

INTERNATIONAL SCIENTIFIC CONFERENCE

„Sport, health, education of children and youth”

Lomza 3th December 2021

Conference programme

9.45-10.00 Opening ceremony by the Dean of Faculty of Health Sciences Lomza State University of Applied Sciences dr hab. Małgorzata Knaś, prof. PWSiP

Plenary Session		
Chair: Małgorzata Knaś		
10.00 – 10.30	“Mechanism of skeletal muscle hypertrophy”	Jan Górski, <i>Lomza State University of Applied Sciences, Lomza, Poland</i>
10.30 – 11.00	“Hostility syndrome as a profile that distinguishes football fans”	Karol Görner, <i>University of Presov, Prešov, Slovakia</i>
Session I		
Chairs: Jan Górski, Małgorzata Knaś, Artur Litwiniuk		
11.00 – 11.10	„Symptoms of reducing science to a method and public health implications”	Roman Maciej Kalina, <i>Lomza State University of Applied Sciences, Lomza, Poland</i>
11.10 – 11.20	„Art works as a means of a person's health culture formation”	Tetiana Yermakova, <i>Kharkiv State Academy of Design and Arts, Kharkiv, Ukraine</i>
11.20 – 11.30	„Relationship between joint position sense and muscle strenght in elite gymnasts”	Andrzej Kochanowicz, <i>Gdansk University of Physical Education and Sport, Gdansk, Poland;</i> Bartłomiej Niespodziński, <i>Kazimierz Wielki University, Bydgoszcz, Poland;</i> Magdalena Konert, <i>Lomza State University of Applied Sciences, Lomza, Poland;</i>

		<p>Artur Litwiniuk, <i>J.Pilsudski University of Physical Education, Warsaw, Faculty of Physical Education and Health, Biala Podlaska, Poland</i></p>
<p>11.30 – 11.40</p>	<p>„Does infant's positioning have an impact on motor development?”</p>	<p>Irena Bialokoz-Kalinowska, <i>Lomza State University of Applied Sciences, Lomza, Poland</i></p>
<p>11.40 – 11.50</p>	<p>„Sense of force in young tennis players – preliminary study”</p>	<p>Bartłomiej Niespodziński, <i>Kazimierz Wielki University, Bydgoszcz, Poland;</i></p> <p>Tomasz Waldziński, <i>Lomza State University of Applied Sciences, Lomza, Poland;</i></p> <p>Aleksandra Durzyńska, <i>Lomza State University of Applied Sciences, Lomza, Poland</i></p>
<p>11.50 – 12.00</p>	<p>„Influence of ischemic preconditioning on changes in TIMP-1 induced by maximal anaerobic effort”</p>	<p>Magdalena Kochanowicz, <i>Gdansk University of Physical Education and Sport, Gdansk, Poland;</i></p> <p>Katarzyna Żołądkiewicz, <i>Kazimierz Wielki University, Bydgoszcz, Poland;</i></p> <p>Jędrzej Antosiewicz, <i>Medical University in Gdansk, Gdansk, Poland</i></p>
<p>12.00 – 12.10</p>	<p>„The effectiveness of physiotherapy interventions on injury in ballet dancers: A systematic review”</p>	<p>Marlena Skwiot, <i>Lomza State University of Applied Sciences, Lomza, Poland</i></p>
<p>12.10 – 12.20</p>	<p>„Single high dose of Vitamin D supplementation: A potential approach for reduction of ultramarathon-induced inflammation process”</p>	<p>Jan Mieszkowski, <i>Gdansk University of Physical Education and Sport, Gdansk, Poland;</i></p>

		<p>Andrzej Kochanowicz, <i>Gdansk University of Physical Education and Sport, Gdansk, Poland;</i></p> <p>Błażej Stankiewicz, <i>Kazimierz Wielki University, Bydgoszcz, Poland;</i></p> <p>Jędrzej Antosiewicz, <i>Medical University in Gdansk, Gdansk, Poland</i></p>
<p>12.20 – 12.30</p>	<p>„Novel perspectives of ischemic preconditioning use in reduction of post exercises induced cardiac muscle injury and inflammation proces”</p>	<p>Paulina Brzezińska, <i>Gdansk University of Physical Education and Sport, Gdansk, Poland;</i></p> <p>Jan Mieszkowski, <i>Gdansk University of Physical Education and Sport, Gdansk, Poland;</i></p> <p>Andrzej Kochanowicz, <i>Gdansk University of Physical Education and Sport, Gdansk, Poland</i></p>
<p>12.30 – 12.40</p>	<p>„Modern methods of education in the field of Nursing”</p>	<p>Barbara Dziekońska, <i>Lomza State University of Applied Sciences, Lomza, Poland;</i></p> <p>Martyna Turowska, <i>Lomza State University of Applied Sciences, Lomza, Poland</i></p>
<p>12.40 – 12.50</p>	<p>„The somatic build versus the sports result of boys aged 14 training tennis in Podlaskie Voievodoship”</p>	<p>Skrodzki Artur, <i>Lomza State University of Applied Sciences, Lomza, Poland;</i></p> <p>Kamila Banach, <i>Lomza State University of Applied Sciences, Lomza, Poland</i></p>

