

## Program

### 25 October 2023, Wednesday

From 14.00	Arrival, accommodation - Strzelnica Family Resort & SPA, ul. Lubliniecka 9, Kochcice, 42-713 Kochanowice
15.30 – 17.30	Social program, Sauna, SPA
18.00 – 19.30	Dinner
20.00 – 22.00	Social event, Sauna, SPA

### 26 October 2023, Thursday

7.30 – 9.00	Breakfast
9.30 – 9.50	Opening ceremony - Gold Banquet Room
9.50 – 10.25	<b>Plenary session</b> Chairmen: prof. Józef Langfort, prof. Iulia Pavlova, prof. Jaromír Šimonek
	<b>Fibre and prebiotic substances from starch in foods and its implications for human nutrition</b> Janusz Kapuśniak
	<b>Overweight and obesity as a severe public health problem among Algerian women</b> Belkheyr Kaddour Bey, Zerf Mohammed
10.25-12.00	<b>Session I - Gold Banquet Room</b> Chairmen – prof. Zbigniew Borysiuk, prof. Janka Kanásová, prof. Piotr Rychter
	<b>Cognitive performance and physical activity in aging</b> Georgiy Korobeynikov, Lesia Korobeinikova, Markus Raab, Ivanna Korobeinikova
	<b>The effectiveness of training programs on the level of obesity levels reduction among Algerian women</b> Lakhdar Messaliti, Zerf Mohammed
	<b>Mental health, emotional well-being and mood in relation to physical activity: an approach to improving quality of life</b> Ramos-Álvarez Oliver, Sanmiguel-Rodríguez Alberto
	<b>Evaluation of offensive and defensive agility depending on the type of visual cue and personal decision-making styles in basketball</b> Pavol Horička, Jaromír Šimonek, Lubomír Paška, Marek Popowczak
	<b>Factors influencing the pupil's physical activity during the school day</b> Dita Culková, Veronika Dušková
12.00-12.15	Coffee break
12.15-13.15	<b>Session II - Gold Banquet Room</b> Chairmen – prof. Janusz Kapuśniak prof. Pavol Horička, prof. Iwona Kochanowska
	<b>Acute Effects of Five Different Stretching Exercises on Agility and Speed</b> Hana Kabešová, Lucie Lebrušková, David Svoboda

	<p><b>Associations between lifestyle changes in female students as they transitioned from secondary school to university</b> Alena Buková, Petra Tomková, Zuzana Küchelová</p> <p><b>Active communities and health-enhancing physical activity – the benefits for life quality of elderly people</b> Iuliia Pavlova</p> <p><b>Enhancing Motor Abilities in Individuals with Cerebral Palsy through Online Karate Training: A Case Study</b> Dariusz Mosler, Kantaro Matsui, Yuki Mimura, Takamasa Arakawa, Masatoshi Arakawa</p>
13.15-14.00	Lunch
14.00-15.15	<p><b>Session III - Gold Banquet Room</b> Chairmen – prof. Eligiusz Małolepszy, prof. Justyna Krzepota, prof. Renata Barczyńska-Felusiak</p>
	<p><b>The Role of Exercise in Strengthening Innate Immunity</b> Iwona Ewa Kochanowska, Magdalena Myga-Nowak</p> <p><b>Eco-friendly bioplastics as an alternative to traditional, nondegradable plastic</b> Piotr Rychter, Izabela Szymanek</p> <p><b>Quality and lifestyle of patients with thyroid diseases</b> Bartosz Wanot, Ewa Janik, Adrianna Kosior-Lara, Agnieszka Biskupek-Wanot</p> <p><b>The influence of the mental state on the rehabilitation of cardiac patients</b> Karolina Kowalewska, Tomasz Rutkowski, Błażej Cieślik</p> <p><b>Static balance assessment using modified version of Flamingo Test for taekwon-do athletes</b> Kamil Radecki, Dariusz Mosler</p>
15.15-15.30	Coffee break
15.30-16.45	<p><b>Session IV - Conference Room</b> Chairmen – prof. Anatolii Tsos, prof. Nora Halmová, prof. Renata Urban</p>
	<p><b>The history of football in the Tarnopol Voivodeship in the years 1920-1939</b> Eligiusz Małolepszy, Teresa Drozdek-Małolepsza</p> <p><b>Gender peculiarities of health-related quality of life among an working-age population</b> Svitlana Indyka, Nataliia Bielikova, Anatolii Tsos</p> <p><b>Analysis of the quality of life of patients receiving palliative care and assessment of the impact of the original educational program on improving the quality of life and reducing pain by increasing the self-reliance and independence of these patients</b> Wojciech Statowski</p> <p><b>Safe e-seniors in cyberspace</b> Tomasz Paczkowski</p>

