

**“OLYMPIC SPORT AND SPORT FOR ALL” 2017 WARSAW CONFERENCE
SCHEDULE AT GLANCE**

	14.09.2017 Thursday	15.09.2017 Friday	16.09.2017 Saturday
Hour	Polish Olympic Committee	J. Pilsudski University of Physical Education	J. Pilsudski University of Physical Education
		Registration: 08.00-16.30	Registration: 08.30-15.00
9.00-9.45	Registration 09.00-18.00	Keynote lecture Vladimir Platonov, AULA	Keynote lecture Mikhail Shestakov, AULA
10.00-10.30		PARALLEL SESSIONS 45' III Biomedical Aspects of Sport (AULA) IV Psychosocial Aspects of Sport (LH 2) V Sport for All (LH 3)	PARALLEL SESSIONS 1,5h & Symposium part I X Sport Training (LH 2) XI Psychosocial Aspects of Sport/Adapted Physical Activity (LH 3) XII Varia (AULA)
10.30-10.45		OPENING CEREMONY Introductory lecture Henryk Sozański, Jerzy Sadowski Keynote lecture David Howe	COFFEE BREAK 30' Sport Hall no. 4
10.45-11.15	Veolia's Sports Academy (SAV) Young athletes: opportunities and challenges Keynote lecture Vesa Linnamo AULA		COFFEE BREAK 30' Sport Hall no. 4
11.15-11.30			POSTER PRESENTATION 1h Sport Hall no. 4 & Symposium part II "Symposium on Social Inclusion and Volunteering in Sport Clubs" (LH4, FR)
11.30-12.00			
12.00-12.45			
12.45-13.00	COFFEE BREAK 30'	LUNCH 45' (next to the Team Games Hall)	
13.00-13.15			
13.15-13.30	Session I Olympism 75'	PARALLEL SESSIONS 1,5 h VI Biomedical aspects of Sport (AULA) VII Sport for All (LH 3) VIII Sport Performance (LH 2) IX Improvement of Sports Technique (LH 4, FR)	LUNCH 45' (next to the Team Games Hall)
13.30-13.45			
13.45-14.30			CLOSING CEREMONY (AULA)
14.30-15.00	COFFEE BREAK 30"		
15.00-15.30	Keynote lecture Jan Blecharz Session II Olympism 75'	COFFEE BREAK 30' Sport Hall no. 4	
15.30-16.15		Scientific Workshop 45' LH 20 Recreational Games/AWF Tour	
16.15-16.30			
16.30-17.00			
17:00-18:00	RECEPTION	WARSAW EXCURSION Departure from University Campus (app. 4 hours)	
18:00-19:00			
19.00-20.00			

CONGRESS PROGRAMME

Thursday, 14 September 2017

9.00-18.00 Registration

10.30-12.45 **Opening Ceremony**

Venue: Olympic Center (4, Wybrzeże Gdynskie St.)

Intoductory lecture:

Prof. Henryk Sozański, prof. Jerzy Sadowski

Józef Pilsudski University of Physical Education in Warsaw

Title: Sport training of children and youth in 21th century

Keynote Speaker:

Prof. David Howe, Loughborough University School of Sport, UK

Title: Parasport: an antidote for inclusive practice?

This paper highlights the need to explore the excessive significance given to the Paralympic Games as a vehicle for the encouragement of participation of people with a disability within sport. The media spectacle around the games that the International Paralympic Committee (IPC) has worked tirelessly to develop has become, for policy-makers and the public alike, a sufficient outlet for disability sport provision. Through the ethos of Paralympism, the IPC's values have been assumed to be valid for all people with a disability, yet in terms of widening participation, their utility is limited.

For two generations disability rights advocates have highlighted the need for people with disabilities to be included in society without restriction of any kind. Within the world of sport this principle of inclusion has also been gaining momentum and contemporary national and international sport policy highlight its importance. Today social inclusion and the principles of universal design are lofty goals that are championed by the disability sport industry and they are celebrated for it. However, I will suggest the disability sport industry has both championed inclusion on the one hand and used its rhetoric to feather its own nest on the other. Rather than inclusion I will argue that society needs to celebrate difference within sport. Because of the calling card of inclusion disability discrimination is still seen as insignificant compared to issue of racism and homophobia where large public platforms of awareness are now the norm. This paper first illuminates the relationship between the International Olympic Committee and the IPC before turning our attention to the ethos of Paralympism. Highlighting the necessity for 'sport for all', we use a human rights lens, aided by a capabilities approach to facilitate better ways to educate the public about the need for equality of access to sporting participation opportunities.

12.45-13.15 **Coffee break**

13.15-14.30 **Session**

Venue: Olympic Center (4, Wybrzeże Gdynskie)

Session I OLYMPISM

1. GOOD GOVERNANCE IN THE OLYMPIC MOVEMENT
M. Bulatova, National University of Ukraine on Physical Education and Sport, Kiev, Ukraine
2. LEGAL BASES OF THE OLYMPIC GAMES
N. Y. Melnikova, A.V. Treskin, Russian State University of Physical Education, Sport, Youth and Tourism, Moscow, Russia
3. ENCOURAGING OF THE POLISH ADOLESCENTS TO BEHAVE BETTER THROUGH OLYMPIC EDUCATION-COMPARISON OF THE RESULTS OVER THE YEARS
A. Glapa, M. Bronikowski, University School of Physical Education in Poznan, Poland
4. TOURISM DEVELOPMENT IN THE CONTEXT OF THE OLYMPIC GAMES
N.Y. Melnikova, A.Y. Nikiforova, Russian State University of Physical Education, Sport, Youth and Tourism, Moscow, Russia

14.30-15.00 **Coffee break**

15.00-15.45 **Keynote Speaker:**

Prof. Jan Blecharz, University of Physical Education in Krakow, Poland

Title: The role of mental preparation in elite athletes' training

Psychological preparation is an integral part of the athlete's preparation to participate in the competition. It is particularly important for professional athletes. The optimal state of mental preparation can be achieved through mental training. In mental training - an athlete acquires skills necessary for optimal effectiveness of sport training, during competitions, psychosomatic recovery and building up a personal philosophy which determines the athlete's approach to sport activity and lifestyle. The most important mental skills are: emotional control, concentration despite the presence of distractors, imagery, and the ability to achieve the zone of optimal functioning. Mental skills are taught and therefore should be systematically practiced, just as physical skills.

