



International Network of Sport and Health Science (France)
INSHS: <https://www.inshs.info/>

12TH INTERNATIONAL INSHS CHRISTMAS SPORT SCIENTIFIC CONFERENCE

5th- 6th of December 2019 (Szombathely, Hungary)

“A traditional INSHS event in the spirit of Sport Science and Christmas”

The Program

(4th Dec. 2019- Update)

Venue: Tovendeglo Conference Center (Szombathely)

5th of December (Thursday)

8.00 – 18.00 Registration open

Chair: J. Gaillard

- 9.45 **Opening Speeches**
Henriette. Dancs (University of ELTE, Hungary, General Secretary of INSHS)
Joel Gaillard (President of INSHS)
- 10.00 **Performance indicators and profiling research in performance analysis – [Keynote presentation](#)**
Nimai Parmar (University of Middlesex, Chair of ISPAS, UK)

- 10.30** **Relationship between physical self- concept and body composition among young females in Qatar. – Keynote presentation**
Zsuzsanna Kneffel (University of Physical Education, Budapest, Hungary)
- 11.00** **Scientific Writing in Sport Science / Kinesiology. – Keynote presentation**
Goran Sporis (Faculty of Kineziology, Zagreb, Croatia)
- 11.35** **Scientific Writing in Sport Science. – Keynote presentation**
Mike Hughes (Cardiff Metropolitan, UK)
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12.00 - 12.30 **Break**

Chair: N. Parmar

- 12.30** **Key experiences of community participation to assess needs for modifications to build activity-friendly environments in rural regions in Austria.**
*Kathrin Hofer-Fischanger, Madlene Movia and Silvia Tuttner,
(Fh Joanneum – University of Applied Sciences, Health and Tourism Management,
Bad Gleichenberg, Austria)*
- 12.40** **Appearance of orthorexia, exercise addiction and muscle dysmorphia among male powerlifters, crossfitters and bodybuilders.**
*Vivien Lóránt, Szilveszter Richárd Szijártó
(University of Szeged, Juhász Gyula Faculty of Education, Szeged, Hungary)*
- 12.50** **Effects of pre-treatment habitual physical activity-induced oxidative stress on reproductive potential during assisted reproduction.**
*(Viktória Prémusz, Dominika Lendvai-Emmert, Alexandra Makai, Krisztina Amrein,
Endre Czeiter, Endre Sulyok, Ákos Várnagy, University of Pécs, Pécs, Hungary)*
- 13.00** **Gait analysis of patients with Parkinson’s disease in relation to apposite data selection.**
*Ondřej Sitek, Miriam Kalichová, Petr Hedbávný, Marek Baláž and Tomáš Boušek
(Department of Kinesiology, Faculty of Sport Studies, Masaryk University, Brno, Czech Republic)*
- 13.10** **The impact of resistance training and Vitamin D supplementation on muscular function of older people.**
*Aschauer R, Beck, M. Unterberge, S., Franzke, B. Wagner K-H, Tschan H, Wessner B.
(University of Vienna, Research Platform Active Ageing (Vienna, Austria)*

13.20 – 14.15 **Break**

Chair: A. Szabó

- 14.15** **Aspects of Performance Analysis in Physical Education.– Keynote presentation**
Katalin Kovács (University of Physical Education, Budapest, Hungary)- [Keynote presentation](#)
- 14.45** **Introduction of Essential of Performance Analysis in Sport -3rd edition. – Keynote presentation**
Henriette Dancs (Eotvos L. University, Szombathely, Hungary)
- 15.00** **Knowledge and understanding of the menstrual cycle and its impact on performance: Elite athlete and support staff perspectives – Keynote presentation**
Ian Whyte (University of Sunderland, UK)
- 15.30** **Running movements coordination structure characteristics under spinal cord transcutaneous electrical stimulation.**
*Barkanov M, Ivanov S.M, Mikhaylova EA, Ershova NG
(Velikie Luki State Academy of Physical Education and Sports, Velikie Luki, Russia)*
- 15.40** **Pole sport: yesterday, today, tomorrow.**
*Yarovikova K, Dytko E., Smirnova E.
(Velikie Luki State Academy of Physical Education and Sports, Velikie Luki, Russia)*
- 15.50** **Development of the MLSZ governing and business model can be a case study for the Hungarian MLSZ.**
*Lilli. Kassay
(ELTE PPK Egészségfejlesztési és Sporttudományi Intézet, Budapest, Hungary)*

16.00 – 16.30 Break

Chair: K. Kovács

16.30 **E- poster presentations I.**

Assessment of physical education in the public schools of Hungary – survey and multivariate data analysis.

