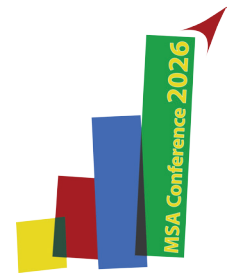




24th International Conference of Montenegrin Sports Academy



BUDVA SPORTS SCIENCE, MEDICINE & HEALTH FORUM 2026:

INNOVATIONS, ACHIEVEMENTS, SYNERGY AND CHALLENGES – A BRIDGE TO THE FUTURE

16th - 19th April 2026, Hotel Tara – Budva, Bečići – Montenegro

CONFERENCE PROGRAMME

Thursday, 16th April 2026		
19:00 – 21:00	Registration	
Friday, 17th April 2026		
08:15 – 09:00	Registration	
09:00 – 10:30	Oral Presentation	Session 1
		S. Moškon Marolti: Effect of low-load resistance exercise on cognitive performance in healthy young adults
		F. D'Elia: Short Educational Interventions to Enhance Graphomotor Skills in Early Childhood: A Pre-Post Study on a Distributed Sample in Italian pre-schools
		L. Siska: A Longitudinal Analysis of Motor Performance Development in School-Aged Youth: A Composite Index Approach
		S. Rauter: Time to exhaustion at the respiratory compensation point intensity in young competitive cyclists
		S. Rogan: Precision Exercise Medicine in Rehabilitation: Integrating Phenotype-Based Strategies and Repetitions-in-Reserve for Systemic Health
		J. Cholp: The Effect of Fatigue Induced by Repeated Sprints With Different Deceleration Intensities on Lower Limb Strength and Power in Youth Football Players
		R. Ceruso: Improving perceptual-decision-making processes in Brazilian Jiu-Jitsu through the integration of fighting games: effects on reactivity and inhibitory control
		F. Skala: Participation in open-skill sports is not sufficient to promote visuomotor functions in 10- to 15-year-old pupils
		S. Alberti: Classroom Active Breaks in Primary Schools: A Systematic Review of protocols, timing and implementation characteristics
M. Hlavec: Acute effects of pre-exercise end-expiratory breath-holding on physiological responses in trained athletes		
Chaired by: Arben Kaçurri		
10:30 – 12:00	Plenary Speakers	Session 2
		R. Schneider: Using Sport Management to Support Human Needs as Artificial Intelligence Advances
		Z. M. Rosker: Rethinking the Core: The Neck's Hidden Role in Posture, Balance, and Visual Orientation
		P Kačur: From Tests to Transfer: Neurocognitive Diagnostics as a Bridge in Applied Performance Settings
Chaired by: Goran Krstačić		