The lecture will focus on the specifics of the mental training of professional athletes and the importance of individual psychological skills during the preparatory, pre-start, during and after the competition.

The psychological nature of the major sport events, with a special emphasis on the Olympic Games and the role of team members' mental preparation to support the athlete during major competitions, will also be presented. Finally, I will share my own experience in the use of mental training with Polish elite competitors.

15.45-17.00 **Session**

Session II OLYMPISM

1. CONCEPT OF SUSTAINABLE DEVELOPMENT: ENVIRONMENT AND SPORT
Y. Imas, O. Yarmoliuk, National University of Ukraine on Physical Education and Sport, Kiev, Ukraine
2. THE ROLE AND OBJECTIVES OF INTERCULTURAL OLYMPIC EDUCATION DURING YOUTH OLYMPIC GAMES
K. Płoszaj, Józef Piłsudski University of Physical Education in Warsaw, Poland; W. Firek, University of Humanities and Economics in Lodz, Poland; E. Malchrowicz-Moško, University of Physical Education in Poznan, Poland
3. CONTENT ASPECTS OF THE DISCIPLINE «OLYMPIC EDUCATION OF CHILDREN AND YOUTH (PRE-SCHOOL, SCHOOL, UNIVERSITY)» DEVELOPED IN ACCORDANCE WITH FEDERAL STATE EDUCATIONAL STANDARD OF HIGHER EDUCATION OF THE PREPARATION DIRECTION 49.04.03 «SPORT»
N.S. Leontieva, N.Y. Melnikova, V.V. Melnikov, M.V. Koreneva, L.S. Leontieva, Russian State University of Physical Education, Sport, Youth and Tourism, Moscow, Russia
4. OLYMPIC EDUCATION IN THE SYSTEM OF GENERAL SECONDARY EDUCATION IN UKRAINE
V.L. Mazyuk, National University of Ukraine on Physical Education and Sport, Kiev, Ukraine
5. AMERICAN OLYMPISM-THE IMPORTANCE OF THE 1932 SUMMER OLYMPICS
M. Mazurkiewicz, The Jan Kochanowski University in Kielce, Poland

17.15-19.00 **Reception**

Venue: Olympic Center (4, Wybrzeże Gdynskie St.)

Friday, 15 September 2017

08.00-
16.30 Registration

09.00-
09.45 **Keynote Speaker:**
Prof. Vladimir Platonov, National University of Physical Education and Sport of Ukraine

Title: The modern system of periodization in long-term athletes' preparation

Venue: Józef Pilsudski University of Physical Education in Warsaw - Aula

A rationally designed system of multi-year training consists of two stages differing in the targeted focus and content.

The first stage covers the period from the beginning of sports activity to the transition of the athlete to the level of the highest achievements and includes four phases: initial training, preparatory basic training, specialized basic training, and preparation for the highest achievements. The targeted focus and content of the preparation in this stage are subject solely to the systematic preparation for highest achievements. The second stage covers the period from the time when athlete reaches the level of the higher performance to the end of the sports career. This one also consists of four phases: the phase of maximum realization of individual capabilities, the phase of maintenance of the achieved performance, the phase of gradual decline in performance, and the phase of completion of athletic career. The targeted focus and content of the preparation are related to active competitive activity along with exploitation, further development or maintenance of the achieved sports mastery.

One of the two following strategies is implemented to build the process of preparation at the first stage. The first is focused on systematic preparation and achievement of the highest possible individual performance within the age range optimal for a particular sport. It is built on solid scientific foundations both in terms of duration and specific content, which takes into account the peculiarities of age and pubertal development of an athlete and complies with the regularities of the formation of various components of sports mastery. Athletes, who implement this strategy in their preparation, not only fully exploit their natural potential, but also, with high probability, provide themselves with a successful career in the second stage of multi-year training.

The second strategy is focused on intense competitive activity throughout the multi-year training (successful performance in competitions for children, adolescents, youths, competition of age groups, Youth Olympic Games, etc.). Athletes implementing this strategy are successful in the system of competitions in children's and youth sports. However, due to the inevitable acceleration of the training and ignoring of the regularities of age development,

they are not able to fulfill the natural potential and early finish their career as a result of the stabilization or decrease of athletic performance or because of the overtraining and injuries.

It should be noted that whereas the knowledge system pertaining to the first stage is well developed, consistent and based on solid scientific foundations, the available knowledge relevant to the second stage is based on the data of practical experience, which are often ambiguous and contradictory. This necessitates intense scientific research, especially given the exceptional significance of justifying the ways of extending the career of outstanding athletes as the most important factor of popularization and attractiveness of the sport.

