

**International Conference in Sport Science  
Tirana (Albania) 2017**

**Sports Science Toward the Future**

# **BOOK OF ABSTRACTS**

**Organized and Hosted by  
Sports University of Tirana  
3-4 November 2017**

**ISBN: 978 - 9928 - 192 - 53 - 0**

**We are most pleased to welcome you in our university!!**

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**Welcome to the International Conference in Sports Science  
"ICSS 2017"  
hosted by Sports University of Tirana.  
Tirana, Albania  
Nov 3-4, 2017**



It is a great pleasure for me and all the staff of our university to welcome all of you guests, colleagues and students in the ICSS 2017 organized by Sports University of Tirana.

The physical activity has a very important role in improving people's life and for that reason, the scientific research is growing up rapidly and our university is giving its contribution. It is very important that in these activities we have partners in Balkan and Europe and we are trying to improve our cooperation to ameliorate in every field of our activity.

The theme of this Conference "Sports Science Toward the Future " and its content shows our intention to promote quality physical education (including health, movement related physical activity, recreation etc.) and sport especially in the schools and other learning institutions, by emphasizing the importance of daily physical exercise and facilitating better methodologies for being healthy through taking active lifestyle for all age groups regardless any form of disabilities.

This conference provides a showcase for developments in the fields of physical activity and sport and we can learn from each other by sharing experiences and lessons.

***We look forward to see you in November 3-4, 2017  
Prof. Agron Cuka, Conference President***



**BOOK**

**OF**

**ABSTRACTS**



## **TRAINING LOAD ESTIMATION AND SPORTS PERFORMANCE**

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### **Abstract**

A long-term planning of training is required for the achievement of high performance. Within each training period the coach manipulates the content of training and its components such as: intensity, volume and frequency. These components can be combined for the estimation of internal training load. Internal training load can be estimated (quantified) with several methods enabling coaches for an appropriate manipulation within a training cycle. This manipulation helps athletes achieving the best performance in the most important race. Heart rate, blood lactate and the rating of perceived exertion can be used for training load estimation. Different methods used for training load estimation are correlated ( $r=0.7 - 0.8$ ) and have been used to quantify training load in individual and team sports. The agreement between the training loads perceived by the coach compared to that perceived by the athlete may be different. Research findings indicate that coaches underestimate the easy training sessions while overestimate the load of the hard training sessions. The coach should aim to maximize the internal training load four to eight weeks before the important competition and reduce it appropriately the last three to four weeks before competition. Estimation of training load during long term training cycles is useful process facilitating performance enhancement.

*Presentation: Oral*

## IMPORTANCE OF MOTION ANALYSIS – APPLICATION IN MARTIAL ARTS

**Topic: Training and performance**

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### Abstract

**Introduction:** Nowadays martial arts could be practiced as a hobby, for physical and psychological training, as well as professional sport with its own competitive system and rules. In karate, especially in the kata category, it is very important how each movement and technical element is made to achieve victory. A great responsibility have referees who can sometimes be subjective. A solution that is more used by specialists for improve the performance of athletes is to analyze the movements that take place during training or competitions, to get the information in real time and to intervene precisely on the wrong part of the movement. **The purpose** of this paper is to analyse some kata Heian Nidan techniques, and to see if there are any differences in execution, especially on lower limb movement and their possible comparison with reference data. **Working methodology** consisted in achieving some tests, 12 repetitions with 6 athletes, with averages: age – 18,83y±1,72, height – 169,33cm±8,57 and weight – 57kg±3,57, relating to kinematic characteristic of motion, in the kata mentioned before. We use an inertial navigation system that contains 17 sensors - MVNBiomech, produced by Dutch company XSENS Technologies BV. Athletes tested holds a black belt, they practice karate for 8 years and have M-18,5 years old. **The results** obtained refers to the distance between legs, on a total of 12 repetitions from kata sequence selected. The average values of distance between left and right leg is M= 0,95cm±0,054, Max./Min= 0,997/ 0,871cm., while C.V. = 5,685%. **Conclusions** drawn from the above results indicate that the average values are representative and homogeneity is high. Taking into account the opinions of the specialists who recommend that in the kokutsu dachi position the athlete must maintain an ankle distance of max 0,91 cm for seniors, we can state that our study has highlighted a higher value, which is difficult to observe with the naked eye , especially for the referee. Having such an analysis will be easier to judge, but also to correct the mistakes by the coach.

**Keywords:** *motion analysis, performance, karate*

*Presentation: Oral*



## **RELATIONSHIP AND INFLUENCE OF BODY MASS INDEX AND SKIN FOLDS ON SOME MOTOR ABILITIES IN 14 YEARS OLD STUDENTS**

**Topic: Physical Activity and Health**

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### **Abstract**

In this paper, the correlation and impact of the body mass index (BMI) and some skin folds in the success of some motor skills have been investigated. The purpose of this paper is to establish the correlation and impact between BMI and skin folds as a predictive system and motor skills as a criterion system. The survey was conducted in a sample of 170 male entities aged 14 years  $\pm$  6 months, primary school students at "Bajram Shabani" and "Naim Frashëri" - Kumanovo. A total of 9 variables were used in the research, including one variable for BMI body mass index estimation, 4 variables for evaluating skin folds and 4 variables for assessing the motor space. Variable for body mass assessment is 1. BMI (body mass index), variables for evaluation of skin folds are 4 as follows: 2. ATLKR (arm skin folds), 3. ATLPU (pulp skin folds), 4. ATLKOF (thigh skin folds), 5. ATLBAR (abdominal skin folds), and motor space variables 4 in total as follows: 6. MKLV (standing high jump), 7. MPV (standing five-step jump), 8. MKGJV (standing long jump), and 9. MTV (standing triple jump).

Based on the results obtained from the correlation analysis we can conclude that: out of 9 variables, 5 of which for anthropometric space evaluation and 4 variables for motor skills assessment, low level correlation between variables: BMI and MKLV, with negative value of  $-.187^*$  and ATLPU and MKLV variables, with negative value of  $-.247^{**}$ , high-level correlations between variables ATLKRA and ATLKOF with positive value of  $.835^{**}$  and variables MPV and MTV, with positive value of  $.819^{**}$ .

Based on the results obtained from the regressive analysis, whereas predictors there are 5 variables of anthropometric space, and as criterion there are 4 variables of the motor space, we can conclude that: between the predictive system and the criterion variable MKLV (standing high jump), there is a linkage of statistical significance, at a confidence level of 0,000. From the whole predictor system, the individual impact on motor ability has the variables: ATLKRA (arm skin folds), with a beta coefficient of  $-.621$  and a confidence level of 0,000, and ATLBAR (abdominal skin folds) beta coefficient of  $.347$  and confidence level of  $.004$ .

Between the predictor system and the MPV criterion variable (standing five-step jump), there is a link of statistical significance, at a confidence level of

0,000. From the whole predictor system, individual impact on motor ability has the following variables: ATLKRA (arm skin folds), with a negative beta value of  $-.344$  and a confidence level of  $0.024$ . Between the predictor system and the MKGJV criterion variable (standing long jump), there is a link of statistical significance, at a confidence level of  $0,000$ . From the whole predictor system, the individual impact on motor ability has the following variables: ATLKRA (arm skin folds), with a negative beta coefficient value of  $-.492$  and a confidence level of  $0,000$ .

Between the prediction system and the MTV criterion variable (standing triple jump), there is a linkage of statistical significance at a confidence level of  $0,000$ . From the whole predictor system, the individual impact on motor abilities has the variables: ATLKRA (arm skin folds), with a negative beta value of  $-.327$  and a confidence level of  $0.022$ .

From this research we can conclude that the motor skills in this case of jumps that express the explosive strength of the lower limbs have low BMI level and skin folds, while statistical influence in the motor variables have only the ATLKRA variables (arm skin folds) and in one case an ATLBAR variable (abdominal skin folds), from which we can conclude that to have good results in jumps we should have as little as possible adipose (fat) tissue in the abdomen and arms and the same adipose (fat) tissue should be replaced with pure muscle mass.

**Key words:** *BMI, skin folds, motor skills, correlation, regression.*

*Presentation: Oral*

## **THE ROLE OF ATHLETICS IN THE DEVELOPMENT OF MOTOR SKILLS**

**Topic: Training and Performance**

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### **Abstract**

The Young Athletes with special needs programs provide opportunities for preschoolers to improve their physical, cognitive and social skills through activities and games that teach them life skills. These skills are divided into seven motor areas: visual tracking and motor imitation, walking, balance, trapping, throwing, striking, and kicking. These skills reflect 3 subdomains of motor skills development: Stationary, Locomotion, and Object Manipulation. Stationary skills require trunk control and balance such as sitting, kneeling, and standing on one foot. Locomotion skills involve motors movement in a variety of ways and include skills such as walking, running, hopping, and jumping. Object Manipulation skills involve the use of hands and feet to manipulate objects and include skills such as rolling balls, catching a ball, throwing a ball, and kicking a ball. This paper aims to reflect on the study conducted with 22 children aged 6-10 with autism and Down syndrome. They attend education in a special classroom in the only school in the city of Tetovo, Northwest Macedonia that offers classes for these children. The study was conducted by the author of this paper who is a professor in the Faculty of Physical Education and a group of 5 students of the 4<sup>th</sup> year in this faculty. The monitoring of the children's performance lasted for 3 months during the academic year 2016/17. In order for the students to present their results, there was created a Progress Monitoring Chart. It was developed for teachers to make note of activities that each child and cannot do, throughout each motor unit. The results could also be used to provide peer models by pairing children who have mastered particular skills with those who have not yet mastered them.

**Key words:** *motor skills. Athletics, autism, skills*

*Presentation: Oral*

**THE ROLE OF SPORTS IN BODY DEVELOPMENT IN CHILDREN OF THE AGE GROUP 9-11 YEARS OLD IN OUR COUNTRY.**

**Topic: Training and Performance**

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**Abstract**

Nowadays, in the education system in our country, the importance and the necessity of sport in the psychomotor development of children is trumpeted. Here is the importance of this study, referring to the current situation. According to this trend it is noticed that in Albanian schools there is a gap in the approach of different sports from different age groups of children. This is the main reason that this study aims to break through this approach to discover the issues to be implemented and to look at the real opportunities offered by our schools and, why not, to come to some extent by intervening in program, in order to achieve a better evolution, but especially the most psychophysical and psychomotoristic succession of successive generations. The problem of research was the question: are the 9-11 year old children in sports activities included enough? The hypothesis raised in this study was; If the child is denied from the sports activity, then this individual risks having a successful adult life.

Referring to the official documents, mainly the International Children Convention, we will clearly understand that; The right of children to play is a right protected by the law from the OKB, because it is a very important activity for psychomotor development of the children. Based on this fact the adults do not have the possibility to take or remove away this right. Various methods and techniques have been used in this study, including: - theoretical research, -the analysis of factors -the classification of the risks -consequences. The applied methods lead to a quantitative study of the problem. The purpose of the study was to argue the reasons why the current system should be revised, the reasons why we should intervene in the system, to change as we are in time in order to properly realize the psychomotor and psychophysical development of children. Instruments were 1. Questionnaires distributed to the age group 9-11 years and their teachings 2. Direct interviews with teachers, parents. The expected results were to identify the importance and necessity of sport in the age group 9-10 years and identifying the necessity of sports in small age groups by proving success.

