



**The 5th International Congress
of Exercise and Sport Sciences
The Academic College at Wingate**

**In Collaboration with The University of Nicosia, Cyprus,
and The Olympic Committee of Israel**

June 7-10, 2018

Scientific Program

Greetings from the Scientific and Organizing Committees

Dear Colleagues,

We are delighted to welcome you to Israel this June for the 2018 International Congress of Exercise and Sport Sciences (ICESS) – The Academic College at Wingate, marking 70 years to the State of Israel and 10 years to the first International Congress of Exercise and Sport Sciences at The Academic College at Wingate. This year The Academic College at Wingate is proud to host the 5th ICES in conjunction with The University of Nicosia and The Olympic Committee of Israel.

A rich scientific program has been designed comprising nine keynote addresses delivered by the most notable authorities in their particular domain, setting the tone for a fascinating program which also includes oral presentations, poster presentations, symposia, workshops, and exhibits. More than 160 presentations by scholars and practitioners from 28 countries around the world are included in the scientific program.

A unique and varied social program has also been planned, in order to welcome our participants – especially those from abroad – and share with them Israeli cultural and experiential activities. The program includes an Opening Banquet with Israeli folk dancing, an evening to welcome the Sabbath and a traditional Sabbath dinner in Netanya, a tour to Jerusalem, and a Closing Dinner in Netanya overlooking the Mediterranean Sea.

We would like to sincerely thank all the authors who submitted abstracts, as well as all those who contributed to the Congress program. We particularly wish to thank The University of Nicosia and The Olympic Committee of Israel for their significant support, contribution, and collaboration. We look forward to hosting our Congress participants and to providing a rich and diverse program for the benefit of all.

Yours Sincerely,

Prof. Sima Zach

Chair, Scientific Committee

Dr. Devora Hellerstein

Chair, Organizing Committee

Scientific Committee

Prof. Sima Zach (Chair)
Prof. Moshe Ayalon
Prof. Michael Bar-Eli
Dr. Yitsik Ben-Melech
Prof. Eli Carmeli
Dr. Udi Carmi
Dr. Ayelet Dunsky
Prof. Alon Eliakim
Prof. Fernández Peña Emilio
Dr. Shlomit Guy
Prof. Yeshayahu (Shayke) Hutzler
Dr. Gili Joseph
Prof. Nicos Kartakoullis
Dr. Haim Kaufman
Dr. Einat Kodesh
Prof. Thanos Kriemadis
Prof. Dario G. Liberman
Prof. Ronnie Lidor
Prof. Dubi Lufi
Prof. Yoav Meckel
Prof. Dani Moran
Prof. Dan Nemet
Prof. Mickey Scheinowitz
Prof. Chenxiang Charlie Song
Dr. Nili Knopp-Steinberg
Dr. Ran Yanovich
Dr. Orly Yazdi-Ugav

Keynote Speakers

Prof. Jacqueline Goodway, USA
Prof. Daniel Gould, USA
Prof. Dieter Hackfort, Germany
Prof. Nicos Kartakoullis, Cyprus
Prof. Thanos Kriemadis, Greece
Prof. Tatiana Ryba, Finland
Prof. Zur Shapira, USA
Prof. Vish Unnithan, UK
Prof. Stephan Wassong, Germany

Organizing Committee

Dr. Devora Hellerstein (Chair)
Ms. Yara Assenheim
Dr. Avraham Ben-Zaken
Mr. Israel Bibas
Dr. Ayelet Dunsky
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Ms. Shani Funk
Ms. Yael Galili
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Ms. Despo Stylianou
Dr. Sharon Tsuk
Dr. Orly Yazdi-Ugav
Mr. Yigal Zano
Mr. Itzik Zitenfeld

Congress Coordinator: Ms. Yael Galili
Graphic Designer: Ms. Shelly Shalom

Thursday, June 7, 2018

09:00–10:00 Registration and Reception, College Lobby

10:00–11:30 Parallel Session A1: Posture Cultivation, Hall 1

Chair: **Nili Knopp–Steinberg**, The Academic College at Wingate, Israel

10:00

Anatomy of the Abdominal Wall

Hanan Rapoport, *The Academic College at Wingate, Netanya, Israel*

10:30

The Core Is Not Just Abdominal and Back Muscles: The Role of the Diaphragm in Core Stability

Maya Abady, *The Academic College at Wingate, Netanya, Israel*

11:00

Abdominal Training versus Core Conditioning – How Is This Topic Related to Abdominal Hollowing and Abdominal Bracing?

Vardita Gur, *The Academic College at Wingate, Netanya, Israel*

10:00–11:30 Parallel Session A2: Elite Sport, Hall 2

Chair: **Florian Engel**, Karlsruhe Institute of Technology, Germany

10:00

Performance Simulation Neurofeedback Training for Elite Athletes – A New Concept in Neurofeedback Training

Guy Matzkin, Alan MacPherson

The University of Edinburgh, Edinburgh, UK

10:15

Anthropometric and Physiological Characteristics of Elite Handball Players: The Influence of Playing Position

Yaniv Ashkenazi^{1,2}, Rotem Kislev–Cohen¹, Michal Arnon², Alon Yechiel¹

¹*Wingate Institute, Netanya, Israel*

²*The Academic College at Wingate, Netanya, Israel*

10:30

Evaluation of Ten Years of Talent Identification in German Handball

Dirk Buesch, Joerg Schorer

University of Oldenburg, Oldenburg, Lower Saxony, Germany

10:45

The Effect of a Six-Week Program Using Unstable Surfaces for Upper Body on Shoulder Proprioceptive Capability and Strength among Young Competitive Swimmers

Shiri Bretter, Moshe Ayalon, Nili Knopp-Steinberg

The Academic College at Wingate, Netanya, Israel

11:00

Laboratory Anaerobic Performance in Elite Czech Ice Hockey Players: Normative Data for Players Aged 14 to 35 Years

Jan Heller, Pavel Vodicka

Charles University, Prague, Czech Republic

11:15

False-Performance Feedback Does Not Affect Punching Forces and Pacing of Elite Boxers

Israel Halperin¹, Dale Chapman², Kevin Thompson³, Chris Abbiss⁴

¹*Memorial University, St. Johns, NL, Canada*

²*Australian Institute of Sport, Canberra, ACT, Australia*

³*New South Wales Institute of Sport, Sydney, NSW, Australia*

⁴*Edith Cowan University, Joondalup, WA, Australia*

10:00-11:30 Parallel Session A3: Sport Management, Hall 3

Chair: **Michael Bar-Eli**, Ben-Gurion University of the Negev, Israel and
The Academic College at Wingate, Israel

10:00

Boosting Human Performance in Competitive Achievement Situations: Can We Indeed Learn from Sport Psychology?