10.00- **Three parallel sessions**

10.45

Venue: Józef Piłsudski University of Physical Education in Warsaw

Session III BIOMEDICAL ASPECTS OF SPORT - Aula

1. CONSERVATIVE INTERVENTIONS FOR DELAYED ONSET MUSCLE SORENESS. AN EVIDENCE SYNTHESIS STUDY
M. Płaszewski, Józef Piłsudski University of Physical Education in Warsaw, Poland
2. THE EFFECT OF DIFFERENT BIOFEEDBACK METHODS DURING PRECISION MOVEMENTS TRAINING
A. Pukhov, S. Ivanov, S. Moiseev, R. Gorodnichev, State Academy for Physical Culture and Sports of Velikie Luki, Russia
3. EXERCISE HEAT ACCLIMATION EFFECTS ON CYTOKINE RESPONSES AFTER STRENUOUS EXERCISE IN ATHLETES AND RECREATIONALLY ACTIVE MEN
Sz. Wiecha, A. Tyka, T. Palka, W. Pilch, Z. Szygula, A. Tyka, Józef Piłsudski University of Physical Education in Warsaw, Poland

Session IV PSYCHOSOCIAL ASPECTS OF SPORT - Lecture hall 2 (1st floor)

1. CLASS DETERMINANTS OF SPORT SOCIALIZATION PRACTICES AND SPORT CONSUMPTION IN POLAND
M. Lenartowicz, Józef Piłsudski University of Physical Education in Warsaw, Poland
2. 'A WAR BETWEEN POLISH FOOTBALL FANS AND THE GOVERNMENT' FROM THE PERSPECTIVE OF HERBERT BLUMER'S COLLECTIVE BEHAVIOUR THEORY
M. Jasny, Józef Piłsudski University of Physical Education in Warsaw, Poland
3. GENDER AND NATIONALITY IN SPORTS COVERAGE OF THE TWO LARGEST POLISH NEWSPAPERS DURING THE OLYMPIC GAMES IN 2010-2016
Z. Mazur, N. Organista, Józef Piłsudski University of Physical Education in Warsaw, Poland

Session V SPORT FOR ALL - Lecture hall 3 (2nd floor)

1. SPORT FOR ALL – INCLUSIVE AND UNIVERSAL URBAN PLAYGROUNDS IN THE OUTDOOR PUBLIC SPACE
H. Nałęcz, Institute of Mother and Child, Warsaw, Poland
A. Ostrowska-Tryzno, A. Pawlikowska-Piechotka, Józef Piłsudski University of Physical Education in Warsaw, Poland

2. DIRECT AND INDIRECT ASSESSMENT OF PHYSICAL ACTIVITY OF WOMEN OVER 60 YEARS OLD DEPENDING ON THEIR AGE
A. Ogonowska-Słodownik, A. Kosmol, N. Morgulec-Adamowicz; Józef Piłsudski University of Physical Education in Warsaw, Poland
3. CLASSIFICATION OF YOGA POSES IN BASE OF POSTURAL STABILITY
M. Błażkiewicz, A. Miąsik; Józef Piłsudski University of Physical Education in Warsaw, Poland

10.45- **Coffee break** (SH no. 4)
11.15

11.15- **Veolia's Sports Academy Symposium I**
12.45 **Keynote Speaker: Prof. Vesa Linnamo, University of Jyväskylä, Finland**

Title: Online monitoring and feedback for athletes and coaches

Venue: Józef Piłsudski University of Physical Education in Warsaw, Aula

In research complex measurement and analyzing systems often take lots of time and effort before the final reports can be written. In everyday coaching situation this is not, however, possible and the results should be received almost immediately or preferably even online. In order to decide what are the most important variables from coaching point of view extensive research is normally done beforehand. This may include sophisticated devices, large number of athletes and statistical analysis.

During recent years we have put a great deal of effort into both developing new measurement systems and building an online feedback system. The idea behind our "Coachtech" system is that several analog signals from different sources can be synchronized together with video data to be viewed online (Ohtonen et al. 2016). The data is also saved to a server to which coaches and athletes get personal id access numbers. The system has been developed for cross-country skiing in which parameters such as cycle length, cycle frequency and force impulses can be calculated online. Data from force transducers and accelerometers is transmitted wirelessly using small nodes. The system allows viewing the signals and videos in slow motion and comparing different trials with each other. Other sports that the Coachtech system is currently used for are running and ski jumping and we also use it for balance measurements. An overview of the system and how it has been utilized by Finnish national biathlon, cross-country skiing and ski jumping will be presented during the Congress.

About the "Veolia's Sports Academy" Programme

Veolia's Sports Academy (SAV) is an educational programme aimed at sportsmen aged 14-18 whose core goal is to prepare the beneficiaries and graduates for conscious building of their professional career and inform them of the benefits of simultaneous educational and sports development. During one year-long co-operation the young people receive a dose of valuable knowledge about sports marketing, public relations, sports psychology, social media,

TV production, sports law, and professional coaching. The trainings for young sportsmen are provided by experts in their individual fields.

To this day, more than 140 beneficiaries participated in the SAV Programme, representing various individual disciplines, including but not limited to swimming, canoeing, track and field sports, diving, fencing, and judo. Our graduates include Gerard Kurniczak – cadet wrestling world champion (2016), Kacper Majchrzak – Olympic swimmer in London (2012) and Rio de Janeiro (2016), Marta Lubos – winner of 13 gold, 14 silver, and 14 bronze medals in international juniors' and seniors' karate championships. Kamila Lićwinko, the Programme's ambassador and a distinguished Polish athlete, shares her extensive experiences with the young sportsmen.

SAV currently operates in five cities: Warsaw, Łódź, Poznań, Chrzanów, and Tarnowskie Góry. The project received an honourable mention during the prestigious SABRE Awards as one of four best CSR projects in the world, and it was announced a Good Practice 2015 by the Responsible Business Forum.

Veolia group in Poland has been a reliable partner of cities and industry in Poland for 20 years offering services tailored to its clients' needs, constantly developing business in the country. At this time, Veolia is consistently investing in the expansion and modernization of its production and distribution infrastructure to ensure the highest quality of service and environmental protection. Veolia is one of the leading service providers in the area of energy management, water and sewer management, as well as waste management. It employs approximately 4,500 employees. Veolia develops and implements cost-effective and environment-friendly solutions. New business models created by the group meet the assumptions of circular economy, and contribute to sustainable development of cities and industry.