**Key words:** *physical activity (sport), advancement, development.*

*Presentation: Oral*

**INVESTIGATION ON THE PROBLEMS OF EFFECT OF COURSE EFFICIENCY ON PHYSICAL EDUCATION AND SPORT TEACHERS DURING PRIMARY SCHOOL PUBLICATIONS**

**Topic: Physical Education**

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**Abstract**

The research model is the survey research model. The purpose of the research is to determine the difficulties faced by physical education and sport teachers in primary schools and the problems that affect the efficiency of the course. The universe of your research is Antalya. The sample consisted of a total of 209 physical education teachers in 106 male and 103 female students working in elementary schools in Antalya city center. A questionnaire was applied to the teachers in the study. Cronbach's Alpha reliability coefficient is 0.85. Chi-Square ( $\chi^2$ ) techniques were applied as statistical process. In determining the differences, 0,05 confidence interval is accepted and interpreted. According to the results obtained in the research; the problems that decrease the efficiency of the lessons in the course applications of physical education and sports teachers can be sorted according to importance order as follows: The crowd of the classes and the lack of class hours; the fact that there are not enough halls and areas in the schools, the existing sites and areas are also concrete and asphalt; inadequacy of school sports budget; physical education and sports lessons should not be scheduled in weekly programs at suitable times; failure of pupil parents to understand the importance of physical education and sports lessons for children's health; the lack of relevance of the students to the course due to the academic's success and the belief that it affects the success in the exams; male students view physical education and sports lesson as football only, female students view physical education lesson only as volleyball; the fact that school administrators and other teachers do not give importance to physical education and sports lesson; the fact that the curriculum of physical education and sports lessons is not prepared according to the developmental characteristics of children and that it is far from today's developments; economic inadequacies of teachers; the reasons for dropping the physical education course productivity in the direction of this data obtained in the research have been investigated.

**Key words:** *Physical education and sport, Teacher, Productivity, Problem Presentation: Oral*

**THE QUESTIONNAIRE TO IDENTIFY THE PHYSICAL EDUCATION  
TEACHER'S PHILOSOPHICAL PROFILE: FROM THEORY TO PRACTICE  
THE QUESTIONNAIRE IN ALBANIAN LANGUAGE.**

**Topic: Physical Education**

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**Abstract**

These days Physical Education (PE) teachers have very few real opportunities to improve their abilities in relation to their subject. The philosophy of sport as an educational and sport science is a very important field in which a PE teacher can improve their reflective and critical thinking regarding their work. Through this study we seek to provide details with regards to how PE teachers understand their world, the way they teach PE, and why and for what purpose they teach their subject. The main aim of this study was to translate to and validate in the Albanian language a questionnaire that detects the philosophical profiles of PE teachers, which was based on five paradigms: Pragmatist, Idealist, Positivist, Existentialist, and Socio-critical. <https://zenodo.org/record/977317> The questionnaire was translated by two experts of the field, an expert in the Albanian language and two experts in the English language. To validate the questionnaire, we used a focus group of PE teachers who discussed all items, and a small group of PE teachers from Tirana who completed the questionnaire. The results of this pilot study identified the philosophical profiles of the PE teachers from Tirana, showing that they demonstrated higher score relating to so-called Socio-critical, Idealist and Positivist profiles. Regarding gender, significant differences were found only in the Pragmatist paradigm, but this needs to be better explored in future research, with a larger sample size.

**Keywords:** *physical education, pedagogy, teacher, philosophy, paradigms*  
*Presentation: Oral*

## **COMPARISON OF RUNNING'S BETWEEN FINALISTS OF ANTHROPO-METRIC AND MOVEMENT PARAMETERS OF SUPERIOR ATHLETES**

**Topic: Physical Education**

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### **Abstract**

Athletics, running's concretely, are the backbone of the Olympic Games originated from the VIII th century B.C. in Antic Greece. As such, she continuous to be popular in modern world as activity of physical development of people. Even though in the essence is remained as unchanged activity, nowadays running's are subject of scientific studies in order to find factors or determiners which influence on runners performance. Based on secondary data's of eight World Championships which were held every two years, for 2009, 2011,2013,2015, and five Olympic Games held on 2004,2008, 2012 and 2016, the goal of this study is to evaluate the difference between running parameters in 100 meters or short distance for superior athletes or sprinters. Between many indicators, were chosen those which most often standard measures were conducted and results were drawn that which indicator has more influence or more weight in frequent success in short running's. From the received results we were able to do a kind of generalization, which means that with same approach and same methodology can we achieve similar results even in other cases, but not always since it is possible the influence of some variable in hidden or invisible form which our analysis did not take them for review. The study is focused on male category only or superior athletes, gained values at Pearson coefficient is noticed that limited value of 30 degrees of freedom (df(N-2))is  $r=0,361$  with light criterion ( $p=0,05$ ) ,respectively  $r=0,463$  with hard criterion of statistical conclusion ( $p=0,01$ ). Since important statistical distinctions were gained in these two motoric differences, it should be verified between which finalists groups this distinction exists. Anova analysis should be applied for this intention.

**Keywords:** *100 meter runners, anthropometric characteristics, movement skills and T-test*

*Presentation: Oral*

## **IMPACT OF THE FOUR WEEK PLYOMETRIC TRAINING PROGRAM ON BOOSTING EXPLOSIVE STRENGTH AND AGILITY FOR BASKETBALL PLAYERS**

**Topic: Training and Performance**

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### **Abstract**

This paper is intended impact of four week plyometric training program on boosting explosive strength and agility players to the game of basketball. In this paper participated 20 basketball players from the controllers group (N = 10) basketball players, and in experimental-plyometric group (N = 10) aged 15 +/- 6 months. The tests are twelve (12) variables of them, 3 from anthropometric and 7 motor tests by explosive strength, recurring strength (repetitive), flexibility and agility (Andrejić, O., Tošić, S., & Knežević, O. 2012). Data processing methods are applied by the program SPSS version 2.0 which are applied basic statistical parameters and T-test. Through which it was possible to conclude that the impact of experimental-plyometric training program is achieved within four weeks of explosive strength and agility players to the game of basketball indicators.

**Keywords:** *Plyometric training program, explosive strength, agility, basketball game*

*Presentation: Oral*



**COMPARISON AND RUNNING ANALYSIS OF 1500M OF OLYMPIC GAMES  
1960-2012 AND WORLD CHAMPIONSHIP 1983-2013**

**Topic: Exercise Physiology and Biomechanics**

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**Abstract**

The running of middle discipline every day is getting more and more popular in the people and it is a quite preferred challenge of athletes around the world. Recent years we see progression in results in many athletic disciplines. 1500 meters running with advancement of scientific knowledge and their application in runner's training process, indicates convincingly that well prepared athletes with ease take on functional and motoric demands which are trained in runners during the race. The evolution of middle results at male gender during the years is presented from 1960-2012. Olympic games-Results of middle running's of world championship has varied a lot during these years. From 1983-2013 there was a significant increase in results. The success of athletes in 1500 meter running must searched in other anthropological factors, firstly, in functional skills which are responsible for oxygen supply for muscles (O<sub>2</sub>). Running's, in general at superior athletes are seen as motoric stereotypes of human movements which are made of repetitive steps and the frequency of steps at these running's depends from the function of central nervous system in cortical and subcortical level and very much determined from genetically factor. This is gained in all up today researches in this field. The values of middle running's in 1500 meters are in high correlation with all long distance running's of 1500m. According to the many research of this nature, these values represent a clear indicator when we deal with homogenic groups and very high correlation in Olympic Games and in World Championship with elite athletes. 239 superior athletes were included in Olympic Games and World Championship.

**Keywords:** *1500 meters, Olympic Games, World Championship, Motoric skills, T-testi.*

*Presentation: Oral*

**AGGRESSION IN THE FOOTBALL GAME AGE 14 AND 18 YEARS OLD  
TRAINING AND PERFORMANCE**

**Topic: Training and Performance**

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**Abstract**

The study in analysis of the reasons why the players took the aggressive actions during the game, we have identified 24 reasons for this study. Aggressive action records recorded during the games played show that in 55% of cases it occurs in midfield areas at 30m-70m distances. The study shows that players in the midfielder's area result in aggressive actions at 40% of the total number of cases recorded during matches. The survey data and evidence of aggressive behavior on the playing field during a football game show that 88% of respondents think that the outcome of the game depends greatly on the player's technical skills. This statement may be partially based on aggressive behavioral data on the game, which shows that winning teams have the lowest number of aggressive behaviors compared to losing teams, 48% and 52%. Another piece that partially supports this assertion is that the number of winning teams is fewer than the losing teams, which have the least number of aggressive behavior cases 47% and 53%. Despite the fact that 88% of respondents think that the outcome depends heavily on the player's technical skills, 74% think they are more aggressive on the playing field when playing against the best teams and 71% think they are more aggressive when losing the game, 60% of them think that aggressiveness provides advantages in certain game situations. The results of the data obtained from the records during matches indicate that aggressive events is not a factor that helps in achieving the team's positive result.

**Keywords:** Soccer, age, youth, aggressiveness.

*Presentation: Oral*

**ANALYSIS OF PHYSICAL AND ANTHROPOMETRICAL MARKERS OF 3-4-5<sup>th</sup> NATIONAL YOUTH SPARTACIADS COMPARED TO EUROFIT 1997 STANDART**

**Topic: Training and Performance,**

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**Abstract**

Physical activity and sport are the best coordination modes in the service of today's demands for the well-being and health of people. Physical and anthropometric indicators ranging mainly from children are the clearest reflection of these changes. Main objective of this paper was analyzing physical and anthropometrical markers of 3-4-5<sup>th</sup> national youth spartaciads compared to Eurofit 1997 standard. The other objective was to see the advantages and the impact of physical activity and sport on the healthy level of anthropometric and physical indicators as the obesity layers at these ages compared this with different periods and to today's peers. We have analyzed and defined Rhythm of anthropometric physical level of youth from one decade to another; BMI index level; Level of vital capacity (Spirometry) from one decade to the other. Level of relative strength, hand dynamometer. Based on the results we can say that regarding BMI, in 1984 measurements, this indicator in girls is with normal weight gain / height, whereas in 1997 it has begun probably to increase the fat % especially in the ages of 12-13 years and at the ages of 16-17 years. Results for vital capacity levels results show that in 1984 spartaciad the index for ages 9 to 12 in both sexes for both boys and girls is lower than that of 1974. While at the age of 13 results show a marked increase in this index for both sexes, which is linked with the systematic exercising but also with the development phase of their biological and physical status. Hand dynamics index results comparing 1974 and 1984 spartaciads show a normal dynamic growth in 1984 to 1974 but in 1997 until the age of 11 there is an increase then a decrease in this index which is related with changes of BMI, changes in the country's political-economic system and the apparent reduction in the level of physical education and physical inactivity.

Systematic exercise and one-year calendar duration (two academic years) is naturally the basis of this positive change from one spartakiad to another. Another positive impact on the good physical level of children and young people during the period of organizing matches was the work and the disciplinary readiness of the demonstrators for these national sports actions, with admirable work awareness.

**Key words:** *Physical Activity, Anthropometric markers, Eurofit*  
*Presentation: Oral*

**THE EFFECT OF MENTAL ABILITIES ON EFFICIENCY OF REFLECTING A BALL WITH THE FOREARMS IN THE CASE OF VOLLEYBALL**

**Topic: Training and Performance,**  
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**University of Tirana**

**Abstract:**

This research was carried out with the aim of determining the effect of mental abilities on Efficiency of reflecting a ball with the forearms in the case of volleyball. The population from which the sample of examines was obtained is defined as the population consisting of top volleyball players (of the male sex), who competed in the First Volleyball League of Macedonia in the 2013/14 season. The sample consists of a total of 96 volleyball players and represents the entire volleyball population of the first Macedonian volleyball league. The sample of variables was extracted from two sub-spaces of the entire psychomotor area, and includes five predictor variable for the evaluation of mental abilities (D48, PM, S1, F1 & F2) and one criterion variable for the evaluation of Efficiency of reflecting a ball with the forearms (RBFA). On the basis of the performed regression analysis and the argument it can be concluded that the predictor variable system has a statistically significant effect on the reflecting a ball with the forearms (RBFA) criterion variable, while the partial effect is below the level of significance.

