



Latvian Academy of Sport Education  
International Scientific Conference  
**“SPORTS SCIENCE AND HEALTH CARE IN SPORTS 2024”**

Brivibas gatve 333, Riga

Page | 1

### **PROGRAMME**

The Latvian Academy of Sport Education invites you to the Scientific Conference, where scientists, health and sports specialists, future teachers, and coaches will present the latest research in the field. During the discussion session of the conference, we will talk about sports management opportunities and challenges in Latvia.

The conference aims to build a network of researchers, gather research, and promote constructive discussions and cooperation to create a vision for the development and future of the Latvian Academy of Sport Education together.

Date:	1 February 2024
Address:	Brivibas gatve 333, Riga, LV-1006
Conference fees:	Free
Registration:	<a href="https://forms.gle/5tVsgWgRVddmhtH88">https://forms.gle/5tVsgWgRVddmhtH88</a>
Registration deadline:	22 January 2024
Language:	English and Latvian
Performance time:	10 minutes for presenting research and 5 minutes for Q&A
Format:	In person. Throughout the conference, participants can move freely around the auditoriums and rooms, choosing topics of interest to participate in discussions and presentations.

Participants who have registered electronically and presented a research report at the conference will receive a certificate of participation. Abstracts do not need to be submitted. Certificates will be issued **ONLY** to the authors and co-authors presenting at the conference.

#### Concurrent Sessions:

1. SPORTS PEDAGOGY, PSYCHOLOGY, MANAGEMENT AND COMMUNICATION
2. PHYSICAL ACTIVITIES AND TECHNOLOGIES IN SPORTS
3. MEDICAL, BIOLOGICAL, AND BIOMECHANICAL ASPECTS OF SPORTS AND HEALTH
4. SPORTS AND HEALTH

**“SPORTS SCIENCE AND HEALTH CARE IN SPORTS 2024”**  
Brivibas gatve 333, Riga  
Contact person: Una Gutmane [una.gutmane@lspa.lv](mailto:una.gutmane@lspa.lv)

08.45 – 08.55	REGISTRATION.
09.00 – 09.05	Welcome speech by the rector of the Latvian Academy of Sport Education Kalvis Ciekurs.
09.05 – 10.15 306. AUDITORIUM	Plenary session. 30 minutes for the research report followed by a 5-minute Q&A.
09.05	Solianik Rima. Senior researcher at Lithuanian Sports University. Acute fasting and glucose metabolism: role of fasting duration, sex, cold exposure (delivered in English).
09.40	Inta Bula–Biteniece, Senior researcher at the Latvian Academy of Sport Education Development of fundamental motor skills across age (delivered in Latvian).
10.15 – 10.45	Coffee break (2nd floor). Exhibition of Ingūna Zazīte's artworks.
10.45 – 12.00	Discussion “Sports management in Latvia in the 21st century – opportunities and challenges”. Moderator: Renars Licis.
12.00 – 12.30	Lunch break.
12.35 – 15.00	Concurrent Sessions. 10 minutes for the research report followed by a 5-minute Q&A.
300. AUDITORIUM	"Sports pedagogy, psychology, management, and communication". Moderator: Senior researcher Monta Jakovleva, senior researcher Katrina Volgemute.
305. AUDITORIUM	"Physical activities and technologies in sports". Moderator: docent Ilze Avotina, lector Krisjanis Kuplis.
306. AUDITORIUM	"Medical, biological and biomechanical aspects of sports and health". Moderator: docent Zinta Galeja, senior researcher Anna Zusa.
306. AUDITORIUM	“Sports and health” (Delivered in English). Moderator: Senior researcher Behnam Boobani, researcher Edgars Bernans.
15.00 – 15.15 306. AUDITORIUM	Closing speech of Vice-Rector for Development and Science Prof. Janis Zidens.

## LIST OF PARTICIPANTS

### Meetings in sections 10 min + Q&A 5 min

February 1, 2024, from 12:35 to 16:00 (Time GMT+2)

Page | 3

Riga, Latvia, Brīvības 333

#### Statistics

Conference Concurrent Sessions 12.35 – 15.00	Head of Concurrent Sessions	Number of reports	Room
Sport Pedagogy, Psychology, Management and Communication	Senior Researcher Monta Jakovļeva Senior Researcher Katrīna Volgemute	10	300
Physical Activities and Technologies in Sport	Doc. Ilze Avotiņa Lecturer Krišjānis Kuplis	10	305
Medical, Biological, and Biomechanical Aspects in Sport and Health	Senior Researcher Anna Zuša Doc. Zinta Galeja	8	306
Sports and Health ( <i>working language – English</i> )	Senior Researcher Behnam Boobani Researcher Edgars Bernans	2	

**“SPORT PEDAGOGY, PSYCHOLOGY, MANAGEMENT AND COMMUNICATION”**

**300. auditorium**

Moderators: Senior Researcher Monta Jakovļeva, Senior Researcher Katrīna Volgemute

