

Thursday, March 15, 2012

Registration and Reception

8:00 - 9:00 Lobby

Opening Words

9:15 - 9:45 Herschtritt
Auditorium

Welcome to the 2012 Wingate Congress of Exercise and Sport Sciences

Keynote Lecture: Henning Plessner

9:45 - 10:30

Chair: Michael Bar-Eli, Ben-Gurion University of
the Negev, Beer Sheva, Israel

Sport Officials' Judgment and Decision-Making from a Social Cognition
Perspective

Henning Plessner

*Institute of Sports and Sports Sciences, Heidelberg University, Heidelberg,
Germany*

Coffee Break

10:45 - 11:00 Teacher's Lounge
(Next to Lobby)

Applications of Judgment and Decision-Making in Sport

11:00 - 12:30 Hall 3

Chair: Michael Bar-Eli, Ben-Gurion University of
the Negev, Beer Sheva, Israel

11:00-11:30 Applications of Judgment and Decision-Making in Sport: An Introduction and
Review

Michael Bar-Eli

Ben-Gurion University of the Negev, Beer Sheva, Israel

11:30-11:45 Do Clutch Players Win the Game? Testing the Validity of the Clutch Player
Reputation in Basketball Games

Yosef Solomonov, Simcha Avugos, Rachel Barkan, Michael Bar-Eli

*Department of Business Administration, Guilford Glazer School of Business
and Management, Ben-Gurion University of the Negev, Beer Sheva, Israel*

11:45-12:00 Decision Making under Time Pressure in Complex Situations: The Case of
the Offensive Foul in Basketball

Elia Morgulev¹, Ronnie Lidor¹, Michael Bar-Eli²

*¹The Zinman College of Physical Education and Sport Sciences at the
Wingate Institute, Netanya, Israel, ²Department of Business Administration,
Guilford Glazer Faculty of Business and Management, Ben-Gurion University
of the Negev, Beer Sheva, Israel*

12:00-12:15 The Relationships between Early Conditions, Environmental Settings, and
Soccer Referees' Decisions in the Case of Physical Contact between Players
in the Penalty Area - To Dive or Not To Dive?

Eran Sabag¹, Ronnie Lidor¹, Ofer Azar¹, Michael Bar-Eli²

*¹The Zinman College of Physical Education and Sport Sciences at the
Wingate Institute, Israel, Netanya, Israel, ²Department of Business
Administration, Guilford Glazer School of Business and Management, Ben-
Gurion University of the Negev, Beer Sheva, Israel*

12:15-12:30 The Equilibrium Order of Games in the Best-of-Three Contests
Alex Krumer
Ben-Gurion University of the Negev, Beer Sheva, Israel

Genetic Determinants and Biochemical Aspects of Physical Activity and Sport

11:00 - 12:30 **Hall 1** **Chair: Ruth Birk, Ariel University Center, Ariel, Israel**

11:00-11:30 Genetic Mapping - Getting Personal
Ruth Birk
Nutrition Department, Health Sciences Faculty, Ariel University Center, Ariel, Israel

11:30-11:45 The Association of the HIF1A Gene Polymorphism with Muscle Damage after Eccentric Exercise
Chen Yamin
The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel

11:45-12:00 Genetic Polymorphism and Israeli Top-Level Athletes
Sigal Ben-Zaken, Nir Eynon, Yoav Meckel
The Zinman College for Physical Education and Sport Sciences, Wingate Institute, Netanya, Israel

12:00-12:15 Endurance Exercise Diverts the Balance between Effector Th17 Cells and Regulatory T Cells, and May Promote Hyper Reactive Immune Response
Chava Perry¹, Marjorie Pick⁴, Nir Bdolach³, Inbal Hazan-Halevi¹, Sigi Key¹, Idit Berr¹, Yair Herishanu¹, Dan Grisaru²
¹Department of Hematology, Tel Aviv Sourasky Medical Center, Tel Aviv, Israel, ²Gynecologic Oncology Unit, Department of Obstetrics and Gynecology, Lis Maternity Hospital, Tel Aviv Sourasky Medical Center, Tel Aviv, Israel, ³The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel, ⁴Department of Hematology, Hadassah Medical Center, The Hebrew University, Jerusalem, Israel

12:15-12:30 The Relationship between Oxidative Stress and Exercise
Maya Finkler^{2,1}, Dov Lichtenberg², Ilia Pinchuk², Ayala Hochman², Eyal Shargal¹
¹The Ribstein Center for Sport Medicine Sciences and Research, Wingate Institute, Netanya, Israel, ²Tel Aviv University, Tel Aviv, Israel

Physical Education and Sport

11:00 -12:30 **Room 127** **Chair: Israel Harari, Zinman College, Netanya, Israel**

11:00-11:15 College Supervisors and Cooperating Teachers in Teacher Education in Physical Education: Do They Go Hand in Hand?
Izack Ram, Nava Wolfson
The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel

11:15-11:30 Siedentop Meets Polanyi: The Recovery of Meaning through Sport Education
Andrew Hawkins
West Virginia University, Morgantown, WV, USA

11:30-11:45 Strategies for Encouraging Female Participation in Traditionally Male Sports: Lessons Learned from a Case Study of Female Golf Professionals
Vanessa MacKinnon
California University of Pennsylvania, California, Pennsylvania, USA

11:45-12:00 Physical Exercise and Health: Knowledge, Attitude and Participation among

Adolescents
Ayodeji Fabunmi¹, Ibigoni Jumbo¹, Olusola Ayanniyi¹, Christopher Akosile²
¹University of Ibadan, Ibadan, Oyo State, Nigeria, ²Nnamdi Azikiwe University, Awka, Nnewi, Nigeria