Michael Bar-Eli^{1,2}, **Ronnie Lidor**², **Zur Shapira**³

¹*Ben-Gurion University of the Negev, Be'er-Sheva, Israel*

²*The Academic College at Wingate, Netanya, Israel*

³*New York University, New York, UK*

10:00-11:30 Parallel Session A4: Psycho-Social Issues, Hall 127

Chair: **Rona Cohen**, The Academic College at Wingate, Israel

10:00

Male Dominance Under Threat: Machoism Confronts Female Defiance in Israeli Gyms

Assaf Lev^{1,2}, Esther Hertzog³

¹*The Academic College at Wingate, Netanya, Israel*

²*Interdisciplinary Center, Herzliya, Israel*

³*Levinsky College of Education, Tel Aviv, Israel*

10:15

Welcoming Girls in Physical Education, as Long as Their Bodies Are Fit

Ornit Ramati Dvir

Bar Ilan University, Ramat-Gan, Israel

10:30

Stress and Wellbeing among Israeli Female Basketball Premier League Players: Exploring Weekly Fluctuations

Ohad Nahum

University of Haifa, Haifa, Israel

10:45

Motivation and Personality Traits of Students in Kinesiology: Similarities and Differences between Male and Female Students

Mladen Marinovic^{1,2}, Ana Kokan²

¹*University of Split, Split, Croatia*

²*Institute of Kinesiology and Sport, Split, Croatia*

11:00

Your Partner Makes You Better: The Partner Interaction Paradigm in Conflict Training

Mario Staller^{1,2,3,4,5}, Swen Körner^{2,4}

¹*Diploma University of Applied Science, Bad Sooden-Allendorf, Germany*

²*University of Liverpool, Liverpool, UK*

³*Leeds Beckett University, Leeds, UK*

⁴*German Sports University Cologne, Cologne, Germany*

⁵*Institute for Professional Conflict Management, Wiesbaden, Germany*

11:15

“When the Wearable Says ‘Time to Move’ I Move...” – A Basic View of the Self-Tracking Phenomenon

Regina Roschmann¹, Meike Breuer², Jan Friedrich²

¹*Potsdam University of Applied Sciences for Sport and Management, Potsdam, Germany*

²*Chemnitz University of Technology, Chemnitz, Germany*

10:00–11:30 Parallel Session A5: Physical Activity and Aging, Hall 129

Chair: **Yael Netz**, The Academic College at Wingate, Israel

10:00

WHOLE – Wellbeing and Healthy Choices for Older Adults and Their Caregivers – A Presentation of a Project Funded by the European Commission

2015–1–DE02–KA204–002418 Erasmus+

Yael Netz, Esther Argov

The Academic College at Wingate, Netanya, Israel

10:30

Assessment of Functional Fitness and Physical Activity Levels of Older Adults

F. Neşe Şahin, Ozkan Guler, Azize Diedhiou, Poyraz Selim Yuzkolar, Meltem Kizilyalli

Ankara University, Ankara, Turkey

10:50

Effects of Nordic Walking on Some of the Cardiovascular Risk Factors in Older Women with Type 2 Diabetes Mellitus

Sandrija Capkauskiene¹, Saule Sipaviciene¹, Vida Cesnaitiene¹, Kristina Visagurskiene¹, Edmundas Kadusevicius², Daiva Vizbaraite¹

¹*Lithuanian Sports University, Kaunas, Lithuania*

²*Lithuanian University of Health Sciences, Kaunas, Lithuania*

11:10

Effect of a 4-Month Exercise Training and Omega-3 Supplementation on Memory in Elderly Women: Preliminary Results

Klara Dadova, Lenka Sontakova, Michal Steffl, Michaela Siklova, Marek Stepan
Charles University, Prague, Czech Republic

10:00-11:30 Parallel Session A6: Dance Issues, Room 608

Chair: **Michelle Zitomer**, The Academic College at Wingate, Israel

10:00

Immersive Physical Theatre: The Future of Dance Experience

Ygal Tsur

Independent Dancer and Choreographer, Tel Aviv, Israel

10:20

Perceptual Changes of the Woman's Body from the 19th to the 20th Century

Diana Issan Saporta

The Academic College at Wingate, Netanya, Israel

10:40

Clinical and Functional Comparison between Adolescent Dancers with and without Patellofemoral Pain

Gal Zakin¹, Itzhak Siev-Ner², Shay Tenenbaum², Aviva Zeev¹, Michal Pantanowitz¹, Kurt Micallef¹, Daniel Zigdon¹, Ravid Zafrani¹, Shani Refael¹, Lilach Gotlieb¹, Nili Knopp-Steinberg¹

¹*The Academic College at Wingate, Netanya, Israel*

²*Sheba Medical Center, Tel-Hashomer, Ramat-Gan, Israel*

11:00

Growth, Nutrition and Dance

Yuval Cassuto

The Academic College at Wingate, Netanya, Israel

Kibbutzim College of Education, Technology and the Arts, Tel Aviv, Israel

Kaye Academic College of Education, Be'er-Sheva, Israel

10:00-11:30 Parallel Session A7: Emotion in Education, Room 309

Chair: **Hily Rosenblum**, Wingate Academic College, Israel

10:00

Emotion-Based Professional Development Training and First Year Teachers' Attitudes to Students

Hily Rosenblum¹, Sima Zach¹, Varda Inglis¹, Ofra Walter²

¹*The Academic College at Wingate, Netanya, Israel*

²*Tel Hai Academic College, Kiryat Shmona, Upper Galilee, Israel*

10:15

Sensory Language (SDM) to Foster Empathy in Social Work Students

Ofra Walter, Vered Shenaar-Golan

Tel Hai Academic College, Kiryat Shmona, Upper Galilee, Israel

10:30

Displays of Emotions and Their Impact in Competitive Sports

Arik Cheshin

University of Haifa, Haifa, Israel

10:45

Nothing but an Illusion? The Perception of Extreme Facial Expressions

Olga Semyonov¹, Chaim Herzog², Hillel Aviezer¹

¹*Hebrew University of Jerusalem, Jerusalem, Israel*

²*Excelsior College, Albany, New York, USA*

11:00

Young People of Draft Age and Aggression Level

Nadezhda Petruskina¹, Olga Kolomietc¹, Andrea Rucska², Judit Kopkáné Plachy²,

Hily Rosenblum³

¹*Ural State University of Physical Culture, Chelyabinsk, Russia*

²*University of Miskolc, Miskolc, Hungary*

³*The Academic College at Wingate, Netanya, Israel*

11:15

Professionalization in Progress: Police Use of Force Self-Defense Training in Germany

Swen Körner^{1,2}, Mario Staller^{1,2,3,4,5}, Valentina Heil^{2,5}, Isabel Klemmer^{5,6}, André Kecke⁷

¹*German Sports University Cologne, Cologne, Germany*

²*University of Liverpool, Liverpool, UK*

³*Diploma University of Applied Sciences, Bad Sooden-Allendorf, Germany*

⁴*Carnegie School of Sport, Leeds Beckett University, Leeds, UK*

⁵*Institute for Professional Conflict Management, Wiesbaden, Germany*

⁶*Institute of Sports Science, Goethe University Frankfurt, Frankfurt, Germany*

⁷*Hessian University of Applied Sciences for Police and Public Administration, Wiesbaden, Germany*

11:30-12:00 Coffee Break, Dance Hall

12:00-14:00 Opening Ceremony and Keynote Lectures, Herschtritt

Auditorium

Welcome to the 5th International Congress of Exercise and Sport Sciences - The Academic College at Wingate

12:00

- Musical Performance: *Alon Campino and Ofer Meir Ankory*
- Greetings
- Gymnastics Performance: *Maccabi AcroGym Israel, Hagit Diskin and Yehuda Huber*

Keynote Lectures

Chairs: **Moshe Ayalon**, The Academic College at Wingate, Israel
Rona Cohen, The Academic College at Wingate, Israel

12:30

Strategic Planning in Sport Organizations: Is It Possible to Implement?

Nicos Kartakoullis

University of Nicosia, Nicosia, Cyprus

13:15

Promoting Physical Literacy in Early Childhood: Evidence-Based Recommendations from SKIP

Jacqueline D. Goodway

The Ohio State University, Columbus, Ohio, USA

14:00-15:00 Lunch Break, College Patio

* Entry to the College Patio is with lunch voucher provided to participants registered for the social program.

