Programme

21 October 2026, Wednesday	
From 14.00	Arrival, accommodation - Strzelnica Family Resort & SPA, ul. Lubliniecka 9, Kochcice, 42-713 Kochanowice, Poland
15.30	***Opening ceremony - Gold Banquet Room***
15.35 – 16.15	**Opening Ceremony and Invited Lectures** **1) Wojciech M. Glinkowski** "Patient-Reported Outcomes in the Digital Age: PROMIS, Telemedicine, and Quality of Life in Musculoskeletal Care" **Moderators:** *Michalina Błażkiewicz and Jacek Wąsik*
16.15 – 16.30	***Coffe break***
16.30 – 17.15	**– Gold Banquet Room –** **Biomechanical Aspects of Movement and Postural Control** **Moderators:** *Michalina Błażkiewicz and Jacek Wąsik*
	1) Miroslav Bendík, Robert Rozim, Elena Bendíková "Archery within the framework of an active school and the promotion of student health" 2) Jakub Kacprzak, Dariusz Mosler, Jacek Wąsik "Effective mass transfer and biomechanical reconfiguration across punching techniques in orthodox and southpaw boxing stances" 3) Paulina Przepióra, Jacek Wąsik, Michalina Błażkiewicz "Comparison of postural stability parameters between participants after a basic scuba diving course and non-swimmers" 4) Dominik Jurasiński, Tadeusz Ambroży "Sports policy of the Democratic People's Republic of Korea and the development of taekwon-do as an element of physical culture and quality of life"
17.15 – 19.00	***Social program***
19.00 – 20.30	***Dinner***
22 October 2026, Thursday	
7.30 – 9.00	***Breakfast***
9.15 – 10.30	**– Gold Banquet Room –** **Invited Lectures** **1) Roozbeh Naemi** "Biomechanics and Emerging Technologies in Diabetic Foot Care" **2) Joanna Korczyńska** "Psychological Consequences of Imprisonment: Can We Mitigate Them?" **Moderators:** *Štefan Balkó and Dariusz Mosler*
10.30 – 11.00	Joint photo

11.00 – 12.00	**– Gold Banquet Room –** **Instrumented Assessment and Biomechanical Analysis of Human Movement** **Moderators:** *Ingrid Ružbarská and Grzegorz Sobota*
	1) Sławomir Winiarski "From functional tests to digital biomarkers: Instrumented assessment of human movement quality using wearable biomechanical technologies" 2) Justyna Satławska "Kinematic changes following a single coaching instruction in the wheelchair fencing lunge" 3) Maciej Skorulski, Jan Gajewski "Low-Intensity Tethered Swimming as a Priming Strategy: Acute Effects on Stroke Kinematics in Young Swimmers" 4) Kamil Radecki, Dariusz Mosler "Validation of author-developed modifications to balance tests by comparing force plate and Noraxon Ultium accelerometer data"
12.00 – 12.15	***Coffe break***
12.15 – 13.15	**– Gold Banquet Room –** **Physical Activity, Sport, Health, and Scientific Development (PL)** **Moderators:** *Eligiusz Małolepszy, Ryszard Asienkiewicz*
	1) Adrianna Kosior-Lara, Jacek Wąsik, Małgorzata Kuchta, Dorota Ortenburger "Physical activity and depressive symptoms in adult women: A cross-sectional study on the mediating role of perceived stress" 2) Tomasz Góra, Jacek Wąsik "Biomechanical determinants of maximum resultant impact force during the ITF Taekwon-do reverse turning kick" 3) Mariusz Kuberski, Jacek Wąsik "The impact of lifeguard training on the effectiveness of towing a mannequin using various techniques" 4) Amadeusz Bryła "From collaboration to development: A practical approach to gold open access" Paradigm
13.30 – 14.30	***Lunch***
14.45 – 15.30	**– Gold Banquet Room –** **Invited Lecture** **Nachiappan Chockalingam** "The Growing Spine, the Moving Child: Rethinking Meaningful Outcomes in Adolescent Idiopathic Scoliosis" **Moderators:** *Jan Gajewski and Jaromír Šimonek*
15.45 – 16.45	**– Conference Room –** **Biomechanics, Physical Performance, and Technology in Sport and Rehabilitation (PL)** Moderators: *Justyna Krzepota and Svitlana Indyka*
	1) Mariusz Kuberski, Karolina Gabarska, Jacek Wąsik "Does greater lower-limb power mean greater effectiveness for a lifeguard An analysis of the relationship between CMJ and functional performance in an aquatic environment"