12:00-12:15 Performance Analysis and Feedback in Team Sports through a "Complexity" Vision
Felix Lebed¹
¹Kaye Academic College of Education, Beer Sheva, Israel, ²The Zinman College of Physical Education and Sport at the Wingate Institute, Netanya, Israel

12:15-12:30 The Effect of Integrating Multimedia in a Teaching Program for Physical Education Students in a Fitness and Health Instructors' Course
Yigal Pinchas, Larry Katz, Tsili Raz-Liebermann
Kibbutzim College of Education Technology and the Arts, Tel Aviv, Israel

The Effects of Pain and Fatigue on Motor Performance

11:00-12:30 Hall 2 Chairs: John Zelznikow, Victoria University, Melbourne, Victoria, Australia and David Ben-Sira, Zinman College, Netanya, Israel

11:00-11:15 The Effect of Fatigue and Non-Fatigue Conditions on Motor Skill Acquisition - Testing the Specificity of a Learning Hypothesis
Marit Strommer^{1,2}, Ronnie Lidor^{1,2}, David Ben-Sira¹
¹The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel, ²University of Haifa, Haifa, Israel

11:15-11:30 Countering Jet Lag in Athletes - A Review
Yair Fuxman¹, Anda Baharav^{1,2}
¹Wingate Institute, Netanya, Israel, ²HypnoCore, Petah Tikva, Israel

11:30-11:45 Jet Lag Effects on Athletic Performance - A Review
Anda Baharav^{1,2}, Yair Fuxman¹
¹Wingate Institute, Netanya, Israel, ²HypnoCore, Petah Tikva, Israel

11:45-12:00 Underlying Mechanisms of Exercise-Induced Analgesia
Einat Kodesh, Irit Weissman-Fogel
University of Haifa, Haifa, Israel

12:00-12:15 Professionalized Pain: Pain Management, Body and Identity among Professional Football Players in Israel
Moran Talmor
University of Haifa, Haifa, Israel

12:15-12:30 A Treatment Applying a Biomechanical Device to the Feet of Patients with Knee Osteoarthritis Results in Reduced Pain and Improved Function: A Two-Year Follow-Up
Yaron Bar-Ziv¹, Eytan Debbi², Yuval Ran¹, Shaikhe Benedict¹, Nahum Halperin¹, Yiftah Beer¹, Amit Mor¹
¹Assaf Harofeh Medical Center, Zerifin, Israel, ²Biorobotics and Biomechanics Lab, Faculty of Mechanical Engineering, Technion-Israel Institute of Technology, Haifa, Israel, ³AposTherapy Research Group, Herzliya, Israel

Lunch Break

12:30 - 13:30

Keynote Lecture: Nikos Ntoumanis

13:45 - 14:30 Herschtritt Auditorium Chair: Sima Zach, Zinman College, Netanya, Israel

Promoting Adaptive Motivation in Physical Education
Nikos Ntoumanis
The University of Birmingham, Birmingham, UK

Innovations in Sport Psychology: Research and Applications, Session in Memory of Prof. Emma Geron

14:45 - 16:15 **Hall 3** **Chair: Ronnie Lidor, Zinman College, Netanya, Israel**

14:55-15:10 Psychosocial Aspects of Rehabilitation from Sports injuries - A Systematic Review

Sima Zach, Varda Inglis
The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel

15:10-15:25 Relative Age and Birthplace Effects in Division 1 Female Ballgame Players
Ronnie Lidor¹, Michal Arnon¹, Zohar Maayan¹, Tamar Gershon¹, Jean Côté²
¹The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel, ²School of Kinesiology and Health Studies, Queen's University, Kingston, Ontario, Canada

15:30-16:15 **Panel Discussion**

Exercise in Childhood and Adolescence

14:45 - 16:15 **Hall 1** **Chair: Alon Eliakim, Meir Medical Center, Kfar Saba, Israel**

14:45-15:05 Homework in Physical Education Class - Can It Work?

Michal Pantawitz
"Meir" Medical Center, Kfar Saba, Israel

15:05-15:20 Implication of Balance Assessment in Obese Children

Nili Steinberg
The Zinman College of Physical Education and Sport Sciences, at the Wingate Institute, Netanya, Israel

15:20-15:40 Cultural Diversities in the Response to Health Promotion Intervention in Kindergarten Children

Dan Nemet
Meir Medical Center, Kfar Saba, Israel

15:40-16:00 Adipocytokine Response to a Combined Behavioral Nutritional Physical Activity Intervention for Childhood Obesity

Dan Nemet
Meir Medical Center, Kfar Saba, Israel

16:00-16:15 Motor and Physical Performance of Young Elite Basketball Players during Preparation and Competition Periods

Yaniv Ashkenazi¹, Rotem Cohen²
¹Elite Sport Department, Wingate Institute, Netanya, Israel, ²The Ribstein Center for Sport Medicine Sciences and Research, Wingate Institute, Netanya, Israel

Human Movement, Motor Control and Sports Injuries

14:45 - 16:15 **Hall 2** **Chair: Einat Kodesh, Haifa University, Haifa, Israel**

14:45-15:00 Unique Lower Limb Injuries in Ultra-Marathon Runners

Iftach Hetsroni^{1,2}, Gideon Mann^{1,2}
¹Meir Medical Center, Kfar Saba, Israel, ²Sackler Faculty of Medicine, Tel