15:00-15:45 Keynote Lecture, Herschtritt Auditorium

Chair: **Michael Bar-Eli**, Ben-Gurion University of the Negev, Israel, and
The Academic College at Wingate, Israel

15:00

Toward a Model of Strategic Goal Setting in Sports

Zur Shapira

New York University, New York, New York, USA

16:00–17:30 Parallel Session B1: Weight Loss and Fat Reduction, Hall 1

Chair: **Sigal Eilat-Adar**, The Academic College at Wingate, Israel

16:00

Liver Fat and Obesity: Insights from Ben-Gurion University's RCT's

Anat Yaskolka Meir

Ben-Gurion University of the Negev, Be'er-Sheva, Israel

16:20

The Effect of Distinct Lifestyle Interventions on Mobilization of Fat Storage Pools: The CENTRAL Trial

Hila Zelicha

Ben-Gurion University of the Negev, Be'er-Sheva, Israel

16:40

Exercise and Childhood Obesity – 15 Years of Clinical Experience

Dan Nemet

Meir Medical Center, Kfar-Saba, Israel

Sackler School of Medicine, Tel Aviv University, Tel Aviv, Israel

17:10

Intervention to Promote and Affect Fundamental Movement Skills, Physical Activity and Cognitive Skills in Kindergarten Children

Kristin Wick^{1,2}, Urs Granacher²

¹*University of Applied Sciences for Sport and Management Potsdam, Potsdam, Germany*

²*University of Potsdam, Potsdam, Germany*

16:00–17:30 Parallel Session B2: Motor Learning and Biomechanics, Hall 2

Chair: **Gal Ziv**, The Academic College at Wingate, Israel

16:00

Learning Soccer Skills in Physical Education: Effects of Bilateral Practice on the Performance Development of Children in Elementary School

Carolin Braun¹, Patrick Rau², Thorsten Stein²

¹*Technical University of Munich, Munich, Germany*

²*BioMotion Center, Karlsruhe Institute of Technology, Karlsruhe, Germany*

16:15

Gender Differences and Previous Experience in the Overhand Throw

Rona Cohen¹, Ronnie Lidor¹, Jacqueline D. Goodway², Michal Arnon¹

¹*The Academic College at Wingate, Netanya, Israel*

²*The Ohio State University, Columbus, Ohio, USA*

16:30

Enhanced or Diminished Expectancies in Golf Putting – Which Actually Affects Performance?

Gal Ziv, Matar Ochayon, Ronnie Lidor

The Academic College at Wingate, Netanya, Israel

16:45

Secrets of a Powerful Tennis Stroke: Physics, and Nothing Else

Shmuel Goldberg

Independent Physicist, Geophysicist and Inventor, Even Yehuda, Israel

17:00

The Optimal Kinematic Modeling of the Stalder Backward to Handstand on the Uneven Bars Technique – A Case Study

Emilija Petkovic

University of Nis, Nis, Serbia

16:00–17:30 Parallel Session B3: Concepts in Football and Team Sport

Training, Hall 3

Chair: **Antonio Dello Iacono**, The Academic College at Wingate, Israel

16:00

Athletic Development and Conditioning of Young and Adolescent Athletes with High-Intensity Interval Training: A Systematic Review with Meta-Analysis

Florian Engel, Alexander Ackermann

Heidelberg University, Heidelberg, Germany

16:15

Effectiveness of Field-Based Resistance Training Protocols on Hip Muscle Strength among Young Elite Football Players: A Randomized Controlled Trial

Bar Kohavi¹, Marco Beato², Tomás T. Freitas¹, Lior Laver^{3,4}, Linda Haiwon Chung¹, Antonio Dello Iacono⁵

¹*Universidad Católica San Antonio De Murcia, Murcia, Spain*

²*University of Suffolk, Ipswich, Ipswich, UK*

³*University Hospitals Coventry and Warwickshire, Coventry, UK*

⁴*Tel Aviv University, Tel Aviv, Israel*

⁵*The Academic College at Wingate, Netanya, Israel*

16:30

Effects of One Week Taper Training on Physical Performance Parameters in Soccer

Niyazi Eniseler¹, Mustafa Kara¹, Şahan Çağatay¹, Filiz Eniseler²

¹*Celal Bayar University, Manisa, Turkey*

²*Manisa Public High School, Manisa, Turkey*

16:45

Metabolic Power May Be a Useful Tool for Monitoring Locomotor Load in Team Sports Involving Repetitive, Intermittent, Intensive Running Sprints

Tiaki Brett Smith^{1,2}, Owen Tarrant³, Neal McIntosh¹

¹*University of Waikato, Hamilton, Waikato, New Zealand*

²*Chiefs Rugby Club, Hamilton, Waikato, New Zealand*

³*Munster Rugby Club, Limerick, Munster, Ireland*

17:00

Small-Sided Games in Soccer - Physiological Response and Time Motion Analysis

Tzllil Shushan, Julio Calleja González, Tomás Freitas

Universidad Católica San Antonio De Murcia (UCAM), Murcia, Spain

17:15

A Comparison of Training Programs of Differential and Structural Learning Regarding Passing Ability in Football

Carolin Braun¹, Sophie Howard², Thorsten Stein³

¹*TUM Technical University of Munich, Munich, Germany*

²*Karlsruhe Institute of Technology (KIT), Karlsruhe, Germany*

³*BioMotion Center, Karlsruhe Institute of Technology, Karlsruhe, Germany*

16:00–17:30 Parallel Session B4: A Symposium on Mental Considerations in Athletes, Coaches, and Referees: An International Perspective, Hall 127

Chair: **Roy David Samuel**, Kibbutzim College of Education, Technology and the Arts, Tel Aviv, Israel

16:00

Self-Control, Ego-Depletion, and Performance in Soccer Referees

Roy David Samuel^{1,2}, Chris Englert³, Qian Zhang⁴, Itay Basevitch⁵

¹*Kibbutzim College of Education, Technology and the Arts, Tel Aviv, Israel*

²*Interdisciplinary Center, Herzliya, Israel*

³*University of Bern, Institute of Educational Science, Bern, Switzerland*

⁴*Florida State University, Tallahassee, Florida, USA*

⁵*Anglia Ruskin University, Cambridge, UK*

16:20

Anticipation and Imagery Skill Level Differences of Judo Coaches

Itay Basevitch¹, Rebeka Prosoli², Dagmara Budnik-Przybylska³, Claire Rossato⁴

¹*Anglia Ruskin University, Cambridge, UK*

²*University of Zagreb, Zagreb, Croatia*

³*University of Gdansk, Gdansk, Poland*

⁴*University of Greenwich, London, UK*

16:40

Mental Skills Training with Track and Field Athletes

Claire Rossato¹, Itay Basevitch²

¹*University of Greenwich, London, UK*

²*Anglia Ruskin University, Cambridge, UK*

17:00

Decision-Making in Soccer Refereeing: Conceptual and Practical Considerations

Roy David Samuel^{1,2}, Or Guy², Elad Sharoni², Yair Galily², Gershon Tenenbaum³

¹*Kibbutzim College of Education, Technology and the Arts, Tel Aviv, Israel*

²*Interdisciplinary Center, Herzliya, Israel*

³*Florida State University, Tallahassee, Florida, USA*

16:00–17:30 Parallel Session B5: Physical Activity and Aging, Hall 129

Chair: **Ayelet Dunsky**, The Academic College at Wingate, Israel

16:00

Age in the Eyes of the Beholder – Ageism in Gyms

Esther Hertzog¹, Assaf Lev^{2,3}

¹*Levinsky College, Tel-Aviv, Israel*

²*The Academic College at Wingate, Netanya, Israel*

³*Interdisciplinary Center, Herzliya, Israel*

16:15

Resist Aging with Resistance Training

Itai Har-Nir

The Academic College at Wingate, Netanya, Israel

16:30

The Effect of Acute Resistance Exercise on Executive Function and Attention of Adults