Page | 4

No.	Time	Scientific Report Title	Country	Authors
1	12:35	Fair play as a shield of discrimination in European Youth ice hockey	Latvia, LASE	Rūdolfs Nerets
2	12:50	Neformālās izglītības nometne diasporas jauniešiem Lielbritānijā - iespēja izdzīvot latvisko sportā	Latvia, LASE	Irēna Dravniece, Antra Gulbe
3	13:05	LSPA studentu svešvalodas apguves stratēģiju un dzimuma mijšakarības	Latvia, LASE	Ieva Rudzinska, Monta Jakovļeva
4	13:20	Vecāku atbalsta formas bērnu un jauniešu sportā: sistemātiskais pārskats	Latvia, LASE	Rodrigo Laviņš, Inta Bula-Biteniece, Renārs Līcis
5	13:35	Dzīvesspēka rādītāju izmaiņas studiju nometnē LSPA neklātienēs studentiem	Latvia, LASE	Ingrīda Smukā, Katrīna Volgemute
6	13:50	Exploring Personality Traits and Stress Tolerance as Predictors of Self-Efficiency and Performance in Varied Professions	Latvia, LASE	Žermēna Vazne, Katrīna Volgemute, Andra Fernāte
7	14:05	Communication of the Christian Faith to the World of Sports through Published Testimonies	Latvia, LASE	Gunita Tālberga
8	14:20	Latvijas Sporta pedagoģijas akadēmijas studiju kursu (Anatomijas, Vingrošanas pamati un didaktika un Sporta biomehānikas pamati) kopsakarības	Latvia, LASE	Inese Ļubinska, Baiba Šmila
9	14:35	The association between habits of physical activity and Subjective vitality among Latvian adults	Latvia, LASE / Lithuania	Gundega Ulme, Juris Grants, Ruta Dadeliene
10	14:50	International Students' Opinion Regarding Studies in LASE in 2023-2024	Latvia, LASE	Iveta Boge, Behnam Boobani

## Physical Activities and Technologies in Sport

### 305. auditorium

Moderators: Doc. Ilze Avotiņa, Lecturer Krišjānis Kuplis

Page | 5

No	Time	Scientific Report Title	Country	Authors
1	12:35	Comparison of the Effectiveness of Passing Performance in Football Matches For U-13 And U-14 Elite League Players of Latvian Academy	Latvia, LASE	Imants Bleidelis, Signe Luika
2	12:50	Defensive transition in U16 football team	Latvia, LASE	Ossama Tebtob
3	13:05	Fiziskās slodzes intensitāte basketbola spēlēs un treniņos un tās ietekme uz metienu precizitāti	Latvia, LASE	Ainārs Tomašs
4	13:20	Aktualitātes maģistra darbu pētījumos	Latvia, LASE	Sandra Škutāne
5	13:35	Peldēšanas veida "brass" mācīšana izmantojot atbalsta ierīci.	Latvia, LASE	Imants Upītis, Jeļena Solovjova, Krišjānis Kuplis
6	13:50	Creating a physical fitness test for soldiers based on the correlations of the results of the special and general physical fitness tests	Latvia, LASE	Oskars Blaus
7	14:05	Šaušanas tehnikas elementu un parametru savstarpējā saistība	Latvia, LASE	Raivo Deklavs, Ivars Kravalis, Aleksandrs Okss
8	14:20	Civilā aizsardzība studiju procesā un ikdienā	Latvia, LASE	Ivars Kravalis
9	14:35	The influence of distance and time of attack on results in taekwon-do	Latvia, LASE	Sergejs Saulīte
10	14:50	The Determination of the Influence of Physical Workload on the Speed of Choice Reaction	Latvia, LASE	Lukass Edmunds Teteris

## Medical, Biological, and Biomechanical Aspects in Sport and Health

### Sports and Health

#### 306. auditorium

Moderators: Senior Researcher Anna Zuša, Doc. Zinta Galeja, Senior Researcher Behnam Boobani, Researcher Edgars Bernans

Page | 6

No	Time	Scientific Report Title	Country	Authors
1	12:35	Fitnesa treneru biežākās traumas un veselības problēmas darba specifikas dēļ	Latvia, LASE	Aleksandra Ņeizāne, Leonīds Čupriks
2	12:50	Effect of the leg dominance on static and dynamic balance characteristics in young football players	Latvia, LASE	Inese Pontaga, Andrew Rinaldi Sinnuligga, Kristaps Slaidiņš
3	13:05	Recovery Strategies to Increase Athletes' Performance	Latvia, LASE / LU Poland	Behnam Boobani, Juris Grants, Artur Litwiniuk, Sergejs Saulīte, Tatjana Glaskova-Kuzmina
4	13:20	Can people with hypertrophic cardiomyopathy do professional sports? Vai cilvēki ar hipertrofisku kardiomiopātiju var nodarboties ar profesionālo sportu?	Latvia, RSU	Krista Aiga Bucika, Everita Kupriša
5	13:35	Hamstringu muskuļu grupas neirālās regulācijas izmaiņas pēc mugurkaulāja reflektorā kairinājuma sportistiem	Latvia, LASE	Edgars Ozols, Zinta Galeja
6	13:50	Ūdens vingrošana sievietēm ar locītavas hipermobilitātes sindromu	Latvia, LASE	Alīna Kurmeļeva, Anastasija Feofilova
7	14:05	Sporta tehniskās meistarības biomehāniskie aspekti	Latvia, LASE	Jānis Lanka
8	14:20	C vitamīns sportā	Latvia, LASE	Maija Dzintare
9	14:35	Soļu frekvence un skriešanas ekonomiskums: gadījuma analīze	Latvia, LASE	Edgars Bernāns
10	14:50	legurņa pamatnes raksturojošie parametri un dzīves kvalitāte (3-12 mēnešus pēc dzemdībām)	Latvia, LASE	Zinta Galeja, Edgars Ozols

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