- Aviv University, Tel Aviv, Israel, ³Ribstein Center for Sports Medicine Sciences & Research, Netanya, Israel*
- 15:00-15:15 Strategies to Implement Prevention Programs in Soccer and Sport - Do They Work?
Liran Lifshitz
Israel Football Association, Ramat Gan, Israel
- 15:15-15:30 Sport-Specific Functional Testing - An Essential Part of the Final Rehabilitation Phase?
Shelly Bar Sela
The Wingate Institute, Netanya, Israel
- 15:30-15:45 Risk Factors for the Development of Patellofemoral Pain Syndrome: Identification and Prevention
Alon Rabin
Ariel University Center, Ariel, Israel
- 15:45-16:00 Limited Range Closed Kinetic Chain Isokinetic Training of the Upper Extremity
Maya Cale'- Benzoor^{1,2}, Moshe Ayalon³, Ruth Dickstein¹
¹Department of Physical Therapy, University of Haifa, Haifa, Israel, ²Wingate Institute, Netanya, Israel, ³The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel
- 16:00-16:15 A New Non-Invasive Biomechanical Therapy for Knee Osteoarthritis Improves Clinical Symptoms and Gait Patterns
Amit Mor¹, Ganit Segal¹, Michael Drexler², Doron Norman³, Eli Peled³, Nimrod Rozen⁴, Shavit Enosh¹
¹AposTherapy Research Group, Hezliya, Israel, ²Sourasky Medical Center, Tel Aviv, Israel, ³Rambam Medical Center, Haifa, Israel, ⁴HaEmek Medical Center, Afula, Israel

Physical Education and Sport

- 14:45 - 16:15 Room 127 Chair: Shlomo Turel, Zinman College, Netanya, Israel**
- 14:45-15:00 Success as a Springboard for Physical Education Interns in Their Efforts to Develop a Professional Career
Sima Zach, Israel Harari, Hanan Stein, Noa Nabell-Heller, Tamar Sivan
The Zinman College for Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel
- 15:00-15:15 Promoting Physical Activity among Future Teachers - Can Teacher Educators Assist?
Aviva Zeev
The Zinman College for Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel
- 15:15-15:30 Modes of Implementation of the "Ofek Hadash" (New Horizon) Reform among Physical Education Teachers and Their Attitudes to Change
Sima Zach, Varda Inglis
The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel
- 15:30-15:45 The Ripple Effect of Jewish and Arab Participation in Bi-National Soccer Clubs toward Their Family Members and Friends on Attitudes and Perceptions of the Other Side
Baha Zoubi
The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel
- 15:45-16:00 Connecting Sports Performance Analysis and Data Mining Techniques
John Zeleznikow¹, Clare MacMahon¹, Markus Raab²

¹Victoria University, Melbourne, Victoria, Australia, ²German Sports University Cologne, Cologne, North Rhineland Westphalia, Germany

16:00-16:15 Self-Management: A Critical Behavioral Skill in the Pursuit of a Physically Active Lifestyle
Shiri Ayvazo¹, Elian Aljadeff-Abergel¹
¹David Yellin College, Jerusalem, Israel, ²Western Michigan University, Kalamazoo, Michigan, USA

Coffee Break

16:15 - 16:30 **Teacher's Lounge
(Next to Lobby)**

Exercise in Childhood and Adolescence

16:30 - 18:00 **Hall 1** **Chair: Arie Rotstein, Zinman College, Netanya, Israel**

16:30-16:45 Social and Psychological Formation Problems of Russian Young Professional Sportsmen
Oleg Likhachev, Ludmila Gribkova, Sergei Fomin
Smolensk State Academy of Physical Culture, Sport and Tourism Likhachev O., Gribkova L., Fomin S., Smolensk, Russia

16:45-17:00 Saliva Cortisol in Prepubescent Soccer Players after High Intensity Interval Training
Florian Engel¹, Sascha Haerte², Klaus Boes²
¹Research Center for School Sport and the Sport of Children and Adolescents, Karlsruhe, Germany, ²Institute for Sport and Sport Science, Karlsruhe Institute of Technology, Karlsruhe, Germany

17:00-17:15 Long-Term Effects of Recreational Gymnastics Participation during Childhood
Rita Gruodyte^{1,2}, Marta Erlandson³, Adam Baxter-Jones¹
¹University of Saskatchewan, Saskatoon, Saskatchewan, Canada, ²Lithuanian Academy of Physical Education, Kaunas, Lithuania, ³University of Toronto, Toronto, Ontario, Canada

17:15-17:30 Assessing Detailed Physical Activity Patterns in Children with Cerebral Palsy Using a Multi-Sensor Accelerometer
Ronit Aviram¹, Mark Belokopytov², Simona Ben-Chaim², Arie Rotstein¹
¹The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel, ²Human Motion Analysis Laboratory, Assaf Harofeh Medical Center, Tzrifin, Israel, ³The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel

17:30-17:45 A Comparison of Youth Football Teams, Ages U11, Using the Unifittest 6-60
Petr Pozarek
University of South Bohemia, Ceske Budejovice, Czech Republic

17:45-18:00 Profile of Soccer Injuries at the 19TH Nigeria University Games Hosted by the University of Ibadan, Nigeria
Ayodeji Fabunmi, Godwin Mordi
University of Ibadan, Ibadan, Nigeria

Applied Science in Competitive Sport: Muscle and Effort

16:30 - 18:00 **Hall 2** **Chair: Eli Carmeli, Tel Aviv University, Tel Aviv, Israel**

16:30-17:00 The 50-Year Voyage of Skeletal Muscle Stem Cells: From Basic Cell Biology to Therapeutic Muscle-Oriented Interventions
Zipora Yablonka-Reuveni, Niclas Bengtsson, M. Elena Danoviz, Paul Keire, Yunfei Li, Michael Phelps, Andrew Shearer, Pascal Stuelsatz

University of Washington School of Medicine, Seattle, WA, USA

- 17:00-17:20 Sarcopenia and Smoking: Molecular Mechanism of Cigarette Smoke Effects on Muscle Protein Breakdown
Oren Rom¹, Sharon Kaisari¹, Dror Aizenbud^{1,2}, Abraham Z. Reznick¹
¹Rappaport Faculty of Medicine, Technion, Haifa, Israel, ²Rambam Health Care Campus, Haifa, Israel
- 17:20-17:40 Pharmacological Exercise Mimetics
Shlomo Sasson, Ofer Shamni
The Institute for Drug Research, Faculty of Medicine, the Hebrew University of Jerusalem, Jerusalem, Israel
- 17:40-18:00 Physical Exercise for Muscle Dystrophy
Gal Dubnov Raz
Tel Hashomer Medical Center, Tel Aviv, Israel

Opening Ceremony

19:30 **Kfar Maccabiah,
Ramat Gan**

Transportation will be provided to the venue from the Zinman College.

