

Programme

September 8, Thursday

at University of Tartu Library - Main Hall

International Symposium on Exercise Physiology

Dedicated to the 90th anniversary of Professor Atko-Meeme Viru

09:30 - 10:00	Opening
10:00 - 11:40	Session 1 (Eng) Chair: Mehis Viru (University of Tartu, Estonia)
10:00 - 10:40	Anthony C. Hackney (University of North Carolina, Chapel Hill; USA) "Exercise training effects on anabolic and catabolic hormones: influence of age"
10:40 - 11:20	Anna Książek (Wrocław University of Sport and Health Sciences, Poland) "Vitamin D metabolites and physical performance in athletes"
11:20 - 11:40	Jaak Jürimäe (University of Tartu, Estonia) "Monitoring of performance and training in rowers"
11:40 - 12:00	Coffee break
12:00 - 13:40	Session 2 (Eng) Chair: Vahur Ööpik (University of Tartu, Estonia)
12:00 - 12:40	Kerry Stephen Seiler (University of Agder, Norway) "Evidence based approach to endurance training"
12:40 - 13:20	Ronald J. Maughan (St Andrews University, United Kingdom) "Nutrition strategies for sports performance"
13:20 - 13:40	Mati Pääsuke (University of Tartu, Estonia) "Adaptation to cycling sprint-interval training in older adults"
13:40 - 14:40	Lunch
14:40 - 16:20	Session 3 (Eng) Chair: Mati Pääsuke (University of Tartu, Estonia)
14:40 - 15:20	Tommy Lundberg (Karolinska Institutet; Karolinska University Hospital, Sweden) "Transgender women in the female category of sport - is there an unfair advantage?"
15:20 - 15:40	Priit Kaasik (University of Tartu, Estonia) "Myonuclear domain in adaptation and performance"
15:40 - 16:00	Sigitas Kamandulis (Lithuanian Sports University, Lithuania) "Hamstring muscle injury prevention in football: implications for high-velocity elastic band training strategy"
16:00 - 16:20	Inese Pontaga (Latvian Academy of Sports Education, Latvia) "Side-asymmetry of musculoskeletal system in athletes as adaptation to training loads"
16:20 - 17:00	Closing of the symposium
17:00 - 18:00	A guided walking tour in the city center of Tartu
18:30 - 18:55	SPONSOR's presentation: "Diagnosing rhythm disorders in athletes" Jari Kaija (PulseOne, Finland)
19:00 - 22:00	Welcome Reception - A get-together cocktail at the Gaudeamus Cafe at the University of Tartu Library

September 9, Friday

	University of Tartu Library - Main Hall	University of Tartu Library - Tõstamaa room
08:30 - 09:45	Session 4A - Short presentations (<i>Eng</i>) Chair: Maie Tali (University of Tartu, Tartu University Hospital, Estonia)	Session 4B - Short presentations (<i>Eng</i>) Chair: Jaak Jürimäe (University of Tartu, Estonia)
08:30 - 08:45	Eno Vahtra (University of Tartu, Estonia) "The effect of strength training on anaerobic and aerobic performance in young cross-country skiers"	Kirkke Reisberg (University of Tartu; Tartu Health Care College, Estonia) "Longitudinal associations between physical activity, physical fitness, body composition and cognitive performance in the transition from preschool to school"
08:45 - 09:00	Lauri Savolainen (University of Tartu, Estonia) "Vitamin D supplementation: influence on cardiorespiratory fitness and inflammatory status in vitamin D deficient men"	Juta Kraav (University of Tartu, Estonia) "Late adolescence physical activity, fitness and body composition affect our arterial health in the future"
09:00 - 09:15	Svetlana Rudmizie (Latvian Academy of Sport Education, Latvia) "Equestrian competitions activities: what are the obstacles to good performance of the competitions?"	Saima Kuu (Tallinn University, Estonia) "Physical fitness and activity of Estonian schoolchildren in 2021 compared to 2017"
09:15 - 09:30	Dmitri Valiulin (University of Tartu, Estonia) "Clinical significance of exercise therapy among chronic cancer patients"	Aave Hannus (University of Tartu, Estonia) "How to measure children's joy of movement?"
09:30 - 09:45	Domantas Gružas (Lithuanian University of Health Sciences, Lithuania) "Paediatric asymptomatic flexible flatfoot. Is it still just about pain?"	Guoping Qian (Gdansk University of Physical Education and Sport, Poland) "Study on factors influencing teaching ability of students specializing in Sports Dance in sports colleges"
09:45 - 10:00	Coffee break	
10:00 - 12:00	Session 5: Evidence-based approach to athletic training (<i>Eng</i>) Chair: Priit Kaasik (University of Tartu, Estonia)	
10:00 - 10:30	Lewis James (Loughborough University; United Kingdom) "New perspectives on hydration for athletic performance"	
10:30 - 11:00	Ronald J. Maughan (St Andrews University, United Kingdom) "Nutrition support for training: is there a place for dietary supplements?"	
11:00 - 11:30	Kerry Stephen Seiler (University of Agder, Norway) "Practical lessons from integrating sport science to athletic preparation"	
11:30 - 12:00	Lela Maskhulia (Tbilisi State Medical University, Georgia) "Effects of non-functional overreaching and overtraining on responses of skeletal muscle and cardiac biomarkers for monitoring overtraining syndrome in athletes"	
12:15 - 12:45	Martti Raju (Eesti Olümpiakomitee, Eesti) "Team Estonia" Presentation is in estonian/ Ettekanne toimub eesti keeles	