Veolia Group in Poland runs business in 75 cities, managing district heating systems in 41 of them. Veolia operates through the following Companies: Veolia Energia Polska (holding), seven main operating companies – Veolia Energia Warszawa, Veolia Energia Łódź, Veolia Energia Poznań, Veolia Energia Poznań ZEC, Veolia term, Veolia Industry Polska, Przedsiębiorstwo Wodociągów i Kanalizacji in Tarnowskie Góry and their subsidiaries. www.veolia.pl

Veolia Energia Warszawa manages the largest district heating network in the European Union, supplying system heat and domestic hot water to 80% of the buildings in Warsaw. While following the assumptions of the Group's sustainable development policy, the Company develops and implements energy efficiency solutions that are optimal for the environment and local communities. The Company ensures safety and reliability of heat supplies, taking care of proper operation of almost 1,800 km of the municipal district heating network and thousands of substations. www.energiadlawarszawy.pl

12.45- **Lunch** (hall next to the Team Games Hall)
13.30

13.30-
15.00

Four parallel sessions

Session VI BIOMEDICAL ASPECTS OF SPORT - Aula

1. EFFECTS OF MANUAL LYMPH DRAINAGE VS PASSIVE RECOVERY ON INFLAMMATORY MEDIATORS FOLLOWING STRENUOUS ECCENTRIC EXERCISE
Sz. Wiecha, M. Wiecek, M. Maciejczyk, J. Szymura, K. Ochalek, Z. Szygula, Józef Piłsudski University of Physical Education in Warsaw, Poland
2. EFFECTS OF MAGNETOTHERAPY ON PERIPHERAL CIRCULATION IN ELDERLY WOMEN (60+) COMPLAINING ON A COLD HAND SYNDROME
B. Wysoczański, Józef Piłsudski University of Physical Education in Warsaw, Poland
3. DO LOW LEVEL LASER THERAPY (LLLT) IRRADIATIONS ALLEVIATE DELAYED ONSET MUSCLE SORENESS FOLLOWING A SINGLE INTERVENTION OF NEUROMUSCULAR ELECTRICAL STIMULATION? A DOUBLE BLIND, CROSSOVER TRIAL
M. Cieśliński, M. Płaszewski, E. Jówko, T. Sacewicz, I. Cieśliński, Józef Piłsudski University of Physical Education in Warsaw, Poland
4. DO LOW LEVEL LASER THERAPY (LLLT) IRRADIATIONS ALLEVIATE DELAYED ONSET MUSCLE SORENESS FOLLOWING A NEUROMUSCULAR ELECTRICAL STIMULATION TRAINING SESSION? A DOUBLE BLIND, RANDOMISED PARALLEL TRIAL
M. Cieśliński, M. Płaszewski, E. Jówko, T. Sacewicz, I. Cieśliński, Józef Piłsudski University of Physical Education in Warsaw, Poland
5. ANAEROBIC THRESHOLD IN ATHLETES OF DIFFERENT AGES
E. Feroyan, Georgian State Teaching University of Physical Education and Sport, Ybilisi, Georgia; L. Kokaia, S. King Tamar University of Georgian Patriarchate, Tbilisi, Georgia
6. FEATURES OF ADAPTATION TO TRAINING LOADS, YOUNG ATHLETES WITH SIGNS OF UNDIFFERENTIATED CONNECTIVE TISSUE DYSPLASIA
A. N. Nalobina, O. N. Ivashenko, T. N. Fedoriva, Siberian State University of Physical Education and Sport, Omsk, Russia

Session VII SPORT FOR ALL - Lecture hall 2 (1st floor)

1. ACTIVE NOT JUST ON-LINE. CAN GOAL SETTING STRATEGY GET THE YOUTHS MOVING?
M. Bronikowski, A. Glapa, M. Ludwiczak, J. Grzesiak, University of Physical Education in Poznan, Poland
2. COTSWOLD OLIMPICK GAMES AS "THE FIRST STIRRINGS OF EUROPE'S OLYMPISME"
P. V. Nesterov, J. Glembockaja, Moscow State Academy of Physical Education, Moscow, Russia
3. ONTOKINEZIOLOGICAL APPROACH AS METHODOLOGY OF SPORTIZATION OF PHYSICAL EDUCATION IN EDUCATION SYSTEM
L. I. Lubysheva, Russian State University of Physical Education, Sport, Youth and Tourism, Moscow, Russia
4. MODERN CONCEPTION OF HIGHER SPORT EDUCATION IN RUSSIA
T. Mikhaylova, Russian State University of Physical Education, Sport, Youth and Tourism, Moscow, Russia
5. CRITERIA, INDICATORS AND TECHNIQUES OF MEASUREMENT OF THE LEVEL OF DEVELOPMENT OF STRUCTURAL COMPONENTS OF SPORTS CULTURE OF THE STUDENTS
E.V. Burtseva, F.R. Zotova, V.A. Burtsev, Volga Region State Academy of Physical Culture, Sport and Tourism, Kazan, Russia

Session VIII SPORT PERFORMANCE - Lecture hall 3 (2nd floor)