Friday, March 16, 2012

Reception and Registration

8:00 - 8:30 Lobby

Keynote Lecture: Brian Martin

8:30 - 9:15 **Herschtritt Auditorium** Chair: **Mickey Scheinowitz, Tel Aviv University, Tel Aviv, Israel**

Promoting Physical Activity in Europe

Brian Martin

Physical Activity and Health Unit, Institute of Social and Preventive Medicine of the University of Zurich, Zurich, Switzerland

Public Health Aspects of Physical Activity

9:30 - 11:00 **Hall 1** Chair: **Chaim Yosefy, Barzilai Medical Center, Ashkelon, Israel**

9:30-9:50 Growth Hormone and Physical Activity - How Do They Affect One Another?

Alon Eliakim

Meir Medical Center, Netanya, Israel

9:50-10:10 Statins, Low-Density Lipoprotein-Cholesterol (LDL-C) and Physical Activity

Chaim Yosefy

Barzilai Medical Center Campus, Ben-Gurion University, Ashkelon, Israel

10:10-10:30 The Multidimensional Correlations between Sexuality and Sport

Gila Bronner

Sexual Medicine Center, Department of Urology, Sheba Medical Center, Tel-Hashomer, Ramat-Gan, Israel

10:30-10:45 The Mutual Relation between Smoking Cessation and Physical Activity and Fitness

Rachel Dahan

Department of Family Medicine, Clalit Health Services, Haifa and Western Galilee District. The Ruth & Bruce Rappaport Faculty of Medicine, Technion-Israel Institute of Technology, Haifa, Israel

10:45-11:00 Walk - The Path for Health

Edna Buckshtein

The Israel Association of Community Centers, Modi'in, Israel

Enhancing Clinical Practice with the Aid of Innovative Technologies

9:30 - 11:00 **Hall 3** Chair: **Riki Brown, Beit Rivka, Petah-Tikva, Israel**

9:30-10:00 Virtual Technologies and Empowerment of Users of Rehabilitation

Naomi Schreuer, Tamar Weiss

University of Haifa, Haifa, Israel

10:00-10:15 A Novel Virtual Reality System for the Evaluation and Treatment of Unilateral Spatial Neglect

Heidi Sugarman¹, Riki Brown², Arie Burstin²

¹Ono Academic College, Kiryat Ono, Israel, ²Beit Rivka Geriatric Rehabilitation Center, Petach Tikva, Israel

10:15-10:30 Can the Wii VR System Be Used As a Replacement for Treadmill Walking in Exercise Participants with Post-Stroke Hemiplegia? A Pilot Study

Shlomit Mines, Yeshayahu Hutzler

The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel

- 10:30-10:45 Low Cost Virtual Reality Intervention Program for Children with Developmental Coordination Disorder: A Pilot Feasibility Study
Tal Ashkenazi^{1,3}, Danielle Orian³, Tamar Weiss², Yocheved Laufer¹
¹*Department of Physical Therapy, University of Haifa, Haifa, Israel,*
²*Department of Occupational Therapy, University of Haifa, Haifa, Israel, ³Clalit Health Services, Child Development Center, Carmiel, Israel*
- 10:45-11:00 Motor Imagery Practice for Improving Relevé in Professional Dancers
Amit Abraham¹, Ayelet Dunsky², Ruth Dickstein¹
¹*Department of Physiotherapy, University of Haifa, Haifa, Israel, ²The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel*

Applied Science in Coaching and Competitive Sport

9:30-11:00 Hall 2 Chair: Uri Goldbourt, Zinman College, Netanya, Israel

- 9:30-9:45 How Lindsey Vonn, Her "Vonntourage," and NBC Influenced Newspaper Coverage of the 2010 Vancouver Games
Maura Rosenthal, R. Samantha Lewenberg
Bridgewater State University, Bridgewater, MA, USA
- 9:45-10:00 Psychological Skills Training in Sport: A Three-Phase Approach
Boris Blumenstein, Iris Orbach
Ribstein Center for Sport Medicine Sciences and Research, Wingate Institute, Netanya, Israel
- 10:00-10:15 Effects of Feedback on Cognitive Performance - A Matter of Personality Traits or Psychophysiological Changes?
Guenter Amesberger, Sabine Wuerth
University of Salzburg, Hallein/Salzburg, Austria
- 10:15-10:30 The Relationship between Passion and Sports Injury
Sabine Wuerth
University of Salzburg, Salzburg, Austria
- 10:30-10:45 Experiences of the White Minority Athlete
Daniel Rosenberg, Christina Martinez
Barry University, Miami Shores, Florida, USA
- 10:45-11:00 Discouragement Differences across Genders: Evidence from Professional Tennis Players
Alex Krumer¹, Mosi Rosenboim^{1,2}, Offer Shapir¹
¹*Ben-Gurion University of the Negev, Beer Sheva, Israel, ²The College of Management, Rishon Lezion, Israel*

Workshop: Nikos Ntoumanis

9:30-11:00 Room 127 Chair: Hanan Stein, Zinman College, Netanya, Israel

Motivation in Physical Education

Coffee Break

11:00-11:30 Teacher's Lounge (Next to Lobby)