	University of Tartu Library - Foyer	
12:15 - 13:00	Session 6 Poster session (<i>Eng</i>) Chairs: Sandra Rozenstoka (Sports laboratory - sports medicine, sports traumatology and rehabilitation centre, FIMS Collaborating Centre, Latvia) and Sigitas Kamandulis (Lithuanian Sports University, Lithuania)	
13:00 - 14:00	Lunch	
	University of Tartu Library - Main Hall	University of Tartu Library - Tõstamaa room
14:00 - 15:10	Sessioon 7A Sporditoitumine (<i>Est</i>) Juhataja: Mehis Viru (Tartu Ülikool, Eesti)	Session 7B Sports medicine (<i>Eng</i>) Chair: Madis Rahu (Tartu University Hospital; University of Tartu, Estonia)
14:00 - 14:20	Leila ja Lily Luik (Tartu Ülikooli Akadeemiline Spordiklubi, Eesti) "Kas ja kuidas mõjutavad maratoonari töövõimet toit ja söömine?"	Sandra Rozenstoka (Sports laboratory - sports medicine, sports traumatology and rehabilitation centre, FIMS Collaborating Centre, Latvia) "The Significance of Sports Physician Exercise Consultation on athletes health"
14:20 - 14:40	Mehis Viru (Tartu Ülikool, Eesti) "Ashwagandha (Withania somnifera) kasutamise võimalused toidulisandina spordis"	Saulė Salatkaitė-Urbonė (Hospital of Lithuanian University of Health Sciences, Lithuania) "Long-term outcomes of young physically active individuals after anterior cruciate ligament reconstruction"
14:40 - 15:00	Vahur Ööpik (Tartu Ülikool, Eesti) "Toidulisandite tõendus põhine kasutamine spordis"	Valeri Akhalkatsi (Tbilisi State Medical University, Georgia) "Assessment of risks for the development of arthrofibrosis and prevention of knee extension deficit following anterior cruciate ligament reconstruction"
15:00 - 15:10	Diskussioon	Discussion
15:20 - 16:30	Sessioon 8 Sportliku treeningu teaduspõhine monitooring (<i>Est</i>) Juhataja: Jarek Mäestu (Tartu Ülikool, Eesti)	Round table meeting of the Baltic Sports Medicine Associations
15:20 - 15:40	Jarek Mäestu (Tartu Ülikool, Eesti) "Läbi raskuste teadlikuma treeningu suunas"	
15:40 - 16:00	Marko Albert (Eesti Triatloni Liit, Eesti) "Millist rolli mängib triatleedi ettevalmistuses töövõime testimine"	
16:00 - 16:20	Alar Rikberg (Eesti Võrkpalli Liit, Eesti) "Mida ütlevad statistilised andmed võrkpallitreenerile?"	
16:20 - 16:30	Diskussioon	
16.30 - 16:50	Coffee break	
16.50 - 18:00	Sessioon 9 Sportlase ettevalmistus tiitlivõistlusteks (<i>Est</i>) Juhataja: Kristjan Kais (Tartu Ülikool, Eesti)	Starting at 17:00 Workshop on scientific communication (<i>Eng</i>) "Publishing effectively and open science" Martin Hagger (University of California, Merced, USA; University of Jyväskylä, Finland)
16:50 - 17:10	Tiidrek Nurme (Eesti Kergejõustikuliit, Eesti) "Tippu viivad mitu teed"	OPEN WORKSHOP FOR ALL CONFERENCE PARTICIPANTS
17:10 - 17:30	Kaido Kaaberma (Eesti Vehklemisliit, Eesti) "Kulla hind"	
17:30 - 17:50	Kristel Kiens (Tallinna Ülikool, Eesti) "Tiitlivõistlused: oodates "ootamatut""	
17:50 - 18:00	Diskussioon	
19:00 - 23:00	Conference Dinner in the White Hall of the University of Tartu Museum. The Museum is open to participants starting from 18:00. Musical performance by C-JAM	