Ayelet Dunsky¹, Mona Abu-Rukun¹, Sharon Tsuk¹, Tzvi Dwolatzky², Rafael Carasso³, Yael Netz¹

¹*The Academic College at Wingate, Netanya, Israel*

²*The Rambam Health Care Campus and Technion, Haifa, Israel*

³*The Hillel Yaffe Medical Center, Hadera, Israel*

16:45

Plyometric Exercise Improves Skeletal Muscle Contractile Properties and Jumping Performance in the Aging Population

Damir Zubac^{1,2}, Armin Paravlič², Boštjan Šimunič²

¹*University of Split, Split, Croatia*

²*Science and Research Center Koper, Institute for Kinesiology Research, Koper, Slovenia*

17:00

The Effect of Exercise (Stability and Coordination) Training Programs on Risk of Falls in Older Adults with Cardiovascular Disease

Daria Segev, Ayelet Dunsky

The Academic College at Wingate, Netanya, Israel

17:30-18:00 Coffee Break, Dance Hall

18:00-19:00 Poster Session, College Lobby

Chair: **Noa Choresh**, The Academic College at Wingate, Israel

Matching Sports Field According to Personality

Asaf Blatt

Florida State University, Tallahassee, Florida, USA

Physical Activities of Teachers from Preschool and Their Provision of Physical Activities to Their Students

Vitor Coelho¹, Rute Estanislava Tolocka²

¹*Federal University of Tocantins, Palmas, Tocantins, Brazil*

²*Methodist University of Piracicaba, Piracicaba, São Paulo, Brazil*

Integrative Swimming Instruction: Swimming through Understanding
Zohar Lerer,

The Academic College at Wingate, Netanya, Israel

Validation of an Assistant System for Motion Analysis in Equipment-Based Exercise Therapy

Christiane Loesch, Nico Nitzsche, Martin Weigert, Julia Richter, Lars Lehmann, Christian Wiede, Henry Schulz

Chemnitz University of Technology, Chemnitz, Germany

Acute and Chronic Effect of a Carbohydrate/Branched Chain Aminoacids/Alanine Sports Supplement (Friliver® Performance) Intake on Perceived Exertion during High Intensity Interval Training Sessions

Marco Gervasi¹, Davide Sisti¹, Stefano Amatori¹, Anna Rita Calavalle¹, Piero Benelli¹, Marco Bruno Luigi Rocchi¹, Luigi Lanata², Michela Bagnasco², Marcello Allegretti², **Piero Sestili**¹

¹*Universita' degli studi di Urbino Carlo Bo- Dipartimento di Scienze Biomolecolari, Urbino, Lombardia, Italy*

²*Dompe' Farmaceutici Spa, Milano, Lombardia, Italy*

Avoidance, De-Escalation and Attacking: An Expert Coach Consensus in Self-Defense Practice

Mario Staller^{1,2,3,4}, Andrew Abraham², Jamie Poolton², Swen Körner³

¹*Diploma University of Applied Sciences, Bad Sooden-Allendorf, Germany*

²*Leeds Beckett University, Leeds, UK*

³*German Sports University Cologne, Cologne, Germany*

⁴*Institute for Professional Conflict Management, Wiesbaden, Germany*

Using a Social Ecological Model to Understand Physical Activity among Jewish and Arab Adolescents in Israel: Findings from the Health Behavior in School-Aged Children Study

Riki Tesler¹, Tanya Kolobov², Kwok Ng³, Ephraim Shapiro¹, Sophi Walsh², Yossi Harel-Fisch²

¹*Ariel University, Ariel, Israel*

²*Bar Ilan University, Ramat-Gan, Israel*

³*University of Jyväskylä, Jyväskylä, Finland*

Including Rhythmic and Expressive Activities in the Routine of Preschool in Piracicaba, São Paulo, Brazil

Rute Estanislava Tolocka, Kelly Cristina Siqueira, Mayara Mascaranhas de Lima

UNIMEP, Piracicaba, São Paulo, Brazil

Body Awareness of Preschool Teachers and Their Work with Disabled Children

Rute Estanislava Tolocka², Wagner Rego Junior¹

¹*Federal Institute of Education and Science of Bahia - IFBA, Bom Jesus da Lapa, Bahia, Brazil*

²*UNIMEP, Piracicaba, São Paulo, Brazil*

Physical Activity Level and Profile of Patients with Cancer

Raphaela Espanha Corrêa, **Rute Estanislava Tolocka**

UNIMEP, Piracicaba, São Paulo, Brazil

Play Games in the Waiting Room of Cancer Units: A Preliminary Study

Lia Leme¹, Raphaela Corrêa¹, Renata Magalhães², Paulo Velho², **Rute Estanislava Tolocka**¹

¹*Methodist University of Piracicaba, Piracicaba, São Paulo, Brazil*

²*University of Campinas, Campinas, São Paulo, Brazil*

Anaerobic Performance in Elite Czech Junior Ice Hockey Players: A Longitudinal Comparison over the Period of 2001 to 2017

Pavel Vodicka, Jan Heller

Charles University, Prague, Czech Republic

18:00-19:00 Meet the Presenter: Prof. Zur Shapira, Room 506

Meet the presenter in an informal discussion setting.

18:00-19:00 Meet the Presenter: Prof. Nicos Kartakoullis, Room 210

Meet the presenter in an informal discussion setting.

18:00-19:00 Meet the Presenter: Prof. Jacqueline Goodway, Room 211

Meet the presenter in an informal discussion setting.

19:00-21:00 Social Evening: Opening Banquet, College Patio

* Entry to Opening Banquet is for participants registered for the social program.

- **Musical Performance:** *Alon Campino and Ofer Meir Ankory*
- **Greetings:** *Mr. Sofronis Papageorgiou*, Head, Commercial and Economic Affairs, Embassy of the Republic of Cyprus to the State of Israel
Ms. Iris Ambor, Director of Southern Europe Department, Israeli Ministry of Foreign Affairs

- **Dance Performance:** *Latino Gal Beit Halohe* Dance Group, Choreography – *Margarita Poliakov*, Director – *Tal Golan*, Dancers – *Anna Azernikov, Raya Lipner, Ida Seckler, Gingit Kenny, Nika Berdjanski, Dany Elad, Yitzhak Yariv, Yechiel Arkin, Safi Hizran and Valery Skripka*, Costume Designer – *Marina Svetnovtey*
- **Dinner**
- **Israeli Folk Dancing:** Led by *Dr. Diana Issan*

Friday, June 8, 2018

08:00–08:30 Registration and Reception, College Lobby

08:30–10:00 Keynote Lectures, Hall 3

Chairs: **Ronnie Lidor**, The Academic College at Wingate, Israel
Sigal Eilat-Adar, The Academic College at Wingate, Israel

08:30

Developing a Global Excellence Model and a Global Excellence Award for Sport Organizations

Thanos Kriemadis

University of Peloponnese, Peloponnese, Greece

09:15

The Interplay of Sport Science and Sport Psychology

Dieter Hackfort

University AF Munich, Munich, Germany

10:00–10:15 Coffee Break, Dance Hall

10:15–11:45 Parallel Session C1: Olympic Education, Hall 1

Chair: **Efraim Zinger**, The Academic College at Wingate, Israel

10:15

A Multidisciplinary Approach to Olympic Studies

Emilio Fernández Peña

Autonomous University of Barcelona, Barcelona, Catalonia, Spain

10:55

The IOC Olympic Studies Centre and the Academic Community of Olympic Studies

Nuria Puig

The Olympic Studies Centre, Lausanne, Switzerland

11:15

Rio 2016: Between National and Olympic Challenges

Paul Hover

Mulier Institute, The Netherlands Olympic Study Network, Utrecht, The Netherlands

