



22th Annual Scientific Conference of Montenegrin Sports Academy

“SPORT, PHYSICAL ACTIVITY AND HEALTH: CONTEMPORARY PERSPECTIVES”

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

CONFERENCE PROGRAMME

03 th April 2025 Thursday		
19:00 - 21:00	Registration	
04 th April 2025 Friday		
8:00 - 9:00	Registration	
8:30 - 9:15	Poster setting	
9:15 - 11:00	Oral Sessions	Session 1
		K. NEMA: Physical fitness of police force applicants: trends from 2010 to 2023
		V. SHPATA: Young adolescents with excess body weight: less active and more prone to obesogenic lifestyles
		A. KASMI: Outdoor Activities and Their Role in Promoting Physical Health and Well-Being Among Children: A Literature Review
		E. MEHMETI: Gender Dynamics in Athletic Instruction: University Students' Perceptions of Male and Female Trainers at the Sports University of Tirana
		M. ZMUDA PALKA: Women's success in sport despite discrimination in the interwar period
		J. SEDLACEK: Secular trends in somatic and physical performance parameters of 11-years old school pupils in Slovakia
		B. RUZBARSKA: Associations Between 24-Hour Movement Behaviours and Cognitive Abilities in Slovak Adolescents: The Role of Physical Activity, Sedentary Behaviour, and Sleep
	Chaired by: Damir Sekulić	J. SUCKA: Isokinetic Strength, Bilateral and Ipsilateral Differences Among Elite Athletes
11:00 - 12:00	Invited Speeches	Terezia KOVALIK SLANCOVA: Language Without Words: The Importance of Gestures in Coach-Player Interaction
		K. ŠIBANC & M. PAJEK : Gymnastics for ageless vitality
	Chaired by: Arben Kacuri	
12:00 - 12:30	Opening ceremony	
12:30 - 15:00	Break	

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

	Chaired by: Jernej Pajek	M. ILIĆ: Quality of Life and Health Preservation Strategies of Elderly Residents in Nursing Homes in the Autonomous Province of Vojvodina (Serbia)
18:35 - 19:05	Invited Speeches	Marijana GEETS KESIC & Barbara GILIC: Health literacy & physical literacy; Is there a meaningful association between them?
	Chaired by: Karmen Šibanc	
19:05 - 19:35	Poster Sessions	Session 4
		A. NURJA: Prevalence of increased upper extremity strength in female volleyball players
		P. CECH: Explosive Lower Limb Strength of Volleyball Players: Field Position Differences
		A. I. BĂLTEAN: Preliminary Evaluation of Measurement Tools for Assessing Vertical Jump Performance in Water Polo Players
		V. A. GEANTĂ: Discrepancies in Lower Limb Average Power Calculation in Repeated Vertical Jump Tests: A Preliminary Study
		T. PERIC: Cognitive Function and Performance in Brazilian Jiu-Jitsu
		I. ZELJKO: Correlates of doping tendencies in martial arts: specific analysis of Olympic and non-Olympic sports
		P. ZALETEL: Eating habits and eating disorders in female dancers
		M. PAJEK: The Silent Pandemic: Long-Term Effects of COVID-19 on Children's Motor Development
		B. HALILAJ: Normative values of growth and development of morphological characteristics of student ages 12, 13, 14 and 15 in Kosovo
		D. IVANOV: Assessment of Lower Limb Asymmetry in Elite U16 Football Players Using Counter-Movement and Squat Jump Tests and Kineo Technologies
		K. TANI: Prevalence of Foot Deformities and Their Impact on Balance, Gait, and Load-Bearing in School-Aged Children in Tirana, Albania
		S. P. NIKOLOVA: Knowledge and Attitudes of the Population Regarding Type 2 Diabetes with a Special Focus on Risk Factors and Sources of Information
		T. KARALIĆ: Perception of Sports Among Schoolchildren: Differences between Urban and Suburban Areas through Gender Perspective
		P. MINCHEVA-BOLGUROVA: 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	S. FILKOVA: Prevention and Complications of Type 2 Diabetes in According to Knowledge and Attitudes of the Population

05st April 2025, Saturday		
8:00-9:00	Registration	
8:30-9:00	Poster setting	
9:00-11:00	Oral Sessions	Session 5
		J. ZURC: Extracurricular Physical Activity as a Factor in Schoolchildren's Socialization
		J. ZURC: Health-Related Behavioural Patterns in University Students: A Cluster Analysis
		V. GASPARI: Gastrocnemius architectural properties and sprint performance in prepubertal female athletes
		M. DODAJ: Physical Demands During the Game and Compensatory Training Session (MD + 1) in Football, are we Really Compensating?
		E. PEQINI: The influence of parents for fostering children in extra-school mobility activities and the importance of improving these skills
		A. RINALDI SINULINGGA: Correlation between Sprint Cycle Ergometer and Vertical Jump Test Results to Determine Anaerobic Performance in Young Football Players

