b> Planning the training for elite football players using match running performance – an evidence-based approach
		<b>Predrag Bozic:</b> Training Load Management in Soccer: A Practical Approach
<b>12:00-12:45</b>	<b>Poster Sessions</b>	<b>Session 6</b>
		<b>D. Grujicic:</b> Test batteries for the assessment of motor skills of preschool children
		<b>D. Stupar:</b> Physical activity and mental health of students
		<b>T. Stantic:</b> The importance of modern medical imaging in diagnostics and treatment of sport-related injuries

		<b>F. Arifi:</b> The impact of physical activities and sports on the morphological structure and motoric abilities for girls in schools in Pristina
		<b>J. Rodek:</b> Knowledge on legal issues of anti-doping regulations in professional team sport athletes; validation of the newly developed measurement tool
		<b>M. Pehar:</b> Physical activity in the elderly; analysis of specific correlates
		<b>R. Stojković:</b> Construction of specific test for measuring static strenght in rhythmic gymnastics
		<b>D. Falat Leütterova:</b> Motor competencies among athletic population of 9- and 10- year old children
		<b>D. Ilieva:</b> Sports for all management model through the application of different marketing concepts
		<b>P. Matijašević:</b> Relationship between injuries and motivation in recreational runners
		<b>M. Možnik:</b> Popularity of Artistic Gymnastics in Ten-Year-Old Children
		<b>A. Dimitrova:</b> Legal and sociological analysis of the methodology in sports law
		<b>M. Marinović:</b> Association between Game-Related Volleyball Parameters and League Placement in the Croatian Women Volleyball Superleague
		<b>K. Šibanc:</b> Handstand, hang and support on bars: palm temperature differences after load
		<b>T. Kozák:</b> The effect of exercises with blood flow restriction on the limbs on the development of muscle strength and hypertrophy
		<b>D. Ivanov:</b> Body composition of professional football players
		<b>I. Beretic:</b> Predicting Preformance Index Rating in U16 guard positions basketball players
<b>12:45-15:30</b>	<b>Break</b>	
<b>15:30-16:00</b>	<b>Poster setting</b>	
<b>16:00-18:00</b>	<b>Oral Sessions</b>	<b>Session 7</b>
		<b>L. Šiška:</b> The links between specific motor performance and fitness parameters
		<b>T. Peric:</b> The impact of COVID-19 lockdown measures on physical fitness of 6-7 year old children in the Czech Republic
		<b>A. Baca:</b> Smart sport assistance for blind and visually impaired pupils: Bell ball
		<b>P. Kornfeind:</b> Smart sport assistance for blind and visually impaired pupils: Edge of pool detection in swimming
		<b>T. Panic:</b> Forms of risky behavior of young people via social media
		<b>D. Savicevic:</b> Recommendations for physical activity of the population in mature age
		<b>H. Çakır Atabek:</b> An investigation of sex differences in relation to the eating habits and nutrient intakes of physically active young people
		<b>F. Pajonková:</b> The effect of neuromuscular warm-up on muscle contractility of elite female football players
		<b>R. Lenková:</b> Movement stimulation of postural stabilization in university students specializing in physical education
		<b>T. Galić:</b> Does recreational skiing impact the local economy?



		<b>J. Sedlaček:</b> Determination of movement abilities parameters by movement games in older school age boys
<b>18:00-18:35</b>	<b>Poster Sessions</b>	<b>Session 8</b>
		<b>B. Ruzbarska:</b> Cognition and Sport: How Does Sport Participation Affect Cognitive Function?
		<b>P. Kacur:</b> Field position and playing experience related differences in general motor-cognitive abilities of 10 – 17 years old soccer players
		<b>D. Bjelica:</b> Investigating Anthropometric and Weight Parameters among Youth Montenegrin Football Players: Differences between Top and Bottom Table Teams
		<b>P. Čech:</b> Asymmetries in muscle contractile properties of lower limbs and in functional stability of young soccer players
		<b>M. Lovric:</b> Are the existing teaching programmes optimal or they can be more effective for nonswimmer children?
		<b>B. Katanić:</b> Differences in Anthropometric Characteristics and Body Composition between Professional Montenegrin Footballers and Karate Athletes
		<b>S. Besal:</b> Observing secular trends in physical fitness of Slovenian children with ACD.Si study in the past 40 years: design of study
		<b>A. Rajkovic:</b> The Influence of Strength Training and repeated sprint training in the Pre-season Period on motor abilities of elite level women football players
		<b>D. Sekulic:</b> Physical literacy, physical activity, sedentary behavior and sport participation; analysis of the associations in preadolescent children
		<b>V. Sember:</b> Secular trends in physical fitness among Slovenian children and adolescents from 1983 to 2014
		<b>V. Vučetić:</b> Analysis of differences between runners and rowers
	<b>J. Premelč:</b> Barefoot and shod performance in selected fitness tests	
<b>18:35-19:35</b>	<b>Invited Speeches</b>	<b>Zdenek Hamrik:</b> Adolescent Physical Activity: Two Decades of HBSC Insights and Exploring Future Directions
		<b>Hrvoje Podnar:</b> Enhancing Physical Literacy through Innovative Physical Education Strategies
<b>19:40 - 20:00</b>	<b>Closing ceremony</b>	

