14th CONFERENCE OF BALTIC SOCIETY  
 OF SPORT SCIENCES

Sports Science and Health at  
 a Time of Change

**PROGRAMME OF THE CONFERENCE**

April 29 - 30, 2021  
Riga, Latvia

Dear conference participants - partners and friends!

On behalf of the Baltic Society of Sport Sciences (BSSS), and Rector of the Latvian Academy of Sport Education, Latvia, we have the honor to invite you to take part in the work of the 14th Baltic States Sport Science Conference “Sports Science and Health at a Time of Change” in Riga, Latvia.

**The Latvian Academy of Sport Education**, Latvia, has the honor to assume the main responsibility for the organization of the Conference. At the date of our centenary, we are proud to invite our friends and colleagues to discuss in advances in sport science and health in festive atmosphere. At a time of change, we hope to see you all in person and enjoy friendly conversation during the anniversary reception.

The annual event brings together the teaching staff, research fellows and doctoral students from the institutions of university-level education in the Baltic States and several other countries. Traditionally, the conference offers the opportunity for colleagues to learn about the research results achieved by others and to launch or renew cooperation projects. The format of the conference hopefully encourages academic discussions and interaction between the participants and established scientists who have been invited to deliver keynote speeches.

The conference traditionally includes competition for the award of young scientists, who get the chance to exchange ideas and establish contacts for developing their research projects.

We are looking forward to seeing you in Riga, Latvia!

We would like to invite researchers working in the following areas to submit their research abstract to our conference. Your valuable research will be shared with others and will bring benefits for our scientific community.

Subjects and fields:

Sport Science  
Sport Medicine  
Science of Exercise  
Physical Activities  
Wearable Technology in Sport  
Sport Nutrition  
Sport Management  
Physical Education  
Sport Supplement  
Sport Psychology  
Human Performance  
Strength and Conditioning  
Fitness and Health  
Body Composition  
Anthropometry  
Sport Monitoring and Analysis

**CONFERENCE PROGRAMME**

(A video will be recorded and played on social networks)

Date: From the 29th till the 30th of April 2021

Place: Online (The registration link will be sent to the e-mail shown in the application)

Registration: https://www.balticsportsciencesociety.org/registration-1

Deadline April 23, 2021

Language: English

**April 29, 2021 Time (GMT+2)**

12.45-13.00 Online registration on cloud platform Zoom **for BSSS Conference.**

13.00-13.15 Opening ceremony

Plenary meeting / Chair: Anna Zusa

13.15-13.50 Prof. Luis Rama

University of Coimbra, Portugal

"The ultra-short heart rate variability assessment in young swimmers. A tool for training monitoring."

13.50-14.25 Prof. Charitmeni Tsordia

Hellenic Open University, Greece

“Consumer response in sponsorship:

perceptions of European sport team fans and rivals”

14.25-15.00 Prof. Mark L. Latash

Pennsylvania State University, United States of America

“The Control of Stability of Vertical Posture”

**15.00-15.10 Pause**

15.10-16.10 Symposium "Physical activity research during COVID-19 across the Baltic States"

The member states of the Baltic Sports Science Society joint research

Chair: Professor Andra Fernate, Latvian Academy of Sport Education

Prof. habil. dr. Albertas Skurvydas (Vytautas Magnus University, Vilnius University)     
Assoc. Prof.  dr. Aušra Lisinskienė (Vytautas Magnus University)     
Prof. dr. Marc Lochbaum (Vytautas Magnus University, Texas Tech University, U.S.A)   
Assoc. Prof.  dr. Daiva Majauskienė (Lithuanian Sports University)   
Assoc. Prof.  dr. Dovilė Valančienė (Lithuanian Sports University)   
Prof. dr. Rūta Dadelienė (Vilnius University)     
Prof. dr. Natalja Fatkulina (Vilnius University)

Associate Professor Andre Koka, Institute of Sport Sciences and Physiotherapy, University of Tartu   
Research Fellow Henri Tilga, Institute of Sport Sciences and Physiotherapy, University of Tartu

Professor Andra Fernate, Latvian Academy of Sport Education

Professor Zermena Vazne, Latvian Academy of Sport Education

16.30-20.00 Young scientists’ presentations in sections

10 min for research report, 5 min for questions

**April 30, 2021 Time (GMT+2)**

9.00-9.50 BSSS Board meeting   
10.00-13.00 Meetings in sections

**13.00-13.30 Pause**   
13.30-14.00 General discussion and Closing of the Conference

**Duration of presentations**

International keynote speakers 30 min.+ Q&A 5 min  
Baltic keynote speakers 20 min.  
Oral presentation 10 min. + Q&A 5 min

**Conference topics**

Presentations are invited on the broad theme of the significance and meaning of sport science:

» Pedagogy and Psychology in Sport.