**Key words:** *volleyball, mental abilities, Efficiency of reflecting a ball with the forearms, regression analysis.*

*Presentation: Oral*

## **CURRENT TEACHING PROFESSIONAL ISSUES IN OUR HIGHER EDUCATION SYSTEM**

**Topic: Sport and Social Sciences**

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### **Abstract**

When we talked about reforms in our higher education system, we usually talked mostly about curricula reforms and quality increase, but we do not rather touched on the impact they have on an important actor in the field, the university lecturer. They are fully targeting (rightly) the student as the primordial aim of the academic process. Yet this teaching quality is assured by the academic staff performances, which makes it therefore its pivot. The process meanwhile involves the relationship professors-students; entailing consequently a sociological dimension of the teaching profession. This work attempts to highlight some contemporary dynamics of the above-mentioned dimension. It discusses about sensibility towards a profession with considerable expectations; a stronger supportive comprehension from the concerned structures and the large public. The lecturer faces now a lot of difficulties in accomplishing his task, such as the large number of students he works with, their pressure of attaining wrongfully their academic goals, disdaining the merit system. The young people have not actually the same definition of word "skillful" and to them the "plagiarism" is useful. It occurs that the professors are in the first lines to meet values turbulences, or to touch constantly the differences between generations (deeper perceived from the graduated before the 90's lecturers). On the other hand, their methodologies must be more sensitive in the matter of student's contemporary needs. This means, that more than before, the impressing idea of Buscaglia in his book "Living, loving & learning" (we do not teach anybody things, we instead guide others in the learning process) must be rooted in their working mentality. It seems that in this immense information possibilities era, the awareness about this illuminating recommendation is pretty important. So, professors' behavior ex-cathedra is no more suitable, without surely affecting the decent endemic distances between this pair of actors. It is a process requiring undoubtedly an accurate, continued assessment of students' needs and capacities.

**Keywords:** *teaching, profession, issue, sociological, dimension, relation-ship*

*Presentation: Oral*

**USING THE TECHNOLOGY FOR IMPROVEMENT OF THE TEACHING AND LEARNING PROCESS.**

**Topic: Sport and Social Sciences,**

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**Abstract**

Teenagers often use computers and the Internet to do the school's duties. Teachers also use technology to get the latest information and the latest innovations of science disciplines that they cover, for a contemporary teaching and learning process. The purpose of my study is to present a general overview of the importance of using technology to improve the teaching and learning process, from the perspective of two educational partner's teachers – pupils. The sample of the study includes 200 teachers of the region Tirana. The methodology of the study was conducted through semi-structured interviews with teachers of various profiles, the format of which was compiled by the researcher and contains six questions. Interpretation of the data is accomplished through qualitative descriptions. The data show that educational partner's teachers – pupils use the Internet to improve the learning process, by pupils used whenever they are required Internet research jobs on certain curriculum subjects and by teachers for a professional performance achieved, to get the latest information on the subject of teaching and the impact observed in the teaching process is impressive, of course, also serves as additional knowledge for students. Referring to the psychosocial aspect of using technology, teachers say that Internet usage has a negative impact on the psychological health of adolescents. As final conclusion teachers approve the fact that for the teaching process they consider a necessity to use the Internet, but the time of its use should be effectively managed by the pupils for their wellbeing and physical health.

**Keywords:** *Teachers, pupils, technology, learning process.*

*Presentation: Oral*

**ANTI-DOPING EDUCATION PROGRAMMES IN ALBANIA. THE FIGHT AGAINST DOPING**

**Topic: Sport and Social Sciences Egreta Peja 1, Bertina Hoxha 2**

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**Abstract**

This paper provides a commentary on the European Council's recommendations about educational and information anti-doping strategies in Albania, along with world – wide academics views on strategies in the fight against doping. The need to design and co-ordinate the implementation of such programmes is imminent, because it is now acknowledged that investment in long-term, values-based education programmes may be more appropriate than detection-based deterrence activities, especially for a developing country as Albania that struggles to fund sport in general. At the most explicit level, that of discussing on where anti-doping education in Albania stands at present, it is argued about attempts in this area by several stakeholders like the National Anti-Doping Commission, the Ministry of Education and Sport, the Sport Service Agency, The National Olympic Committee and Sports University of Tirana. An important question arises: who should be addressed and who should be included in anti-doping education? At a deeper analytical level, it is argued on recommendations and clues to effective anti-doping education programmes. It is recommended to refer to evidence-base anti-doping research that allows the application and evaluation of key elements of effective anti-doping education and to examples like the WADA Alpha program or equivalent. At the end, it is suggested that we should seek strategies for communication on anti-doping education that can bridge differences in knowledge and interests of multiple actors.

**Keywords:** *Albania, Anti-Doping Education Programmes*

*Presentation: Oral*



**THE IMPORTANCE OF MOTIVATION IN LEARNING ENGLISH AS A SECOND LANGUAGE – A THEORETICAL APPROACH**

**Topic: Sport and Social Sciences**

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**Abstract**

Motivation has long been singled out as a factor of great importance in the different fields of human endeavor, including here the process of learning English as a second language. However, when it comes to the English language, motivation needs not always be taken for granted. In an environment where interaction with native speakers is scarce and English input is as well modest as in the example of Albanian learners of English, students have to be more than simply motivated to master this foreign language. Therefore, it would be extremely helpful to Albanian teachers of English to know how to motivate their students in their teaching activity. Several theories have been proposed to define and distinguish between different types of motivation. This paper aims to overview these theories from the perspective of second language acquisition in the hope that it will facilitate the process for students and teachers alike.

**Key words:** *Motivation, Foreign language, Acquisition, Students, Teachers.*

*Presentation: Oral*

## **NUTRITIONAL SUPPLEMENTS AND IMPACT FACTORS AMONG ALBANIAN PEOPLE EXERCISING IN GYMS**

**Topic: Physical Activity and Health Spartak Bozo, Robert Citozi, Gert Metani Faculty of Physical activity and Recreation, Sports University of Tirana, Albania**

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### **Abstract**

The objective of this study was to assess supplement use in people who exercise regularly in gyms in city of Tirana, and discuss the factors influencing on this use. This study aims to understand which is the trend in those who practice exercising in gyms, because there is no comprehensive information among Albanian people gym participants. A total of 103 subjects who exercised in ten gyms in Tirana were part of this cross sectional study. Participants were asked to complete written questionnaires about their reasons and what kind of nutritional supplements they have used. The people asked were over 15 years old; 58 men (56.3%) and 45 women (43.7%). The dependent variable was supplement use and the explanatory variable were motivation of physical exercises, duration, educational attainment self-perception of body weight and self-perception of diet. Most participants 76% had been exercising between 6-9 months. The descriptive statistical has been applied. The most users of nutritional supplements were 20-29 years old, 27 women and 34 men in this age. Has been observed that in this range of age, 55.2% were men and 62% were women. The majority of men use nutritional supplements rich in protein and aminoacids, aiming the growth of muscular mass and force, while women use nutritional supplements such as proteins, vitamins and minerals of natural origin, aiming mainly weight loss. In our study the majority of individuals who consumed supplements were: young, healthy, who categorized their nutrition as good, exercised three to five times a week, for one to two hours a day and avoid sedentary life and were more men than women 38%. Consequently, we can conclude that the use of supplements was related to individuals who had less need for them. The use of supplements lacks proper professional guidance, being motivated by individual unsatisfied with their low body weight and who perceive workout as intense, which raises the need for monitoring this population. Our results show that supplement use in gyms is moderate high and is usually self-prescribed. We emphasize that the use of dietary supplements must be done always under the supervision of a specialist.

**Keywords:** *Gyms, Physical Education, Nutritional supplements, People age*  
*Presentation: Oral*

## **IMPACT OF SUB MAXIMAL EFFORT ON ATTENTION IN ATHLETES AND NONATHLETE AT YOUTH AGE**

### **Topic: Physical Activity and Health**

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### **Abstract**

Cognitive processes in general are dependent to the biological parameters and physical condition of the individuals. Biology and Medicine Sciences speak of an atrophy and deterioration of cognitive functions caused from inactivity and place emphasis on the use of physical exercises in the prevention and preservation of those functions, especially the cognitive and executive functions associated with the daily activity of each individual. Many studies confirm, in this regard, the hypothesis, (left open) that skills and functions that are not used, weaken and lose. Finding the effects of aerobic activity by testing and changing the parameters of attention parameters for both athlete and non athlete. in this study participated 164 youngsters: 81 athletes (37 Female & 44 Male) and 83 non athletes (42 Female & 41 Male) to prove Hypothesis: The use of sub maximal aerobic activity improves the attention processes as it improves VO<sub>2</sub> max. Thus variables in this study are: as Independent variables: Home Step Test (for VO<sub>2</sub> max) and Aerobic exercise with submaximal load 2 times a week with (1.5 hours) for six weeks and as dependent variables: estimated by the Continuous Attention Test - DAUF - measured by the Vienna Test System platform. Evaluation of difference of cardiac frequency data for athletes vs non athletes, for nonathletes between base line and end line we found  $\Delta=38.5$ ;  $SD=\pm 14.8$ ,  $r=0.85^{***}$ ; for athletes between base line and end line we found  $\Delta=21.33$ ;  $SD=\pm 6.53$ ,  $r= 0.79^{***}$ . Evaluation error data in the athlete's and non athlete's attention test turns out to be that end-line non athletes make 15% errors from 31% in base-line while athlete's make 4% errors in end-line test from 13% errors in the base-line. This study found that athletes have a better performance in DAUF making in general fewer errors than nonathletes in both base-line and end-line test.

**Keywords:** *Attention, submaximal load, cardiac frequency, VO<sub>2</sub>max*

*Presentation: Oral*

## **THE PREVALENCE OF OUTDOOR PHYSICAL ACTIVITIES IN ALBANIAN CHILDREN.**

**Topic: Physical Activity and Health**

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### **Abstract**

Childhood is the age when games and sports are very popular for both gender and age groups, but we aim to find out which of the age groups and gender is more engaged and attracted to physical activities. The main purpose of this research is to monitor and identify the general level of physical activities and sports in elementary and middle school children in Tirana City. We will also analyze and compare the physical activity and sport participation level between genders. In this study participated a total of 1189 children, 621 girls and 568 boys. All of the children were aged 6 to 14 years old and all of them from elementary and middle schools in Tirana. To monitor the participation level in physical activities and sports in after school daily life, we have used the international and standardized questioner PAQ-C. All the data were statistically processed and evaluated with the SPSS 20 program. The data were gathered by the PAQ-C questioner distributed to 1189 children and the comparison of gender differences in physical activities level showed that boys scored a higher value ( $2.62 \pm 0.44$ ) while girls ( $2.47 \pm 0.49$ ), where the scale of minimum 0 and the maximum value of physical activity and sport participation was 5.

Independent T-test was used to evaluate gender differences in PA level. T-test results pointed out that the differences between boys and girls in Physical Activity and sport participation was NOT statistically significant ( $p > 0.05$ ). While comparing the participation level of elementary school children to middle school children in PA and Sport we found out that the elementary school children showed lower PA level ( $2.49 \pm 0.49$ ) compared to middle school children ( $2.57 \pm 0.52$ ). Independent T-test results pointed out that the differences between ages were statistically significant ( $p < 0.0005$ ). According to this study, we can say that in the age group 6 to 14 year-old children in Tirana there aren't any significant changes between the genders regarding the participation level in Sports and Physical activities after school. However, when the age groups are compared we may say that middle school children are more active compared to elementary school children in Tirana City.

**Keywords:** *Children, daily physical activities, sport participation, PAQ-C questioners, 6 to 14 year-old boys and girls.*

*Presentation: Oral*

## 10 MINI TESTS FOR EVALUATION OF PHYSICAL ACTIVITY AT CHILDREN 6- 10 YEARS OLD

**Topic: Physical Activity and Health**

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### **Abstract**

To exercise physical activity has impact on sustainability all-but the benefits are obvious and useful for every age group. To improve the sustainability cardio respirator, intensity of exercise, should be sufficient to stimulate your cardio-vascular system without overloading it.. SCOPE OF THE STUDY Our modest goal for this study is: to understanding what is happening and how I "really" is extracurricular activity in Tirana and also awareness of the whole community for the values of extraordinary extracurricular activity in health, as well as parameters morph functional. We have a optimistic level of physic activity and Fitness where boys are more active than girls. Training group (randomly selected schools and distributed in the suburbs and in the center). As methodology: Cross section survey of 112 boys and girls 6-10 years old (the frequency of three times per week for 6 months. Benchmark testing was conducted for Physical Activity (Ellington Dardan 1982) consisting of 10 mini tests on physical activity and health) Library of Congress Catalog Card Number 82060780, p: 2.6-1 Leg comparison ,Wall Squat Negative chin up, Negative push up , Trunk curl , Breath holding, Thigh stretch, Back arch , Skin fold pinch , Arm comparisons. In conclusion in the fifth group 10 years old have given optimistic realized 10 standard tests I n a good performance . Data improve to for further for both sexes with increasing age up to 10 years, where performance of the state with the best. The hypothesis of the study - that boys are more active than girls dropped. In this study there were no gender differences in performance and we believe this is due to the situation pre puberty equal for both boys and girls.

