

## REPORT ON THE 6<sup>TH</sup> INTERNATIONAL SCIENTIFIC CONFERENCE ON KINESIOLOGY "INTEGRATIVE POWER OF KINESIOLOGY"

Opatija, Croatia, September 8-11, 2011

The 6<sup>th</sup> International Scientific Conference on Kinesiology, under the title "Integrative Power of Kinesiology", was held in Opatija, Croatia from 8<sup>th</sup> to 11<sup>th</sup> September, 2011, in the Congress Centre of the Hotel Adriatic. It was once again organized by the Faculty of Kinesiology, University of Zagreb, Croatia, in cooperation with the Faculty of Sport and Physical Education, University of Sarajevo, Bosnia and Herzegovina, Faculty of Kinesiology, University of Split, Croatia, Faculty of Physical Education and Sports, Comenius University, Bratislava, Slovakia, and Faculty of Sport, University of Ljubljana, Slovenia. The conference was, as all the previous ones, organized under the traditional patronage of the Croatian Academy of Sciences and Arts and, in difference to all the previous ones, this year's conference was also recognized by the International Network of Sport and Health Sciences (INSHS) and supported by World Health Organization (WHO).

The Conference work was organized in 11 sections: Adapted Physical Activity and Kinesitherapy; Biology and Medicine of Sport and Exercise; Biomechanics and Motor Control; Kinesiological Education; Kinesiological Recreation; Kinesiology and Social Sciences (Sociology of Sport, Psychology of Sport, History of Sport, Philosophy of Sport); Kinesiology in Physical Conditioning; Kinesiology of Physically Demanding Jobs; Kinesiology of Top-level Sport; Management of Sport; Research Methodology. For the first time, the Conference hosted a satellite symposium HEPA (Health Enhancing Physical Activity). More than 500 people from 32 European and overseas countries participated in the work of the conference. Within the 11 oral and poster sessions 220 full text contributions and abstracts, written by 300 authors, were presented during the four work days. All contributions and abstracts were also printed in the Proceedings Book which contained 771 pages. Along with the Proceedings Book, a CD with an electronic version of the articles, which allows for browsing by a key word, the author's name, a title and a country, was also printed and distributed at the Conference. The Scientific Committee consisted of 39 members from 14 countries and 3 continents. Key-note lectures were presented by 14 keynote lecturers from 10 countries.

The conference officially started on September 8, 2011, at 6:30 p.m. with the Opening Ceremony held in the Congress Hall of the Hotel Adriatic in Opatija. Two opening lectures were given after

the welcome speeches. Prof. Sigmund Loland from Norwegian School of Sport Sciences, Oslo, Norway, opened with the vivid presentation entitled "Sport sciences - current challenges and future possibilities" and Prof. David Bishop from the Institute of Sport, Exercise and Active Living, Victoria University, Melbourne, Australia, followed up with the very interesting lecture entitled "The future of sport and science".

### Adapted physical activity and kinesitherapy

The field of *Adapted Physical Activity and Kinesitherapy* was well introduced by the keynote of the speaker, Prof. Gudrun Doll-Tepper, who presented the current issues and challenges regarding adapted physical activity and inclusion. The implementation of the UN convention on the rights of persons with disabilities was discussed. The section continued with a description of a recent study about cultural differences in physical activity among people with schizophrenia and a discussion about strategies for the development of long-term interventions for people with special needs. The section has encompassed seven oral and four poster presentations. The presentations covered the specific topics of speech disorders, hearing impairment, ankylosing spondylitis, specificities of disabilities linked with the wheelchair, mirror box therapy for stroke survivors, as well as the usage of isokinetic devices in diagnostic and training procedures, effects of unilateral strength training on balance performance, the effects of hydrotherapy in the rehabilitation of osteoarthritis, and kinesiotaping in the treatment of shoulder girdle problems in volleyball players. New approaches in the field of kinesitherapy have been presented, like the usage of juggling as a suitable psychomotor activity for people with special needs. Exercise in the rehabilitation of people with different kinds of diagnoses has been shown as well as possible difficulties in their implementation. Methodological issues regarding the usage of different diagnostic procedures as well as possible challenges in detecting the effects of different treatments have been discussed. It may be concluded that the discussion after the oral and poster presentations was in line with the state-of-the art in the field of adapted physical activity and kinesitherapy. Although more investigations are needed to ensure constant development, the section has provided a good review of contemporary issues in the field of APA and kinesitherapy.