11:30

Olympism and Nationalism – A Feasible Model of Conflict Types and Intensity: The Case of Israel

Efraim Zinger

The Academic College at Wingate, Netanya, Israel

10:15–11:45 Parallel Session C2: Adapted Physical Activity, Hall 2

Chair: **Orly Yazdi-Ugav**, The Academic College at Wingate, Israel

10:15

Meaningful Learning in Adapted Physical Activity (APA) to Improve Self-Determination, Empowerment and Autonomy for Four Women with Intellectual Disabilities: A Pilot Study

Joelle Almosni

The Academic College at Wingate, Netanya, Israel

10:30

Etgarim – Challenges: Empowerment and Social Integration of People with Disabilities through Outdoor Sports

Avner Balkany

Etgarim, Tel Aviv, Israel

10:45

Performance Level of Ball Skills and Its Relation to Behavioral Socio-Emotional Adjustment and Academic Achievement

Orly Yazdi-Ugav, Sima Zach, Aviva Zeev

The Academic College at Wingate, Netanya, Israel

11:00

Identifying Indicators in Pregnancy, Infancy and Childhood for Development of Probable Developmental Coordination Disorder

Orly Yazdi-Ugav, Michal Arnon

The Academic College at Wingate, Netanya, Israel

11:15

Parental Occupational Executive Training (POET) – Improving Daily Functioning by Handling Deficient Executive Functions

Carmit Frisch, Sara Rosenblum

University of Haifa, Haifa, Israel

10:15-11:45 Parallel Session C3: Sport Psychology, Hall 127

Chair: **Erez Mosek**, The Academic College at Wingate, Israel

10:15

Fresh Conceptualization of Team Flow

Erez Mosek, Tony Morris, Anthony Watt

Victoria University, Melbourne, Victoria, Australia

10:30

The Effectiveness of Pre-Performance Routines on Elite Swimmers' Performance, Self-Efficacy, Anxiety and Emotions

Veronique Richard¹, Justin Mason¹, Stacey Alvarez-Alvarado¹, **Inbal Perry**¹, Benoit Lussier², Gershon Tenenbaum¹

¹*Florida State University, Tallahassee, Florida, USA*

²*National Institute of Sport, Tallahassee, Florida, USA*

10:45

The 4-Step Method: From Unproductive to Productive Thoughts

Asaf Blatt, Matteo Luzzi, Graig M. Chow

Florida State University, Tallahassee, FL, USA

11:00

The Influence of the Coach's Halftime Talk on Players' Performance

Liat Kuffler-Bakalo, Sima Zach

The Academic College at Wingate, Netanya, Israel

11:15

Emotional Intelligence in Coaches' Leadership

Lael Gershoren, Omri Shwartz

Interdisciplinary Center, Herzliya, Israel

11:30

Improving Our Sport Psychology Research: What Can Be Done?

Ohad Nahum

University of Haifa, Haifa, Israel

**10:15-11:45 Parallel Session C4: Exercise Physiology and Rehabilitation,
Hall 129**

Chair: **Sharon Tsuk**, The Academic College at Wingate, Israel

10:15

Exercise Ventilatory Limitation in Cystic Fibrosis Patients with Normal Breathing Reserve

Ronen Reuveny

Sheba Medical Center, Ramat-Gan, Israel

The Academic College at Wingate, Netanya, Israel

10:45

The Cause of Exercise Intolerance in Patients with Heart Failure and Chronic Obstructive Pulmonary Disease (COPD): A Search for the Best Discriminator

Ron Golan

Ziv Medical Center, Zefat, Israel

11:15

Left Ventricular Assist Device – A Bridge to Life

Tamir Kamerman

Sheba Medical Center, Ramat-Gan, Israel

*Presentation delivered in Hebrew

**10:15-11:45 Parallel Session C5: Training and Testing Competitive Sport,
Room 608**

Chair: **Yoav Meckel**, The Academic College at Wingate, Israel

10:15

Effectiveness of Plyometric and Resistance Training in Young Adolescent Athletes

Brandon J. McKinlay, Phillip Wallace, Raffy Dotan, Devon Long, Craig Tokuno, David Gabriel, **Bareket Falk**

Faculty of Applied Health Sciences, Brock University, Saint Catharines, Ontario, Canada

10:30

Beneficial Effects of Small-Sided Games as a Conclusive Part of Warm-Up Routines

Antonio Dello Iacono¹, Andrew D Vigotsky², Lior Laver³, Israel Halperin⁴

¹ *The Academic College at Wingate, Netanya, Israel*

² *Northwestern University, Evanston, Illinois, USA*

³ *Tel Aviv University, Tel Aviv, Israel*

⁴ *Memorial University of Newfoundland, St. John's, Canada*

10:45

Genetic Variability among Power Athletes: The Stronger versus the Faster

Sigal Ben-Zaken¹, Alon Eliakim², Yoav Meckel¹

¹ *The Academic College at Wingate, Netanya, Israel*

² *Meir Medical Center, Kfar-Saba, Israel*

11:00

The Relationships between Two Repeated Activity Tests and Aerobic Fitness of Volleyball Players

Yoav Meckel¹, Moran May-Rom^{1,2}, Alon Eliakim^{1,2}

¹ *The Academic College at Wingate, Netanya, Israel*

² *Meir Medical Center, Kfar-Saba, Israel*

11:15

Pre-Season Fitness Level and Injury Rate in Professional Soccer – A Prospective Study

Eyal Eliakim^{1,2}, Ofer Doron^{1,2}, Yoav Meckel¹, Dan Nemet^{1,2}, **Alon Eliakim**^{1,2}

¹ *The Academic College at Wingate, Netanya, Israel*

² *Meir Medical Center, Kfar-Saba, Israel*

10:15-11:45 Parallel Session C6: Posture Cultivation, Room 309

Chair: **Nili Knopp-Steinberg**, The Academic College at Wingate, Israel

10:15

A Statistical Review Based on the Research Dealing with Patellofemoral Pain in Young Dancers: A One-Year Follow Up

Aviva Zeev¹, Itzhak Siev-Ner², Nili Knopp-Steinberg¹

¹ *The Academic College at Wingate, Netanya, Israel*

² *Tel Hashomer Hospital, Ramat-Gan, Israel*

10:30

Patella Tendon and Achilles Tendon Structures among Children and Adolescents of Different Weight

Liav Elbaz¹, Michal Pantanowitz^{1,2}, Alon Eliakim², Dan Nemet², Nili Knopp-Steinberg¹

¹*The Academic College at Wingate, Netanya, Israel*

²*Meir Medical Center, Sackler School of Medicine, Tel Aviv University, Kfar-Saba, Israel*

10:45

Tibial Impact Accelerations in Gait of Primary School Overweight and Obese Children and Normal-Weight Children: The Effect of Speed and Visual Biofeedback

Guy Orland¹, Nili Knopp-Steinberg¹, Oren Tirosh³, Dan Nemet², Michal Pantanowitz², Aviva Zeev¹, Alon Eliakim²

¹*The Academic College at Wingate, Netanya, Israel*

²*Meir Medical Center, Sackler School of Medicine, Tel Aviv University, Kfar-Saba, Israel*

³*Swinburne University of Technology, Hawthorn, Australia*

11:00

Postural Stability and Academic Achievements among 5th Graders: An Experimental Field Study

