

**Programme**

<b>6 November 2024, Wednesday</b>	
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
<b>7 November 2024, Thursday</b>	
7.30 – 9.00	Breakfast
9.30 – 9.45	Opening ceremony - Gold Banquet Room
9.45 – 10.15	<p><b>Plenary session</b> Chairmen: prof. Józef Langfort, prof. Janusz Kapuśniak, prof. Georgiy Korobeynikov</p> <p><b>Attractor Reconstruction: A Novel Approach to Evaluating Movement Technique in Sports</b> Michalina Błażkiewicz-Janeczko</p>
10.15 – 10.45	Joint photo
10.45-12.00	<p><b>Session I - Gold Banquet Room</b> Chairmen – prof. Barbara Frączek, prof. Zbigniew Borysiuk, prof. Jarosław Cholewa</p> <p><b>Behaviour problems and co-occurring developmental conditions: genes, environments and their interplay</b> Agnieszka Musiał</p> <p><b>Computer program for development of tactical thinking in soccer players</b> Otabek Khasanov, Zakhid Gapparov, Georgiy Korobeynikov, Lesia Korobeinikova, Javlon Ishtayev</p> <p><b>An implantable scaffold as a network chamber for in vitro sensitized Antigen Presenting Cells (APCs) - immunological consequences of cell-to-cell contact with naive PBMCs in the cell culture</b> Iwona Ewa Kochanowska, Miriam Tomczak</p> <p><b>Resilience for better life quality during the war: Ukrainian case</b> Iuliia Pavlova</p> <p><b>Lifestyle Medicine in clinical practice at Österåsen Lifestyle Medicine Clinic in Sweden</b> Agnieszka Pluto-Pradzyńska</p>
12.00-12.15	Coffee break
12.15-13.45	<p><b>Session II - Gold Banquet Room</b> Chairmen – prof. Iulia Pavlova, prof. Jan Junger, prof. Cezary Kuśnierz</p> <p><b>Unraveling Lactate and Fatigue Dynamics in Elite Taekwondo Athletes During the 30-Second Continuous Jump</b> Mehmet Zeki Kaya, Seyed Houtan Shahidi</p>

	<p><b>Efficiency of explosive ability development in young weightlifters using the SPORK device</b> Javlon Ishtayev, Zakhid Gapparov, Georgiy Korobeynikov, Lesia Korobeinikova, Otabek Khasanov</p> <p><b>The impact of military events on the general condition of elite athletes</b> Georgiy Korobeynikov, Lesia Korobeinikova, Ivanna Korobeinikova</p> <p><b>The Development of School Physical Education and the Education of School Physical Education Teachers in the Czech Lands from the Beginning to 1953</b> Tereza Fajfrlíková</p> <p><b>Biomechanical analysis of punch force and hand velocity across 8 boxing techniques in orthodox and southpaw stances</b> Jakub Kacprzak, Dariusz Mosler, Jacek Wąsik</p>
13.45-14.30	Lunch
14.30-16.00	<p><b>Session III - Gold Banquet Room</b> Chairmen – prof. Adam Zajęc, prof. Stefan Balko, prof. Renata Urban</p>
	<p><b>Long-term effect of an aerobic training program on body fat percentage in 10-12 year old swimming girls</b> Mariusz Kuberski, Agnieszka Musiał, Maciej Choroszucho, Jan Konarski, Jacek Wąsik</p> <p><b>The Relationship Between Equestrian Experience and Postural Stability</b> Karolina Kowalewska, Tomasz Rutkowski, Błażej Cieślík</p> <p><b>Dynamic Balance Assessment Using Modified Version of the One Leg Jump Test for Taekwon-do Athletes</b> Kamil Radecki, Dariusz Mosler, Karolina Kowalewska</p> <p><b>Normative and Limit Values of Speed, Endurance, and Power Test Results of Young Football Players – Percentile Charts</b> Michał Nowak, Marta Szymanek-Pilarczyk, Artur Stolarczyk, Łukasz Oleksy, Jarosław Muracki, Jacek Wąsik</p> <p><b>Innovative methods of supporting the process of breast cancer treatment with the support of VR and AL technologies</b> Michał Ekkert</p>
16.00-16.15	Coffee break
16.15-17.30	<p><b>Posters Session - Multimedia Room</b> Chairmen – prof. Eligiusz Matolepszy, prof. Justyna Krzepota, prof. Jacek Wąsik</p>
	<p><b>Modern technologies for the neuromuscular system readaptation in students with hypokinesia</b> Andrii Chernozub, Alla Aloshyna, Vadym Koval, Ivan Shtefiuk</p>

**Aging and cognitive performance**

Myroslav Dutchak, Dymytrii Nikonorov, Georgiy Korobeynikov

**Polish Gymnastic Society "Sokół" in the Tarnopol Voivodeship in 1920-1939**

Teresa Drozdek-Matolepsza, Eligiusz Matolepszy

**Mental readiness of female wrestlers**

Rashid Matkarimov, Fikrat Kerimov, Lesia Korobeinikova, Rashid Burnashev, Olga Goncharova