12.50 – 13.00	„Knowledge clients of beauty salons on the subject of stretch marks”	<p>Izabela Pyszyńska, <i>Lomza State University of Applied Sciences, Lomza, Poland;</i></p> <p>Patrycja Mościcka, <i>Lomza State University of Applied Sciences, Lomza, Poland</i></p>
13.00 – 13.30	Discussion, coffee break	
<p>Session II</p> <p>Chairs: Jan Górski, Małgorzata Knaś, Artur Litwiniuk</p>		
13.30 – 13.40	„Condition-coordination predictors of technical skills of young female tennis players”	<p>Ewa Waldzińska, <i>Lomza State University of Applied Sciences, Lomza, Poland;</i></p> <p>Mariusz Ozdoba, <i>Gdańska Akademia Tenisowa;</i></p> <p>Aleksandra Durzyńska, <i>Lomza State University of Applied Sciences, Lomza, Poland;</i></p> <p>Tomasz Niżnikowski, <i>J.Pilsudski University of Physical Education, Warsaw, Faculty of Physical Education and Health, Biala Podlaska, Poland</i></p>
13.40 – 13.50	„Changes in soft skills required by administrators in the post-coronavirus period,,	<p>Raimonda Tamoševičienė, <i>Lithuania Business University of Applied Sciences;</i></p> <p>Rasa Grigolienė, <i>Lithuania Business University of Applied Sciences;</i></p> <p><i>Klaipeda University, Klaipeda, Lithuania;</i></p>

		<p>Vytė Kontautienė, <i>Lithuania Business University of Applied Sciences;</i> <i>Klaipeda University, Klaipeda, Lithuania;</i></p> <p>Asta Budreikaitė, <i>Klaipeda University, Klaipeda, Lithuania</i></p>
<p>13.50 – 14.00</p>	<p>„The needs to educate Lithuanian pupils about „Fair play””</p>	<p>Asta Sarkauskiene, <i>Klaipeda University, Klaipeda, Lithuania</i></p>
<p>14.00 – 14.10</p>	<p>„Offer of outdoor recreational activities in Latvia during COVID-19 Pandemic”</p>	<p>Kalvis Ciekurs, <i>Latvian Academy of Sport Education, Riga, Latvia;</i></p> <p>Ivars Kravalis, <i>Latvian Academy of Sport Education, Riga, Latvia;</i></p> <p>Anastasija Ropa, <i>Latvian Academy of Sport Education, Riga, Latvia</i></p>
<p>14.10 – 14.20</p>	<p>„Teaching methods for generation „Z” for physical activities under the COVID-19 Pandemic”</p>	<p>Ivars Kravalis, <i>Latvian Academy of Sport Education, Riga, Latvia;</i></p> <p>Kalvis Ciekurs, <i>Latvian Academy of Sport Education, Riga, Latvia;</i></p> <p>Anastasija Ropa, <i>Latvian Academy of Sport Education, Riga, Latvia</i></p>
<p>14.20 – 14.30</p>	<p>„Physical education in teaching mudura classes in Poland - the essence and meaning”</p>	<p>Ilona Urych, <i>War Studies University, Warsaw, Poland</i></p>

14.30 – 14.40	„The effect of blocked versus random practice schedules in table tennis with moderately skilled players”	<p>Weronika Łuba-Arnista, <i>Lomza State University of Applied Sciences, Lomza, Poland;</i></p> <p>Pawel Arnista, <i>Lomza State University of Applied Sciences, Lomza, Poland;</i></p> <p>Tomasz Niżnikowski, <i>J.Pilsudski University of Physical Education, Warsaw, Faculty of Physical Education and Health, Biala Podlaska, Poland</i></p>
14.40 – 14.50	„Customer knowledge about massage at a cosmetic cabinet”	<p>Klaudia Truchel, <i>Lomza State University of Applied Sciences, Lomza, Poland;</i></p> <p>Magdalena Goszkowska, <i>Lomza State University of Applied Sciences, Lomza, Poland</i></p>
14.50 – 15.00	„The health benefits of sport and physical activity”	<p>Julia Gutowska, <i>Lomza State University of Applied Sciences, Lomza, Poland;</i></p> <p>Małgorzata Końska, <i>Lomza State University of Applied Sciences, Lomza, Poland</i></p>
15.00 – 15.10	„Eating habits of physically active people”	<p>Karolina Tyszko, <i>Lomza State University of Applied Sciences, Lomza, Poland</i></p>
15.10 – 15.20	„Pulmonary rehabilitation after COVID-19”	<p>Dominika Szejser <i>Lomza State University of Applied Sciences, Lomza, Poland</i></p>
15.20 – 15.40	Discussion and summary	

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