



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

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

03<sup>th</sup> - 06<sup>th</sup> April 2025, Cavtat, Dubrovnik – Croatia,  
Hotel Croatia, Iznad Tihe 8, 20210 Cavtat

### CONFERENCE PROGRAMME

03 <sup>th</sup> April 2025 Thursday	
19:00 - 21:00	Registration

04 <sup>th</sup> April 2025 Friday		
8:00 - 9:00	Registration	
8:30 - 9:15	Poster setting	
9:15 - 11:00	Oral Sessions	Session 1
		<b>K. NEMA:</b> Physical fitness of police force applicants: trends from 2010 to 2023
		<b>V. SHPATA:</b> Young adolescents with excess body weight: less active and more prone to obesogenic lifestyles
		<b>A. KASMI:</b> Outdoor Activities and Their Role in Promoting Physical Health and Well-Being Among Children: A Literature Review
		<b>E. MEHMETI:</b> Gender Dynamics in Athletic Instruction: University Students' Perceptions of Male and Female Trainers at the Sports University of Tirana
		<b>M. ZMUDA PALKA:</b> Women's success in sport despite discrimination in the interwar period
		<b>J. SEDLACEK:</b> Secular trends in somatic and physical performance parameters of 11-years old school pupils in Slovakia
		<b>B. RUZBARSKA:</b> Associations Between 24-Hour Movement Behaviours and Cognitive Abilities in Slovak Adolescents: The Role of Physical Activity, Sedentary Behaviour, and Sleep
	<b>Chaired by:</b> Damir Sekulić	<b>J. SUCKA:</b> Isokinetic Strength, Bilateral and Ipsilateral Differences Among Elite Athletes
11:00 - 12:00	Invited Speeches	<b>Terezia KOVALIK SLANCOVA:</b> Language Without Words: The Importance of Gestures in Coach-Player Interaction
		<b>K. ŠIBANC &amp; M. PAJEK :</b> Different Perspectives on Gymnastics Through Research
	<b>Chaired by:</b> Arben Kacuri	
12:00 - 12:30	Opening ceremony	

12:30 - 15:00	Break	
15:00 - 15:30	Poster Sessions	Session 2
		<p><b>R. LENKOVÁ:</b> The relationship between postural stability and dynamic function of the lower limbs in university students with diverse professional focuses</p> <p><b>N. SILIC:</b> Doping attitudes of high-level swimming coaches: analysis of sport and sociodemographic predictors</p> <p><b>B. RUZBARSKA:</b> The Relationship Between Body Composition and Cognitive Ability of Adolescents</p> <p><b>M. CORLUK:</b> Are physical literacy and health literacy associated with physical activity levels in older females?</p> <p><b>K. GOVINDASAMY:</b> Moderate-intensity continuous training and high-intensity interval training improves physical fitness and reduces lipid levels in physical inactive females with obesity</p> <p><b>K. ŠKUGOR:</b> Physical and Performance Differences Between More and Less Experienced Wrestlers</p> <p><b>K. TANI:</b> Preparing future physiotherapists: Integrating tele-rehabilitation into the curriculum at the sports university of tirana</p> <p><b>I. MATUS:</b> Kinematic Parameters of the Kick Start: A Systematic Review</p> <p><b>I. ALAJ:</b> Promoting a healthy lifestyle through physical activities and sport</p> <p><b>O. PETRI:</b> The role of food safety in nutrition of sportiest</p> <p><b>D. CHLÍBKOVÁ:</b> Injury Analysis in Enduro Mountain Biking</p> <p><b>I. MACAN:</b> Evaluation of Handgrip Strength: A Comparison Between Two Groups of School-Aged Students</p> <p><b>R. STOJKOVIC:</b> Motivation of students during the teaching process of folk and standard dances</p> <p><b>K. FINDRIK:</b> Differences in Anthropometric Characteristics of High School Students</p> <p><b>T. KOZÁK:</b> Relationships of selected parameters of isokinetic strength and explosive power in mixed martial arts fighters</p>
	Chaired by: Danijela Kuna	
15:30 - 16:00	Poster setting	
16:00 - 17:00	Invited sectional speeches	<p><b>Š. BOGATAJ:</b> Chronic Kidney Disease: Strategies to Improve Patient Well-being</p> <p><b>D. POGOREVC:</b> Lost and not found: Randomized Controlled Trial of Cognitive Behavioural Therapy for Weight-loss in Patients with Chronic Kidney Disease</p> <p><b>E. COLJA:</b> Let's stop chronic kidney disease: a description of a European cohesion project</p>
	Chaired by: Jernej Pajek	
17:00 - 18:00	Oral Sessions	Session 3
		<p><b>R. ČITOZI:</b> A 12-week quasi-experimental study examined the combined effects of OTAGO exercises and walking on nursing home residents' ability to improve their balance</p> <p><b>K. PLASKAN:</b> How individually structured exercise-based program influences ability to walk in patients with symptomatic lumbar spinal stenosis: A pilot study</p> <p><b>J. PETERCA:</b> The Effect of Exercises on Shear Wave Velocity of the Median Nerve and 3rd FDS in Patients with Carpal Tunnel Syndrome</p> <p><b>I. LUZNIK:</b> The association between cervical spine movement control and ageing in healthy individuals</p> <p><b>M. ILIĆ:</b> Quality of Life and Health Preservation Strategies of Elderly Residents in Nursing Homes in the Autonomous Province of Vojvodina (Serbia)</p>
18:00 - 18:30	Invited Speeches	<p><b>Marijana GEETS KESIC &amp; Barbara GILIC:</b> Health literacy &amp; physical literacy; Is there a meaningful association between them?</p>
	Chaired by: Karmen Šibanc	