The Role of Physical Activity in the Prevention and Management of Heart Disease

- 11:30-13:00 Hall 1 Chair: Avraham Shotan, Heart Institute, Hillel Yaffe Medical Center, Hadera, Israel**
- 11:30-11:55 The Impact of Physical Activity on Risk Factors in Cardiac Patients
Dan Tzivoni
Department of Cardiology, Shaare Zedek Medical Center, Jerusalem, Israel
- 11:55-12:20 Physical Activity in Cardiac Patients - Moderate or Vigorous?
Chaim Yosefy
Barzilai Medical Center Campus, Ben-Gurion University, Ashkelon, Israel
- 12:20-12:45 The Effect of Exercise Training on the Coronary Arteries in Health and Disease
Simcha Meisel
Heart Institute, Hillel Yaffe Medical Center, Hadera, Israel
- 12:45-13:00 Periodic Breathing Cheyne-Stokes Type Is Associated with Excessively Reduced Exercise Tolerance in Patients with Chronic Heart Failure
Ronen Reuveny¹, Michael Segal¹, Dov Freimark², Michael Arad², Mark Gaides¹, Issachar Ben-Dov¹
¹*Pulmonary Institute, Chaim Sheba Medical Center, Ramat-Gan, Israel,* ²*Heart Failure Unit, Chaim Sheba Medical Center, Ramat-Gan, Israel*

Promoting Global Physical Activity: A Worldwide Perspective

- 11:30-13:00 Hall 2 Chair: Mickey Scheinowitz, Tel Aviv University, Tel Aviv, Israel**
- 11:30-11:45 Promoting Health Enhancing Physical Activity: Global Perspective
Brian Martin
Physical Activity and Health Unit, Institute of Social and Preventive Medicine of the University of Zurich, Zurich, Switzerland
- 11:45-12:00 National Program for the Promotion of an Active, Healthy Lifestyle
Ruth Weinstein, Dani Moran, Itamar Grotto
Ministry of Health, Jerusalem, Israel
- 12:00-12:15 Zav Kosher - IDF Fitness and the Wellness Intervention Program
Nurit Sharvit
IDF Combat Unit at Wingate Institute, Netanya, Israel
- 12:15-12:30 An Innovative National Initiative for Empowering Community Primary Care Health Teams to Integrate Physical Activity and Healthy Lifestyles into Work Routines -Development, Implementation and Evaluation
Diane Levin
Clalit Health Services, Tel Aviv, Israel
- 12:30-12:45 Physical Activity Patterns among Adolescents in Israel (1994-2011) from an International Perspective
Yossi Harel-Fisch^{1,2}
¹*The Israel Anti Drugs and Alcohol Authority (IADA), Jerusalem, Israel,*
²*International Research Program on Adolescent Well-Being and Health, School of Education, Faculty of Social Sciences, Bar Ilan University, Ramat Gan, Israel*
- 12:45-13:00 **Panel Discussion**

Biomechanical Aspects of Sport Injuries

- 11:30-13:00 Hall 3 Chair: Guenter Amesberger, University of Salzburg, Hallein/Salzburg, Austria and Ayelet Dunsky, Zinman College, Netanya, Israel**
- 11:30-11:45 Nonoperative Treatment of ACL Tears in Recreational Alpine Skiers
Iftach Hetsroni^{1,2}, Demetris Delos³, Greg Fives³, Brian Boyle³, Kaitlyn Lillemo³, Robert Marx³
¹Meir Medical Center, Kfar Saba, Israel, ²Sackler Faculty of Medicine Tel Aviv University, Tel Aviv, Israel, ³Hospital for Special Surgery, Weill Medical College of Cornell University, New York, USA
- 11:45-12:00 PRP Treatment for Soft Tissue Injuries in Athletes
Lior Laver, Eugene Kotz, Gideon Mann
Orthopedic Department and Sports Medicine Unit, Meir University Hospital, Kfar Saba, Israel
- 12:00-12:15 Core Strength and Stability Training Program Effects on Injury Risk Factors in U-19 Male Soccer Players
Antonio Dello Iacono¹, Domenico Martone², Andreina Alfieri², Moshe Ayalon¹, Pasqualina Buono²
¹The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel, ²Dipartimento di Studi dei Sistemi e dei Servizi Territoriali (DiSIST), University "Parthenope", Naples-Italy, Napoli, Italy
- 12:15-12:30 The Relationship between Knee Pathology and the Shape of Isokinetic Torque Curve
Chen Buksbaum-Atiya, Moshe Ayalon
The Zinman College of Physical Education and Sport Sciences at the Wingate Institute., Netanya, Israel
- 12:30-12:45 The Effect of Prolonged Running on Lower Extremity Joint Coupling
Ganit Segal¹, Iftach Hetsroni², Moshe Ayalon¹
¹The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel, ²Department of Orthopedic Surgery, Meir Medical Center, Kfar Saba, Israel
- 12:45-13:00 The Influence of Foot Eversion on Peak Tibial Acceleration, Peak Impact Force and Loading Rate in Barefoot Running
David Barak¹, Moshe Ayalon², Amir Karniel¹
¹Ben-Gurion University of The Negev, Beer Sheva, Israel, ²The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel

Sports Injuries and Osteoarthritis

- 11:30-13:00 Room 127 Chairs: Zipora Yablonka-Reuveni, University of Washington School of Medicine, Seattle, WA, USA and Eyal Shargal, Wingate Institute, Netanya, Israel**
- 11:30-12:00 Articular Cartilage and the Potential Role of Dietary Supplements: Glucosamine and Chondroitin Sulfate
Avraham Panski
Hadassah Ein Karem, Jerusalem, Israel
- 12:00-12:30 Musculoskeletal Soft Tissue Injuries-Treatment with Traumeel Ointments and Specialized Food Supplements
Michal Schon
Taam Teva Altman, Or Yehuda, Israel