## Biology and medicine of sport and exercise

This interdisciplinary field of research succeeded in attracting more than 30 researchers, physicians and exercise scientists who had contributed as authors to the Section. At the beginning of the programme Prof. Ingunn Fjørtoft from the Telemark University College (Norway) introduced the audience to the intriguing issue of contextual relations between different environments, physical activity and motor learning. After that, ten diverse topics related to the field of sport and exercise medicine were presented by researchers from various European scientific institutions. Following a brief, but stimulating discussion, the Section closed with the poster session during which six additional exciting topics were presented and briefly discussed.

## Biomechanics and motor control

The section *Biomechanics and Motor Control* was held on Saturday, 10<sup>th</sup> September, in the afternoon conference. The section chair persons were Prof. Vladimir Medved, DSc, Prof. Goran Marković, PhD, and Prof. Arnold Baca, PhD, while reviewers were Prof. Vladimir Medved, PhD, Prof. Goran Markovic, PhD, Prof. Mladen Mejovšek, PhD, Prof. Goran Sporiš, PhD, and Prof. Tomislav Pribanić, DSc. The section contained two separate parts: the poster section and oral presentation section. In the poster section seven papers were displayed, whereas ten papers were presented and discussed in the form of podium oral presentations. In the plenary section, there was one work, by: Prof. Dario Farina, PhD, entitled “The extraction of neural strategies for movement control from the electromyogram: limitations and possibilities.”

## Kinesiological education

Within the section *Kinesiological Education* 80 authors published 39 papers. All the papers had been internationally peer reviewed by 12 reviewers. Professor Branislav Antala, PhD, presented the invited lecture under the title “School physical education yesterday and today – a comparison of some indicators in 1990 and 2010”. Professor Laura Capranica, PhD, presented the invited lecture under the title “Youth competition: What model?”. Within the framework of the section two reviews, 29 original scientific papers, three preliminary communications, one professional paper and four abstracts were presented through 21 podium and 18 poster presentations.

## Kinesiological recreation

The section Kinesiological Recreation was held on Friday, September 9, 2011. Professor Herman Berčič, PhD, with the Faculty of Sport, University

of Ljubljana, Slovenia, gave a keynote lecture entitled “Findings from the research studies on sports recreational activities of Slovenian people”. The introductory lecture, entitled “Characteristics and levels of physical activity among university students”, was given by Sanja Čurković, PhD, with the Faculty of Agriculture, University of Zagreb, Croatia. Work in the section continued with six more lectures, accepted for oral presentation by the review committee. After the last lecture a short discussion took place. The chair persons of the section Kinesiological Recreation were Prof. Mirna Andrijašević, PhD, Prof. Herman Berčič, PhD, and Donald N. Roberson, PhD. In addition to oral presentations, three more papers were presented on the poster display. In conclusion, together with the keynote and introductory lectures, within the section Kinesiological Recreation, there were 11 scientific papers presented.

## Kinesiology and social sciences (sociology, psychology, history, philosophy)

The work of the conference session *Kinesiology and Social Sciences* was scheduled for Saturday, September 10, 2011. The invited speaker for the session was prof. Jay Coakley, with the Sociology Department, University of Colorado, Colorado Springs, the USA. The introductory lecture was given by Prof. Juri Hanin, from the University of Jyväskylä, Finland. It dealt with the topic “Emotion-centered and action-centered profiling in sport: incorporating the concept of individual differences”. The session consisted of 9 oral and 6 poster presentations. The chair persons for the oral session were Prof. Jay Coakley, Prof. Juri Hanin and Prof. Ksenija Bosnar, the session leader. The chair persons for the poster session were Prof. Jay Coakley, Prof. Juri Hanin and Prof. Benjamin Perasović. The topics covered in the session were wide, including “Competitive state anxiety in female volleyball players”, “The influence of physical fitness on physical self-concept in ten-year old boys” and “Competitive anxiety and goal orientation in Croatian athletes”, etc.

## Kinesiology in physical conditioning

Fourteen scientific papers dealing with issues of strength and conditioning were presented within this section, out of which six were oral presentations and seven poster presentations. Each of the presentations dealt with different topics such as power production and explosive strength training, resistance training, cardio-respiratory fitness and endurance training, fatigue and performance, morphological characteristics and sport performance within various sports activities.