18:30 - 19:00	Poster Sessions	Session 4
		<b>A. NURJA:</b> Prevalence of increased upper extremity strength in female volleyball players
		<b>P. CECH:</b> Explosive Lower Limb Strength of Volleyball Players: Field Position Differences
		<b>A. I. BĂLTEAN:</b> Preliminary Evaluation of Measurement Tools for Assessing Vertical Jump Performance in Water Polo Players
		<b>V. A. GEANTĂ:</b> Discrepancies in Lower Limb Average Power Calculation in Repeated Vertical Jump Tests: A Preliminary Study
		<b>T. PERIC:</b> Cognitive Function and Performance in Brazilian Jiu-Jitsu
		<b>I. ZELJKO:</b> Correlates of doping tendencies in martial arts: specific analysis of Olympic and non-Olympic sports
		<b>P. ZALETEL:</b> Eating habits and eating disorders in female dancers
		<b>M. PAJEK:</b> The Silent Pandemic: Long-Term Effects of COVID-19 on Children's Motor Development
		<b>B. HALILAJ:</b> Normative values of growth and development of morphological characteristics of student ages 12, 13, 14 and 15 in Kosovo
		<b>D. IVANOV:</b> Assessment of Lower Limb Asymmetry in Elite U16 Football Players Using Counter-Movement and Squat Jump Tests and Kineo Technologies
		<b>K. TANI:</b> Prevalence of Foot Deformities and Their Impact on Balance, Gait, and Load-Bearing in School-Aged Children in Tirana, Albania
		<b>S. P. NIKOLOVA:</b> Knowledge and Attitudes of the Population Regarding Type 2 Diabetes with a Special Focus on Risk Factors and Sources of Information
		<b>T. KARALIĆ:</b> Perception of Sports Among Schoolchildren: Differences between Urban and Suburban Areas through Gender Perspective
		<b>P. MINCHEVA-BOLGUROVA:</b> Elastic band, fitball and balance board exercises - methodology for building strength in order to balance the postural muscles and enhance good posture as part of the physical fitness program for healthy middle school students
	Chaired by: Florian Miftari	<b>S. FILKOVA:</b> Prevention and Complications of Type 2 Diabetes in According to Knowledge and Attitudes of the Population

05 <sup>st</sup> April 2025, Saturday		
8:00-9:00	Registration	
8:30-11:00	PHD School	Building Evidence: Systematic Review and Meta-analysis Essentials (1. part), parallel session
8:30-9:00	Poster setting	
9:00-11:30	Oral Sessions	Session 5
		<b>J. ZURC:</b> Extracurricular Physical Activity as a Factor in Schoolchildren's Socialization
		<b>J. ZURC:</b> Health-Related Behavioural Patterns in University Students: A Cluster Analysis
		<b>V. GASPARI:</b> Gastrocnemius architectural properties and sprint performance in prepubertal female athletes
		<b>M. DODAJ:</b> Physical Demands During the Game and Compensatory Training Session (MD + 1) in Football, are we Really Compensating?
		<b>E. PEQINI:</b> The influence of parents for fostering children in extra-school mobility activities and the importance of improving these skills
		<b>A. RINALDI SINULINGGA:</b> Correlation between Sprint Cycle Ergometer and Vertical Jump Test Results to Determine Anaerobic Performance in Young Football Players
		<b>S. ROGAN:</b> A Framework for a Return to Activity Algorithm for Non-Specific Back Pain in Golf
		<b>J. PLEŠA:</b> Differences in jumping characteristics between different competitions in volleyball: A Case report