1. SPORTS PERFORMANCE OF SINGLE FIGURE SKATING LEADERS IN FREE PROGRAM
L.K. Dmitrievna, Siberian State University of Physical Culture and Sports, Omsk, Russia
2. PROFESSIONAL TENNIS: PROBLEMS AND DEVELOPMENT PROSPECTS
O. Borysova, Y. Imas, D. Nikonorov, National University of Ukraine on Physical Education and Sport, Kiev, Ukraine
3. THE DEVELOPMENT OF THE RESULTS IN SELECTED MALE AND FEMALE ATHLETIC DISCIPLINES IN THE OLYMPIC CYCLE 1992-2016
I. Maruszyńska, Józef Piłsudski University of Physical Education in Warsaw, Poland
4. ANALYSIS OF THE PERFORMANCE OF THE RUSSIAN FEDERATION ATHLETES AT THE GAMES OF THE XXXI OLYMPIAD IN RIO DE JANEIRO IN 2016
N.S. Leontieva, M.V. Koreneva, L.S. Leontieva, Russian State University of Physical Education, Sport, Youth and Tourism, Moscow, Russia
5. URGENT TRAINING EFFECT OF REMOTE, INTERVAL AND COMPETITION TRAINING METHODS FOR QUALIFIED SWIMMERS
V. R. Solomatin, N. Zh. Bulgakova, A. Zhuravik, Yu.V. Filimonova, Russian State University of Physical Education, Sport, Youth and Tourism, Moscow, Russia
6. ANALYSIS OF RUSSIAN ATHLETES PERFORMANCE AT THE MILITARY WORLD GAMES
N.Y. Melnikova, A.V. Treskin, A.Y. Nikiforova, E.A. Samoilova, Russian State University of Physical Education, Sport, Youth and Tourism, Moscow, Russia

Session IX IMPROVEMENT OF SPORTS TECHNIQUES - Lecture hall 4 (Faculty of Rehabilitation)

1. KEY ELEMENTS OF SPORTS TECHNIQUE OF DYNAMIC LINKING OF FRONT HANDSPRING AND TUCK SOMERSAULT
M. Nogal, M. Biegajło, T. Niżnikowski, W. Wiśniowski, Józef Piłsudski University of Physical Education in Warsaw, Poland
2. IDENTIFICATION OF CHOSEN VARIABLES OF THE RUN-UP TECHNIQUE AFFECTING RESULTS IN POLE VAULT
A. Gębski, Joint Sport Schools No. 50 in Warsaw, Poland; K. Perkowski, Józef Piłsudski University of Physical Education in Warsaw, Poland
3. BIOMECHANICAL ANALYSIS OF SALTO BACKWARD STRETCHED AFTER THE ROUND-OFF-FLICK-FLACK ON THE BALANCE BEAM
T. Niżnikowski, W. Wiśniowski, E. Niżnikowska, M. Biegajło, M. Nogal, Józef Piłsudski University of Physical Education in Warsaw, Poland
4. IMPROVING TECHNIQUE OF BACK DOUBLE SOMERSAULT DISMOUNTS OFF THE UNEVEN BARS BASED ON BIOMECHANICAL INDICATORS
V. Potop, Ecological University of Bucharest, Romania; V. Boloban, National University on Physical Education and Sport, Kiev, Ukraine; V. Grigore, National University of Physical Education and Sport, Bucharest, Romania
5. KINEMATIC ANALYSIS OF YURCHENKO VAULT IN WOMEN'S ARTISTIC GYMNASTICS
M. Biegajło, M. Nogal, T. Niżnikowski, Z. Bujak, Józef Piłsudski University of Physical Education and Sport in Warsaw, Poland
6. COMPUTER MODELLING OF THE EQUILIBRIUM OF A HUMAN BODY FOR IMPROVING SPORTS RESULTS
K. Moistrapishvili, A. Egoian, Georgian State Teaching University of Physical Education and Sport, Tbilisi, Georgia

15.00- **Coffee break** (SH no. 4)
15.30

15.30- **WORKSHOP**
16.15

Workshop

Theme: "THE KEEP THE BALANCE" PROGRAMME
Authors: R. Czarniecka, E. Olszewska, J. Charzewska, Józef Piłsudski University of Physical Education,
in Warsaw, Poland
Venue:

16.30- **Warsaw Excursion** (meeting in front of the main building); app. 4 hours
20.00

Saturday, 16 September 2017

08.30- Registration

15.00

Venue: Józef Pilsudski University of Physical Education in Warsaw, Aula

09.00-9.45 **Keynote Speaker : Prof. Mikhail Shestakov, Training Center of Russian National Team**

Title: Muscle-tendon mechanics and energetics with a view to enhancing sports performance of top sportsmen

The utilization of tendon elastic energy is essential in various movement tasks, in particular to minimize the energetic cost of muscular contraction or to amplify the power output of the muscle-tendon unit (MTU). Hence, different tendons with particular sets of mechanical properties may influence MTU behavior and, ultimately, mechanical output and muscular efficiency (Wilson and Lichtwark, 2011).

Within the concept of tendon elasticity, two elastic mechanisms that promote efficiency can be distinguished. The first is the tendon storage and reuse of elastic energy during movement and the other is a 'catapult' mechanism that increases power.

The software complex received input data of real movement from by the Qualisys Motion Capture System. 24 cameras Oqus 5 (Qualisys, Sweden) were set to record athletes' of vertical standing jumps and running with various speed. Jumping exercises were performed on two force plates AMTI 6000 (AMTI, USA), a running test was performed on a treadmill-mounted force plate (Treadmetrix, USA). The data were processed with the help of the software package OpenSim (Delp et al., 2007). The software package permitted to develop an individualized musculoskeletal model of every athlete and identify specific features of his/her movement technique. The model includes geometric representations of the bones, kinematic descriptions of the joints, and Hill-type models of 44 muscle-tendon compartments. The model allows calculation of muscle-tendon lengths and moment arms over a wide range of body positions. The model also allows detailed examination of the force and moment generation capacities of muscles about the ankle, knee, and hip. The model includes 35 muscles of the lower limb, of which 10 were analyzed in this study. We calculated normalized fiber length, normalized fiber velocity, active force along the tendon, and activation from simulations of each subject.

The results demonstrated strong effect of sport specialization on characteristics of motor control in top athletes. Specific features of movements similar to the competitive exercise by their structure were found in performance of different exercises. Simulation results help coaches elaborate individual programs for technique development and perfection.