**Keywords:** *health, performance, physical activity*

*Presentation: Oral*

**PHYSICAL ACTIVITY LEVEL PREVALENCE IN ALBANIAN CHILDREN LIVING IN BALKAN**

**Topic: Physical Activity and Health**

**Juel Jarani<sup>1</sup>, Andi Spahi<sup>2</sup>, Florian Muca<sup>3</sup>,**

**Keida Ushtelenca<sup>1</sup>,<sup>1</sup> Faculty of Movement Sciences,**

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**Abstract**

The aim of this study was to find out the prevalence of physical activity of children living in the Balkan areas (Albania, Kosovo, FYR Macedonia, Montenegro) and this study was based on the results of the "BASIC" project applied in Sports University of Tirana (SUT). The physical activity questionnaire for children (PAQ-C) was used as a means for children to self-report their own physical activities prevalence over the past seven days. Questionnaire items is scored between 1- 5 (1=low physical activity, 2.5= normal physical active

and 5= high physical activity). In total 18274 children were participated in the study (boys N= 9158 and girls N= 9116). The mean score of physical activity were 2.6 score (boys 2.7 score and girls 2.5 scores). Mean scores for the prevalence of physical activity level in Balkan among Albanian children aged 6.5–15.5 years (2013-2015), by country were; Albania 2.59 scores, Kosovo 2.49 scores, FYR Macedonia 2.61 scores and Montenegro 2.76 scores. The prevalence of physical activity level by country and gender showed: Albania (boys 2.68 and girls 2.5 scores, Kosovo (boys 2.57 and girls 2.41 scores, FYR Macedonia (boys 2.67 and girls 2.54 scores and Montenegro (boys 2.86 and girls 2.64 scores. In conclusion children living in Montenegro has the highest physical activity prevalence and in Balkan boys are more physical active compare to girls.

**Keywords:** *physical activity, children, Balkan, score*

*Presentation: Oral*

**FACTORS INFLUENCING THE CHOICE OF A UNIVERSITY DEGREE: THE CASE OF PHYSICAL ACTIVITY, RECREATION AND SPORT TOURISM STUDIES.**

**Topic: Leisure activity and Recreation**

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**Abstract**

The aim of this research is to analyze students' expectations that have an influence on choosing Physical Activity, Recreation and Sport Tourism as an academic major. According to the analysis of this research on the reasons for choosing Fitness, Recreation and Sport Tourism studies at Sports University of Tirana, the conclusions reached show that among multiple factors, the expectations of having collaborative and situated learning experiences are one of the main reasons for choosing these studies, as well as the a lot of job opportunities that this degree offers. The results of this research evidence the high degree of emotional affecting this decision. The conclusions of this study may be useful for designing Physical Activity, Recreation and Sport Tourism curriculum.

**Keywords:** *Academic Study, Physical Activity, Recreation and Tourism, Situated Learning, Distributed Learning.*

*Presentation: Oral*



**"GOOD GOVERNANCE OF SPORT ORGANIZATIONS AND THE SUSTAINABILITY PERSPECTIVE FOR SUCCESS"**

**Topic: Sport Management**

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**Abstract**

This paper review deals with two mutually reinforcing and depended concepts: governance and sustainability, which connect the sport organizations existence and public legitimacy. Being highly extensible and ambiguous, principles and dimensions of good governance can encompass a variety of sport organisations and performance. The Good Governance (GG) framework is seen as the mean of guaranteeing the sustainability of sports organizations. In this respect, the Olympic Movement and International Sport Federations are increasingly realizing the need of strengthening and reinforcing their system of rules and procedures. Sustainability has also become a global attractor and a point of directionality, which brings a whole new dimension to the conceptualization and implementation of good governance principles and turns them into an institutional issue. This entails integrated policy taking into account the economic, social and institutional dimensions of contemporary sport organizations.

The Olympic Movement and its constituents including NOCs and some of the most powerful and influential IFs such as FIFA, UEFA, FIBA and even small sized sport organizations, are affected by issues related with corruption practices, negative environmental impacts, political and media manipulations, ethical issues, and in this context there is a shake head process to see how can be protected from such practices. These unacceptable behaviours are largely instigated by ever increasing commercial activities that the various International sport governing bodies have been involved in the last two decades.

In recent times, international, national and even local sport organizations are subject of scandals and the quest of governance is stipulated at different levels of discussion, institutionally and in general public.

These cases have raised the need to recall the evaluation for deep analysis on how sport organizations are governed today? Most commonly researchers have argued on different aspects of management of sport organizations based on environmental forces, organizational culture, values, principles, etc.

Implementation of Good Governance principles should incorporate sport organizations for more transparency, accountability, effectiveness, risk management, etc. to assure clarity and build trust among members and stakeholders based on values which are the key element in sport. Embracing GG principles and practices represents a challenge to the culture of these organizations as it entails creating systems of shared meaning that are accepted, internalised, and acted on at every organizational level. As conclusion, the review stresses the fact that Good Governance practice guarantees the sustainability of sport organizations which therefore leads to success.

**Key words:** *Good governance, sustainability, sport organization management, organizational culture, transparency*

*Presentation: Oral*

**SPORTS CONTRACT APPLICABILITY AND LEGAL CONSEQUENCES IN ATHLETES AND SPORTS TECHNICAL DIRECTORS**

**Topic: Legislation and Sport Management**

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**Abstract**

The study purpose is to present knowledge and identification regarding the legal rights and guarantees provided by our sports law, the career athlete status, the Labor Code, and the international sports law, to both professional and amateur athletes, with reference to the statistical questionnaire of 2016, whereby 88,7% of the participants were not aware of their rights and entitlements, nor of the athlete status, or the status of a sports technical director. The study aims to focus in the immediate objectives and expected results, and, according to the same study approximately 91,7% of the participants, athletes and technical directors (trainers, sports technicians, sports federation presidents) had no cognizance about the existence of the Sports Law in our country, nor of the existing legal and sports guarantees. Thus, the sports knowledge regarding the applicability and transplantability of the contractual rights, and mobility in the sports markets within the Eurozone in order to qualify and engage in sports transactions abroad, was almost at a minimum level of knowledge and information (about 25% of the 2016 questionnaire participants were aware of such information). The dynamic of the study targets consisted in publishing the study result in a science journal or international conference, which would enable any student, athlete, etc., to get to know from a near perspective the legal, national, regional and international mechanisms ensuring and defending their sports rights and health, in addition to the adequate execution of the sports contract with regard to time and space.

**Keywords:** *legal guarantee, career athlete status, international sports law, sports market, federation*

*Presentation: Oral*

**THE RELATIONSHIP BETWEEN SERVICE OFFERED AND DEMAND FOR GYM MEMBERSHIP IN OUR COUNTRY**

**Topic: Sport and Social Sciences**

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**Abstract**

Physical activity plays an important role in the development of an individual, improves overall health and helps prevent many diseases. From the physical and psychological perspective, sport is a source for a myriad of personalities. Several previous studies echo the investment of time, money and effort that people put into physical activity. Sport may bring about health, fame and income. Despite the many profits derived from it, our country still witnesses low participation rates in physical activity as compared to other countries in the region and elsewhere. The phenomenon is mostly prevalent among girls and women, which points to the economical and social factors that hinder women's participation in sports activities and their approach to health care. Gyms do not usually meet quality and space standards; heating is not suitable for doing physical activity; hygiene is poor; lighting not sufficient; and the service provided in most of the cases is unprofessional, all of which is then reflected in the number of people dropping out from gyms.

**Keywords:** *fitness, participation, population, males, females.*

*Presentation: Oral*

**INVESTIGATIONS ON VISUALS AND USAGE LEVELS FOR INFORMATION TECHNOLOGIES FROM READING STUDENTS IN PHYSICAL EDUCATION AND SPORT SCIENCES**

**Topic: Physical Education**

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**Abstract**

The research model is the survey research model. The purpose of this study was to determine the level of use and opinions of the students studying in the field of physical education and sport sciences. The universe of the research consists of 850 students who study at Mehmet Akif Ersoy University School of Physical Education and Sports. The sample group consists of a total of 278 students, 192 males and 86 females selected randomly by sampling. Data were obtained from the written literature and questionnaire. A questionnaire for the purpose was developed. The developed questionnaire has clear understanding, coverage and reliability. The questionnaires were filled with interviews with participants. Frequency (%), Crosstabs and Chi-Square (X<sup>2</sup>) test procedures were used to evaluate the obtained data. The significance level of 0.05 was accepted as the difference between the variables. As a result of the evaluation of the data, it was determined that the participants were not sufficiently competent in computer skills of information technology. On the contrary, we can say that they are sufficient for the use of mobile phones and that this information is often learned through their own efforts and friends, that the information technology has increased the academic achievement of using it in education and training, and that its schools have this equipment. Significant differences were found in the answers given according to gender variable at the level of 0,05 manality ( $p < 0,05$ ).

**Keywords:** *Physical education and Sport sciences, Information technology, Student*

*Presentation: Poster*

**EFFECTS OF INCREASE TO JUMPS IN GYMNASTICS WITH STUDENTS  
FACULTY SCIENCE OF MOVEMENT**

**Topic: Physical Education**

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**Abstract**

The physical preparation represents a determined structural side of the sport training inside gymnastics and an important content factor conditioning the technical level and the performance capacity. The more and more obvious specificity through the biomechanical structures, influencing training but also through respective physical and psychical effort, is conclusively oriented towards developing the specific motor skill qualities to the students. Will be efficient implemented method with legs to develop and improve performance of the exercises? In this study were analysis, thirty males (15E.g.-15K.g.).Experimenting and comparing data from measurements is a prime place in this study, which makes it possible to test the jumps and modelling of her training with E.g. in a frequency of 5 lessons per week. To measure S.j. and C.m.j. in the lower limbs, Leonardo Mechanography (GRFP) 2008 equipment was used, from which were obtained specific data such as: V.max., Jump Height, F.max. tot., P.max. tot., F. max. tot. rel., P. max. / kg., Efficiency, E.F.I.. Tests with students were conducted at the Laboratory of the Sports Research Institute at U.S.T. during the period 3 April 2017 (first measurement) - 18 June 2017 (second measurement). All data obtained from tests performed were subjected to statistical analysis with ANOVA method and EXCEL 2010, representing average, standard deviation, variance, probability. Software was used as a "Data Analysis" package in all the statistical procedures. Results data were statistically set to  $p < 0.05$  and  $p < 0.01$  levels. The planned training for jumps in 10 weeks helped to develop the specific mobility skills needed to increase sporting performance on the floor and vault. Applying muscle training programs within the preparation, has contributed to the improvement of the technical level.

**Keywords:** *gymnasts, physical preparation, jumping, muscular training*

*Presentation: Poster*

## **THE IMPACT OF SPORT ON CHILDREN WELLBEING & SCHOOL ACHIEVEMENT**

**Topic: Physical Education**

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### **Abstract**

This paper is seeking to explore the relationship between sports, children wellbeing, parents and school progress. Moreover how do sports impact children personality, socialization and learning outcomes. The interaction between actors and factors involved in the process is considered from different points of view. The main hypotheses of the research is: Sport has a very positive effect to better performance & socialization of children at school. If we review the publications and statistics about the children nowadays, they present a high frequency of obesity, technology dependency, poor socialization, & lack of creativity. On the other hand, the findings of the research initiatives with the same or similar focus, present sometimes a wrong perception of sports on school progress, considering it as a necessary element, only for entertainment and physical train. They find it hard to match "time invested to sport, as a strong factor of school efficiency & creativity". In other words there is not too much information on mapping sport impact to different teenager type of personalities, learning outcomes, and relationship in different social environment. About 200 hundred children, parents & teachers are enrolled in the study. Combined tools & methods of research are used to present a comprehensive framework with finding & recommendations. The results demonstrate lack of action and indicators for balancing the overloading approach for children on how to achieve good results, with alternative forms of entertainment.