12:00 – 12:30	Opening Ceremony	
12:30 – 15:00	Break	
15:00 – 15:30	Poster Presentations	Session 3
		K. Gałęziok: Challenges in diagnosis and management of soleus muscle tears
		E. Lleshi: Impact of Training Program on Elite Female Basketball Players in Albania
		E. Čolakhodžić: Analysis of the relative age effect (RAE) in football goalkeepers of different competition levels in Bosnia and Herzegovina
		K. Plaskan: Can tailored exercise improve quality of life in people with lumbar spinal stenosis? - presented by M. Pajek
		K. Němá: The Role of Selected Cognitive Functions in Shooting Performance of Applicants for Security Forces: A pilot Study
		T. Modrić: The influence of effective playing time on match running performance in the UEFA Champions League
		D. Sekulić: Methodological and Practical Considerations of Qualitative Changes in Physical Fitness and Body Composition in a School-Based Physical Literacy Intervention
		T. Kovalik Slančová: Ski Course as a Comprehensive Educational Intervention
		A. Ljubojević: Barre Fitness Resistance Training: A Strategy for Preserving Functional Health in Perimenopausal Women
		A. Büyükaslan Bohinc: Convergent Validity of Frontal Split on an Elevated Surface Test in Rhythmic Gymnasts - presented by M. Pajek
		M. Majerić: Analysis of the intensity of physical exertion in wing foiling on waves - a case study
		G. Olaniszyn: Effectiveness and Safety of Dry Needling: A Comparison of Hong's Technique and Sustained Needling with an Analysis of Adverse Events
		N. Trotta: Transition Games in Professional Soccer Analysis of External Load Across Different Playing Formats
		L. Armiento: Perturbation based training vs multicomponent exercise in adults aged over 70 years: Effects on strength, balance and walk speed
		K. Kollarova: Relationships Between Strength, Reactive Ability and Deceleration Performance in Elite Female Soccer Players: A Pilot Study
		L. Rraci: Comparison of external load between training sessions and competitive matches in professional basketball using Kinexon tracking
		B. Kovačević: Acute Effects of Recreational Outdoor Physical Exercising on Mood State in Older Females
		N. Maraš: Swimming Instruction Through Ability Grouping: A Structural Analysis of Pedagogical Efficacy
		K. Škugor: Effect of Wrestling-Specific Fatigue Protocol on Countermovement Jump Performance in Youth Wrestlers
M. Rezić: Association Between Health Literacy and Physical Activity Among Adolescents		
M. Kuko: Longitudinal changes in CPET Performance and Body Composition in Competitive Rowers Across an Annual Training Cycle		
P. Zaletel: Physical Fitness Profile of Competitive Disco Dancers		
K. Šibanc: Artistry and aesthetics in rhythmic gymnastics: a philosophical and historical review (1990-2026) - presented by M. Pajek		
	Chaired by: Elona Mehmeti	
15:30 – 16:30	Plenary Speakers	Session 4
		A. Tessitore: Pushing the Limits: How a Congested Schedule Affects Performance in Italian Serie A.

		R. Trybulski: Blood Flow Restriction (BFR) Training as a Tool for Adaptation and Recovery: From Mechanisms to Clinical and Sports Applications
	Chaired by: Gaetano Raiola	
16:30 – 18:30	Oral Presentation	Session 5
		S. Masel: „Your greatest ability is availability” - an observational study of subjective monitoring during two competitive seasons in professional volleyball players
		K. Radinović: How individually structured exercise-based program influences ability to walk in patients with symptomatic lumbar spinal stenosis: A pilot study
		T. Pranjić: Reinjury incidence and characteristics across six seasons in elite youth cadet football players
		K. Ntallas: Menthol mouthwash improves thermal comfort and perceived exertion without affecting anaerobic performance
		P. Kornfeind: Assistance systems for promoting physical activity of for blind and visually impaired elderly people
		J. Brodani: Impact of Two International Training Models on Speed Performance in U9 Hockey Players
		B. Ševo: Muscle oxygenation asymmetry between lower limbs in para swimmers with neurological impairment
		V. P. Ardelean: Impact of a Multicomponent Exercise Program on Body Composition, Functional Fitness and Health Perception in Older Adults
		A. Ribič: Effects of eccentric vs traditional resistance training on strength and jumping performance in soccer players: a systematic review with meta-analysis
		G. Giardullo: Enhancement of perceptual-decisional processes in Karate through the integration of fighting games: effects on reactivity, accuracy, and response control
		G. Di Lascio: Comparative analysis of the performance profile of football and basketball athletes: towards a mapping of the specific conditional model for sport
J. Peterca: Comprehensive Non-Pharmacological Management and Its Effects on Physical Performance in Patients with Chronic Kidney Disease		
	Chaired by: Nuno Pimenta	
18:35 – 19:35	Plenary Speakers	Session 6
		D. Sekulić: Beyond gyms: public spaces as scalable solutions for physical activity promotion
		E. Mehmeti: Sport as a Mechanism for Social Inclusion and Social Capital Development
	Chaired by: Florian Miftari	
Saturday, 18th April 2026		
08:15 – 09:00	Registration	
08:45 – 11:00	Oral Presentation	Session 7
		G. Ivković: Examining the association between reactions to sporting outcomes and career satisfaction across athletes with differential media visibility
		F. Arifi: Stature and Its Estimation Utilizing Length of Foot Measurements of Both Gender Adolescents from Kosovo
		G. F. Mandić: Heart rate responses to variations in arm movement amplitude during low- and high-intensity aerobic exercise
		M. Dodaj: Exposure to Individual Peak Match Demands Within a Competitive Micro cycle
		D. Jablonka: Comparison of on-ice and off-ice 20 m sprint velocity characteristics in male ice hockey players across different playing ages and competitive levels
H. Dibra: Recreational Exercise Training Improves Balance and Functional Stability in Late Middle-Aged Adults.		