10.00-11.30 Three parallel sessions and Symposium

Venue: Józef Piłsudski University of Physical Education in Warsaw

Session X SPORT TRAINING - Lecture Hall no 2 (2nd floor)

1. NEW CONCEPT-MODEL OF PLAYING ACTIVITY IN THE THEORY AND METHOD OF SPORTS GAMES
V. Guba, A. Rodin, Russian State University of Physical Education, Sport, Youth and Tourism, Moscow, Russia
2. SPECIFICITY OF MORPHOFUNCTIONAL STATUS OF HIGHLY QUALIFIED PILOTS AND ACCELERATORS IN BOBSLED
I. Y. Gorskaya, N. V. Sergeeva, Siberian State University of Physical Culture and Sports, Omsk, Russia
3. COMPLEX CONTROL IN THE PREPAREDNESS OF QUALIFIED GYMNASTS
I. Syvash, National University of Ukraine on Physical Education and Sport, Kiev, Ukraine
4. THE THEORY OF MOTOR ACTIONS OF THE ATHLETE: THE NEED FOR NEW APPROACHES
V. Manolachi, N. Vizitei, State University of Physical Education and Sport of Moldova, Chisinau, Moldova
5. A METHOD OF SPECIALIZED PHYSICAL PREPARATION FOR A FORMATION TEAM IN DANCESPORT: EXPERIENCE OF APPLICATION IN THE REPUBLIC OF BELARUS
D. Bialiauski, Belarusian State University of Physical Culture, Minsk, Belarus

Session XI PSYCHOSOCIAL ASPECTS OF SPORT / ADAPTED PHYSICAL ACTIVITY-
Lecture hall 3 (2nd floor)

1. PSYCHOLOGICAL SUPPORT IN THE SYSTEM OF TRAINING OF HIGHLY QUALIFIED SPORTSMEN IN OLYMPIC SPORT
N. Vysochina; National University of Physical Education and Sport of Ukraine, Kiev, Ukraine
2. ATHLETES' NEEDS AND EXPECTATIONS REGARDING COACHES' BEHAVIOURS
N. Koperska, Józef Piłsudski University of Physical Education in Warsaw, Poland
3. COMPARATIVE ANALYSIS OF LIFE MEANING ORIENTATIONS OF STUDENTS-SPORTSMEN AND STUDENTS OF NON-PHYSICAL TRAINING SCHOOLS
O. N. Savinkova, G. V. Bugaev, A. V. Sysoev, I. V. Smotrova, Voronezh State Institute of Physical Culture, Voronezh, Russia
4. SPORTS RESULTS IN MEN'S SPRINT EVENTS AT THE PARALYMPIC GAMES BETWEEN 1992 AND 2016
A. Kosmol, B. Molik, N. Morgulec-Adamowicz, Józef Piłsudski University of Physical Education in Warsaw, Poland
5. EVALUATION OF LEVER DRIVE WHEELCHAIR PROPULSION AND MANUAL WHEELCHAIR PROPULSION DURING FIELD TEST
J. Marszałek, A. Mróz, B. Molik, I. Grabarek, K. Fiok, A. Kosmol, Józef Piłsudski University of Physical Education in Warsaw, Poland
6. DIFFERENTIATION AND CONDITIONS OF GROSS AND FINE MOTOR SKILLS AND A SPECIAL SKILLS IN FLOOR HOCKEY PLAYERS POLISH REPRESENTATIVES TO THE WORLD WINTER SPECIAL OLYMPICS IN AUSTRIA 2017
W. Skowroński, G. Bednarczuk, I. Rutkowska, J. Lencse-Mucha; Józef Piłsudski University of Physical Education in Warsaw, Poland

Session XII VARIA - Aula

1. THE LONDON 2012 OLYMPIC AND PARALYMPIC GAMES AS AN EXAMPLE OF SUSTAINABLE DEVELOPMENT IN SPORT
J. Jastrzębek, Poznań University of Economics and Business, Faculty of Economics, Poland
2. SPORTS SOCIETIES OF SAINT-PETERSBURG PROVINCE IN LATE XIX – EARLY XX CENTURIES (FROM THE HISTORY OF SPORT IN RUSSIA)
D. Beliukov, Velikiye Luki State Academy of Physical Education and Sport, Russia
3. EVALUATION OF FIELD BASED TEST FOR PROFESSIONAL FIREFIGHTERS
B. Molik, J. Marszałek, I. Rutkowska, A. Wójcik, A. Nowak, S. Nowacka - Dobosz, C. Urbanik; Józef Piłsudski University of Physical Education in Warsaw, Poland
4. REALIZATION OF HARDWARE-SOFTWARE SYSTEM FOR CONTENT ANALYSIS AND DIAGNOSTIC EVALUATION OF SUCCESS OF TRAINING IN THE PROCESS OF SPORTS SELECTION IN GYMNASTIC SPORTS
T. Morozevich-Shiluk; N. Matsius, Belarusian State University of Physical Culture, Minsk, Belarus
5. THE USE OF COMPUTER TESTS FOR IMPROVEMENT OF VISUAL REACTION OF SPORTSMEN
A. Egoyan, I. Khipashvili, Georgian State Teaching University of Physical Education and Sport, Tbilis, Georgia
6. ENERGY – THE MARATHONERS', RUNNERS' AND WALKERS' EVERLASTING DILEMA. THEORETICAL CONSIDERATIONS BASED ON GRAPHICAL APPROACH
W. Szeligiewicz, Józef Piłsudski University of Physical Education in Warsaw, Poland

10.00-11.30 SYMPOSIUM II, 1

Symposium on Social Inclusion and Volunteering in Sport Clubs
Venue: Lecture hall 4 (Faculty of Rehabilitation)

11.30-12.00 Coffee break (Sport Hall no 4)

12.00-13.00 SYMPOSIUM II, 2

Symposium on Social Inclusion and Volunteering in Sport Clubs
Venue: Lecture hall 4 (Faculty of Rehabilitation)