	<b>Chaired by:</b> Terézia Kovalik Slančová	<b>G. TURNSEK:</b> The Role of the Electromechanical Efficiency Index of the Skeletal Muscle: A Systematic Review
		<b>A. KASMI:</b> Enhancing Sustainable Adventure Tourism in Albania. Integrating Infrastructure Development, Sport Education, and Economic Growth
		<b>M. PEZDIRC:</b> The influence of vision and hearing on body control during jumps on a large trampoline
		<b>P. RAJKOVIC VULETIC:</b> Is the PAQ-C a valid measurement tool for evaluating physical activity levels in rural children? Cross-sectional study in southern Croatia
<b>11:30-13:30</b>	<b>Invited Speeches</b>	<b>Arben KAÇURRI:</b> Looking for a Comprehensive System for Physical Activity, Physical Fitness, Talent Identification, and Development.
		<b>Janez VODIČAR:</b> The role of the coach - athletic talent - success
		<b>Robert C. SCHNEIDER:</b> The Experiential Learning Component of Sport Management
		<b>Chaired by:</b> Elona Mehmeti
<b>13:30 - 15:00</b>	<b>Workshops</b>	<b>Katjuša RADINOVIĆ:</b> Challenges faced by sports higher education institutions in advancing gender equality and eliminating gender-based violence
<b>15:00-15:45</b>	<b>Break</b>	
<b>15:45-16:00</b>	<b>Poster Sessions</b>	<b>Session 6</b>
		<b>E. ČOLAKHODŽIĆ:</b> Pređena distanca i intenziteti kretanja nogometaša na Svjetskom prvenstvu u Kataru 2022 - razlike prema pozicijama u igri
		<b>I. CERKEZ ZOVKO:</b> Analysis of the associations between physical literacy and health literacy in older females
		<b>E. KOLAR:</b> How do Serbian Gymnastics Coaches Make Decisions?
		<b>S. DELAŠ KALINSKI:</b> Psychological coping skills of young gymnasts
		<b>H. AJMAN:</b> The Difference in Motor- Functional Abilities of Football Players in Younger Age Categories
		<b>T. GALIĆ:</b> How much importance do recreational runners attach to the choice of running shoes - case study Osijek Ferivi half marathon?
		<b>M. MUSA:</b> Sociodemographic correlates of physical literacy and health literacy in older females
		<b>Z. TOMAC:</b> The influence of the type of clothing material on the agility of paravolleyball players
		<b>N. ZENIC:</b> Sociodemographic Factors Associated with Doping Tendency in Recreational Athletes; Cross-sectional analysis
		<b>J. SANADER:</b> Sport-Specific Skills in Novice Basketball Players (Ages 9–14): The Role of Maturation
		<b>D. SEKULIC:</b> Analyzing the Gender-Specific Criterion Validity of the Physical Activity Questionnaire for Children (PAQ-C) Among Urban Children from Croatia
		<b>B. GJINOVC:</b> EUROFIT reference values of 7-11 aged children in urban areas of Kosovo; relations between age and gender
		<b>A. MILETIĆ:</b> Blocked and/or random practice effecting the contextual interference during dance classes
		<b>B. KATANIC:</b> First vs. Second Half Running Performance in Professional Soccer Matches: Insights from GPS Tracking

	<b>Chaired by:</b> Pavel Ruzbarsky	<b>D. BJELICA:</b> Differences in Movement Performance of Football Players Compared to Higher- and Lower-Ranked Opposing Teams in the Montenegrin First League
		<b>D. DJURDJEVIC:</b> Atrial fibrillation in patients with ST elevation myocardial infarction and its impact on in-hospital treatment outcome
<b>15:30-18:00</b>	<b>PHD School</b>	Building Evidence: Systematic Review and Meta-analysis Essentials (2. part), parallel session
<b>16:00-18:00</b>	<b>Oral Sessions</b>	<b>Session 7</b>
		<b>M. GJONBALAJ:</b> Comparative Analysis of Physical Demands in Domestic and International Soccer Matches: Insights from Kosovo Super League Teams
		<b>S. RAUTER:</b> Impact of Body Asymmetries on Road Cycling Performance
		<b>G. TURNSEK:</b> The Role of the Electromechanical Efficiency Index of the Skeletal Muscle: A Systematic Review
		<b>J. PETERCA:</b> The Effect of Exercises on Shear Wave Velocity of the Median Nerve and 3rd FDS in Patients with Carpal Tunnel Syndrome
		<b>Z. MAJCEN ROSKER:</b> Is cervical movement control related to sprinting performance in trained track-and-field athletes
		<b>L. ŽELEZNIK MEŽAN:</b> Content Knowledge of Sports Students
		<b>B. MORINA:</b> Urban-Rural comparison in prevalence of overweight and obesity among children aged 7-11 years from Kosovo
		<b>M. HAMDAN :</b> Effect of 10 weeks of football and swimming physical education university course on health-related fitness parameters of male university students
		<b>M. CENAJ:</b> Contemporary and Traditional Teaching Methods and Techniques In Albanian Primary Education- Physical Education Teachers' Perspectives
		<b>J. CVENIĆ:</b> Differences in the speed of U15 croatian female cadet soccer players of different levels of the competition
		<b>S. METOLLI:</b> Motivation on Using Doping in Adolescents Athletes Involved in Sports in Albania
	<b>Chaired by:</b> Jožef Križaj	<b>M. ILIĆ:</b> Examining the Association Between Lifestyle Habits and Academic Performance Among Health Sciences Students from Eight South-East European Countries
<b>18:05-19:05</b>	<b>Invited Speeches</b>	<b>Ivan PERIC:</b> Experimental Comparison of Two Forms of Agility in a Non-Sports Active Population
		<b>Vjekoslav CIGROVSKI:</b> Preparing for Alpine Skiing: A Guide for Skiers from Lowland Countries
	<b>Chaired by:</b> Hrvoje Ajman	
<b>19:10 - 19:30</b>	<b>Closing ceremony</b>	

**06<sup>st</sup> April 2025, Sunday**

	<b>Departure</b>	
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