Miri Shachaf¹, Roni Laslo-Roth², Eyal Rosenstreich²

¹*Givat Washington Academic College of Education, Beit Raban, Israel*

²*Peres Academic Center, Rehovot, Israel*

11:15

Physical Therapy Treatment Once a Month versus Once a Week for Posture Improvement in Children and Adolescents who Suffer from Posture Problems or LBP

Neta Vitman^{1,2}, Aviva Zeev¹, Yael Gilo², Oren Nakdimon², Asaf Peretz², Sigal Eilat-Adar¹

¹*The Academic College at Wingate, Netanya, Israel*

²*Maccabi Health Services, Tel Aviv, Israel*

11:30

Inter-Relationships between Static and Dynamic Indicators of Knee Recovery versus Maintenance of Sports Participation 5-10 Years after ACL Reconstruction

Yohay Wiener¹, Yiftach Hetsroni², David Ben Sira¹, Moshe Ayalon¹

¹*The Academic College at Wingate, Netanya, Israel*

²*Meir Medical Center, Kfar-Saba, Israel*

10:15-11:45 Parallel Session C7: Sport Management, Room 209

Chair: **Bosmat Sky**, The Academic College at Wingate, Israel

10:15

The Effectiveness of Legal Requirements in the Organization of Sports Events: The Case of Outdoor Sports

Sandra Seyssel

University of Rennes, Rennes, France

10:35

Motivational and Demographic Aspects of International Sporting Event Volunteers: An Israeli Perspective

Bosmat Sky¹, Yair Galily², Michal Arnon¹

¹*The Academic College at Wingate, Netanya, Israel*

²*Interdisciplinary Center, Herzliya, Israel*

10:55

The Chronology of Chaos: Organizational Complexity in the Hapoel Tel-Aviv Football Club

Niv Nachlieli, Natan Uriely

Ben-Gurion University of the Negev, Be'er Sheva, Israel

11:15

You'll Never Walk Alone: Israeli Basketball Fans' Motivation and Team Identification

Shira Barzel, Gila Oren, Yaakov Weber

The College of Management Academic Studies, Rishon-LeZion, Israel

11:45-12:15 Exhibition: Sports – A Universal Language,

HACHALUZ – Education through Sport, College Lobby

11:45-12:15 Coffee Break, Dance Hall

12:15-13:45 Parallel Session D1: Social Issues in Sport, Hall 1

Chair: **Udi Carmi**, Ohalo College, Israel

12:15

Turn Left at the End of the World: Israeli Periphery in Sport Films

Orr Levental

Ohalo College, Katzrin, Israel

12:30

Absorbing Coaches and Athletes from the Former Soviet Union in Israel

Udi Carmi

Ohalo College, Katzrin, Israel

12:45

Power of Sports Tradition and Its Influence on Long-Standing Engagement of Athletes: An Example of Czech Long-Distance Runners

Miloš Bednář

Charles University, Prague, Czech Republic

13:00

Elite Youth Soccer in Germany and Japan: A Cross-Cultural Comparison of Player Cognitions, Training Climates, and Perceived Coach Behaviors

Guido Geisler¹, Marc-Oliver Löw², Yoshinori Okade³, Masao Nakayama¹, Dorothee Alfermann²

¹*University of Tsukuba, Ibaraki, Japan*

²*University of Leipzig, Leipzig, Germany*

³*Nippon Sport Science University, Tokyo, Japan*

13:15

Running between the Raindrops: Running Marathons and the Potential to Put Marriage in Jeopardy

Sima Zach¹, **Assaf Lev**^{1,2}

¹*The Academic College at Wingate, Netanya, Israel*

²*Interdisciplinary Center, Herzliya, Israel*

13:30

Athletes in Transition: German Immigrants to Mandatory Palestine: Between Integration and Segregation

Anat Kidron, Udi Carmi

Ohalo College, Katzrin, Israel

12:15–13:45 Parallel Session D2: Adapted Physical Activity, Initiatives Presented by Video Clips and Illustrations, Hall 2

Chair: **Orly Yazdi-Ugav**, The Academic College at Wingate, Israel

12:15

`The Olympics` at the Agam School for Special Education

Ofir Schonwetter-Lazar

Agam School, Ra'anana, Israel

12:45

Unique Initiatives in Adapted Physical Education for Students Diagnosed with Autism Spectrum Disorders (ASD)

Doron Cohen

Independent, Kfar-Saba, Israel

13:15

Unique Initiatives in Adapted Physical Education with Students Diagnosed with Intellectual Disabilities

Liliya Lechtman

Galim Special Education School, Hadera, Israel

12:15-13:45 Parallel Session D3: Exercise Physiology and Rehabilitation,

Hall 127

Chair: **Sharon Tsuk**, The Academic College at Wingate, Israel

12:15

Exercise Testing and Prescription in Children and Young Adults with Congenital Heart Disease

Gal Dubnov-Raz

Sheba Medical Center, Tel Hashomer, Ramat-Gan, Israel

12:35

Physical Activity and Weight Loss: Quality versus Quantity

Yair Lahav

Hebrew University, Rehovot, Israel

*Presentation delivered in Hebrew

12:55

Going Back to Power Lifting: A Case Study of a 30-Year-Old Man after a Myocardial Infarction

Yael Pernick, Shiraz Kliker

Assaf Harofe Medical Center, Zerifin, Israel

13:15

Testing the Hypothesis That Exercise Interferes with Drug Actions

Ira Jacobs, Mackenzie McLaughlin

University of Toronto, Toronto, Ontario, Canada

12:15-13:45 Parallel Session D4: Sport Psychology

Workshop, Room 506

12:15

Making a Long Story Short: A Practical Workshop for Using Anecdotal Stories to Facilitate Mental Skills among Athletes

Asaf Blatt², Lael Greshgoren¹

¹*Interdisciplinary Center, Herzliya, Israel*

²*Florida State University, Tallahassee, Florida, USA*

12:15-13:45 Parallel Session D5: Physical Activity and Aging Workshop,

Room 309

12:15

A Workshop Presenting a Physical Activity Internet Site for Frail Elderly and Their Caregivers

Mor Weinstein, Esther Argov, Yael Netz

The Academic College at Wingate, Netanya, Israel

12:15-13:45 Parallel Session D6: Pilates Workshop, Studio 720

12:15

Workshop: Prenatal and Postnatal Pilates – Theory and Practice

Carine Lazarovitz Zanzuri

The Academic College at Wingate, Netanya, Israel

Pilates City, Tel Aviv, Israel

12:15-13:45 Parallel Session D7: Postural Cultivation Workshop,

Studio 706

12:15

Workshop: Abdominal Muscles: Role, Function and Conditioning from an Integrative Perspective

Galit Tenenbaum¹, **Philip Halpert**¹, **Nadav Baker**²

¹*The Academic College at Wingate, Netanya, Israel*

²*Ssim, Tel Aviv University, Tel Aviv, Israel*

13:45-14:45 Lunch Break, College Patio

* Entry to the College Patio is with lunch voucher provided to participants registered for the social program.