Borbála Söjtöry¹, Gabriella Sárasi¹, István Gábor Hatvani², Némethné Tóth Orsolya¹

¹*Department Institute of Sport Sciences, Eötvös Loránd University, Szombathely, Hungary,*

²*Institute for Geological and Geochemical Research, Research Centre for Astronomy and Earth Sciences, Budapest, Hungary)*

The relationship of weight lifting training within bodyweight in terms of muscle mass generation.

I San Cheung,

(Department of Health and Physical Education, Faculty of Liberal Arts and Social Sciences /The Education University of Hong Kong, Hong Kong)

Sports and fundraising.

Zsuzsanna Gósi, Zsuzsanna Bukta, Lili Kassay

(Institute of Health Promotion and Sport Sciences, Faculty of Education and Psychology, Eötvös Loránd University Budapest, Hungary)

The knowledge and popularity of the ongoing gymnastics curriculum among the students of SzMSzC Eötvös Loránd Secondary School.

Lappints Regős, H. Ekler Judit

(Eötvös Loránd University, Faculty of Education and Psychology, Institute of Sport Sciences at Szombathely, Hungary)

Does habitual coffee consumption influence walking intervention outcomes?

Szilvia Boros¹ and Feifei Wang²

¹*Institute of Health Promotion & Sport Sciences, Faculty of Education & Psychology, ELTE Eötvös Loránd University, Budapest, Hungary*

²*Doctoral School of Education, Faculty of Education & Psychology, ELTE Eötvös Loránd University, Budapest, Hungary)*

The connections between agility, endurance and motor skill tests in Serbian junior soccer players.

Ádám Gusztafik¹, Szabolcs Halasi Katalin Nagyvaradi¹, Bálint Szeiler¹, Miklós Koltai¹

¹*Eötvös Loránd University, Faculty of Education and Psychology, Institute of Sport Sciences, Szombathely, Hungary*

²*University of Novi Sad, Hungarian Language Teacher Training Faculty, Subotica Serbia)*

Non verbal dimension of creative thinking: a brief review.

Cristiana D'Anna¹, Pasqualina Forte², Vincenza Barra¹ and Filippo Gomez Paloma³

¹*Department of Human, Philosophical and Education Science, University of Salerno, Italy.*

²*Department of Medicine, Health Sciences, University of Molise, Italy.*

³*Department of Education, Cultural Heritage and Tourism, University of Macerata, Macerata Italy.)*

Without presentation

Impact of video games-based physical activity program in children.

Gomis-Gomis M.J., Pérez-Turpin J.A., Elvira C. and Andreu-Cabrera E

(General Didactics Department, Faculty of Education, University of Alicante, San Vicente del Raspeig, Alicante, Spain)

Without presentation

Effects of a physical activity program based on exergaming as a health promoter in children.

Pérez-Turpin J.A., Gomis-Gomis M.J., Elvira C. and Suárez-Llorca C.

(General Didactics Department, Faculty of Education, University of Alicante, San Vicente del Raspeig, Alicante, Spain)

Without presentation

Factors supporting bullying episodes in team sports.

Jolita Vveinhardt¹ and Vilija Bite Fominiene²,

¹*Institute of Sport Science and Innovations, Lithuanian Sports University, Kaunas, Lithuania*

²*Department of Sport and Tourism Management, Lithuanian Sports University, Kaunas, Lithuania)*

Without presentation.

Teaching Gymnastics to the Generation "Z" and "Alpha".

Vivien Viola and Gabriella Sárai

(Department Institute of Sport Sciences, Eötvös Loránd University, (Szombathely, Hungary)

Without presentation.