## **Kinesiology of physically demanding jobs**

Within the section *Kinesiology of Physically Demanding Jobs* six poster presentations were displayed and discussed. All the six papers published in the Proceedings Book of the Conference included research studies conducted on the subject samples of different armed forces members. Very interesting themes regarding military fitness and training were presented. Training effects on physical fitness were tested on a sample of ISAF special units deployed in Afghanistan on a 6-month military mission and on a sample of military recruits and were elaborated within two presentations. Other presentations included investigations related to determining the relations of morphological dimensions and physical fitness, to assessing differences in the status of motor abilities between active and sedentary soldiers and estimating the workload of soldiers on military missions and during special unit training. The section was concluded with very valuable scientific findings and practical considerations which will definitely improve the professional work of armed forces personnel who are responsible for the physical conditioning of Armed Forces members.

## **Kinesiology of top-level sport**

The section *Top Level Sport* accepted and displayed papers related to top-level sport. In total, 29 papers were received. Out of those 29 papers, 18 were in the form of abstracts. The keynote speakers for the section *Top Level Sport* were Prof. Sigmund Loland, Norwegian School of Sport Sciences, Oslo, Norway, with the plenary lecture entitled "Justifying antidoping: Fair opportunity and the biology of performance enhancement" and Prof. Saša Cević Erpič, Faculty of Sport, University of Ljubljana, Slovenia, with the lecture "Sport career termination and adaptation to post-sports life: A review of developmental-sport psychological perspectives".

Due to the large number of papers, the section *Top Level Sport* was divided into two parts, the morning and afternoon session. All the presentations provoked quite a number of questions from the audience, so the discussion was very interesting and productive. We would like to thank all the authors and participants for their work in the section. Also, we hope to continue cooperation in the future.

## **Management of sport**

As was the case at previous conferences, the section *Management of Sport* welcomed papers regarding sport management, sport marketing and sports tourism. In total 18 papers were received. Out of those 18 papers, two were in the form of abstracts. Besides the mentioned 18 papers, the keynote speaker for the section *Management of Sport* was Prof. Claude Sobry, University of Lille 2,

France. He gave a plenary lecture entitled "For responsible sports tourism and local sustainable development".

The work and papers in the section were divided into two parts, Part One being Management of Sport, and Part Two was Sports Tourism. It was planned to have 12 presentations and 6 posters, but finally, only 9 papers and 4 posters were presented. All the presentations provoked a number of questions from the public so the discussion was very interesting and productive. We wish to thank all the authors for their participation in the work of the section.

## **Research methodology**

Work of the conference session *Research Methodology* was scheduled for Friday, September 9, 2011. The invited speaker for the session was Prof. Weimo Zhu, with the Department of Kinesiology & Community Health, University of Illinois at Urbana-Champaign, USA. The introductory lecture was given by Prof. Rado Pišot, with the Primorska University, Koper, Slovenia. He dealt with the topic "Contemporary approach in measuring and analyzing fundamental motor patterns".

The session consisted of 10 oral and 15 poster presentations. The chair persons for both the oral and poster sessions were Weimo Zhu, Franjo Prot and Rado Pišot. The paper presented in the oral part of the session by the author Mario Jovanović "Relationship between anthropometric dimensions and motor abilities in soccer players" was awarded with the third prize at the "Miloš Mraković" Young Researchers Award competition.

The topics covered in the session were wide with the special emphasis on: the field of basic qualitative research, the evaluation of various tests used in kinesiology research, the construction and validation of new instruments for the assessment of the importance of techniques in sport.

## **Satellite symposium "health-enhancing physical activity"**

The satellite symposium "Health-enhancing physical activity (HEPA)" was held on Saturday, September 10th, 2011. It was organized with the aim of acquainting the participants with the different aspects of actions of physical activity for health implementation and promotion. It hosted world renowned experts from the field. Prof. Pekka Oja (UKK Institute, Tampere, Finland) introduced the participants to the roots, aims, organization, current state, and perspectives of HEPA. The host and chair of the symposium, Prof. Stjepan Heimer, emphasized the interdisciplinary aspect of HEPA, by underpinning the importance of kinesiological and health service cooperation. Prof. Ilkka Vuori (UKK Institute, Tampere, Finland) presented the topic of

lifestyle activity for health. Mrs. Eva Martin Diener, MSc, MPH (University of Zürich, Switzerland) described the Swiss national HEPA network, while Prof. Charlie Foster (University of Oxford, United Kingdom) discussed the steps of HEPA implementation.

