

INTERNATIONAL SCIENTIFIC CONFERENCE

„Sport, health, education of children and youth”

Lomza 4th December 2020

Conference programme

- 10.50 – 11.00 – Opening ceremony by the Dean of Faculty of Health Sciences Lomza State University of Applied Sciences dr hab. prof. PWSliP Małgorzata Knaś

Plenary Session

Chair: **Małgorzata Knaś**

11.00 – 11.30	„Utilitarian approaches in healthy exercises for youth”	Zdenko Reguli, <i>Faculty of Sport Studies Masaryk University Brno, Czech Republic</i>
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Session I

Chairs: **Jan Górski**
Małgorzata Knaś
Artur Litwiniuk

11.30 – 11.45	“Monitoring of physical fitness in gymnastics”	Kazimierz Kochanowicz, <i>Gdansk University of Physical Education and Sport, Gdansk, Poland</i>
11.45 – 12.00	„The paradox of popularity of martial arts among children and adolescents – global and local dimension”	Roman Maciej Kalina, <i>Lomza State University of Applied Sciences, Lomza, Poland;</i> Elżbieta Waszkiewicz, <i>Primary and Secondary State Music School, Suwalki, Poland</i>
12.00 – 12.15	„Types of young people’s attitudes to selected aspects of physical culture”	Karol Görner, <i>Matej Bel University, Banská Bystrica, Slovakia</i>
12.15 – 12.30	„Chosen biomedical indicators of pre-competitive stress in karate athletes”	Artur Litwiniuk, <i>J.Pilsudski University of Physical Education, Warsaw, Faculty of Physical Education and Health, Biala Podlaska, Poland;</i> Helena Mroczkowska,

		Zbigniew Obmiński, <i>Institute of Sport-National Research Institute, Warsaw, Poland</i>
12.30 – 12.45	„The ischemic preconditioning stimulus modifies inflammatory response in semi-professional long distance runners”	Jan Mieszkowski, <i>Kazimierz Wielki University, Bydgoszcz, Poland;</i> Andrzej Kochanowicz, <i>Gdansk University of Physical Education and Sport, Gdansk, Poland;</i> Bartłomiej Niespodziński, <i>Kazimierz Wielki University, Bydgoszcz, Poland</i>
12.45 – 13.00	“Parkour as a form of recreational and adventure activities”	Juris Grants, Kalvis Ciekurs, Ivars Kravalis, <i>Latvian Academy of Sport Education, Riga, Latvia;</i> Rudi Zangerl, <i>Swedish School of Sport and Health Science, Stockholm, Sweden</i>
13.00 – 13.30	Discussion, coffee break	

Session II

Chairs: **Jan Górski**
Małgorzata Knaś
Artur Litwiniuk

13.30 – 13.45	„Efficiency of local vibration on cyclist”	Kalvis Ciekurs, Viesturs Krauksts, Daina Krauksta, Juris Grants, <i>Latvian Academy of Sport Education, Riga, Latvia</i>
13.45 – 14.00	„Neuro-muscular markers of special physical preparation of gymnasts”	Andrzej Kochanowicz, <i>Gdansk University of Physical Education and Sport, Gdansk, Poland;</i> Bartłomiej Niespodziński, Jan Mieszkowski, <i>Kazimierz Wielki University, Bydgoszcz, Poland</i>
14.00 – 14.15	„The formation of health-saving competence of art students”	Tatiana Yermakova, <i>Kharkiv State Academy of Design and Arts, Kharkiv, Ukraine</i>
14.15 – 14.30	„Development of the joint position and force senses in gymnasts on the example of two stages of sports training”	Bartłomiej Niespodziński, <i>Kazimierz Wielki University, Bydgoszcz, Poland;</i> Andrzej Kochanowicz, <i>Gdansk University of Physical Education and Sport, Gdansk, Poland;</i> Jan Mieszkowski, <i>Kazimierz Wielki University,</i>

		<i>Bydgoszcz, Poland</i>
14.30 – 14.45	„The dominant direction of rotation and the directions of throwing in judo players”	Mirosław Smaruj, <i>Gdansk University of Physical Education and Sport, Gdansk, Poland</i>
14.45 – 15.00	„Coordinating motor skills and special fitness of tennis players aged 11-12”	Tomasz Waldziński, Aleksandra Durzyńska, <i>Lomza State University of Applied Sciences, Lomza, Poland</i>
15.00 – 15.15	„Positive health indicators vs. outdoor physical activity”	Valdemaras Kavaliauskas <i>Paliesiaus Clinic, Vilnius, Lithuania;</i> Artur Litwiniuk, <i>J.Pilsudski University of Physical Education, Warsaw, Faculty of PE. and Health, Biala Podlaska; Lomza State University of Applied Sciences, Lomza, Poland</i>
15.15 – 15.30	„Benefits of bandwidth feedback in learning complex motor skills”	Paweł Arnista, Weronika Łuba-Arnista, <i>Lomza State University of Applied Sciences, Lomza, Poland</i>
15.30 – 15.45	Discussion and summary	

Scientific Committee

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dr hab. prof. PWSliP Dariusz Surowik
dr hab. prof. PWSliP Sylwia Chojnowska
dr hab. prof. PWSliP Małgorzata Knaś
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