- 12:30-12:45 A Non-Invasive Biomechanical Treatment as an Additional Tool in the Rehabilitation of an Acute ACL Tear: A Case Study
Avi Elbaz, Amit Mor
AposTherapy Research Group, Herzliya, Israel
- 12:45-13:00 Differences in Gait between Medial and Frontal Knee Pain in Patients with Osteoarthritis of the Knee
Ronen Debi¹, Amit Mor², Ganit Segal², Eytan Debbi², Marc Cohen², Ilya Igolnikov², Yaron Bar-Ziv³, Vadim Benkovich¹, Benjamin Bernfeld⁶, Nimrod Rozen⁶, Avi Elbaz²
¹*Department of Orthopedic Surgery, Barzilai Medical Center, Ashkelon, Israel,*
²*AposTherapy Research Group, Herzliya, Israel,* ³*Department of Orthopedic Surgery, Assaf Harofeh Medical Center, Zerifin, Israel,* ⁴*Department of Orthopedic Surgery, Soroka University Medical Center, Beer Sheva, Israel,*
⁵*Department of Orthopedic Surgery, Carmel Medical Center, Haifa, Israel,*
⁶*Department of Orthopedic Surgery HaEmek Medical Center, Afula, Israel*

Lunch Break

13:00-14:00

Keynote Lecture: John Ivy

14:00-14:45 **Hall 3** **Chair: Sigal Eilat-Adar, Zinman College, Netanya, Israel**

The Effect of Carbohydrate-Protein Supplementation on Exercise Performance, Recovery and Training Adaptation

John Ivy

Kinesiology and Health Education, University of Texas at Austin, Austin, Texas, USA

Exercise, Physical Fitness and Nutrition

14:45-16:30 **Hall 3** **Chair: Sigal Eilat-Adar, Zinman College, Netanya, Israel**

14:45-15:15 Phytosterols - A Backup Player in the War against Cholesterol (Lecture Sponsored by Strauss)

Sigal Eilat-Adar

The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel

15:15-15:30 Caffeine and Exercise

Yair Lahav

The Nat Holman School for Coaches and Instructors, The Wingate Institute, Netanya, Israel

15:30-15:45 Effect of Caffeine on Physical Performance in Well-Trained Wrestlers in Simulated Competition-Day Conditions

Martin Aedma, *Andres Burk, Saima Timpmann, Vahur Ööpik*

Institute of Exercise Biology and Physiotherapy, University of Tartu, Estonia, Tartu, Tartumaa, Estonia

15:45-16:00 Ingestion of Sodium Citrate Enhances Recovery from Rapid Weight Loss in Wrestlers

Saima Timpmann, Andres Burk, Luule Medijainen, Maria Tamm, Kairi

Kreegipuu, Mare Vähi, Eve Unt, Vahur Ööpik

University of Tartu, Tartu, Estonia

- 16:00-16:15 Green Tea and Vitamin E Increase Physical Activity Benefits in Elderly Men and Women
Baruch Narotzki¹, Abraham Reznick¹, Dalia Navot Mintzer², Bracha Dagan^{2,3}, Yishai Levy^{1,4}
¹Technion-Israel Institute of Technology, Haifa, Israel, ²HaEmek Medical Center and the North District, Clalit Health Services, North, Israel, ³Ben-Gurion University, Beer Sheva, Israel, ⁴Rambam Health Care Campus, Haifa, Israel
- 16:15-16:30 The Unique and Mostly Unfamiliar Effect of Resistance Training on Weight Loss
Tzachi Knaan
Maccabi Health Services, Tel Aviv, Israel

The Impact of Physical Activity and Sports on the Spine

14:45-16:15 Hall 2 Chair: Youssef Masharawi, Tel Aviv University, Tel Aviv, Israel

- 14:45-15:15 Lumbar Shape Characterization of the Neural Arch and Vertebral Body in Spondylolysis
Youssef Masharawi
Tel Aviv University, Tel Aviv, Israel
- 15:15-15:30 Sacral Stress Fracture in a Triathlete: A Single Case Study
Gali Dar^{1,2}, Maya Cale-Benzoor^{1,2}
¹University of Haifa, Haifa, Israel, ²Ribstein Center for Sport Medicine Sciences and Research, Wingate Institute, Netanya, Israel
- 15:30-15:45 The Effect of First Ballet Classes in the Community on Various Postural Parameters In Young Girls
Anna Moller, Youssef Masharawi
Tel Aviv University, Tel Aviv, Israel
- 15:45-16:00 The Scoliotic Dancer
Nili Steinberg¹, Israel Hershkovitz², Aviva Zeev¹, Itzhak Siev-Ner³
¹Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel, ²Sackler Faculty of Medicine, Tel Aviv University, Tel Aviv, Israel, ³Orthopedic Rehabilitation Dept., Sheba Medical Center, Tel-Hashomer, Israel
- 16:00-16:15 The Effect of Group Exercising in the Lying Position on the Lumbar Range of Motion, Pain Intensity and Functional Parameters in Females with Non-Specific Chronic Low Back Pain
Nedal Naddaf, Youssef Masharawi
Tel Aviv University, Tel Aviv, Israel

Public Health Aspects of Physical Activity

14:45-16:30 Hall 1 Chair: Doron Netzer, Meir Medical Center, Kfar Saba, Israel

- 14:45-15:15 Glucosamine for Osteoarthritis - To Treat or Not to Treat: An Evidence-Based Medicine Approach
Doron Netzer
Meir Medical Center, Kfar Saba, Israel
- 15:15-15:30 Physical Activity and Wellness Education Interventions in Senior Housing: The Staying Healthy Through Education and Prevention Study.
Helaine Resnick, Roger Fielding, Jack Guralnik, William Spector, Rhona Limcangco, Laurie Parker, Michael Griswold, Gregory Foster
LeadingAge, Washington, DC, USA
- 15:30-15:45 Senior Athlete Benefits for Physical Activity within Huntsman World Games
Howard Gray, Steven Heiner

