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Nota di contenuto	Intro -- ANALYSIS OF HUMAN MOVEMENT -- Comparison of FMS tests between female and male volleyball with possible implications on volleyball performance -- Maja Ban1, Tomislav urkovi2, Nenad Mareli2 -- Specificity of the anthropometric characteristics and fitness abilities of male volleyball players -- Tomislav urkovi1, Nenad Mareli1, Robert Zeki2 -- Determination of lower limbs loading during balance beam exercise -- Petr Hedbávný, Miriam Kalichová, Michal Rabenseifner, Adam Borek -- The effect of classical ballet, Slovakian folklore dance and sport dance on static postural control in female and male dancers -- Marta Gimunová, Tomáš Vodíka, Kristián Jánsky, Miriam Kalichová, Antonín Zderík, Alena Skotáková, Petr Hedbávný, Kateřina Kolářová -- The application of fuzzy logic in the diagnostics of performance preconditions in tennis -- Antonín Zderík1, Jiří

Nykodým1, Jana Talašová2, Pavel Holeek2, Michal Bozdch1 --  
 DIFFERENCES IN SELF-ASSESSMENT OF PREPAREDNESS OF WRESTLERS  
 BEFORE COMPETITION -- Kristijan Slaanac1, Nenad Žugaj2 -- THE  
 EFFECTS OF COMMERCIALLY AVAILABLE ENERGY DRINK ON COGNITIVE  
 PERFORMANCE -- Michal Kumstát1, Martin Sebera1 Michal Viar2 --  
 HIERARCHICAL CLASSIFICATION OF EXPERT MODELS OF EXERCISES  
 DESIGNED TO ELIMINATE SPECIFIC MISTAKES OCCURRING IN SHORT SKI  
 TURN -- Danijela Kuna1, Matej Babi1, Mateja Oi2 -- Basic motor  
 competencies in the 1st and 2nd grade elementary school children in  
 Slovakia -- Peter Maura1, Anna Blahutová1,2, Andrej Hubinák1, Ján  
 Košťál1, Peter Krška1, Nadežda Novotná3, Jaromír Sedláek4,1, Mária  
 Hulinková1 -- Differences in the level of body equilibrium by sex in  
 early school-age children -- Sanja Ljubii, Ljubomir Antekolovi,  
 Vedran Dukari -- Sport training, nutrition and regeneration --  
 INTENSITY OF SOCCER PLAYERS' TRAINING LOAD IN SMALL-SIDED  
 GAMES WITH DIFFERENT RULE MODIFICATIONS.  
 Nikolas Nagy, Miroslav Holienka, Matej Babic -- Influence of the  
 intervention program according to Pulmonary Rehabilitation principles  
 on breathing functions of healthy individuals -- Renáta Malátová, Petr  
 Bahenský, Martin Mareš, David Marko -- Reliability and validity of the  
 newly developed tests of football specific change of direction speed  
 and reactive agility in youth players -- Nikola Foretic1, Barbara Gilic1,  
 2, Damir Sekulic1 -- Vitamin D status among youth soccer players --  
 association with chronological age, maturity status, jumping and  
 sprinting performance -- Ivan Peric1, Barbara Gilic2, 3, Mateo Blazevic2  
 -- THE IMPACT OF CORE EXERCISE AND MYOFASCIAL RELEASE IN THE  
 INITIAL PART OF TRAINING ON THE PERFORMANCE AND PREVENTION  
 OF INJURIES IN FOOTBAL PLAYERS -- Patrik Beuš1,2, David Líška1,  
 Daniel Gurín1, Martin Pupiš3, Zuzana Pupišová3 -- Breathing pattern  
 during load and its change due to the interventional program of  
 breathing exercise -- Petr Bahenský, Tomáš Hermann, Renata Malátová  
 -- Comparison of results of spiroergometry on running and bicycle  
 ergometer of athletes with running and cycling specialization -- David  
 Marko -- Predicting futsal specific change of direction speed and  
 reactive agility -- analysis of specific correlates in top-level players --  
 Ivan Zeljko1, Miodrag Spasic2, Damir Sekulic2 -- Match running  
 performance in relation to a playing position in Croatian Football  
 League -- Toni Modri1, Šime Verši1,2, Nikola Foreti2 -- Effects of  
 immediate mechanotherapy and intermittent contrast water immersion  
 on subsequent cycling performance -- Ivan Struhár, Michal Kumstát,  
 Kateina Kapounková, Klára Šoltés Mertová, Iva Hrníková --  
 MONITORING HEART RATE VARIABILITY AS A BIOMARKER OF FATIGUE IN  
 YOUNG ATHLETES -- Martina Bernaciková, Jakub Mazúr, Martin Sebera,  
 Petr Hedbávný.  
 INTERNAL LOAD OF SOCCER GOALKEEPERS DURING A TRAINING  
 PROCESS -- Matej Babic, Miroslav Holienka, Nikolas Nagy -- Eccentric  
 Contractions in the Rehabilitation of Lateral Elbow Tendinopathy:  
 literature review -- Grgur Kovai, Josipa Antekolovi, Ljubomir  
 Antekolovi -- Sport and social sciences -- DEVELOPMENT OF  
 EMOTIONAL SKILLS AMONG 15-16-YEAR-OLD ADOLESCENTS IN  
 PHYSICAL EDUCATION CLASSES -- Arturas Akelaitis -- Chosen  
 Problems of Physical Education in the Czech Republic -- Kamil Kotlík --  
 Sport participation should not be observed as protective against  
 smoking and drinking in adolescence -- cross-sectional cluster-based  
 analysis in Croatian southern regions -- Ela Filipovic, Nikolina Catlak,  
 Natasa Zenic, -- Effectiveness of manual yumeiho therapy and exercise  
 on depression and neuropathic pain in patients suffering from chronic  
 nonspecific low back pain -- Neven Gladovi, Luka Leško, Martina