	<p><b>Evaluation of lower limb power of students in 2021-2023</b> Jakub Kacprzak, Jacek Wąsik</p>
16.45-17.00	Coffee break
17.00-18.00	<p><b>Posters Session - Multimedia Room</b> Chairmen – prof. Sławomir Letkiewicz, prof. Jacek Wąsik, prof. Arkadiusz Marzec</p>
	<p><b>Women in ukraine during times of conflict</b> Liudmyla Vashchuk, Olena Demianchuk</p> <p><b>The effect of augmented reality (ar) on improving the educational process for some basic skills in physical education</b> Mohammed Asim Ghazi</p> <p><b>Sport Taekwondo's Peacebuilding Failures and Recommendations for Future Initiatives</b> John A. Johnson, Man-Hsu Lin</p> <p><b>Functional studies of vegetable and fruit mousses before and after enrichment with a fiber preparation of potato starch</b> Dominika Kaczmarek, Malwina Wójcik, Kamila Kapuśniak, Janusz Kapuśniak</p> <p><b>How do calorie-restricted plant-based diets affect human health?</b> Florentyna Tyrała, Aleksandra Pięta, Monika Szot, Adrian Burd, Paulina Mazur-Kurach, Barbara Frączek</p> <p><b>Prevalence of selected musculoskeletal disorders in relation to physical activity</b> Nora Halmová, Janka Kanásová, Jaroslava Kopčáková, Jaromír Šimonek</p> <p><b>Variability of Lipids in Human Milk and Infant Formula</b> Kamila Kapuśniak, Malwina Wójcik, Hanna Mojska, Janusz Kapuśniak</p> <p><b>Assessment of DHA intake by Polish breastfeeding women</b> Malwina Wójcik, Kamila Kapuśniak, Hanna Mojska</p> <p><b>Health and physical activity of cold-water swimmers</b> Dávid Kaško, Daniel Pastucha</p> <p><b>The effect of the length of sports experience on the prevalence of non-specific back pain and injuries in football and hockey</b> Ladislav Kručanica, Magdaléna Hagovská, Alena Buková</p> <p><b>The relationship between physical activity and anxiety in nurses - selected aspects</b> Magdalena Korsak-Sabino Belo , Adrianna Korsior-Lara, Neville Schembri</p> <p><b>Nutritional habits of climbers in high mountain conditions</b> Ewa Karpęcka-Gałka, Barbara Frączek</p> <p><b>Cross-coherence of selected actions of wheelchair fencers</b> Monika Błaszczyszyn, Zbigniew Borysiuk</p>

### **Basic motor skills of 7-8 year old children participating in sport**

Daniela Falat Leütterová, Ingrid Ružbarská

### **Physical activity of prisoners of war in Oflag VII A Murnau during World War II**

Renata Urban

### **Modulation of the gut microbiota by prebiotic fibers from potato starch**

Renata Barczynska, Janusz Kapuśniak , Katarzyna Slizewska , Michał Włodarczyk

### **Lifestyle Medicine for Longevity. Blue Zones inspiration**

Agnieszka Pluto-Pradzynska

### **Selected psychological factors and individualized exercise in Low Back Pain**

Dorota Ortenburger, Klaudia Zuskova, Arkadiusz Marzec, Tomasz Gora, Józef Langfort

### **Physical activity in the treatment of anxiety disorders**

Małgorzata Glin

### **Occupational therapy in Chronic Non-Specific Low Back Pain**

Renata Spalek, Dorota Ortenburger, Jacek Wasik, Tomasz Gora, Józef Langfort, Klaudia Zuskova

### **Physical activity and aerobic endurance of medical students after the covid-19 pandemic**

Ján Junger, Agata Horbacz, Richard Melichar, Vadym Krupytskyi

### **Exploring youth understanding of physical activity, health and illness - continuation**

Tomasz Góra, Dorota Ortenburger

### **The impact of shift work of operating nurses on physical activity**

Adrianna Kosior-Lara, Bartosz Wanot, Magdalena Korsak-Sabino Belo, Sławomir Letkiewicz

### **Firing frequency changes during concentric sub-phases of maximal and submaximal bench press task**

Blazek Dusan, Pisz Anna, Hojka Vladimir, Uhlir Petr, Kolinger Dominik, Zajac Adam, Stastny Petr

18.30-2.00

**Gala Dinner** - Gold Banquet Room

**27 October 2023, Friday**

8.00-10.00

Breakfast

10.00-10.30

Closing ceremony