12.00-13.00 POSTER SESSION

Venue: Józef Piłsudski University of Physical Education in Warsaw, SH no. 4

1. NO BORDERS FOR EUROPEAN FOLK GAMES ON THE EXAMPLE ERASMUS+ SPORT PROGRAMME PROJECT "RECREAOLYMPIC"
J. Kalecińska, Józef Piłsudski University of Physical Education in Warsaw, Poland
2. MOTIVES FOR AND BARRIERS TO PHYSICAL ACTIVITY PARTICIPATION IN LEISURE TIME DEPENDING ON AGE, GENDER AND EMPLOYMENT STATUS
M. Zalech, Z. Bujak, J. Sołtan, Józef Piłsudski University of Physical Education in Warsaw, Poland
3. SOMATOTYPE OF FIRST-YEAR STUDENTS OF JÓZEF PIŁSUDSKI UNIVERSITY OF PHYSICAL EDUCATION IN WARSAW
K. Gryko, A. Kopiczko, K. Perkowski, I. Maliszewska, Józef Piłsudski University of Physical Education in Warsaw, Poland
4. RELATIONSHIP BETWEEN COGNITIVE AND PHYSICAL FITNESS OF ELDERLY WOMEN
J. Piotrowska, A. Leś, M. Guskowska, E. Kozdroń, E. Niedzielska, B. Krynicki, I. Rutkowska, Józef Piłsudski University of Physical Education in Warsaw, Poland,
5. DIFFERENCES OF THE VALUE OF PROXIMAL AND DISTAL MUSCLE STRENGTH OF UPPER LIMB IN PHYSICALLY ACTIVE YOUNG AND OLDER MEN – A CROSS-SECTIONAL STUDY
D. Drabarek, Józef Piłsudski University of Physical Education in Warsaw, Poland; J. W. Błaszczuk, The Jerzy Kukuczka Academy of Physical Education in Katowice, Poland
J. Jaszczyk, A. Kędra, J. Zaradkiewicz, R. Golanko, B. Tyszkiewicz-Gromisz, Józef Piłsudski University of Physical Education in Warsaw, Poland
6. INFLUENCE OF PREOPERATIVE PHYSICAL ACTIVITY OF ELDERLY PEOPLE ON RECOVERY AFTER MAJOR ABDOMINAL SURGERY
P. Czyżewski, Józef Piłsudski University of Physical Education in Warsaw, Poland
7. EVALUATION OF CHANGES IN AN ABILITY IN MANTAINING BALANCE OF BLIND PEOPLE DURING 4- YEARS PERIOD
I. Rutkowska, G. Bednarczuk, W. Skowroński, J. Lencse-Mucha, Józef Piłsudski Univesity of Physical Education in Warsaw, Poland
8. STATIC BALANCE OF VISUAL IMPAIRED TANDEM CYCLISTS
G. Bednarczuk, I. Rutkowska, I. Wiszomirska, W. Skowroński, Józef Piłsudski University of Physical Education in Warsaw, Poland
9. USE OF UNSTABLE PLATFORMS IN THE TRAINING PROCESS
A. Vorobiova, National University of Physical Education and Sport of Ukraine, Kiev, Ukraine
10. DUAL CAREER IN SPORT
T. Iancheva, National Sports Academy "Vasil Levski", Sofia, Bulgaria
11. SOMATIC PROFILE OF AN ITF TAEKWON-DO MALE CHAMPION TEAM AND THEIR RELATIONSHIPS WITH THE SPORTS RESULTS
T. Poliszczuk, I. Czachowska, D. Poliszczuk, Józef Piłsudski University of Physical Education in Warsaw, Poland
12. TECHNICAL SKILLS OF ELITE FEMALE AND MALE FREESTYLE WRESTLERS
D. Gierczuk, D. Czubak, Z. Bujak, I. Cieśliński, Józef Piłsudski University of Physical Education in Warsaw, Poland
13. CONTROL FOR TECHNICO-TACTICAL FITNESS OF ELITE EPEE FENCERS