Fuduri -- Relationships between physical activity, motor performance and body composition in school-age children -- Pavol ech, Pavel Ružbarský -- Parents and their Children's Sports -- Aleš Sekot -- Doping knowledge and doping attitudes in competitive bodybuilding -- Dora Mari1,2, Šime Verši2, Šimun Vasilj2 -- The Relative Age Effect in the Top 100 ATP Tennis Players 2016-2018 -- Michal Bozdch1, Adrián Agricola2, Jií Nykodým1, Antonín Zderík1, Tomáš Vodíka1 -- The influence of the main financial resources of non-profit sport organisations on their strategy -- Martina Honcová -- Boom of road races in the Czech Republic - sport for all or luxury amusement? -- Irena Slepiková, Pavel Slepika -- The Relative Age Effect in Top100 Female Tennis Players (2014-2018) -- Adrián Agricola1, Michal Bozdch2, Martin Zvona2, Jií Zhánl2 -- Analysis of Masaryk University students' interest in sports courses in mandatory physical education.

Radka Steščíková, Zora Svobodová -- Opinions Of Teachers On Teaching Gymnastics In Banská Bystrica -- Juraj Kremnický -- Active ageing and sarcopenia -- VITICULTURE AS THE OPTIONAL PHYSICAL ACTIVITY FOR ELDERLY -- Tomáš Vespalec1, Petr Scholz2 -- ATTITUDE TOWARDS PHYSICAL ACTIVITIES IN A GROUP OF PREGNANT WOMEN -- Jana Juíková -- Determinants of changes in physical activity levels in late adolescence -- prospective analysis in urban communities -- Natasa Zenic 1, Admir Terzic 2, Ivan Kvesic 3 -- The impact of different types of physical activity on walking as a vital everyday movement in older adults -- Lenka Svobodová, Martin Sebera, Kateina Strašilová, Tomáš Hlinský, Marie Crhová, Andrea Martincová, Petr Vajda, Nikola Straárová -- Strength and conditioning training -- physical Fitness of Army forces of the Czech Republic -- Martin Bugala -- Efficiency of Jumping Preparation in Younger Pupils in Athletics -- Ivan illík, Miriam Karperová -- Isokinetic equipment in the strength training of armwrestlers -- Gabriel Hararik -- training system hast for the development of strength abilities in armwrestling -- Gabriel Hararik -- THE EFFECT OF KINESIO TAPING ON THE RESULT IN THE STANDING LONG JUMP -- Aleš Kaplan1, Iva Hnátová2, Miloš Peca3 -- THE EFFECT OF ISOMETRIC HIP ADDUCTORS FORCE ON CHANGE OF DIRECTION SPEED OF PROFESSIONAL ICE-HOCKEY PLAYERS -- Roman Švantner1,2, David Brnn1,2, Martin Pupiš1, Dávid Líška3, Jozef Sýkora1,2 -- THE LEVEL OF EXPLOSIVE STRENGTH OF LOWER LIMBS OF SLOVAK REPUBLIC REPRESENTATIVES IN SWIMMING -- Zuzana Pupišová -- Decision making of semi-professional female basketball players in competitive games -- Tomáš Vencúrik, Dominik Bokvka, Jií Nykodým, Pavel Vacenovský -- Hypoxic training from the athlete's biological passport point of view -- Martin Pupiš, Vladimír Franek, Zuzana Pupišová -- PhD section.

Effect of a 3-month Exercise Intervention on Physical Performance, Body Composition, Depression and Autonomic Nervous System in Breast Cancer Survivors: A Pilot Study -- Marie Crhová, Iva Hrnííková, Radka Steščíková, Klára Šoltés-Mertová, Martin Komzák, Kateina Kapounková, Anna Ondráková -- On selected problems of low representation of women in coaching -- Kateina Jakubcová, Vladimír Jva, Michal Roek -- Trends in BMI by Age Periods of Pupils with Intellectual Disability -- Jitka Králíková, Hana Válková -- The long-term development of shooting skills in young biathletes -- Michal Žák1, Ivan Struhár2, Jan Ondráek1 -- Relationship of the results from fitness test and points for performance in alpine skiing of the Czech national team of U14 and U16 categories in the season 2018/2019 -- Jan Jureka, Tomáš Horáek -- A Comparative Study of primary school teachers' attitudes and opinions towards inclusive education in the South

Moravian Region and Split-Dalmatian County -- Nikola Straárová --  
EFFECT OF RESISTANCE TRAINING IN CHILDREN WHO ARE OVERWEIGHT  
OR OBESE - PILOT STUDY -- Kateina Strašilová, Petr Vajda, Tomáš  
Hlinský.

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Sommario/riassunto

Proceedings of the 12th Conference of Sport and Quality of Life 2019  
gathers submissions of participants of the conference. Every  
submission is the result of positive evaluation by reviewers from the  
corresponding field. Conference is divided into sections - Analysis of  
human movement; Sport training, nutrition and regeneration; Sport and  
social sciences; Active ageing and sarcopenia; Strength and  
conditioning training; section for PhD students.

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