	2) Tomasz Góra, Jacek Wąsik, Michalina Błażkiewicz "Biomechanical factors associated with effective mass during the ITF Taekwon-do side kick" 3) Karolina Radecka, Błażej Cieślik "The use of virtual reality in cardiac rehabilitation: a randomized controlled trial" 4) Przemysław Stalka, Tomasz Rutkowski, Błażej Cieślik "Association of smartphone screen time with neck pain, disability, cra-niovertebral posture, and cervical mobility in adolescents"
16.45 – 18.00	**– Multimedia Room –** **Posters Session** **Moderators:** *Anatolii Tsos and Ladislav Bláha*
	1) Jaromír Šimonek, Pavol Horička, Ľubomír Paška, Bianka Bodnárová *"The relationship between intelligence, cognitive performance, and reactive agility in adolescents"* 2) Ryszard Asienkiewicz, Damian Worchacz *"Directions of changes in body composition among the population of boys and girls in Zielona Góra in the years 2002-2018"* 3) Ryszard Asienkiewicz, Damian Worchacz *"Variability of the BMI index of the population of boys and girls in Zielona Góra"* 4) Eligiusz Małolepszy, Krzysztof Kościański, Teresa Drozdek-Małolepsza *"Activities of the Lwów district football association (1928–1934): Football in a multiethnic society "* 5) Liudmyla Vashchuk, Olena Demianchuk *"Interdisciplinary frameworks for assessing and enhancing psychological resilience and quality of life in high-stress environments"* 6) Teresa Drozdek-Małolepsza, Eligiusz Małolepszy *"Women's Sport in Poland as Reflected in the Lwów Periodical Sport, 1932–1933"* 7) Svitlana Indyka, Natalia Bielikova, Anatolii Tsos *"Physical activity patterns and gender differences among university academic staff in Ukraine"* 8) Ingrid Ružbarská, Tamara Novotná *"Psychometric evaluation of the MOBAK - test battery among Slovak primary school children: A confirmatory factor analysis"* 9) Miłosz Czuba, Kamila Płoszczyca, Adam Niemaszyk, Natalia Grzebisz-Zatońska, Małgorzata Chalimoniuk, Józef Langfort, Katarzyna Kaczmarczyk, Robert Gajda *"NT-proBNP after exhaustive exercise is lower under moderate normobaric hypoxia"* 10) Martin Nosek, Jiří Nechvátal, Tomáš Dufek *"Health and perceptual effects of heat training in cross-country skiers: does wellness predict the physiological response"* 11) Anna Brachman, Paweł Janik, Michał Pielka, Bogdan Bacik, Grzegorz Sobota *"From perturbation to recovery: Age effects on gait stability following a trip"* 12) Michał Pawłowski, Anna Brachman, Grzegorz Juras *"Unintentional force drift: Trial requirements and age-related differences"* 13) Krzysztof Kościański, Eligiusz Małolepszy, Teresa Drozdek-Małolepsza *"The origins and development of football in secondary schools in multiethnic Eastern Galicia up to 1914"* 14) Agata Horbacz, Ferdinand Salonna, Zuzana Küchelová *"Association between adherence to the mediterranean diet and quality of life among university of the third age graduates"* 15) Štefan Balkó, Šimon Fridrich, David Cihlář, Iva Balkó *"Reaction time in the context of age"* 16) Ladislav Bláha, Josef Heidler, Jaroslava Jírová *"Selected indicators of movement behaviour in children living in socially excluded localities"*

	17) Julius Evelley, Peter Polan, Martin Vicen, Alena Bukova, Iveta Nagyova *"Responsiveness of pain catastrophizing in patients with osteoarthritis undergoing total knee and hip arthroplasty"* 18) Dávid Kaško, Alena Buková, Ferdinand Salonna, Zuzana Küchelová, Patrik Berta, Petra Melicharová *"Baseline level and changes in endurance performance among upjš female students with different training frequencies"* 19) Alena Buková, Ferdinand Salonna, Patrik Berta, Petra Melicharová, Dávid Kaško, Zuzana Küchelová, Vlasta Demečková, Mária Ryníková *"Mediterranean diet adherence in female university students in Slovakia"* 20) Students' Scientific Association Activity-Culture-Health, Tomasz Gora, Dorota Ortenburger *"Exploring by students understanding of physical activity,sport, health – continuation"* 21) Paweł Kożuch, Katarzyna Sztafa-Cabała, Grzegorz Mikulski "*Occupational differences in skeletal muscularity and adiposity profiles among production workers, administrative employees, and teachers"* 22) Jolanta Pilarczyk, Dorota Sadowska, Justyna Krzepota *"A multidimensional analysis of health behaviours and quality of life among women in military service"* 23) Adrianna Kosior-Lara, Małgorzata Glin, Wioletta Skowron-Zięba *"Physical activity in the prevention of musculoskeletal disorders in people over 60"* 24) Brajan Załęcki, Michalina Błażkiewicz *"Sleep quality, perceived stress, and dynamic balance in physical education students"* 25) Sylwia Bęcławska, Nachiappan Chockalingam, Michalina Błażkiewicz *"Plantar pressure redistribution, gait progression and visual dependency following diabetic foot ulcer healing"* *26)* Tomasz Góra, Dorota Ortenburger, Jacek Wąsik, Jakub Kacprzak "*Student Scientific Club 'Activity-Culture-Health'- activities and prospects*" 27) Ewa Świndryk, Aleksandra Pięta, Katarzyna Świtała, Aniela Frączek, Ewa Karpęcka-Gałka "*Dietary Preferences and Adherence to Dietary Recommendations in Physically Active Individuals"*
18.00 – 18.30	**– Conference Room –** **Invited Lecture** **Marcin Kapczyński** "Advancing Impact in Sport Science Through Interdisciplinary Research, Collaboration and Strategic Publishing" Clarivate™ **Moderators:** *Michalina Błażkiewicz and Jacek Wąsik*
19.00 –2.00	***Gala Dinner** – Gold Banquet Room*
23 October 2026, Friday	
8.00 – 10.00	***Breakfast***
10.00 – 10.30	***Closing ceremony – Gold Banquet Room***