17.30 INSHS - Dinner for invited keynote speakers (Tóvendéglő) afterward optional Xmas market visit

For other guests optional individual program: Christmas Market Visit on the Main Square and or Ride on the "Szombathely EYE" ? - also at the Main Square

6th of December (Friday)

8.30 – 14.00 Registration open

Chair: G Sporis

- 10.00** **Sport and Disability – Ongoing Challenges – Keynote presentation**
Joel Gaillard (University of Lorraine, Nancy, France)
- 10.30** **Quality criteria of generation playgrounds – Keynote presentation**
Helmut Simi (FH. Joanneum, Graz, Austria)
- 11.00** **The role of water in recovery, recreation and rehabilitation- Keynote Presentation**
Szilvia Boros (ELTE, Hungary)
- 11.30** **Exercise Addiction: Could Passion Be Interpreted as a Mental Disorder? - Keynote Presentation**
Attila Szabó (ELTE, Hungary)
- 12.00** **Yoga exercises, yoga breathing and relaxation in physical education.**
Zsuzsanna. Gép and Livia. Vass,
"Education and Society" Doctoral School of Education, University of Pécs, Pécs,
Hungary
- 12.10** **Attitude Survey on Disability Sports**
Zoltan Tamás. Szabó¹, Zsuzsanna Gép² and Livia. Vass³
¹ Health Sciences Doctoral School, University of Pecs, Pécs, Hungary
^{2,3} "Education and Society" Doctoral School of Education, University of Pecs, Pécs,
Hungary
- 12.20** **Kettlebell and sport performance**
Stipo Dajakovic
(Faculty of Kineziology, Zagreb, Zagreb, Croatia)

12.30 **Connection between Sport Science and the Fitness Industry - *Keynote presentation***
Laszló. Zopcsák (Founder and Strategic Director of IWI, Budapest, Hungary)

13.00 **Break**

Chair: Sz. Boros

13.30 **Poster Session II**

Sport organizations motivations and effects on *corporate social responsibility* 12-13 aged students.

Tóth Dávid Zoltán¹, Gósi Zsuzsanna², Dancs Henriette¹

¹Eötvös Loránd Tudományegyetem, Pedagógiai és Pszichológiai Kar Sporttudományi Intézet, Szombathely, Hungary,

²Eötvös Loránd Tudományegyetem Pedagógia és Pszichológia Kar Egészségfejlesztési és Sporttudományi Intézet, Budapest, Hungary)

Conscious sport-related water consumption.

Buti Nikolett and H. Ekler Judit

(Institute of Sport Sciences at Szombathely, Faculty of Education and Psychology, Eötvös Loránd University, Szombathely, Hungary)

Dance- induced feelingsafter low-and highs initial affect.

Márton Magyar¹, Viktória Varga- Koleszár², Attila Szabó¹

(Institute of Health Promotion and Sport Sciences, ELTE Eötvös Loránd University, Budapest, Hungary)

Healthy Hungarians of catering at schools.

Rebeka Juhász, Beatrix Kiss- Geosits

(Eötvös Loránd University,

Faculty of Education and Psychology, Institute of Sport Sciences at Szombathely, Szombathely, Hungary)

Women in sport in Hungary.

Zsuzsanna Bukta, Zsuzsanna Gósi, Lili Kassay

(ELTE PPK Egészségfejlesztési és Sporttudományi, Intézet, Budapest, Hungary)

Allosteric learning model applied to the teaching of the Nervous System (NS) at the Faculty of Military Physical Education. José María Cordova Military School.

Erika Sanabria, Jair Tibana and Freddy Rodríguez,

(Facultad de Educación Física Militar, Escuela Militar José María Córdova, (Bogotá, Colombia)

Without presentation

Comparison of EMG profile during gait between qualified dancers and non-dancers.

Simone Astone, Annamaria Mignone and Silvia Coppola

(Department of human, philosophy and formation sciences, University of Salerno, Fisciano (SA), Italy.)

Without presentation

EMG core activity in three Pilates Hundred variations: a comparative study.

Daniele Albano, Michela Pirchio and Rodolfo Vastola,

⁽¹⁾Department of Human, Philosophical and Educational Sciences, University of Salerno, Italy)

Without presentation

13.55 Introduction of the International Network of Health and Sport Sciences

J. Gaillard (President of INSHS, University of Lorraine, Nancy, France)

14.15 Conference Closing

Changing venue! (15- 20) minutes walk to Park Hotel Pelikan

15.30 In Park Hotel Pelikan: Conference festive reception in Park Hotel Pelikan for invited participants and keynote speakers

17.30 Optional individual Christmas Market visit city center sight seeing – ride on the Szombathely EYE? Departure in front of the hotel at 18.00.



See you tomorrow in Szombathely!