	Chaired by: Terézia Kovalik Slančová	S. ROGAN: A Framework for a Return to Activity Algorithm for Non-Specific Back Pain in Golf
		J. PLEŠA: Differences in jumping characteristics between different competitions in volleyball: A Case report
		G. TURNSEK: The Role of the Electromechanical Efficiency Index of the Skeletal Muscle: A Systematic Review
		A. KASMI: Enhancing Sustainable Adventure Tourism in Albania. Integrating Infrastructure Development, Sport Education, and Economic Growth
		M. PEZDIRC: The influence of vision and hearing on body control during jumps on a large trampoline
		P. RAJKOVIC VULETIC: Is the PAQ-C a valid measurement tool for evaluating physical activity levels in rural children? Cross-sectional study in southern Croatia
11:00-12:00	Invited Speeches	Arben KAÇURRI: Looking for a Comprehensive System for Physical Activity, Physical Fitness, Talent Identification, and Development.
		Janez VODIČAR: The role of the coach - athletic talent - success
	Chaired by: Elona Mehmeti	
12:00-12:45	Poster Sessions	Session 6
		E. ČOLAKHODŽIĆ: Pređena distanca i intenziteti kretanja nogometaša na Svjetskom prvenstvu u Kataru 2022 - razlike prema pozicijama u igri
		I. CERKEZ ZOVKO: Analysis of the associations between physical literacy and health literacy in older females
		E. KOLAR: How do Serbian Gymnastics Coaches Make Decisions?
		S. DELAŠ KALINSKI: Psychological coping skills of young gymnasts
		H. AJMAN: The Difference in Motor- Functional Abilities of Football Players in Younger Age Categories
		T. GALIĆ: How much importance do recreational runners attach to the choice of running shoes - case study Osijek Ferivi half marathon?
		M. MUSA: Sociodemographic correlates of physical literacy and health literacy in older females
		Z. TOMAC: The influence of the type of clothing material on the agility of paravolleyball players
		N. ZENIC: Sociodemographic Factors Associated with Doping Tendency in Recreational Athletes; Cross-sectional analysis
		J. SANADER: Sport-Specific Skills in Novice Basketball Players (Ages 9–14): The Role of Maturation
		D. SEKULIC: Analyzing the Gender-Specific Criterion Validity of the Physical Activity Questionnaire for Children (PAQ-C) Among Urban Children from Croatia
		B. GJINOVCI: EUROFIT reference values of 7-11 aged children in urban areas of Kosovo; relations between age and gender
		A. MILETIĆ: Blocked and/or random practice effecting the contextual interference during dance classes
		B. KATANIC: First vs. Second Half Running Performance in Professional Soccer Matches: Insights from GPS Tracking
		D. BJELICA: Differences in Movement Performance of Football Players Compared to Higher- and Lower-Ranked Opposing Teams in the Montenegrin First League

	Chaired by: Pavel Ruzbarsky	D. DJURDJEVIC: Atrial fibrillation in patients with ST elevation myocardial infarction and its impact on in-hospital treatment outcome
12:45-15:30	Break	
16:00-18:00	Oral Sessions	Session 7
		M. GJONBALAJ: Comparative Analysis of Physical Demands in Domestic and International Soccer Matches: Insights from Kosovo Super League Teams
		Amal SULEIMAN Al Zoubi: The Effect of Modern Gyrotonic Exercise Practice on Some Physical and Motor Variables and the Digital Performance Level in Long Jump Athletes.
		S. RAUTER: Impact of Body Asymmetries on Road Cycling Performance
		G. TURNSEK: The Role of the Electromechanical Efficiency Index of the Skeletal Muscle: A Systematic Review
		J. PETERCA: The Effect of Exercises on Shear Wave Velocity of the Median Nerve and 3rd FDS in Patients with Carpal Tunnel Syndrome
		Z. MAJCEN ROSKER: Is cervical movement control related to sprinting performance in trained track-and-field athletes
		L. ŽELEZNIK MEŽAN: Content Knowledge of Sports Students
		B. MORINA: Urban-Rural comparison in prevalence of overweight and obesity among children aged 7-11 years from Kosovo
		M. HAMDAN : Effect of 10 weeks of football and swimming physical education university course on health-related fitness parameters of male university students
		M. CENAJ: Contemporary and Traditional Teaching Methods and Techniques In Albanian Primary Education- Physical Education Teachers' Perspectives
		J. CVENIĆ: Differences in the speed of U15 croatian female cadet soccer players of different levels of the competition
		K. M. KHWAILEH: A Comprehensive Analysis of Children's Rights in Jordanian Youth Sports: Aligning Youth Sports with the United Nations Convention on the Rights of the Child
		S. METOLLI: Motivation on Using Doping in Adolescents Athletes Involved in Sports in Albania
	Chaired by: Jožef Križaj	M. ILIĆ: Examining the Association Between Lifestyle Habits and Academic Performance Among Health Sciences Students from Eight South-East European Countries
18:05-19:05	Invited Speeches	Ivan PERIC: Experimental Comparison of Two Forms of Agility in a Non-Sports Active Population
		Vjekoslav CIGROVSKI: Preparing for Alpine Skiing: A Guide for Skiers from Lowland Countries
	Chaired by: Hrvoje Ajman	
19:10 - 19:30	Closing ceremony	
06th April 2025, Sunday		
	Departure	



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