



Latvian Academy of Sport Education
International Scientific Conference

“SPORTS SCIENCE AND HEALTH CARE IN SPORTS IN 2023”

Brīvības gatve 333, Rīga

PROGRAMME

The Latvian Academy of Sports 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 the coaching career in Latvia.

Date: 2 February 2023

Address: Brīvības gatve 333, Rīga, LV-1006

Conference fees: Free

Registration: close

Deadline: January 20, 2023

Language: English and Latvian

Moderator: Researcher Edgars Bernāns

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.

TIME (GMT+2)	ROOM	
08:30 – 08:55	306	Registration
09:00 – 09:05	306	Welcome address by Rector of the LASE Prof. Juris Grants
09:05 – 10:15	306	Plenary session 30 minutes for a research report followed by 5 minutes for questions
09:05	306	Associate professor Pawel Chmura “The latest football trends derived from scientific research with a focus on sports performance”. Wroclaw University of Health and Sport Sciences
09.40	306	Katrīna Volgemute “Positive Cognition: The Role of Imagery and Self-Efficacy in Sport” Latvian Academy of Sport Education.
10:15 – 11:00	306	Discussion “Coach: knowledge, competence, prestige”.
11:00 – 11:30	2nd	Conference break
11:30 – 13:45		Parallel sessions 10 minutes for a research report followed by 5 minutes for questions
	300	“Sport Pedagogy, Psychology, Management and Communication”, Moderator: senior researcher Monta Jakovļeva, Assoc.Prof. Antra Gulbe.
	306	“Physical Activities and Technologies in Sport”, Moderator: Assoc.Prof. Ilze Avotiņa, Lecturer Krišjānis Kuplis
	305	“Medical, Biological and Biomechanical Aspects in Sport and Health”, Moderator: Assoc.Prof. Zinta Galeja, Senior Researcher Anna Zuša
	304	“Sports and Health” (<i>working language – English</i>), Moderator: Researcher Edgars Bernāns, Guest Researcher Behnam Boobani
14:00 – 14:15	306	Address by the Vice-Rector for Development and Science Prof. Jānis Žīdens



LIST OF PARTICIPANTS

Meetings in sections 10 min + Q&A 5 min

February 2, 2023, from 11:30 to 14:00 (Time GMT+2)

Riga, Latvia, Brīvības 333

Statistics

Conference parallel section 11.30 – 13.45	Head of Section	Number of presentations
Sports and Health (<i>working language – English</i>)	Researcher Edgars Bernāns, Researcher Behnam Boobani	9
Sport Pedagogy, Psychology, Management and Communication	Head Researcher Monta Jakovļeva, Assoc.Prof. Antra Gulbe	10
Physical Activities and Technologies in Sport	Guest prof. Ilze Avotiņa, Lecturer Krišjānis Kuplis	9
Medical, Biological and Biomechanical Aspects in Sport and Health	Doc. Zinta Galeja, Head Researcher Anna Zuša	7



“SPORTS AND HEALTH” (WORKING LANGUAGE – ENGLISH), ROOM 304

Moderator: Researcher Edgars Bernāns, Researcher Behnam Boobani

N°	Time	Authors	Scientific Report title	Country
1	11:30	Head Researcher Anastasija ROPA	Sustainability of equestrian sports under COVID-19 and the energy crisis	Latvia
2	11:45	Assoc.prof. Servane LE CLINCHE, PhD Student Camille ESLAN	Equestrian activities in France: between a sport and a way of life	France
3	12:00	Master of physical education Nargess FASIH MARDANLOO	Barriers and motivations affecting women's participation in sports activities.	Iran (Persia)
4	12:15	Professor Inese PONTAGA, Krista Elīza SAKNE, Docent Agris LIEPA	Adaptation of shoulder joint to training in volleyball in young, qualified female players	Latvia
5	12:30	PhD Student Valērija ŠTEINMANE, Prof. Agita ĀBELE	Breathing techniques and its methods of application	Latvia
6	12:45	Master student Liene LOČMELE	Essential vitamins and microelements in sports medicine and nutrition	Latvia
7	13:00	PhD Student Aleksandrs ILJINS, asoc.prof. Signe LUIKA	Theoretical aspects of sports brand management, model variations for the football league	Latvia
8	13:15	PhD Student Svetlana RUDMIEZE, prof. Andra FERNĀTE	Optimising performance: What promotes athletes (juniors 15-18 years old) good performance in the equestrian competition?	Latvia
9	13:30	PhD Student Behnam BOOBANI, Prof. Juris GRANTS, Assoc.Prof. Iveta BOGE, Prof. Artur LITWINIUK	Effects of walking in nature on stress level in the competition phase	Latvia, Poland



“SPORT PEDAGOGY, PSYCHOLOGY, MANAGEMENT AND COMMUNICATION”, ROOM 300

Moderator: Head Researcher Monta Jakovļeva, Assoc.Prof. Antra Gulbe.