**Key words:** *Sports, school achievements, learning process, socialization, parents*

*Presentation: Poster*

## **LEADING ROLE OF PHYSICAL ACTIVITY AND SPORTS IN CHILD'S DEVELOPMENT AND ACADEMIC PERFORMANCE**

**Topic: Physical Activity and Health**

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### **Abstract**

The purpose of this paper review was to search evidence that describes strong relationships from positive contribution of Physical activity and Sport in children's development. Physical activity and sports are generally promoted for their positive effect on children's physical, social, cognitive, affective, and healthy lifestyle. Although there is a growing body of literature suggesting that physical activity has beneficial effects on several mental health outcomes, there is also a strong belief that regular participation in physical activity is linked to enhancement of brain function and cognition influencing academic performance. A computerized search was conducted through searches in PubMed and Google scholar and data sources were searched for the period 2000 through 2015. A selection of 40-60 titles and abstract were screened for the eligibility and quality of the study. The search method consisted on three variables: 1 – Age (3 – 18); 2- physical activity (PA, physical fitness and sports); and 3 – academic performance (cognition, academic achievements, and school learning). Studies had to report at least two variables related to children's physical activity, fitness measurement or sport feedback and one on cognition as a result to academic measurement. The rating of the studies ranged from 18% to 80% and among those 19 were identified as observational and 3 intervention studies. Methodological quality scores were particularly low for validity of instruments. Results from the best evidence found a significant longitudinal positive relationship between physical activity and academic performance in school children. Conclusions: Children's participation in physical activity during physical education and after school sport programs is positively related to academic performance. Although several studies showed a high quality, future research should be conducted to strengthen the relationship of physical activity and academic performance to confirm the findings.

**Key words:** *physical education, physical activity, academic performance, children*



## **GENDER DIFFERENCES ON THE PHILOSOPHY OF PHYSICAL EDUCATION TEACHERS IN ALBANIA**

**Adri Kasmi, Rei Nanaj, Gentiana Nicaj**

### **Abstract**

This research study is focused gender differences about the philosophy profiles of physical education teachers in Albania (134 PE teachers, 65 males and 69 females). Questionnaire assessment were performed in light of five philosophical profiles 1 – Pragmatic profile, 2 – Idealist profile, 3 – Positivist profile, 4 – Existentialist profile, 5 – Socio - critical profile.. The data from the questionnaire showed a prevalence of the idealist profile (49.1%); socio – critical ( 28.1%) pragmatic(12.8%),positivist (8.2%), existentialist (1.8%). This results show that there is a high percentage of physical education teachers with idealist profile and also socio critical profile. While comparing gender differences among males and females physical education teacher, have the differences of prevalence of idealist profile at female PE teachers is much more than the male PE teachers.

Also in conclusion for both gender we have higher percentage for those physical education teachers with a idealist profile.

**Key words:** *Philosophy, physical education, teachers, Albania*

## **PLIOMETRIC TRAINING WITH LOW LOAD IN VOLLEYBALL TO GIRLS 12-14 YEARS**

**Topic: Training and Performance**

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### **Abstract**

Complex training involves completing an aerobic exercise before a plyometric exercise. A classic example is to perform vertical jumps or depth jumps after completing a back squat exercise. This study was conducted to evaluate the outcome of complex plyometric training at low intensity load intervals among volleyball girls 12-14 years old in several physical variants. Method. We took into consideration twenty-four volleyball girls in the Elbasan sports club, which were classified by two groups (E.g. twelve girls and K. g. twelve girls). The experimental group was trained with complex exercises three times a week, for three months, the control group participated in traditional training. Data from the results was underwent to statistical processing in the Excel 2010 SPDA package. Results. The overall results showed that: experimental group had significantly higher physical capabilities than the control group, and significant improvements were noted in power and strength, ranging from  $p \leq 0.005$ . Conclusions. Complex exercises with low-intensity load are safe and increase the quality of strength and speed. Recent research suggests that it may be necessary to make a three to four minute break between weight training and plyometric exercises.

**Keywords:** *Volleyball, strength, power, speed, plyometric exercise, probability*  
*Presentation: Poster*

**PLYOMETRIC TRAINING COMMANDED TO NEW VOLLEYBALL PLAYERS.**

**Topic: Training and Performance**

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**Abstract**

In collective sports such as technical action volleyball is the vertical jump that is visible (attack, block). According to some different methods for assessing the vertical dance the special test is also the Drop Jump (DJ) test. For 12 weeks, plyometric training with new volleyball younger's conducted to evaluate the vertical jump through the Drop Jump test of 60cm height. The 12 year-old trained volleyball players performed plyometric exercise jumps. The working method was based on 20 volunteers considered experimental No. 10 and No. 10 control group with an average age of  $17 \pm 1$ . Groups were evaluated before and after 12 weeks. The experimental group conducted plyometric training 2 times a week and the technical tactical ball training control team. Anthropometric measurements as well as a 60cm tester have been developed. Volleyball players were tested on DJs at the GRFP Leonardo platform through the 60cm drop jump test. The results obtained from the data affirm a high correlation coefficient ( $r = 0.924$ ) and statically significant ( $\text{Sigma} < 0.05$ ). The experimental group has obtained TA / TC training (1.55-1.71) while the TA / TC control group (1.53-1.6). Data obtained from the two groups on the GRFP platform showed that the relationship between the contact time and the air time in the DJ 60cm test shows significant differences between the two groups, where the experimental group trained in plyometric exercises shows the best time

**Key words :** *drop jump, training, volleyball.*

*Presentation: Poster*

**THE PROGRESS OF THE NATIONAL BASKETBALL TEAMS IN THE LAST YEARS.**

**Topic: Training and Performance**

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**Abstract**

This article focuses on the statistical analysis of the results achieved by the Albanian national basketball teams: U16, U18 and the senior women's team, U16, U18, U20 and senior men's team, in the last three international activities that they participated. These teams have developed a one month preparatory phase by training two times a day, in different cities such as: Tirana, Durrësi, Permeti and Vlora, with a training program designed by each of the coaches. Through these programs, the coaches have aimed to grow the physic and tactic preparation. One month isn't enough to prepare a national basketball team which competes in high levels but of course is better than nothing. During the preparation phase, the teams had in disposition 15 or 16 talented players from all Albanian basketball teams. From these players only 12 were chosen to participate in the activity. Through the achieved results and graphics we will see the progress of each participating team in the last three activities. To observe the progress and the performance of the players from one activity to another we have compared the statistical data of these three activities. It's important to note, that in the recent years,, all the national teams, at all ages, have participated in all of the relevant international activities, which is to be evaluated positively, because only the annual participation in these activities will bring the increase of the basketball level in Albania. The number of the international matches and dealing with teams of a very high level, would lead to development in all aspects.

**Key words:** *Statistical analysis, statistical data, performance.*

*Presentation: Poster*

## **THE LEVEL OF SPEED WITH REGARD TO BODY WEIGHT AND HEIGHT IN YOUTH SOCCER PLAYERS**

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### **Abstract**

The aim of this article was to show the correlation of speed with regard to body weight and height in youth soccer players in the city of Elbasan. Soccer players at the recreational level come in all shapes and sizes. At the higher levels of the game, though, players tend to have a very fit physique, lean and muscular without being too skinny or overly muscled.

The participants in this study were 31 younger players  $15.1 \pm 0.3$  years. The speed time (50m sprint) was evaluated during the sprint test (50m) and also the anthropometric parameters (weight, height,) were measured. Data from the analysis on this study show a negative correlation as follows; for body weight with speed ( $r = -0.32$   $p = 0.157$ ) while for body height with speed ( $r = -0.56$   $p = 0.012$ )

Finally, statistical analysis show for both comparison difference but only for body height with speed show significant negative correlation  $p = 0.012$ .

The results of this study show that body height is correlated with speed in youth soccer players.

**Keywords;** *youth, training, intervention, steps*

## THE ASSOCIATION BETWEEN SPEED AND AGILITY WITH ANTHROPOMETRIC PARAMETERS IN YOUTH SOCCER PLAYERS

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### Abstract

The aims of this research this study was to show the association between speed and agility with anthropometric parameters in youth soccer players. The subjects of this study were 64 youth soccer players with an average weight 47.5 kg (+/- 7.3 kg) and height 157.3 cm (+/- 7.4cm). Anthropometrics were measured as body height, weight/ BMI and body fat in youth. Also test were done in speed for 10m and 30 m and also the agility test 10x5 m were performed. The results show that; body weight were correlated as follows; body weight with 10m sprint test ( $r = -0.22$ ; sig= 0.06), body weight with 30m sprint test ( $r = -0.14$ ; sig= 0.724), body weight with 10x5m agility test ( $r = -0.06$ ; sig= 0.63),. While body height were correlated with as follows; body height with 10m sprint test ( $r = -0.19$ ; sig= 0.12), body height with 30m sprint test ( $r = -0.10$ ; sig= 0.39), body height with 10x5m agility test ( $r = 0.06$ ; sig= 0.66). BMI was correlated: BMI with 10m sprint test ( $r = -0.17$ ; sig= 0.16), BMI with 30m sprint test ( $r = -0.13$ ; sig= 0.29), BMI with 10x5m agility test ( $r = 0.03$ ; sig= 0.679) and body fat as follows: body fat with 10m sprint test ( $r = 0.19$ ; sig= 0.28), body fat with 30m sprint test ( $r = 0.05$ ; sig= 0.80), body fat with 10x5m agility test ( $r = 0.23$ ; sig= 0.24). In conclusion there is not a significant correlation between anthropometrics to speed and agility in youth soccer players.

**Keywords;** *anthropometrics, soccer, correlation, motor abilities*

**PREVALENCE OF PHYSICAL ACTIVITIES AND SPORT PARTICIPATION  
AMONG 6 TO 14 YEAR-OLD CHILDREN IN TIRANA**

**Topic: Physical Activity and Health**

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**Abstract**

PAQ- C (Physical Activity Questioners for Children) is one of the most used questioners for children and youth not only in Albania but world wide. This is a questionnaire which provides a general estimation of physical levels, by including weekly participation in different types of activities and sports (activity checklist), the effort during physical education (PE), and activity during lunch, after school, evening and at the weekend. The PAQ – C has an acceptable reliability and convergent validity, as well as constructing validity as evidenced by its sensitivity to identify both age and gender differences. A total of 1189 children, of the age group 6 to 14 years old, (621 girls and 568 boys), pupils of elementary schools of Tirana have participated in the study. The aim of this study was to monitor and compare between the ages, how active these kids are in daily life and what are the activities they follow after the School. To find out our purpose we have used PAQ-C questioners (Physical Activity Questioners for Children) Kowalski, K during the academic year 2015 - 2016. The results from our study showed that the most active age with the maximum values 81.2 were children 11.6 to 12 years old and the lower values with 72.6 is for the age group 7 to 7.6 year-old children. The age group from 9.6 to 11.6 has shown the same values of daily physical activities with the values 77.2 to 77.4. From this study based on the questioners we found out that there was a stagnation in the performance of after-school daily activities in children in Tirana City during 2015 and 2016 of both boys and girls. Based on the data we collected, there were no significant differences in values between the age groups and genders.

**Keywords:** *Children, daily physical activities, questioners, sport participation, 6 to 14 year-old boys and girls.*

*Presentation: Poster*

**A PILOT STUDY FOR THE OBESITY WITH THE 6-15 YEARS OLD CHILDREN IN "PJETËR BUDI" ELEMENTARY SCHOOL IN TIRANA CITY**

**Topic: Physical Activity and Health**

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**Abstract**

Obesity is a chronic disease that is characterized by the increase in depositing the adipose tissue in our organism, which is considered as the primary cause for much serious pathology. This study aims to determine the anthropometric indicators in children of ages 6-15 years old, starting from the main one in evaluating the level of obesity through body mass index BMI level. Physical education is the first developmental factor that well-educates a new generation. The measurement of anthropometric data from ages 6-15 years old is performed through four indicators: body height, body weight, waist perimeter over navel and waist perimeter over gluteus. From all the measurements carried out, in total 887 tested boys and girls subjects, were identified 54 of them with overweight, or 6.08% and 11 subjects obese, or 1.24%. The results show that boys are higher in number, specifically 13.85% overweight and 4.28% obese, compared to girls of the same age group, 11.96% overweight and 0.95% obese girls. The curricular program of physical education 3 hours/week is convenient, enables and helps in the reduction of obesity and overweight, for children who regularly attend classes of physical education.