On Sunday, the last day of the conference, Prof. Stjepan Heimer, Danijel Jurakić, PhD, and Marija Rakovac, PhD, presented “The Republic of Croatia National Action Plan for Health Enhancing Physical

Activity”. The three authors created the National Action Plan according to the agreement with the World Health Organization. The presentation and round table were, therefore, organized under the patronage of the Croatian Office of the World Health Organization, and moderated by the Head of the Office, Prof. Antoinette Kaić-Rak. This was the first public presentation of the National Action Plan since its completion in spring 2011.

6<sup>th</sup> Conference on Kinesiology Organizing  
Committee



## THE JOURNAL KINESIOLOGY EDITORIAL BOARD MEETING

On Sunday, September 11, 2011, at 10:00 a.m., and during the 6<sup>th</sup> International Conference on Kinesiology, the journal Kinesiology Editorial and Advisory Board Meeting took place in the Camelia II Hall, Congress Centre Hotel Adriatic, Opatija, Croatia. Although not as numerous as the previous Meeting held in 2008, this Editorial and Advisory Board Meeting hosted 17 Editorial and Advisory Board members and 11 guests, mostly introductory and keynote speakers attending the Conference in Opatija. During the one-hour session, a brief overlook of what has been accomplished during 40 years of the journal's existence as well as during the last three years since the last Editorial and Advisory Board Meeting was held, was presented and several important issues regarding the future actions have been discussed.

Prof. Milanović opened the meeting and welcomed all the participants. He expressed his pleasure with the co-operation established with the EB & AB members and all the achievements the journal accomplished in a three-year period, specially addressing the impact factor (2010 IF of 0.525) obtained for the first time from the Web of Science.

The discussion that followed offered some really interesting propositions regarding the future of the journal. Physical Activity and Health section was proposed to further improve the quality of the journal since the existing sections do not cover entirely that very important kinesiology issue. In addition to that, several propositions concerning the section disposition as well as the change in their names were made. Different types of journal's advertising and marketing were also proposed in order to become even more recognizable among the scientific community worldwide. For stronger finan-

cial support of the journal an inclusion of submission and publishing fees were discussed. However, the general conclusion of the Editorial Board was that the journal should not introduce such novelty at the time being. Expanding referee's list, especially in certain scientific areas, was another very important issue that was brought up. A major increase in the paper inflow has happened within the last three years due to the journal's inclusion in highly estimated citation bases and the increment is expected in even larger extend due to the IF received in 2011. Therefore, all the present members agreed that the list of referees **must** be expanded. The attendants expressed their sincere willingness to help the journal as reviewers to even greater extent than performed so far and promised to actively corroborate with the Editorial Staff in contacting scientists suitable for inclusion in the journal's referee list. The means and methods of increasing the IF in the future were also discussed and, for that, more reviews and more position papers, that is papers with strong opinions and even papers with the inclination to criticism should be the priorities when selecting publishing materials. Increasing IF was highlighted as a number one priority in the next couple of years and, therefore, all our strength and knowledge should be oriented towards seizing that goal. In that context an increase in number of issues published per year was also discussed, and a conclusion yielded was that such changes are inevitable, but can be adequately implemented in 3 to 5 years from now.

At the end, Professor Medved thanked all of the participants and scheduled another meeting for the year 2014, within the framework of the 7<sup>th</sup> International Scientific Conference on Kinesiology.



*Members of the Editorial Board and their guests: In front and sitting (from the left): Renata Barić, Olga Kyselovicova, Henriette Dancs, Gudrun Doll Tepper, Marjeta Mišigoj-Duraković, Anita Hökelmann, Laura Capranica, Darija Omrčen, Marija Rakovac In the first row standing: Ivan Prskalo, David Bishop, Boris Maleš, Włodzimierz Starosta, Željka Jaklinović, Stjepan Heimer, Illka Vuori, Daniel Bok, Claude Sobry, Roman Kalina In the second row standing: Julio Calleja, Weimo Zhu, Vladimir Medved, Mark L. Latash, Dragan Milanović, Arnold Baca, Dinko Vuleta, Bojan Jošt, Nic James, Lubomir Tomanek*