**Readiness of future fitness trainers for professional activity in the modern fitness industry**

Liudmyla Vashchuk, Olena Demianchuk, Venera Krendeleva

**Scientific Innovations in Sports Practice and Their Impact on Medal Rankings at the 2024 Paris Olympic and Paralympic Games**

Viktoriiia Nagorna, Artur Mytko, Silvio R. Lorenzetti

**Effect of Different Exercise Interventions on Fitness and Technical Performance among Badminton Athletes: A Systematic Review with Meta-analysis**

Xiang-Qian Xu, Georgiy Korobeynikov, Fatong Wan, Wei Han, Lesya Korobeynikova, Fikrat Azizovich

**The Role and Significance of Women's Physical Culture Congresses in the Second Polish Republic in Shaping Physical Education and Sports**

Teresa Drozdek-Matolepsza

**Impact of smartphone use on postural control in healthy young adults**

Michalina Gulatowska, Michalina Błażkiewicz-Janeczko

**Body structure and physical fitness and health behaviors of female and male students of the University of Zielona Góra**

Ryszard Asienkiewicz

**Lifestyle-related behavioural changes and physical activity in undergraduates arriving at university**

Alena Buková, Ladislav Kručanica, Petra Tomková

**Analysis of the relationship between physical activity and quality of life of internally displaced persons**

Svitlana Indyka, Natalia Bielikova, Anatolii Tsos

**Gender Differences in Physical Activity and Lifestyle Awareness Among Oncological Patients**

Zuzana Küchelová, Ferdinand Salonna, Erika Liptáková

**Cardiovascular fitness among university students**

Dávid Kaško, Marcel Čurgali, Richard Melichar, Agáta Horbacz, Ján Junger

**Physical activity, sexuality and cancer - interrelationships and their importance for quality of life**

Adrianna Kosior-Lara, Izabella Kaptacz, Magdalena Korsak-Sabino Belo, Adam Polański

**Relationships between socioeconomic factors and undertaking physical activity depending on lifestyle satisfaction in soldiers**

Jolanta Pilarczyk, Dorota Sadowska, Ewa Putek-Szeląg, Justyna Krzepota

**Practical workshop attitude as a way to explore to explore perception in and of out of school physical activity -longitudinal studies-part III**

Tomasz Góra, Dorota Ortenburger, Karina Jowita Wyszomierska

**Pain and physical activity referenced to selected personality traits**

Dorota Ortenburger, Tomasz Góra, Svitlana Indyka, Paulina Kuligowska, Anatolii Tsos

**Assessment of injury and functional movement capabilities of female rugby players taking part in the highest-league games in Poland**

Wojciech Statowski

**Relationship of selected health status indicators and diet of Polish e-sports players**

Mazur-Kurach Paulina, Maria Gacek, Barbara Frączek

**Gait analysis following unicompartmental knee arthroplasty utilizing CAREN Extended virtual environment**

Błaszczyszyn Monika, Szczęśna Agnieszka, Pawlyta Magdalenad, Szyszka Jarosława, Zbigniew Borysiuk

**Information technology in teaching sports games**

Ludmila Filenko, Irina Pomeshchikova, Vladlena Pasko

**Therapeutic Benefits of Kayaking for Motor Function and Well-Being in Parkinson's Disease Patients**

Jarosław Cholewa, Joanna Cholewa

**Multi-dimensional approach to improving functional efficiency through low back pain patients**

Renata Spalek, Dorota Ortenburger, Tomasz Góra, Michał Ekert, Jacek Wąsik

**Protective role of physical and mental activity Taekwon-do in the nervous system - chosen issues**

Dorota Ortenburger, Tomasz Góra, Jacek Wąsik

**Sensorimotor, biomechanical and psychological developmental aspects Taekwon-do practice**

Tomasz Góra, Dorota Ortenburger, Jacek Wąsik

**Alternative diets in the collective nutrition of the Polish Armed Forces?**

Kinga Sikora, Kamila Kapuśniak, Renata Barczyńska

**Physical activity as an element of patient wellbeing in the opinion of nursing students**

Arkadiusz Marzec

**Sanogenicity as a factor in the mental health of military personnel**

Tatyana Chernyavska, Inna Zhembiy

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	<p><b>The use of foam roller exercises and stretching method as a tool for improving the flexibility of hamstring muscles</b> Hana Kabešová, Petra Sainerová</p> <p><b>Physical activity of inmates in prisons in Poland 1918–1939</b> Renata Urban</p>
18.30-1.00	<b>Gala Dinner - Gold Banquet Room</b>
<b>8 November 2024, Friday</b>	
8.00-10.00	Breakfast
10.00-10.30	Closing ceremony

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