September 9, Friday

Workshops at Ujula 4, Study building of the Institute of Sports Sciences and Physiotherapy*

* For physiotherapists only

Time		Room No
15:00 - 16:00	Spordifüsioteraapia töötuba 1-1 (<i>Est</i>) "Rehabilitatsioon tendinopaatiate puhul" Tauno Koovit, Mihkel Luik (Tartu Ülikooli Kliinikum, Eesti)	3014
16:00 - 16:55	Workshop on sports physiotherapy 1-2 (<i>Eng</i>) "Rehabilitation of tendinopathies" Tauno Koovit, Mihkel Luik (Tartu University Hospital, Estonia)	3014
16:00 - 16:55	Workshop on physiotherapy 2-1 (<i>Eng</i>) "Building aquatic exercise therapy for chronic and acute cartilage injury. What and how would work the best?" Ben Waller (Sports Science Department, University of Reykjavik, Iceland)	3027
16:00 - 16:55	Workshop on physiotherapy 3-1 (<i>Eng</i>) "Practical physiotherapeutic management and diagnostics of patellofemoral pain." Michael Skovdal Rathleff (Aalborg University, Denmark)	3026
17:00 - 18:00	Workshop on physiotherapy 2-2 (<i>Eng</i>) "Building aquatic exercise therapy for chronic and acute cartilage injury. What and how would work the best?" Ben Waller (Sports Science Department, University of Reykjavik, Iceland)	3027
17:00 - 18:00	Workshop on physiotherapy 3-2 (<i>Eng</i>) "Practical physiotherapeutic management and diagnostics of patellofemoral pain." Michael Skovdal Rathleff (Aalborg University, Denmark)	3026

September 10, Saturday

	University of Tartu Library - Main Hall	University of Tartu Library - Tõstamaa room
09:00 - 10:30	Session 10A Athletic training and health issues (<i>Eng</i>) Chair: Eve Unt (University of Tartu; Tartu University Hospital, Estonia)	Session 10B Physical education and physical activity (<i>Eng</i>) Chair: Vello Hein (University of Tartu, Estonia)
09:00 - 09:30	Kirsi Korpi (Tampere University Hospital, Finland) "Covid-19 and myocarditis"	Rita Gruodyte-Raciene (Lithuanian Sports University, Lithuania) "Physical activity and bone health of children"
09:30 - 10:00	Krista Lääne (Viljandi Hospital, Estonia) "Rehabilitation after COVID-19 and long COVID syndrome"	Eero Haapala (University of Jyväskylä, Finland) "Associations between physical activity, metabolic indices and cognition"
10:00 - 10:30	Pärt Prommik (University of Tartu, Estonia) "Profound unmet need for physical and occupational therapy in Estonia and their regionally unequal accessibility"	Martin Hagger (University of California, Merced, USA; University of Jyväskylä, Finland) "Promoting out-of-school time physical activity using a theory-based intervention delivered in physical education"
10:30 - 11:00	Coffee break	