N°	Time	Authors	Scientific Report title	Country
1	11:30	Doktorante Ieva STECENKO	Masu sporta pasākumu vadības procesa un ietekmes izvērtēšanas teorētiskie modeļi	Latvija
2	11:45	Asoc.prof. Signe LUIKA	Skills on Sport Voluntering	Latvija
3	12:00	Doc. Līvija ZEIBERTE	Kritiskās domāšanas pieejas didaktiskā un sociālā ietekme studiju kursā "Sporta filosofija"	Latvija
4	12:15	Doktorante Kristīne DZENE-LEKSE, prof. Jānis ŽĪDENS	Sarunas ar sevi saturs un sacensību snieguma (uzvara/zaudējums) rādītāji jauniešiem.	Latvija
5	12:30	Asoc.prof. Ieva RUDZINSKA, vad.pētniece Monta JAKOVĻEVA	LSPA studējošo svešvalodas apguves stratēģijas	Latvija
6	12:45	Doc. Ludmila MALAHOVA, vad.pētniece Anastasija ROPA	Sporta terminoloģijas apguve attālināti un klātienē	Latvija
7	13:00	Asoc.prof. Inga LIEPIŅA, asoc.prof. Ingrida SMUKĀ, asoc. prof. Ivars KRAVALIS	Rekreācijas speciālista profesionālās maģistra programmas attīstības perspektīvas	Latvija
8	13:15	Gīta JAKOVĻEVA	Veselīga dzīvesveida pamatprincipi	Latvija
9	13:30	Asoc.prof. Antra GULBE	Olimpiskā kustība un ilgtspējība: izaicinājumi un iespējas	Latvija
10	13:45	Asoc.prof. Irēna Dravniece	Rotaļu terminu lietojums un interpretācija dzīvē un sportā	Latvija



“PHYSICAL ACTIVITIES AND TECHNOLOGIES IN SPORT”, ROOM 306

Moderator: Assoc.Prof. Ilze Avotiņa, Lecturer Krišjānis Kuplis

N°	Time	Authors	Scientific Report title	Country
1	11:30	Valts FREIBERGS, prof. Leonīds ČUPRIKS, doc. Aleksandra ŅEIZĀNE	Miofasciālās pašmasažas metodes un līdzekļu pielietošanas ietekme fitnesā uz sportista spēka rādītājiem apakšstilbu iztaisnotāju muskuļos	Latvija
2	11:45	Doc. Einārs PIMENOVŠ, doc. Andris PIMENOVŠ, Prof.Andra FERNĀTE	Džudo stāvus cīņas paņēmienu apgūšana un pilnveidošana izmantojot treniņu algoritmu ķēdes.	Latvija
3	12:00	Prof. Andra FERNĀTE, prof. Žermēna VAZNE	Sports Coaches' Value Orientation	Latvija
4	12:15	Asoc. prof. Kalvis CIEKURS, asoc.prof. Ivars KRAVALIS, vad.pētniece Anastasija ROPA	Gender differences of changing teaching methods under the COVID-19 pandemic for generation "Z" physical activities	Latvija
5	12:30	Asoc.prof. Baiba SMILA, vieslektors Agris PEIPIŅŠ, asoc.prof. Inga LIEPIŅA	Moderno tehnoloģiju pielietošanas Orientēšanās studiju kursā mijsakārbas ar studentu aktivitāti un sasniedzamo gala rezultātu.	Latvija
6	12:45	Mg.paed. Raivo DEKLAVS, asoc.prof. Ivars KRAVALIS	Moderno tehnoloģiju izmantošana šaušanas sportā	Latvija
7	13:00	Mg.iur. Baiba VEISA, prof. Agita ĀBELE	Fair competition between the rules and law	Latvija
8	13:15	Lektors Krišjānis KUPLIS, doc. Ilze AVOTIŅA	Lēkšanas un mešanas kontroles vingrinājumu izmantošana sportistu fiziskās sagatavotības izvērtēšanā	Latvija
9	13:30	Doc. Ilze AVOTIŅA, lektors Krišjānis KUPLIS	Eiropas sprinteri 2022.gada Pasaules un Eiropas čempionātos vieglatlētikā	Latvija



“MEDICAL, BIOLOGICAL AND BIOMECHANICAL ASPECTS IN SPORT AND HEALTH”, ROOM 305

Moderator: Assoc.Prof. Zinta Galeja, Head Researcher Anna Zuša

N°	Time	Authors	Scientific Report title	Country
1	11:30	Pētnieks Edgars BERNĀNS, doc. Valters ĀBOLIŅŠ	Does step frequency as a single factor affect running economy? A Systematic Review	Latvija
2	11:45	Prof. Jānis ŽĪDENS	Augšstilba priekšējo un aizmugurējo muskuļu spēku atšķirības jaunām basketbolistēm.	Latvija
3	12:00	Asoc. prof. Zane PAVĀRE	Sportistu pēdu deformāciju un saslimšanu diagnostika un profilakse	Latvija
4	12:15	Doc. Zinta GALEJA, Edgars OZOLS, Ilze ILĶINA	Tempomandibulārās locītavas korekcija ar postizmetriskās relaksācijas paņēmieniem	Latvija
5	12:30	Asoc. prof. Maija DZINTARE, Nikolajs SJAKSTE	Zāļu vielas, kas ietekmē DNS.	Latvija
6	12:45	Irina BOGDANOVIČA, prof. Viesturs LĀRIŅŠ	Peldēšanas mācīšana 6-7 g.v. bērniem ar primitīviem refleksiem	Latvija
7	13:00	Viesdoc. Inese ĻUBINSKA, asoc.prof. Baiba SMILA, vad.pētniece Ieva ZVĪGULE	Topošo sporta speciālistu (sporta treneru) starpdisciplināra mācību procesa analīze vingrošanas studiju programmā, veidojot sasaisti ar anatomijas studiju programmu Latvijas Sporta pedagoģijas akadēmijā.	Latvija