Saturday, June 9, 2018

07:30-18:30 Guided Tour to Jerusalem, Departure from the Alma Hotel,

Netanya

* The tour is offered at an additional fee.
(For more details visit the Congress Website)

Sunday, June 10, 2018

09:30-10:00 Registration and Reception, College Lobby

10:00-11:30 Keynote Lectures, Herschtritt Auditorium

Chairs: **Emilio Fernández Peña**, Autonomous University of Barcelona, Barcelona, Catalonia, Spain

Yoav Meckel, The Academic College at Wingate, Israel

Greetings: **Igal Carmi**, President of the Olympic Committee

10:00

The Foundation and Development of the International Olympic Committee's Athletes' Commission

Stephan Wassong

German Sport University Cologne, Cologne, Germany

10:45

The Role of Small-Sided Games as Both a Training Stimulus and a Talent Identification Model

Vish Unnithan

University of the West of Scotland, Hamilton, Scotland, UK

11:30-12:00 Coffee Break, Dance Hall

12:00-13:30 Parallel Session E1: Exercise Physiology, Hall 1

Chair: **Vincent Martin**, Clermont-Auvergne University, France

12:00

Differences in Transfer Factor of the Lung between Rest and after Maximal Exercise in Croatian Junior and Senior Rowers

Mladen Marinovic¹, Oliver Kosovic²

¹*University of Split, Split, Croatia*

²*Stamina, Split, Splitsko Dalmatinska županija, Croatia*

12:15

Characteristics of Motor Unit Recruitment in Boys and Men at Maximal and Submaximal Force Levels

Vincent Martin¹, Emeric Chalchat¹, Bastien Bontemps¹, Valérie Julian², Olivia Bocoock², Martine Duclos², Sébastien Ratel¹, Enzo Piponnier¹

¹*Clermont-Auvergne University, Clermont-Ferrand, France*

²*Clermont University Hospital, Clermont-Ferrand, France*

12:30

Effects of Low Laser Irradiation on Peak Power Muscle Performance and Recovery

Sharon Tsuk¹, Yarden Har Lev¹, Orly Fox¹, Rafael Carasso², Ayelet Dunsky¹

¹*The Academic College at Wingate, Netanya, Israel*

²*The Hillel Yaffe Medical Center, Hadera, Israel*

12:45

Energy Depletion by 24-hr Fast Leads to Compensatory Appetite Responses Compared to Matched Energy Depletion by Exercise in Healthy Young Males

David Thivel¹, Graham Finlayson², Maud Miguet¹, Bruno Pereira³, Martine Duclos³, Yves Boirie³, Eric Doucet⁴, John Blundell², Lore Metz¹

¹*Clermont Auvergne University, Clermont-Ferrand, France*

²*University of Leeds, Leeds, UK*

³*Clermont-Ferrand University Hospital, Clermont-Ferrand, France*

⁴*University of Ottawa, Ottawa, Canada*

13:00

The Effect of Placebo on Aerobic Stress Test Results in Normal Weight Children

Shira Fanti Oren², Daphna Carmeli², Alon Eliakim¹, Michal Pantanowitz^{1,3}, Dan Nemet¹

¹*Meir Medical Center, Sackler School of Medicine, Tel Aviv University, Kfar-Saba, Israel*

²*University of Haifa, Haifa, Israel*

³*The Academic College at Wingate, Netanya, Israel*

13:15

A Modified Wingate Anaerobic Test May Be Used for the Evaluation of Growth Hormone Secretion in Children with Short Stature

Michal Pantanowitz^{1,2}, Alon Eliakim¹, Dan Nemet¹, Nitzan Dror¹

¹*Meir Medical Center, Sackler School of Medicine, Tel Aviv University, Kfar-Saba, Israel*

²*The Academic College at Wingate, Netanya, Israel*

12:00-13:30 Parallel Session E2: A Symposium on High-Technologies for Sport Performance Enhancement, Hall 2

Chair: **Gershon Tenenbaum**, Florida State University, USA

12:00

High-Technologies for Sport Performance Enhancement

Gershon Tenenbaum

Florida State University, Tallahassee, Florida, USA

12:20

Using Video Based Technology to Enhance Perceptual-Cognitive Skills across Sports

Itay Basevitch^{1,2}, Claire Rossato^{1,2}, Gershon Tenenbaum^{1,2}

¹*University of Greenwich, London, UK*

²*Florida State University, Tallahassee, Florida, USA*

12:40

Integrating Technology and Psychological Skills Training in Athletes

Yonatan Sarig, Nataniel Boiangin, Heather Gatten, Gershon Tenenbaum

Florida State University, Tallahassee, Florida, USA

13:00

Advanced Technologies for Performance Enhancement in Sport Psychology

Lael Gershgoren¹, Asaf Blatt², Gershon Tenenbaum²

¹*Interdisciplinary Center, Herzliya, Israel*

²*Florida State University, Tallahassee, Florida, USA*

12:00-13:30 Parallel Session E3: National Olympic Quiz for Physical Education Students to Mark the Olympic Day - Finals!, Hall 3

12:00-13:30 Parallel Session E4: Genetic Aspects in Sport, Hall 127

Chair: **Sigal Ben-Zaken**, The Academic College at Wingate, Israel

12:00

How Do Your Muscles and Bones Know You Have Been to the Gym? A Short Introduction to Cellular Mechanotransduction

Dana Lorber

Weizmann Institute of Science, Rehovot, Israel

12:20

Physiological Effects of Exercise with Aging

Merav Klo, Mickey Scheinowitz

Tel Aviv University, Tel Aviv, Israel

12:40

Future Directions in the Study of the Genetic Basis of Sport and Exercise

Sigal Ben-Zaken

The Academic College at Wingate, Netanya, Israel

13:00

COMT rs4680 Polymorphism and Exercise Motivation among Tennis Players and Swimmers

Roni Gadish¹, Sigal Ben-Zaken¹, Gershon Tenenbaum²

¹*The Academic College at Wingate, Netanya, Israel*

²*Florida State University, Tallahassee, Florida, USA*

12:00-11:30 Parallel Session E5: Physical Activity and Learning, Hall 129

Chair: **Ayelet Dunsky**, The Academic College at Wingate, Israel

12:00

The Effect of a Single Bout Physical Activity on Procedural and Declarative Learning and Memory Processes in Young Adults with and without ADHD: A Review

Ayelet Dunsky¹, Mahmood Sindiani^{1,2}, Almog Kdoshim¹, Bari Reichman¹, Avi Karni², **Orly Fox**¹

¹*The Academic College at Wingate, Netanya, Israel*

²*Sagol Department of Neurobiology & EJ Safra Brain Research Center, University of Haifa, Haifa, Israel*

12:30

The Effect of a Single Bout of Balance and Coordination Exercise on Learning and Memory of Young Adults

Almog Kdoshim¹, Orly Fox¹, Mahmood Sindiani^{1,2}, Avi Karni², Ayelet Dunsky¹

¹*The Academic College at Wingate, Netanya, Israel*

²*Sagol Department of Neurobiology & EJ Safra Brain Research Center, University of Haifa, Haifa, Israel*

12:50

The Effect of a Single Bout of Aerobic Training at Different Intensities on Learning and Long-Term Memory Processes in Young Adults with ADHD

Bari Reichman¹, Orly Fox¹, Mahmood Sindiani^{1,2}, Avi Karni², Ayelet Dunsky¹

¹*The Academic College at Wingate, Netanya, Israel*

²*Sagol Department of Neurobiology & EJ Safra Brain Research Center, University of Haifa, Haifa, Israel*

13:10

Fencing Training Effect on Musculoskeletal Fitness in Children Diagnosed with Attention Deficit Hyperactivity Disorder

Lydia Czuckermann Hatuel

Ohalo College, Katzrin, Israel

12:00-13:30 Parallel Session E6: Physical Education, Room 608

Chair: **Zohar Maayan**, The Academic College at Wingate, Israel

12:00

School Engagement, Academic Self-Concept, Parental Support, and Academic Readiness in Finnish Adolescent Athletes and Non-Athletes

Joni Kuokkanen¹, Jan-Erik Romar¹, Mirja Hirvensalo²

¹*Abo Akademi University, Vasa, Ostrobothnia, Finland*

²*University of Jyväskylä, Jyväskylä, Finland*

12:15

Using Midterm Student Evaluations of Teaching to Provide Actionable Results

Bosmat Sky

The Academic College at Wingate, Netanya, Israel

12:30

Integrating Mathematics in Physical Education

Udi Caspi

The Academic College at Wingate, Netanya, Israel

12:45

Training Outstanding Students at The Academic College at Wingate: The Students' Perspective

Sapir Hasson, Sima Zach, Miki Ophir, Simcha Avugos

The Academic College at Wingate, Netanya, Israel

13:00

Closing the Ethnical Gap: A Case Study from the Physical Education Realm

Bosmat Sky, Michal Arnon

The Academic College at Wingate, Netanya, Israel

13:30-14:30 Lunch Break, College Patio

* Entry to the College Patio is with lunch voucher provided to participants registered for the social program.