» Coaching and Performance.

» Sport Management and Sociology.

» Sports Physiology, Biochemistry, Medicine.

» Physical Activity, Recreation and Health.

**Presentation**

The author is presenting his research report in Zoom Meetings.

During the conference, *screen sharing* is allowed only to participants presenting.

After the presentation, please **stop screen sharing.**

During presentation,the author must have the **camera** and **microphone** turned **on.**

During the presentation, listeners must have their **microphones** switched **off.**

**Submission of articles**

Select articles (in English), submitted according to the requirements, will be published in the LASE Journal of Sport Science, indexed in the IndexCopernicus, De Gruyter Open, DOI (Digital Object Identifiers), ERIH PLUS. The information for the authors is placed on the website: <http://journal.lspa.lv> Inta Bula – Biteniece: [inta.bula-biteniece@lspa.lv](mailto:inta.bula-biteniece@lspa.lv)

**Abstract**

Abstracts are added only by the young scientists who will be presenting on 29th of April. The organizers are not responsible for the content of the abstracts.

Should contain title, first and last names of authors with affiliation, first and last name of corresponding authors with postal address, phone number, e-mail, up to 250 words consisting of the following sections: justification and aim of the study, material and methods, results, conclusions, as well as 3-6 key words.

**Dates to remember!**

|  |  |
| --- | --- |
| Deadline: | Dates: |
| Early registration and abstract submission | March 31, 2021. |
| The submission of articles in the LASE Journal of Sport Science | April 12, 2021. |
| Registration Deadline | April 23, 2021. |

**Registration**

<https://www.balticsportsciencesociety.org/registration>-1

On the 28th of April, the registration link will be sent to the e-mail shown in the application.

**Registration Fees**

|  |  |  |
| --- | --- | --- |
| Participation Type: | by March 31, 2021. | after March 31, 2021. |
| Student | 10€ | 15€ |
| Others | 30€ | 35€ |
| Listener | free | free |
| Publication in the LASE Journal of Sport Science | 20€ | 20€ |

**Registration fee includes**Program of the Conference, digital abstract summary, certificate. The conference will take place over two days and **the price is not applied for one day**.

The invoice will be sent to your e-mail.

Payment of the registration fee is to be transferred to the bank account.

Beneficiary: Latvijas Sporta pedagogijas akademija  
Registration no: 90000055243  
Address: Brivibas gatve 333, Riga, LV-1006

Beneficiary bank: Valsts kase  
Account No: LV97TREL9150123000000  
Bank code: TRELLV22  
Fee code: 14th BSSS Conference/participant name

**Conference Committee members**

Scientific committee Head of Committee

**Prof. Janis Zidens***Latvian Academy of Sport Education﻿*

**Prof. Andra Fernate***Latvian Academy of Sports Education*

**Prof. Inese Pontaga***Latvian Academy of Sports Education*

**Prof. Vello Hein***Tartu University, Estonia*

**Prof. Jaak Jürimäe***Tartu University, Estonia*

**Prof. Priit Kaasik***Tartu University, Estonia*

**Prof. Mati Pääsuke***Tartu University, Estonia*

**Prof. Jonas Poderys***Lietuvos Sporta Universitetas*

**Prof. Arvydas Stasiulis***Lietuvos Sporta Universitetas*

**Prof. Albertas Skurvydas***Vytautas Magnus University*

**Assoc. prof. Ausra Lisinskienė**

*Vytautas Magnus University*

**Prof. dr. Rutenis Paulauskas**

*Vytautas Magnus University*

**Prof. dr. Kazys Milasius**

*Vytautas Magnus University*

**Prof. Audronius Vilkas**

**Organizing Committee / Latvian Academy of Sport Education**

Una Gūtmane, Inta Bula-Biteniece - the chairpersons

Anna Zuša, Anastasija Roga, Andris Skangalis, Antra Gulbe, Edgars Bernāns, Edgars Muižnieks, Ilze Āķe-Vīksne, Inga Liepiņa, Ingrida Smukā, Irēna Dravniece, Monta Jakovļeva, Rihards Butevics, Signe Luika, Tatjana Ņikiforova, Vladislavs Koroļovs.