Brigham Young University, Provo, Utah, USA

- 15:45-16:00 Assessment of Physical Fitness and Anthropometry in Cancer Survivors
Itziar Pagola¹, Lidia Brea¹, Hugo Olmedillas², Julio Padilla², Isabel Palomo², Carmen Fuiza¹, Ana Ruíz³, Alejandro Lucía¹
¹European University of Madrid, Madrid, Spain, ²Universidad de Oviedo, Oviedo, Spain, ³Hospital Universitario de Fuenlabrada, Fuenlabrada, Spain
- 16:00-16:15 The Effect of a Single Bout of Aerobic Versus Resistance Exercise on Cognitive Functions in Young Adults
Sharon Tsuk¹, Rafael Carasso², Tzvi Dwolatzki³, Riki Salem¹, Gal Zamir¹, Yael Netz¹
¹The Zinman College of Physical Education and Sport Sciences, Netanya, Israel, ²Hilel Yafe Hospital, Hadera, Israel, ³Soroka Hospital, Beer Sheva, Israel
- 16:15-16:30 Reliability and Validity of the Short International Physical Activity Questionnaire (IPAQ-S) in Hebrew
Eyal Weissblueth
Ohalo - The Academic College for Education, Science and Sport, Qatzrin, Israel

Saturday, March 17, 2012

Guided Tour

Guided Tour to Jerusalem and the Dead Sea

Sunday, March 18, 2012

Registration

8:00-8:45 Lobby

20 Years to the First Israeli Olympic Medals

8:45-9:20 Herschtritt Auditorium

Chair: Efraim Zinger, Olympic Games Commission of the EOC and Olympic Committee of Israel

Greetings: Zvi Varshaviak, President of the Olympic Committee of Israel

Keynote Lecture: Richard Fosbury

Olympians to Promote Physical Education and Sport

Richard Fosbury

World Olympians Association, Lausanne, Switzerland

The Development of Competitive Sport in Israel and Around the World in the Last 20 Years

9:20-10:15 Herschtritt Auditorium

Europe is Gearing Up Towards London 2012

Efraim Zinger

Chairman of the Olympic Games

Commission of the EOC and Secretary

General of the Olympic Committee of Israel

Reports:

Vlade Divach, President of the NOC, Serbia

Jesper Frigast Larsen, Head of International Relations NOC, Denmark

Perko Blaz, Sport Director NOC, Slovenia

Coffee Break

10:15-10:30 Teacher's Lounge (Next to Lobby)

20 Years to the First Israeli Olympic Medals

10:30-11:00 Herschtritt Auditorium

Chair: Gilad Weingarten, Chairman, Elite Sport Committee, Tel Aviv, Israel

7 Israeli Olympic Medals - And What about London?

Gili Lustig

Director of the Elite Sport Department, Tel Aviv, Israel

The Meaning of an Olympic Medal

11:00-12:00

Chair: Gilad Weingarten,
Chairman, Elite Sport
Committee, Tel Aviv, Israel

International Panel of Olympic Athletes & Coaches:

Yael Arad, Vlade Divach, Richard Fosbury, Arie Selinger and Gur Steinberg

Concluding Words

12:00-12:15

Lunch Break

12:15-13:15

Keynote Lecture: Carlo Castagna

13:15-14:00

Herschtritt Auditorium

Chair: Yair Galily, Zinman
College, Netanya, Israel

Fitness Training and Testing in Football: The Evidence

Carlo Castagna

*Technical Department of Italian Football Federation (FIGC), Coverciano
(Florence), Italy*

Keynote Lecture: Steve Rutter

14:00-14:45

Herschtritt Auditorium

Chair: Yair Galily, Zinman
College, Netanya, Israel

The Football Association, London, UK

Physical Activity among Persons with Intellectual Disabilities

13:15-14:45

Hall 1

Chair: Dalia Nisim, Ministry of
Social Affairs and Social
Services, Jerusalem, Israel

13:15-13:30

Motivation for Physical Activity among Persons with Intellectual Disabilities

Yeshayahu Hutzler

*Zinman College for Physical Education and Sport Sciences, Wingate Institute,
Netanya, Israel*

13:30-13:45

Health Promotion in Persons with Intellectual Disabilities through Leisure, Sport
and Nutrition

Sigal Israeli

Ministry of Health and Social Services, Tel Aviv, Israel

13:45-14:00

Empowerment and Facilitation of Self-Determination in Persons with Intellectual
Disabilities

Yael Almosni

*Zinman College for Physical Education and Sport Sciences, Wingate Institute,
Netanya, Israel*

14:00-14:15

A Model of Personalized Fitness Training in Persons with Intellectual Disabilities

Oranit Avidan-Ziv

Ami Foundation, Beer Sheva, Israel

14:15-14:30

Description of the Unified Sport Initiative in Female Basketball at the European
Special Olympics Games, 2010 - Team Players With and Without Disabilities

Zioni Odelia

Special Olympics Israel, The Wingate Institute, Netanya, Israel

Panel Discussion: Tal Golani, 'Katan Aleinu' Special Olympics Team, Rehovot, Israel

Coffee Break

14:45-15:00 **Teacher's Lounge (Next to Lobby)**

Poster Session

15:00-15:45

Lobby

**Chair: Yael Netz, Zinman
College, Netanya, Israel**

Identification of Kinetic Variables of Jumps in Rhythmic Gymnastics
Itziar Pagola, Marta Montil, Olga Barceló, Lidia Brea, Jesús Olivan
European University of Madrid, Madrid, Spain