14:30-16:00 Keynote Lectures, Herschtritt Auditorium

Chairs: **Nili Knopp-Steinberg**, The Academic College at Wingate, Israel

Sima Zach, The Academic College at Wingate, Israel

14:30

Coaching Life Skills in Young Athletes

Daniel Gould

Michigan State University, East Lansing, Michigan, USA

15:15

The Cultural Constitution of Athletes' Careers

Tatiana Ryba

University of Jyväskylä, Jyväskylä, Finland

16:00-17:00 Poster Session, College Lobby

See list of posters in Poster Session, Thursday, June 7

16:00-17:00 Coffee Break, Dance Hall

16:00-16:30 Meet the Presenter: Prof. Vish Unnithan, Room 506

Meet the presenter in an informal discussion setting.

16:00-16:30 Meet the Presenter: Prof. Thanos Kriemadis, Room 210

Meet the presenter in an informal discussion setting.

16:00-16:30 Meet the Presenter: Prof. Hackfort, Room 211

Meet the presenter in an informal discussion setting.

16:30-17:00 Meet the Presenter: Prof. Tatiana Ryba, Room 506

Meet the presenter in an informal discussion setting.

16:30-17:00 Meet the Presenter: Prof. Wassong, Room 210

Meet the presenter in an informal discussion setting.

16:30-17:00 Meet the Presenter: Prof. Daniel Gould, Room 211

Meet the presenter in an informal discussion setting.

17:00-18:30 Parallel Session F1: Physical Activity and Public Health, Hall 1

Chair: **David Thivel**, *Clermont Auvergne University, France*

17:00

Urban Forest Health Intervention Program (UFHIP) to Promote Physical Activity and Reducing Risk Behaviors among Adolescents at Risk

Riki Tesler¹, Pnina Plaut², Ronit Endvelt³

¹*Ariel University, Ariel, Israel*

²*Technion, Haifa, Israel*

³*Haifa University, Haifa, Israel*

17:15

Sedentary Lifestyle and Childhood: An Ecological Approach

Vitor Coelho¹, **Rute Tolocka**²

¹*Federal University of Tocantins, Palmas, Tocantins, Brazil*

²*Methodist University of Piracicaba, Piracicaba, São Paulo, Brazil*

17:30

Newcomb Ball: Training Effect on the Physical Fitness of Women at Midlife

Sharon Tsuk, **Omri Ezra**, Yoav Meckel

The Academic College at Wingate, Netanya, Israel

17:45

Participation in a Mamanet Mothers` Cachiball League to Promote Health and Social Capital

Riki Tesler¹, Danny Moran¹, Shiran Bord², Orna Baron Epel³, Yossi Harel-Fisch⁴

¹*Ariel University, Ariel, Israel*

²*The Max Stern Yezreel Valley College, Emek Israel, Israel*

³*Haifa University, Haifa, Israel*

⁴*Bar Ilan University, Ramat-Gan, Israel*

18:00

Acute Whole Body Exercise Increases the Availability of Doxorubicin in the Plasma Post-Injection

Madeline Stever¹, Sergio Fabris², **David MacLean**^{2,3}

¹*Human Kinetics, Laurentian University, Sudbury, Ontario, Canada*

²*Biomolecular Sciences, Laurentian University, Sudbury, Ontario, Canada*

³*Northern Ontario School of Medicine, Sudbury, Ontario, Canada*

17:00-18:30 Parallel Session F2: Olympic Studies, Hall 2

Chair: **Haim Kaufman**, The Academic College at Wingate, Israel

17:00

The Winter Olympic Games in Pyeongchang – A Step to National Unification? Korean Hopes and German Experience

Manfred Laemmer

German Olympic Academy, Frankfurt, Germany

17:25

The Visits of Carl and Liselott Diem at the Wingate Institute, Israel, in the Shadow of the Eichmann Trial (1962-3)

Eyal Gertmann

The Academic College at Wingate, Netanya, Israel

17:40

Sochi 2014 Olympic Legacy: Social and Economic Environment

Nikolay Peshin

Russian International Olympic University, Sochi, Krasnodar Region, Russia

Lomonosov Moscow State University, Moscow, Russia

17:55

70 Years to Israel; 67 Years to the National Olympic Committee of Israel

Amichai Alperovich

The Academic College at Wingate, Netanya, Israel

18:10

The 1968 and 1992 Paralympic Games: A Comparison between Two Organizational Models in Different Historical Contexts

Alberto Aragón-Pérez¹, Yarden Har Lev²

¹*Autonomous University of Barcelona, Barcelona, Spain*

²*The Academic College at Wingate, Netanya, Israel*

17:00-18:30 Parallel Session F3: Big Data in Sport Analysis, Hall 3

Chair: **Ronnie Lidor**, The Academic College at Wingate, Israel

17:00

Sports Analytics and the Big-Data Era: An Introduction

Ronnie Lidor

The Academic College at Wingate, Netanya, Israel

17:15

Financial Costs of Injuries in the English Premier League

Eyal Eliakim

The Academic College at Wingate, Netanya, Israel

17:30

Italian Serie A - Israeli Premier League Comparative Analysis

Yoav Meckel

The Academic College at Wingate, Netanya, Israel

17:45

Practical Applications of Data Analytics in Professional Football

Eyal Eliakim

The Academic College at Wingate, Netanya, Israel

18:00

Time-Wasting in English Premier League

Elia Morgulev

The Academic College at Wingate, Netanya, Israel

17:00–18:30 Parallel Session F4: Initiatives and Issues in Physical Education, Hall 129

Chair: **Ester Goldstein**, The Academic College at Wingate, Israel

17:00

Student Teachers Planning Skills – Comparing Computer-Assisted Learning with Traditional Face-to-Face Learning

Ester Goldstein^{1,2}, Sima Zach¹

¹*The Academic College at Wingate, Netanya, Israel*

²*Givat Washington College of Education, Beit Raban, Israel*

17:15

Lesson Planning Production and Assessment in Physical Education – Child's Play?

Nava Wolfson, Ilana Erlich

The Academic College at Wingate, Netanya, Israel

17:30

What Do Elementary School Children Say About Dance in School?

Michelle Zitomer¹, Linda Laidlaw²

¹*The Academic College at Wingate, Netanya, Israel*

²*University of Alberta, Edmonton, Alberta, Canada*

17:45

The Teaching Materials Catalogue Project

Noa Choresh

The Academic College at Wingate, Netanya, Israel

18:00

Turn `Couch Potato` Into Roadrunner: Using Web4gym Screens to Combat Screen-Time`

Ilana Reches

The Academic College at Wingate, Netanya, Israel

19:00–21:00 Closing Dinner, Hakerem Restaurant, Netanya

Hakerem Restaurant, 6 Gad Machnes St., Netanya

* Shuttle service is provided from The Academic College at Wingate to the restaurant.

* Entry to the closing dinner is for participants registered for the social program.