**Keywords:** *body mass index, overweight, obesity, anthropometric indicators.*

*Presentation: Poster*



## **BASKETBALL PARTICIPATION IN ALBANIAN CHILDREN DURING AFTER SCHOOL ACTIVITIES**

**Topic: Physical activity and health**

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### **Abstract**

The goal of this study is to confirm the prevalence of physical activities of the children participating in basketball game, out of the physical education school program. To make sure of their participation on a basket club, we have delivered a standard questionnaire to the children of about 20 (twenty) secondary schools in Albania. The total number of questionnaires was 6110 and divided (boys N = 3036; girls N = 3074). To find the percentage of the children taking part in basketball game, we have been used the descriptive analyses. The bringing data of this study, inform us that percentage of the children practicing basketball 2 or 3 times per week out of the school program, is about 34.4%. This percentage was divided in 37.6% boys and 31.2% girls. The geographical spreading of the children is 34.6% on the North Albania, 43.2% in the Central Albania and 25.2% in the South. The participating of the children in Elementary schools is in lower level than the children of the Secondary schools. With increasing age of the children, we have a higher participation on this sport.

***Key words:*** *physical parameters, questionnaires, children*

*Presentation: Poster*

**PHYSICAL ACTIVITY AND RISK FACTORS FOR OBESITY AND HYPERTENSION IN CHILDREN AGED 9-10 YEARS.**

**Topic: Physical Activity and Health**

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**Abstract**

Obesity is a growing problem in developing countries and also a major cause of the increased prevalence of high blood pressure in children. The purpose of this study is to determine the prevalence of obesity and hypertension in children aged 9-10 years and the positive impact of physical activity on risk factors for obesity and hypertension. 548 children aged 9-10 years old Elbasan district were included in the study. This was a descriptive and analytical study. The prevalence of obesity and hypertension in this age group and was rated as the link between physical activity and risk factors for obesity and hypertension. Our results show that the prevalence of obesity among children aged 9-10 years in our district is approximately 2%. It is equally among boys and girls. Factors associated with obesity and hypertension were the lack of physical activity, bad ways of eating, staying long hours at the computer and TV. Moderate physical activity in children 9-10 years old for 60 minutes / 5 days a week significantly improves blood pressure in obese children. In children aged 9-10 years the prevalence of obesity is 2% and is associated with the presence of hypertension in these children. Efforts should be made stronger for the application of physical activity on weight control and blood pressure in children aged 9-10 years old in order to reduce the risk for cardiovascular disease and diabetes, HTA and minimize the other risk factors.

**Key words:** *children, obesity, prevalence, hypertension, physical activity, lifestyle, health consequences.*

*Presentation: Poster*

## **THE CORRELATION BETWEEN MODE OF TRANSPORTATION WITH PHYSICAL ACTIVITY IN CHILDREN**

**Topic: Physical Activity and Health**

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### **Abstract**

The aim of this study research was to find out the correlation between mode of traveling to school with the level of physical activity in children. School travel mode and parenting practices have been associated with children's physical activity (PA) were shown from literature review. The level of Pa were measured using PAQ- C questionnaire (7 days recall). The current study will show whether PA is correlated with school travel mode and whether school travel mode and PA are associated with the different physical activities during school PE classes. Five schools of the 53 eligible schools in Tirana that were selected agreed to participate, providing a total sample of 1457 children. The response rate was 99 %. Most children walked (58%) or cycled (2 %) to school but 40 % used motorized transport (mostly cars and a few bus). Most (92 %) children lived within 2km of school. Greater distance to school was strongly associated with PA. There were a negative correlation showing that those with children a higher PA were correlated with those who had walked to school. The results support the findings of other research that distance to school is key.

**Key words:** *school, PA, children, correlation*

**DIDACTICAL AND METHOD TRAINING IN YOUTH BASKETBALL  
GUARANTEE FOR FUTURE**

**Topic: Sport and Social Sciences**

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**Abstract**

In this study, we examine the situation of training methodology in sports, mainly on basketball with young people. In particular, we focus on the structure, suggesting a review of the mode of action, linked to the scientific aspect of planning and training, to better suit the individual and the group. The focus stems from today's situation recognized by everyone on the ground, where for the preparation of a high level sports basketball player, the preparation is linked to an increasingly experimental activity. Today's studies show that to raise physiological and psycho-pedagogical parameters related to the age of individuals, we should refer to their growth phases. The aim is to bring the scientific knowledge derived from the cooperation of the fundamental issues of science in the theory of sport, above all for youth, in order to achieve the best preparation. This deserves a very delicate and specific reasoning in that it is dedicated to individuals who are rapidly changing their psycho-physical condition, which is very important for the future of sports in general and basketball in our case. **Keywords:** physiological parameters, psycho-pedagogic parameters, training, sport theory, psycho-physical preparation.

***Presentation: Poster***

## **TECHNICAL-PHYSICAL REPORT WITH ANTROPOMETRIC INDICATORS TO YOUNG WEIGHLIFTERS**

**Topic: Sport and Social Sciences**

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### **Abstract**

Weightlifting has its own individual features, where it is important to select new element as well as individual work with them. Ascertaining these specific features of weightlifting sport, trainers are in charge of drafting as accurately as possible the training process, which should be repeatedly realized. Purpose of the study. It is recognition of the level of technical, physical and anthropometric indicators of young new weightlifters, eliminating the problems arising during the training process to advance the sporting results. A total of 14 new weightlifters of the five sports clubs were taken into the study for a period of one year (March 2016 - March 2017). During the development of national and international activities we showed their technical results in the style of snatch and clean and Jerk, while during training showed the indicators in classical auxiliary exercises with those of strength, weight and body height. The method of comparison for reports technical - strength and weight - height with weightlifters at the European and World level of this age group was used. The data subjected to statistical processing with ANOVA method. The optimum coefficient of ratio: the technique snatch with clean and Jerk technique at the international level is  $p < 0.79-0.80$ , compared to our weightlifters in the study, showed that there is oscillation from the optimum  $p < 0.001$  to  $p < 0.006$ . The coefficient weight to height moves 13-16 cm. This avoidance indicates an inadequate distribution of exercises loads during the training process, most of which take snatch exercises, which do not have a good influence on the performance of the clean and Jerk technique results. Loads in classical and classical assistive exercises should be distributed to rights reports for high sports achievements

**Keywords:** *Technical level, physical, anthropometric, weightlifting, load, training planning*

*Presentation: Poster*

## **A REVIEW OF THE IMPACT OF MANAGEMENT INFORMATION SYSTEMS (MIS) IN EDUCATIONAL MANAGEMENT**

**Topic: Sport and Social Sciences**

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### **Abstract**

This study provides a summary of literature review, research reports and case-studies in the field of Educational Management Information Systems (EMIS). This review introduces the application of computerized management information systems in the educational environment and presents a brief summary of the impact of Information Technology in Educational Management. Management Information Systems (MIS) make a significant contribution to the teaching, learning, and administration in Educational Institutions. Management information systems (MIS) are being used by schools and universities to support and analyze a range of administrative and educational activities including attendance monitoring, assessment records, reporting, financial management, students' registration, human resource, staff allocation. Examples of MIS in schools and universities includes: Human Resources Management Information Systems (HRMIS), University/School Management system, Accounting and Financial Management Information Systems (AFMIS), Office Automation/Enterprise Collaboration systems etc. MIS are designed to analyze and facilitate strategic and operational activities in the Institution. Appropriate training and effective leadership on MIS could escalate the benefits in the teaching, learning and administrative activities. Further studies on MIS should focus on finding ways of enhancing its application in educational environment in Albania.

**Keywords:** *Management Information Systems, EMIS, Information Technology*  
*Presentation: Poster*

**WHAT KIND OF PHYSICAL ACTIVITY AND SPORT WOULD BE RECOMMENDABLE AND NECESSARY FOR PEOPLE WITH HIGH RISK OF CARDIOVASCULAR DISEASES AND DIABETES?**

**Topic: Sport and Social Sciences,**

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**Abstract**

Physical inactivity is the main risk factor for cardiovascular diseases, because the physical inactivity initiates, connects and stimulates all other risk factors for diseases. If the physical inactivity is the main risk factor than by logical contrast the physical activity is the main factor and promoter of our health and a factor that can be influenced, controlled, studied and practiced. Cardiovascular diseases are one of the reasons that cause death today. In controlled environment with regular exercises we can decrease the number of the death by 80 percents. If you practice regular exercises and sport, the heart muscle becomes stronger and stress resistant. The activities that engage the cardiovascular system can give positive affects especially if they are prescribed in the right amount. Aerobic activities include sport such as: cycling, swimming, running and other exercises 20 min. 3-5 times per week. The way to practice these sports are with slight increase at intensity – later will be presented with the factors and the effects at the aerobic exercises.

**Key Words:** *cardiovascular diseases, regular exercises, aerobic activities.*

*Presentation: Poster*

**DIET PROGRAM (MENU) TRAINING AND HEALTH RELATED BENEFITS FOR ANEMIC WOMEN ATHLETES**

**Topic: Sport and Social Sciences**

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**Abstract**

The main aim of this research was to determine the impact of a specific planned diet. This diet at the same time must also provide nutrients necessary to improve the blood and providing optimal athletic performance in anemic women athletes. From a total of 200 laboratory analyzes, made in sport and physical examinations in 2016 in the laboratory at the Regional Centre for Sports Medicine Health Center Struga PHI, it was found that 19 had anemic blood. We have noted that the level of hemoglobin was so low that we needed to apply pharmacological therapy. Based on the nutritional knowledge of the role of certain minerals and vitamins in improving the blood (Fe, Cu, vit.C, folic acid, B12) specific 3 months menus that would changes the athletes diet habits were made. Sports and physical activity was interrupted since apart from improving their blood condition our program also improved athlete's sports performances. After 3 months we did additional analyses where we established that not only do the athletes blood improves but the athlete's sporting performances do as well.

***Key words:*** *anemic athletes, hemoglobin.*

*Presentation: Poster*



## **PSYCHOMOTOR ASPECTS OF PRESCHOOLERS**

**Topic: Sport and Social Sciences**

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### **Abstract**

The problem of scientific research in motor activities in the first years of life is of particular importance, because in these years they are fundamental elements necessary for the formation of personality. With engine preschool education, jump organic basis for programming pre sportive and sports activities, providing at the same time the essential elements of the individual's own life. The aim was Involvement of authorities responsible sector, aiming physical education can really become an integral part of the formation of children 3-6 years old. As the object of study are taken children aged 3-6 years old, this very critical period, which coincides with the onset of psychomotor elements. For the realization of our study, we selected 4 gardens in Tirana, alternate with those of the experiment control as well as private and public gardens. To check the influence of the status of the garden (public or private), the gardens of the experiment group chose that way, to have a representative of private and public gardens. In the same way it is done with the control groups gardens. There is no significant statistical difference between the two sexes (girls and boys) for the three ages (3, 4 and 5 years old) in all tests performed, during the 1st (first phase training educators) and during the 2nd phase (phase after the training of educators). there is a tendency of children to private kindergartens, to perform better on tests performed, compared to public kindergarten children

**Keywords:** *motor activities, children, preschoolers*

*Presentation: Poster*

**SPORTS AND RECREATIONAL ACTIVITIES OF THE STAFF IN THE TETOVO AND GOSTIVAR REGION**

**Topic: Sport and Social Sciences,  
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**Abstract**

A research was conducted among a group of 179 respondents divided into two subgroups (75 female respondents and 104 male respondents) at the ages of 25 to 65 with the main purpose of determining the physical activity state of the staff in the Tetovo and Gostivar region. Applied variables for assessing the physical activities were used in the process of realizing the purpose of the research. The International Physical Activity Questionnaire (IPAQ) was used in the process of assessing the physical activity. The physical activity level of the staff is expressed in frequencies and percents and it was established that the ratio validity limit-state is 95%. The findings have shown that 24% of the male staff and 26.70% of the female staff reach the recommended level of physical activity.