		<p>B. Imeri: Sport Events and Tourism Seasonality in Emerging Coastal Destinations: Evidence from Albania</p> <p>O. Uljević: Health Literacy for Health Promotion Is Positively Associated with Chronic Illness in Active Older Women</p> <p>M. Taleb: Physical Performance in the Last 15 Minutes in a Semi-Professional Italian Football Championship</p> <p>F. Martusciello: Assessment of Simple and Complex Visual–Motor Reaction Time in Novice Female Boxers.</p> <p>D. Pogorevc: Four paths through lifestyle intervention: a case series from the stop chronic kidney disease prevention program</p> <p>G. Esposito: Scientific and Educational Roles of Kinesiology: The Italian Model within the European Perspective</p>
	Chaired by: Robert Trybulski	
11:00 – 12:00	Plenary Speakers	Session 8
		G. Raiola: Impact of Different Nutritional Strategies on Body Weight and Maximal Strength
		N. Pimenta: Physical Activity and neuropathy in prediabetes
	Chaired by: Robert Schneider	
12:00 – 13:00	FIEPS Workshop	Session 9
		B. Antala: Physical Education and its Innovations: Challenges and Path Forward to the Future
		G. Luptakova: Tandem Teaching and Project-Based Learning in Primary Physical Education: A Research Perspective from Slovakia
	Chaired by: Velibor Spalević	
13:05 – 14:15	Doctoral School	Session 10
		D. Sekulić & B. Katanić: Building Evidence: Systematic Review and Meta-analysis Essentials
	Chaired by: Velibor Spalević	
14:15 – 15:30	Break	
15:30 – 16:00	MSA Workshop	Session 11
		D. Tošić: MSA Journals: structure, editorial processes, and scholarly impact
	Chaired by: Borko Katanić	
16:05 – 16:35	Poster Presentations	Session 12
		J. Vladović: How match demands change with age in youth football goalkeepers?
		D. Jašić: Attitudes towards diet as predictors of physical activity in Croatian students: insights using multiple regression
		B. Ružbarská: Motor Competence in Preschoolers in Relation to Parental Physical Activity and Socioeconomic Characteristics
		T. Perič: Determinants of Competitive Success in Czech National Taekwon-do ITF Athletes
		I. Matuš: Start Phase Performance in 50 m and 100 m Freestyle: Distance- and Gender-Related Differences in 11–12-Year-Old Competitive Swimmers
		P. Cech: Age-Group Differences in Concentric Isokinetic Knee Flexor and Extensor Strength in Competitive Soccer Players
		D. Đedović: Planning and Management of the Annual Training Cycle in Top-Level Swimming – Case Study
		D. Ivanov: Body Composition Variation Across Age and Playing Position in Elite Academy Football
F. Naji: Effects of Elastic Resistance Training on Neuromuscular Coordination, Reaction Time, and Stroke Accuracy in Competitive Badminton Players		