Preschool Ethnic Tolerance Education in Physical Education

Svetlana Filippova¹, Anatoly Mitin², Tatiana Rogacheva³

¹The Herzen State Pedagogical University of Russia, St.-Petersburg, Russia, ²The

Herzen State Pedagogical University of Russia, St.-Petersburg, Russia,

³Preschool Educational Institution 6 Primorsky Region, St.-Petersburg, Russia

Building an Orientation in Future Physical Education Specialists to a Specific Professional Activity

Evgenie Mitin¹, Svetlana Filippova¹

¹St. Petersburg Research Institute of Physical Culture, St. Petersburg, Russia,

²The Herzen State Pedagogical University of Russia, St. Petersburg, Russia

Special Physical Training of Young Long Jumpers

Viacheslav Kosach, Evgeniy Safronov, Oleg Likhachev

Smolensk State Academy of Physical Culture, Sports and Tourism, Smolensk, Russia

Modern Computer Technology in Sports: Social and Psychological Formation Problems of Russian Young Professional Sportsmen

Oleg Likhachev, Elena Alpatskaya, Anna Mazurina

Smolensk State Academy of Physical Culture, Sport and Tourism, Smolensk, Russia

The Evaluation of the Psychomotor Ability Level Expression in 8-10-Year-Old Children

Mihailescu Liliana¹, Grosu Bogdan²

¹University of Pitesti, Pitesti, Romania, ²University Stefan Cel Mare, Suceava, Romania

The Increased Motoric Potential of Children Beginning to Practice Sport Games

Ion Mihaila, Marian Cretu, Gabriel Trandafirescu, Bogdan Mihai Gionea, Ionut Traian Mercea

University of Pitesti, Pitesti, Arges, Romania

Building a Positive Attitude in Junior High School Students to a Lesson in Physical Education Based on Successful Situations

Anatoly Mitin

The Herzen State Pedagogical University of Russia, St. Petersburg, Russia

The Temperature of the Back Muscles of People with Sedentary Jobs

Jan Novotny

Faculty of Sport Studies, Masaryk University, Brno, Czech Republic

Para-vaulting as Part of a Sport Discipline in the Hippotherapy Treatment

Jana Sklenarikova

Faculty of Sport Studies, Masaryk University, Brno, Czech Republic

Soccer Training: Practical Applications

15:00-16:30

Hall 3

Chair: Yair Galily, Zinman
College, Netanya, Israel

- 15:00-15:15 Influence of Short versus Long Repetition Sprint Training on Selected Fitness Components in Young Soccer Players
Yoav Meckel¹, Yoni Gefen¹, Dan Nemet², Alon Eliakim^{1,2}
¹The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel, ²Child Health and Sport Center, Pediatric Department, Meir Medical Center, Sackler School of Medicine, Tel Aviv, Israel
- 15:15-15:30 Hormonal Responses to Interval Training
Alon Eliakim
Meir Medical Center, Kfar Saba, Israel
- 15:30-15:45 Psychological Preparation of Goalkeepers for the 11-m Penalty Kick in Soccer - A Review of Literature
Ronnie Lidor¹, Gal Ziv^{1,2}, Tamar Gershon^{1,2}
¹The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel, ²Faculty of Education, University of Haifa, Haifa, Israel
- 15:45-16:00 The Immediate and Follow-Up Effects of Successive Intense Training Sessions on the Fitness of Young Soccer Players
Uri Arael¹, Yael Michali¹, Alon Eliakim², Yoav Meckel¹
¹The Zinman College of Physical Education and Sport Sciences at the Wingate Institute, Netanya, Israel, ²Child Health and Sport Center, Pediatric Department, Meir Medical Center, Sackler School of Medicine, Tel Aviv University, Tel Aviv, Israel
- 16:00-16:30 **Panel Discussion:**
Scientific Applications in Competitive Sport: Fostering the Young Football Player

Workshop: Physical Activity among Persons with Intellectual Disabilities

15:00-17:00

Hall 1

Chair: Yael Almosni, Zinman
College, Netanya, Israel

- In collaboration with the Shalem Foundation, The Israel Ministry of Welfare, Special Olympics Israel, Challenge Foundation and Israel Sport Center for the Disabled
- 15:00-15:30 Physical Activity - Refresh Your Lifestyle
Sarit Cohen Haham
Akim, Tel Aviv, Israel
- 15:30-15:45 An Adventure-Based Program as a Therapeutic and Rehabilitative Tool in Work with Populations with Special Needs
Shira Vardi
Challenge Foundation, Tel Aviv, Israel
- 15:45-16:00 Workshop on Challenge Intervention in Persons with Intellectual Disabilities and Selected Outcomes of Challenge Programs
Shira Vardi
Challenge Foundation, Tel Aviv, Israel
- 16:00-16:30 Illustration of Petanque for Persons with Intellectual Disabilities
Tamar Shachar¹, Nava Rosenberg²
¹Ministry of Welfare, Jerusalem, Israel, ²The Petanque Association, Tel Aviv, Israel

16:30-17:00 Physical Activity - Refresh Your Lifestyle
Sarit Cohen Haham
Akim, Tel Aviv, Israel

Olympic Pride, Honor and Glory: Bud Greenspan Remembered

16:00-17:30 Olympic Pride, Honor and Glory: Bud Greenspan Remembered
Daniel Rosenberg
Barry University, Miami Shores, Florida, USA

Workshop with Mr. Steve Rutter

16:30-17:30 **Football Stadium, Wingate Institute**
The Football Association, London, UK

Closing Banquet

19:00-21:00 **TBA**