**Key words:** *physical activity, staff*

*Presentation: Poster*

## THE IMPORTANCE OF ECOTOURISM IN THE RECREATION ACTIVITY

**Topic: Sport and Social Sciences**

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### **Abstract**

The training needs and demands throughout the Physical Activity and Recreation industry, asking tourism guides and promoters for the ecotourism, is becoming a necessity for the Sport Tourism Industry. It also looks at ways for the Universities to respond to the industry's needs. The Ecotourism field suggests that tourism operators need training in marketing and small business management and that employees in the industry need customer service training. Research in this field shows a strong consensus on the need for customer service training but the actual demand for the training turns out to be very low. The training demand in both these areas remains comparatively low. In order both to encourage and to serve the Physical Activity and Recreation training market, Universities would do well to become involved in providing training in the field of Ecotourism in order to promote the environment protection. Physical Activity and Recreation as part of Sports Universities, by means of existing curricula provides to prepare tourist guides by offering students training in the activities which follow: White tourism (skiing), Mountain guides, Alpinism, Biking, Kayaking, Hiking, Life-guarding, etc. All the above mentioned are outdoor activities which take place in different natural environments. Therefore the academic training shall provide the target group with necessary training in environment protection. Main activities include: Training of academic staff with necessary knowledge in the field of environment protection Increasing awareness for environment monitoring and protection Methods to develop environmental protection techniques Promotion of eco friendly tourism among tourists participating in outdoor sports Preparation of guides in the field of environment protection, who will in turn transmit it to their clients. Ecotourism is about *uniting conservation, communities, and sustainable travel*. This means that those who implement and participate in and market Physical Activity and Recreation activities should adopt the following ecotourism principles: Minimize physical, social, behavioral, and psychological impacts; Build environmental and cultural awareness and respect; Provide positive experiences for both visitors and hosts; Provide direct financial benefits for conservation; Generate financial benefits for both local people and private industry; Deliver memorable interpretative experiences to visitors that help raise sensitivity to host countries' political, environmental, and social climates; Design, construct and operate low-impact facilities. The situation in the area indicated that training for ecotourism is an urgent necessity and that it cannot be undertaken randomly but should instead be developed according to a holistic approach and be part of Universities courses. To ensure effective training programme design that will meet the criteria required by the tourism trade as well as

educational establishments, and to determine the various fields of knowledge and skills needed by candidates for a tourism qualification. It is envisaged that this project will emphasize the crucial role that ecotourism has in the sustainable utilization of Albanian's natural resources and, more importantly, that it will contribute to the professionalization of careers in Physical Activity and Recreation by applying accountable training in ecotourism.

**Key words:** *Recreation Activity, Sport Tourism Industry, Ecotourism, Training Guides*

*Presentation: Poster*

## **STUDY OF OBESITY WITH THE 6-18 YEARS OLD CHILDREN IN BERAT CITY**

**Topic: Physical activity and health**

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### **Abstract**

One of the greatest problems in the civilized world today is lifestyle, particularly for young ones and children. For this reason, physical education plays an important role as the first developmental factor that can well-educate the new generation. The measurement of anthropometric indicators is an immediate need for all the educational system of elementary and high school, a need which is related to the physical education and its impact in children's health in general. This study aims to identify the anthropometric indicators in children and young ones of ages 6-18 years old, as the starting point of evaluating their health today, particularly with reference to the future, and for this reason we are studying four indexes starting from the main one in evaluating the development of body constituents and the level of obesity. The results obtained from the BMI study in the town of Berat have shown that body mass from age to age has an increase of 1% that is overweight 6-11 years old, at 4.5 % and 8.4 % at later ages. Also, boys over the age of 15 are at a higher percentage of fat than girls. The curricular program of physical education 3 hours/week is convenient, enables and helps in the reduction of obesity and overweight, for children who regularly attend classes of physical education.

**Keywords:** *obesity, body mass index, overweight*

**Presentation:** *Poster*

**ELECTROMUSCLESTIMULATION LIKE A TOTAL TRAINING OF THE WHOLE BODY, A MULTICENTERED STUDY FOR THE ABILITY OF TRAINING THE WHOLE BODY IN GYM.**

**Topic: Physical Activity and Health,**

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**Abstract**

Many studies are focused in evidention of methods that bring benefits in health. One of this methods is electrosimulation that during the last decade is widely used. The purpose is to identify in a ground test if the training of the whole body with electric simulation show positive differences in strength, anthropometry, body perception, humor, general factors of health, back pain. So 94 subjects (72 women and 22 men, the average age 42.5 years old) became part of the study voluntary. 6 weeks before and after these subjects were interviewed and tested in 4 different gyms, then were compared with a control group (n=10). All changes related with the age and gender were documented. The testes identified maximal strength, strength resistance, body weight, body fatness and body perimeters, frequency and intensity of back pain, humor, vitality, body stability and body shape. A total of 12 sessions of training (twice a week) finished with: the duration of impulse/interval of impulse 4s/4s, 85Hz, rectangular impulse, the amplitude of impulse 350us. The subjects finished a program of 20 min training. The training finished with 5 minutes of relaxing, accompanied with some stretching exercises, 82.3% of subjects had less back pain after the study and 29.9% had no pain. The percentage of subjects with cronic pain were reducted from 40.3% before the study to 9.3% after the study. Maximal strength growed up with 12.2% and force resistance growed up to 69.3%. Women had more benefits than men (13.6% against 7.3%) and 18 subjects did not finished the session. Body perimeters of female subjects changed especially in chest (-0.7cm), legs (-0.4cm), waist (-1.4cm), pelvis(-1.1cm). Male subjects had a reduction especially in waist (-1.1cm), and a grow in arms(+1.5cm), chest (+1.2cm). The control group had no difference. Body fatness from 1.4% changed with 6.7% to the control group. 90% of subjects were content from the training. EMS offers a serious method for reduction of back pain. It grows strength, vitality and humor of subjects

**Keywords:** *Electro-stimulation, Anthropometry, Training, Back pain*  
*Presentation: Poster*

## **INCORRECT POSTURE IN ALBANIAN CHILDREN**

**Topic: Physical Activity and Health**

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### **Abstract**

The incidents of incorrect posture have increased these last two decades, especially in school age children. Most of the studies have highlighted Scoliosis as one of the most frequent incorrect postural shapes among school age children. Based on this, through our study we aimed to evaluate the prevalence of the incorrect posture shape in Albanian children. In our study participated 308 children aged 10-13 years (n = 151 girls, n = 157 boys) who were randomly selected from public schools of Tirana. To evaluate the prevalence of Scoliosis, Kyphosis (thoracic region) and Lordosis (lumbar region) in children we analyzed the children's posture shape in Anterior and Lateral View by using Postural Analysis Grid Chart and Posture Screen Mobile®-PSM (iPod). During the postural test children were less wearied in order to provide detailed data about their posture shape. For the statistical analyze we used "IBM SPSS Statistics 20" selecting Descriptive & Frequency Analyze. In our study Scoliosis resulted at 11.03% of subjects while Kyphosis (thoracic region) and Lordosis (lumbar region) in 3.57% and 6.49 % of the subjects. In addition to that, results showed that the prevalence of Scoliosis by gender was 12.7% in boys and 9.3% in girls, while Kyphosis (thoracic region) was 5.7% in boys and 1.3% in girls and Lordosis (lumbar region) 7.3% in girls and 5.7% in boys. Conclusions: Based on these results we highlight that incidents of incorrect posture occurred even in Albanian school age children. Scoliosis, even why is detected more in boys, seems to be present at both genders. It is obvious that children aged 10-13 years posture is affected even by Kyphosis, which is more prevalent in boys, and Lordosis that appears more in girls. Based on these conclusions we recommend that parents, teachers, and children should be more informed about good posture and the problems that might arise from an incorrect posture. Further studies are important to be conducted in this field, in order to prevent the occurrence of these incorrect posture shapes.

**Keywords:** *Incorrect Posture, 10-13 years old, Children, Scoliosis, Kyphosis, Lordosis.*

*Presentation: Poster*

## **THE MAXIMUM STRENGTH PARAMETERS INFLUENCING THE IMPROVEMENT OF SPEED RUNNING PHASES**

**Topic: Training and Performance,**

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### **Abstract**

The use of various training methods to improve the result in speed races is a major research by coaches. Each of the strength training methods has its importance and its role in improving running speed according to the running technical phases. The aim of this study is to identify the impact of two different training methods at the improvement of maximum strength has the main factor in improving the running speed according to its technical phases. Methods: In our study were involved two experimental groups (Gr-1 N=19; Gr-2 N=19) and one control group N=20, trained with different strength methods. The tests that were utilized consisted in: 60 m dash divided in two distance 0-30m and 30-60m; and isokinetic (Peak torque) muscular strength and isometric (Maximum torque) muscular strength. The data were elaborated with SPSS analytic system, using paired simple t-test and Pearson correlation test. The results obtained for Gr-1 shows: Maximum torque(R-L) 0-30m: r=0.89 r=0.62; 30-60m: r=0.83 r=0.61; 60m: r=0.86 r=0.62 (p<0.05). Peak torque(R-L) 0-30m: r=0.82 r=0.80; 30-60m r=0.76 r=0.74; 60m r=0.79 r=0.77(p<0.05). Speed running improvement 0-30m=0.31sec; 30-60m=0.15sec; 60m=0.45sec. Gr-2 shows: Peak torque(R-L) 0-30m: r=0.84 r=0.8; 30-60m:r=0.90 r=0.89; 60m:r=0.87 r=0.88 (p<0.05). Maximum torque(R-L) 0-30m: r=0.91 r=0.79; 30-60m: r=0.92 r=0.78; 60m: r=0.91 r=0.80 (p<0.05). Speed running improvement 0-30m=0.19sec; 30-60m=0.15sec; 60m=0.31sec. Conclusions: Based on obtained results, they show that the improvement of the maximum strength in athletic speed races remains the main factor in improving the running speed in these races. Different techniques of strength provide different correlations according to the technical phases of running speed. The improvement of the maximum strength through exercises that are standardized at the maximum of one repetition show higher correlation in the improvement of the first distance, so in the accelerating phase, while the plyometric exercises show dominant correlation at 30-60m and 60m distances. Despite the fact that both methods used in the study show significant data in the improvement of strength indicators, their



interchange in the process of improving the speed of running would be more effective.

**Keywords:** *strength, training, methods, speed, running phases, improvement.*

*Presentation: Poster*

**A COMPARISON STUDY FOR ANTHROPOMETRIC PARAMETERS IN YOUTH FEMALES (SPORTS VS NON SPORTS PARTICIPATION)**

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**Abstract**

Sports participation plays a crucial role in a health lifestyle. Children who are not of a healthy weight are at risk for a variety of health problems, making early identification of weight status important. This study aims comparison by age for those who take sports practices in volleyball and those who do not participate. for this reason where taken measurement for body weight and body height in 114 girls in Tirana. For the measurement of standing height, girls were asked to stand with their back against the board. The back, scapulae and buttocks were in contact with the vertical board . For the measurement of weight, girls asked to step up backwards onto the scale and standing still over the center of the scale with body weight evenly distributed between both feet. The results show a significant difference while comparing both group in three ages as follows: 11 years not practicing with practicing volleyball- 145,9 kg  $\pm$ 6,6 and 144,2 kg  $\pm$ 6,4 (p= 0.00); 38,27 kg  $\pm$ 5,95 and 35,7 kg  $\pm$ 4,2 (p= 0.00), 13 yrs of age- 156,5 cm  $\pm$ 4,77 with 157,1cm  $\pm$ 5,35 (p=0.07); 44,67 kg  $\pm$ 6,2 with 42,4 kg  $\pm$ 5,3 (p=0.01) and 14 yrs of age 159,06 cm  $\pm$ 6,55 with 160,1 cm  $\pm$ 7,22 (p= 0.04); 50,27 kg  $\pm$ 7,4 with 47,9 kg  $\pm$ 4,6 (p=0.00). Finally the results of this study show that there is a significant difference in body weight and body height in favor for those girls practicing volleyball.