	University of Tartu Library - Main Hall	University of Tartu Library - Tõstamaa room
11:00 - 12:40	Session 11A Overload injuries in sports: prevention and treatment (<i>Eng</i>) Chair: Valeri Akhalkatsi (Tbilisi State Medical University, Georgia)	Sessioon 11B Eesti laste ja noorte kehaline aktiivsus (<i>Est</i>) Juhataja: Eva-Maria Riso (Tartu Ülikool, Eesti)
11:00 - 11:30	Madis Rahu (Tartu University Hospital; University of Tartu, Estonia) “Shoulder injuries in the overhead athletes” – orthopaedic surgeon’s view	Aave Hannus (Tartu Ülikool, Eesti) “Kuidas mõõta laste liikumisrõõmu?”
11:30 - 12:00	Tauno Koovit (Tartu University Hospital, Estonia) “Shoulder injuries in the overhead athletes – physiotherapist’s view”	Saima Kuu (Tallinna Ülikool, Eesti) “Eesti koolinoorte kehaline aktiivsus ja võimekus 4 aasta võrdluses”
12:00 - 12:30	Leho Rips (Tartu University Hospital, Estonia) “Treatment of Achilles tendon injuries”	Eva-Maria Riso (Tartu Ülikool, Eesti) “Laste liikumisharjumused lasteaiast põhikoolini”
12:30 - 12:40	Discussion	Diskussioon
12:40 - 13:40	Lunch	
13:40 - 15:20	Session 12A Physiotherapy: current status and future perspectives (<i>Eng</i>) Chair: Doris Vahtrik (University of Tartu, Estonia)	Sessioon 12B Kehaline kasvatus Eesti koolis: tänapäev ja tulevikuväljavaated (<i>Est</i>) Juhataja: Andre Koka (Tartu Ülikool, Eesti)
13:40 - 14:20	Michael Skovdal Rathleff (Aalborg University, Denmark) “Patellofemoral pain – exercise, load management and supporting self-management”	13:40 - 14:10 Eneli Pöld-Mändlo (Tallinna Ülikool, Eesti) “Valmisolek ja murekohad seoses uue liikumisõpetuse ainekavaga õpetajate ja õpilaste vaatest”
14:20 - 14:50	Ben Waller (Sports Science Department, University of Reykjavik, Iceland) “Deep water running for athletic training and rehabilitation”	14:10 - 14:40 Sigrid Tilk (Muraste Kool, Eesti) “Õpetajalt õpetajale - kuidas alustada liikumisõpetuse ainekava rakendamisega”
14:50 - 15:20	Dalia Woznica (Polish Chamber of Physiotherapy, Poland) “Physiotherapy trends and perspectives in Poland”	14:40 - 15:10 Andre Koka (Tartu Ülikool, Eesti) “Õpetajatele suunatud sekkumisprogrammide tõhusus õpilaste liikumismotivatsiooni tõstmisel”
		15:10 - 15:20 Diskussioon
15:20 - 15:50	Coffe break	
15:50 - 17:40	Session 13 Evidence-based practice in physiotherapy (<i>Eng</i>) Chair: Siiri Heinaru (Estonian Physiotherapy Association, Estonia)	
15:50 - 16:20	Kadri Englas (Haapsalu Neurorehabilitation Centre, Estonia) Engaging practices in neurorehabilitation (neurological physiotherapy) to support self-management”	
16:20 - 16:50	Mati Arend (University of Tartu, Estonia) “Chronic pain, fear avoidance and kinesiophobia treatment options”	
16:50 - 17:20	Martin Argus (University of Tartu, Estonia) “Current limitations in evidence-based practice: developing skills to pick better evidence”	
17:20 - 17:30	Discussion	
17:30	Closing of the conference	

Session 6 Poster session (Eng)

September 9, Friday 12:15 - 13:00

University of Tartu Library - Foyer

Chairs: Sandra Rozenstoka (Sports laboratory - sports medicine, sports traumatology and rehabilitation centre, FIMS Collaborating Centre, Latvia) and Sigitas Kamandulis (Lithuanian Sports University, Lithuania)

No	Presenting author, country, Title
1	Nelli Differt (University of Tartu, Estonia) "Associations of chronic low back pain with disability, depression, and physical activity in Estonian working-age people"
2	Kadi Rahu (University of Tartu, Estonia) "Dynamic balance test performance in fallers and non-fallers with Parkinson's disease"
3	Triinu Rooni (University of Tartu, Estonia) "Effect of robotic-assisted gait therapy in a child with cerebral palsy: a case study"
4	Christi Ojaste (University of Tartu; Rakvere Hospital, Estonia) "The burnout of physiotherapists in healthcare and social welfare – a survey based on self- assessment"
5	Mari-Liis Ööpik-Loks (Haapsalu Neurological Rehabilitation Centre; Centre of Excellence in Health Promotion and Rehabilitation, Estonia) "Enriched environment at Haapsalu Neurological Rehabilitation Centre"
6	Monika Mets (University of Tartu, Estonia) "Patients with knee joint osteoarthritis report health status improvement after an 8-week home exercise program"
7	Germans Jakubovskis (Latvian Academy of Sport Education, Latvia) "Analysis of competitive activity of the best Latvian swimmers at a 100m distance in comparison with the indexes of finalists of the 2016 European Championship"
8	Gheorghe Stefanet (Atletmed National Centre of Sports Medicine, Moldova) "Physiological and pathological aspects of inverted T-waves in electrocardiogram of high-performance athletes"
9	Liina-Mari Roolah (Põlva Hospital; University of Tartu, Estonia) "Relative energy intake deficiency in female athletes: descriptive analysis based on periodic health examination"
10	Valentina Ginevičienė (Vilnius University, Lithuania) "ACE – genetic marker for elite athletes' performance"
11	Agnes Mägi (Tartu University Hospital, Estonia) "Genetic predisposition related to overuse injuries in athletes: genome-wide association study in Estonian elite athletes"
12	Mari Arak (Tartu University Hospital, Estonia) "COVID-19 infection in Estonian athletes: retrospective questionnaire-based study"
13	Domantas Gružas (Lithuanian University of Health Sciences, Lithuania) "Evaluation of modified Dorgan technique treatment method of the children with displaced humeral supracondylar fracture"
14	Thawichai Khaothin (Suranaree University of Technology, Thailand) "Effect of Anapanasati meditation training on anxiety and rowing performance in parawyers"
15	Pornthep Rachnavy (Suranaree University of Technology, Thailand) "Effects of integrated and traditional periodization on rowing performance in parawyers"