- O. Driukov, State Scientific Research Institute of Physical Culture and Sports, Kiev, Ukraine
14. COMPUTER MODELLING OF A FOOTBALL TRAJECTORY TAKING INTO ACCOUNT ATMOSPHERIC EFFECTS AND MAGNUS FORCE
A. Egoyan, I. Khipashvili, K. Moistrapishvili, Georgian State Teaching University of Physical Education and Sport, Tbilisi, Georgia
 15. BIOMECHANICAL EVALUATION OF CLASS-SPECIFIC DOUBLE POLING IN ELITE PARALYMPIC CROSS-COUNTRY SIT SKIERS
M. Karczewska-Lindinger¹, V. Linnamo², V. Rosso³, L. Gastaldi⁴, W. Rapp⁵, Y. Vanlandewijck⁶, S. Lindinger⁷
¹ Józef Piłsudski University of Physical Education in Warsaw, Poland; ² University of Jyväskylä, Finland; ³ Politecnico di Torino, Italy and University of Jyväskylä, Finland; ⁴ Politecnico di Torino, Italy; ⁵ University of Freiburg, Germany; ⁶ KU Leuven, Belgium; ⁷ University of Salzburg, Austria
 16. THE INFLUENCE OF THE MYORELAXATION ON THE PHYSICAL WORKING CAPACITY LEVEL OF THE ATHLETES WITH DIFFERENT STARTING VEGETATIVE TONE UNDER VESTIBULAR LOAD
V.A. Tarabrina, O.Yu. Dolgova, S.M. Kirov Military Medical Academy, St. Petersburg, Russia
 17. THE USE OF GENOUROB REHAB PRO GNRB DEVICE MEASUREMENTS IN ASSESSING ANTERIOR CRUCIATE LIGAMENT INJURIES IN ATHLETES
M. Jarocka, J. Walawski, O. Wichlaj, Józef Piłsudski University of Physical Education in Warsaw, Poland
 18. STRENGTH CAPABILITIES IN RELATION TO THE CONCENTRATION OF IGF1 AND COLLAGEN SYNTHESIS MARKER IN THE FEMALE MENSTRUAL CYCLE
D. Iwańska, A. Kęska, E. Dadura, A. Wójcik, A. Mróz, G. Lutosławska, A. Mastalerz, Cz. Urbanik, Józef Piłsudski University of Physical Education in Warsaw, Poland
 19. A MORPHOLOGICAL PROFILE OF BALLET SCHOOL FEMALE STUDENTS AT DIFFERENT STAGE OF BIOLOGICAL DEVELOPMENT
D. Broda-Falkowska, T. Poliszczuk, D. Poliszczuk, Józef Piłsudski University of Physical Education in Warsaw, Poland
 20. OVERLOAD OF LOWER EXTREMITIES DURING DROP JUMP WITH VARIOUS EXTERNAL LOADS IN FIREFIGHTERS
D. Iwańska, A. Madej, P. Tabor, M. Karczewska, I. Wiszomirska, A. Mastalerz, Cz. Urbanik, Józef Piłsudski University of Physical Education in Warsaw, Poland
 21. PARTICIPATION IN PSYCHOLOGICAL WORKSHOPS AND CHANGES IN PERSONAL RESOURCES IN STUDENTS OF THE UNIVERSITY OF PHYSICAL EDUCATION IN WARSAW
A. Kuk, D. Ługowska, A. Gala-Kwiatkowska, M. Guskowska, Józef Piłsudski University of Physical Education in Warsaw, Poland
 22. THE COMPARISON OF HEALTH ATTITUDES OF STUDENTS WHO ARE PROFESSIONAL ATHLETES AND STUDENTS WHO DO NOT DO SPORT FOR COMPETITION
M. Olesiejuk, P. Wiśniowski, B. Makaruk, Józef Piłsudski University of Physical Education in Warsaw, Poland
 23. SOCIOLOGICAL ASPECTS OF DEVELOPMENT OF FITNESS INDUSTRY IN BELARUS
E. Halavach, A. Rubakhau, M. Załech, Józef Piłsudski University of Physical Education in Warsaw, Poland
 24. FANOTOURISM IN POLAND: THE SOCIO-CULTURAL ASPECTS OF SPORTS SPECTACLE
P. Majdak, The Józef Piłsudski University of Physical Education in Warsaw, Poland
 25. THE PARENTS' KNOWLEDGE AND CARE ABOUT FAULTY POSTURE OF PRIMARY SCHOOL CHILDREN
A. Makarczuk, University of Lodz, Poland

26. ATTITUDES TOWARD THE PRINCIPLE OF FAIR PLAY IN TERMS OF EQUAL OPPORTUNITIES
IN SPORT AND LIFE IN THE OPINION OF LODZ JUNIOR HIGH SCHOOL STUDENTS
J. E. Kowalska, University of Lodz, Poland
27. SOCIAL VALUES OF SPORT IN THE OLYMPIC EDUCATION PROGRAMS
A. Kazimierczak, University of Lodz, Poland
28. DYNAMICS VARIABILITY OF WORLD PERFORMANCE IN TRIATHLON
T. Socha A. Maszczyk, S. Rzepka, R. Roczniok, The Jerzy Kukuczka Academy of Physical
Education, Katowice, Poland
29. MODERN PARADIGM OF HEALTH-ENHANCING PHYSICAL ACTIVITY: THE BASIC CONCEPTS
AND THE WAYS TO IMPLEMENT IT IN UKRAINE
M. Dutchak, M.Movchan, National University of Ukraine on Physical Education and Sport
30. FEATURES OF PREPARATION OF SPECIALISTS IN PHYSICAL DUCATION AND SPORT TO
WORK WITH PERSONS WITH DISABILITIES
I. Kogut, S. Matvieiev, V. Marynych, National University of Ukraine on Physical Education
and Sport
31. LEVEL OF GROUND REACTION FORCE DEPENDING ON LOCOMOTION VELOCITY, EXTERNAL
LOAD AND AGE OF SUBJECTS
P. Tabor, M. Karczewska-Lindinger, D. Iwańska, I. Wyszomirska, Cz.Urbanik

13.00 – 13.45 - LUNCH (next to the Team Games Hall)

13.45-15.00 CONFERENCE CLOSING CEREMONY - Aula

SESSION LOCATION

Time	Session number/name	Venue
14.09.2017 Thursday		
10:30-12:45	Opening & Keynote 1 (D. Howe)	Olympic Center
13:15 - 14:30	I	Olympic Center
15:00 - 15:45	Keynote 2 (J. Blecharz)	Olympic Center
15:45 - 17:00	II	Olympic Center
15.09.2017 Friday		
9:00 - 9:45	Keynote 3 (V. Platonov)	Aula
10:00 - 10:45	III	Aula
	IV	LH2
	V	LH3
11:15 - 12:45	Keynote 4 (V. Linnamo) Symposium I, Veolia	Aula
13:30-15:00	VI	Aula
	VII	LH2
	VIII	LH3
	IX	LH 4 (FR)
15:30 - 16:15	Workshop	
16.09.2017 Saturday		
09.00 - 9:45	Keynote 5 (M. Shestakov)	Aula
10:00 - 11:30	X	LH2
	XI	LH3
	XII	Aula
	Symposium II, p. 1	LH 4 (FR)
12:00 - 13:00	POSTER SESSION	SH4
	Symposium II, p. 2	LH 4 (FR)
13:45 - 15:00	Closing Ceremony	Aula

LH – Lecture Hall

SH – Sport Hall

FR - Faculty of Rehabilitation