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	<p>M. Merdan: The Influence of Explosive Strength, Isokinetic Potential, and Stability on the Performance Success of the Uchi-mata Throw Technique in Students</p> <p>B. Gjinovci: The Impact of Physical Activity Level on the Psychophysical Well-Being of Children Aged 8–12 in Accordance with World Health Organization (WHO) Guidelines</p> <p>B. Morina: Prevalence of Overweight and Obesity and Their Association with Socio-Economic and Demographic Factors among Adults in Kosovo</p> <p>B. Katanić: Exploring the Associations Between Motor Coordination and Fundamental Motor Skills in Preschool Children</p> <p>D. Bjelica: Differences in the Running Performance of a Football Team Depending on Match Location: Insights from GPS Tracking</p> <p>N. Đoščić: Analysis of the End of Ball Possession by Field Zones in Football</p> <p>M. Plasa: Assessment of Explosive Strength in U16 Basketball Players in Tirana, Albania</p> <p>M. Karlik: The Effect of Dynamic Cognitive Training on Reaction Time and Decision-Making in Combat Sports: A Systematic Review</p> <p>T. Jarosova: Isokinetic strength and functional contractility asymmetries of lower limbs in youth elite football players</p> <p>V. A. Geanta: How Lower Limb Average Power Calculation Models Affect Performance Interpretation in a 15-Second Repeated Jump Test in Youth Competitive Football Players</p> <p>M. Ljubojević: Effects of military training on some characteristics and abilities of soldiers</p> <p>E. Šabić: Martial arts of the Far East and Christian ontology</p> <p>F. Matuszczyk: Plyometric Training in Football- changes in power and biomechanical Properties of the Muscles: Randomized Controlled Trial</p> <p>E. Bendikova: Active School: Qualitative level of selected factors of health-related fitness in pubescent pupils</p> <p>N. Rashiti: Relationship between anthropometric characteristics and specific motor abilities with 40-meter sprint performance in 15-year-old young football players from FC "Gjilani"</p> <p>A. Klaric: Does Physical Literacy Moderate Acute Mood Responses to Recreational Exercise in Older Females?</p> <p>G. Gabrilo: Confidence and Physical Competence Show Opposing Associations with Chronic Illness in Active Older Women</p> <p>A. Bequri: Relationships between anthropometric indicators, physical performance, and academic achievement among primary school students: A correlational analysis (preliminary data)</p> <p>V. Peja: Differences in anthropometric indicators, physical performance, and academic achievement among third-, fourth-, and fifth-grade students: Preliminary data</p> <p>W. Wąsacz: Randomized Evaluation of the Effectiveness of the "GRAPPLER QUEST" Training Program in Improving the Special Fitness of Brazilian Jiu-Jitsu Athletes</p> <p>A. Baeltan: Neuromuscular Adaptations in Junior Water Polo Players: Changes in Time to Peak Force and Vertical Performance</p>
	<p>Chaired by: Peter Kačur</p>

16:35 – 18:00	Plenary Speakers	Session 13	
		G. Krstačić: FOCUS on Sports in Cardiology: Understanding the Cardiovascular Impact and Management in Athletes	
		V. Spalević: A contribution to the study of the relationship between sport and climate change in Montenegro	
	B. Katanić: Interaction of Physical Activity, Motor Competence and Cognitive Abilities in Preschool Children: A Multidimensional Perspective		
Chaired by: Živa Majcen Rošker			
18:00 – 19:00	Oral Presentation	Session 14	
		J. Balla: Integrating Biological Monitoring for Performance Optimization in Football: From Elite Practice to Emerging Systems	
		A. Burger: Performance Indicators in Elite Croatian Women's Handball: A longitudinal Analysis	
		E. Muka: Anthropometric correlates of motor and technical performance in youth female volleyball players.	
		T. Prifti: Gyrotonic Method in Improving Coronal Imbalance	
		V. Hodić: The Role of Physiotherapy and Nutrition Knowledge in Injury Prevention in Female Handball Players	
		M. Prifti: Association between Undernutrition and Age at Menarche in Adolescent Girls: A Cross-Sectional Study	
		N. Jukic: Health Literacy, Physical Literacy, and Physical Activity: A Structural Comparison of Exercising and Non-Exercising Older Women	
		B. Halilaj: Age and Sex Specific Normative Values of Physical Fitness in Kosovar Adolescents Aged 12, 13, 14 and 15 Years	
	M. Selimi: The Impact of Anthropometric Parameters On The Performance of Change of Direction And Explosive Strength Indicators in Professional Soccer		
Chaired by: Damir Sekulić			
19:05 – 21:00	Closing Ceremony		
Sunday, 19th April 2026			
All Day	Departure		