**Keywords:** *girls, volleyball, measurement, weight, height*

## **MOTOR AND RECREATIONAL ACTIVITY FOR THE ELDERLY**

**Topic: Physical Activity and Health**

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### **Abstract**

Very often, the elderly feel that their advanced age is associated with many deprivations and with the lack of ambitious projects for the future. Adults ranging from the age of 50 and over can have a multitude of health benefits by doing physical activities. These benefits will continue to be verified for the whole life. Promoting physical activity for the elderly is particularly important because this part of the population has less active physical participation among all other age groups. The primary objectives must be those to improve joint mobility, muscle efficiency and the aerobic capacity. This type of activity is a sort of "medicine" against premature aging, both physical and mental, and helps you to feel useful, even with all the limitations imposed by age. It represents a strong thrust to combat every psychological negative condition and the creation of a state of mind more favorable for greater connection with everyday life.

**Keywords:** *physical activities, mobility, aerobic capacity,*

*Presentation: Poster*

**STRENGTH AND ITS STRUCTURE AT STUDENTS OF PHYSICAL EDUCATION OF STATE UNIVERSITY OF TETOVA**

**Topic: Training and Performance**

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**Abstract**

Motor space starts to be defined and it develops more clearly with high intensity together with other motor skills. Taking into consideration specific characteristics of students aged 18-19 (+/-6 months), we will try to determine the strength structure in the motor space with this specific students' age. This age has been selected randomly because the spreading of strength as a basic motor skill can be achieved more easily due to the fact that this is the age with the strongest development. Taking into consideration the systematic control of this homogenous sample we hope to achieve the objective of this study. In order to clarify the motor overview of this homogenous sample, we will try to reflect on the structure of strength upon the basis of energetic mechanism control, with the separation of some latent dimensions and preservation of good state of the organism as a whole. The objective of this research is to study the structure of strength in students' motor space; the analysis of strength as a latent dimension. This study aims to give evidence on latent dimensions of strength upon the basis of applicable tests. There will be used 12 variables which will detect and separate the strength on the basis of manifest tests.

**Key words:** *motor space, strength, static strength, repetitive strength, correlation*  
*Presentation: Poster*

## **THE ROLE OF BODY WEIGHT IN CARDIORESPIRATORY FITNESS IN BODYBUILDERS**

**Topic: Training and Performance**

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### **Abstract**

The purpose of this cross sectional study is to find out the role of body weight in cardiorespiratory fitness in bodybuilders using correlation analysis between this parameters. The data was collected from 20 male bodybuilders in Tirana did the usual training program. Ergometer test were used to evaluate the VO<sub>2</sub> Max and body weight and body height were measurement. Descriptive statistics for variables measurement on this study shows: Body weight- N= 20, min values 70.0 kg and max values 95.6 kg, mean values 83.9 kg and SD 8.6; Body height- N=20 min values 163.0cm and max values 190.0 cm, mean values 175.5 cm and SD 6.4; VO<sub>2</sub>max-N=20, min values 27.16 ml/kg/min and max 40.4 ml/kg/min, mean values 32.3 ml.kg/min and SD 4.2. The statistical analysis for correlation show: body weight with cardio respiratory fitness ( $r = .061$ ;  $p = 0.799$ ) and body height with cardio respiratory fitness ( $r = 0.017$ ;  $p = 0.943$ ). Finally the results show that there is no significant correlation between parameters measurement in the study.

**Key words:** *bodybuilders, body weight, body height ,*

*Presentation: Poster*

## **AN COMPARISON STUDY OF THE CHANGES OF SPEED PERFORMANCE IN YOUTH SOCCER PLAYERS**

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### **Abstract**

The goal of this study was to show the changes of speed performance in youth soccer players with increasing age. In this study participated 250 youth soccer players. The mean age of participant was 17.6 ( $\pm 1.6$ ) years. The youth were assessed for speed (50m). The mean ages in comparison were 16 yrs, 17 yrs and 18 yrs of age. Statistical test for comparison for three ages show a significant increase of the performance for running speed as follows: 16 yrs (min 6.5 seconds and maximum 7.65 seconds), 17 yrs (min 6.4 seconds and maximum 7.25 seconds) and 18 yrs (min 6.2 seconds and maximum 7.2 seconds). The results for mean and sd show as follows: 16 yrs (6.9 seconds; sd 0.3), 17 yrs (6.8 seconds; sd 0.2) and 18 yrs (6.7 seconds; sd 0.2). In conclusion the results of this study show a significant improvement in speed with increasing age (P value = 0.00) . This conclusion can play an important role in achieving better results in soccer games in youth aiming to a better planning of training session..

**Keywords;** *speed, youth, physical performance*

**SPORT PARTICIPATION AND GENDER DIFFERENCES AMONG ALBANIAN YOUNGSTERS.**

**Topic: Training and Performance**

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**Abstract**

Sport, with its impact on all aspects of individual life, has a vital role in today's modern society. The two main benefits we receive from physical activity are related with our physical and mental health. Participation in sports and physical activities begins at an early age, as one of the main needs children have to be active and have fun. With the increasing of age, participation motives change and so do the sport preferences. Sport participation is something that needs to be encouraged more, especially during childhood, as it teaches good manners that are most likely to continue in adulthood. The purpose of this study is to analyze the current situation in Albania, concerning the youth's participation in sport and the gender inequalities levels. In this study participated 1420 children (677 boys and 743 girls) from 6-16 years old. The questionnaires were distributed in secondary schools and high schools (randomly) in several cities in Albania. PAC-Q (Physical Activity Questionnaire- Children) was used and the collected dates were statistically elaborated with the SPSS 20. This study showed that participation in sport increases proportionally with the age and that sport participation levels are higher for males. Participation in football, volleyball, basketball and martial arts were increased by 20%, 40%, 34.1% and 7% respectively while in every-day and structured activities the differences were not very visible. Related to the gender participation levels, it was noticed that boy's participation was higher at every-day activities and specific sports while girl's participation was higher at structured activities. This study highlighted levels of participation in sports and various activities, gender differences in participation and age differences. In the future, this study can serve to the sport federations, sport clubs and physical education teachers in designing policy that favors and promotes sport participation.

**Keywords:** *Sport participation, Physical activity, Gender differences*  
*Presentation: Student poster session*

## **DIFFERENCES IN THE AEROBIC POWER TRAINING METHODS OF U16 FOOTBALL PLAYERS**

**Topic: Training and Performance**

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### **Abstract**

The physical training of young football players is one of the basic aspects that defines not only the short-term success of the athlete's performance in the game, but also the formation of a qualitative future player. If different aspects of a young sportsman's physical training are ignored or not trained properly, not only will be damaged the performance in game, but it will also stimulate at the young player the loss of self-confidence, the lack of pleasure gained from the game up to the abandonment of the sport for good, all of this from a bad job with the training of physical conditions of the new player. The purpose of the study is to ascertain the differences between work methods for aerobic endurance training, and specifically between the game-based method and jogging-based method, used for a 10-week period with U16 players (ages 15-17) both teams part of the Academy of Football Club "International Tirana". The results proved from the data analyses, showed that running methods are more effective, while gaming methods are more efficient. Both methods have their advantages and disadvantages, therefore their selective use is not advised. It would be useful to make a combination, depending on the training stage and its purpose in the macrocycle. Trainers can choose to use jogging or games depending on the psycho-social, physical and physiological characteristics of the team, it is important that the work on aerobic endurance training and its accurate planning, to be at the maximum consideration of the coach, while respecting the moments of psychological and physiological development (referred to the biological age) of their football players.

**Keywords:** *football, physical training, aerobic endurance, training methods, testing*

*Presentation: Poster*



**THE IMPACT OF PHYSICAL EXERCISES IN INCREASING THE EXPLOSIVE POWER ON VOLLEYBALL PLAYER OF DINAMO TEAM (AGE 16-18 YEARS OLD)**

**Topic: Training and Performance,**

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**Abstract**

All types of sports, especially volleyball has high demands in increasing the explosive power, which have an important effect in raising the vertical jump in volleyball and in the general performance of athletes. For this reason volleyball trainers must apply some specific physical exercises in order to increase the explosive power. According to the hypothesis if physical exercise that we have chosen, are appropriate to complete the purpose of raising the explosive power, for this reason we have done 3 tests in different period of time (January 2017) and (July 2017) in order to evaluate the improvement in explosive power after applying the selected physical exercises. The number of the subjects that participates in the research study are 20 volleyball players (age 16-18 years old). Three test procedures and assessment are supported by LEONARDO MECHANOGRAPHY which are: 1. Multiple two leg hopping (m2HL) test 2. Single two leg jump (s2LJ) test (without using arms) 3. Single two leg jump (s2LJ) test (using arms). After first period of measurements (January 2017) volleyball players have conducted some specific physical exercises for six months in order to increase the explosive power. At the end of the physical exercises application, which coincides with the second period of measurements, the subjects have conducted the same tests to see the difference and the effect of the selected exercises. In both periods of measurements, they have performed two times for each test and we took on consideration the best result. The results of this study shows that the selected physical exercises are appropriate to increase the explosive power and the vertical jump of volleyball players. According to this study those selected physical exercises are good example that trainers must consider on.

**Keywords:** *physical exercises, explosive power, volleyball players*

*Presentation: Poster*

## **MOTOR ABILITIES EVALUATION IN 16-18 YEARS OLD BASKETBALL PLAYERS**

**Topic: Training and Performance**

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### **Abstract**

The Evaluation of motor skills level at basketball players of young ages 16 to 18 years old and identifying or finding possible differences in motor skills, between the players of the positions: Play makers, Guards and Centers of the two teams selected. The subjects were members of the basketball team: "Real Basket" & "Invaders". The tests performed are as follows: Standing long jump test, 20 m Sprint test, 10x5 m sprint (Skillness, Agility), Flexibility Sit and Reach cm, Single two legs jump s2LJ with hands help (Platform Leonardo), Single two legs jump without the help of hands, s2LJ (Platform Leonardo), Max. Absolute O<sub>2</sub> Consumption (lit/min) Lab. Physiology (Astrand Test), Max. Relativ O<sub>2</sub> Consumption (ml/kg/min) Lab. Physiology (Astrand Test)

**Keywords:** *Youth, basketball, motor abilities evaluation*

*Presentation: Poster*

**TEST-RETEST RELIABILITY OF SENSEWAVE COMPUTERIZED POSTUROGRAPHY ASSESSING BALANCE IN UPRIGHT STANCE IN EITHER STATIC AND DYNAMIC CONDITIONS**

**Topic: Training and Performance**

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**Abstract**

Computerized posturography assesses postural stability and characteristics of balance control in a standing posture based on force platform derived center of pressure (CoP) variables such as the center of pressure track (CoPT), or the area of sway (RoM). Postural stability requires complex integration of multiple inputs from the vestibular, visual, and somatosensory organs in the central and peripheral nervous systems. Establishment of normative or reference data and diagnostically conclusive evaluation for static and dynamic posturography require a high test-retest reliability. Furthermore, reliability of computerized posturography is essential for the identification of intervention effects in any setting (sport, motor development, clinical assessment or rehabilitation). This study aimed to assess the within-day and between-day reliability of several center of pressure (CoP)-based measures (self-selected stance on a stable or unstable surface with eyes open, eyes closed, standing on a foam pad). A further objective of the study was to look for possible habituation effects. All testing was conducted on the Sensewave Medical (Sense Product, Vienna, Austria), a commercially available posturographic system recording (CoP) data with a sampling frequency of up to 100 Hz. Sixteen young healthy participants completed five testing sessions (consisting of 8 different tests items, respectively) within one day (test day 1 = TD1) separated by one hour each, as well as two further sessions exactly 7 days (TD2) and 14 days (TD3) later at the same time of the day, respectively. Reliability was determined using one way Anova RM. Six-teen healthy subjects (8 males, 8 females, mean age  $23.25 \pm 1.75$ , BMI  $20.7 \pm 3$  for females and  $24 \pm 3$  for males) were evaluated. Repeated measure Anova is used to analyze the data. Significant improvement was demonstrated under the 6th condition where the subjects had to stand closed eyes on the dynamic platform but not under the other ones. The results of this study demonstrated a low test-retest reliability of sensewave computerized posturography for testing postural stability in young healthy adults with a moderate physical activity level. Future studies with balance impairment patients and a larger group of patients are needed to determine the effectiveness of sensewave computerized posturography on postural control.

**Keywords:** *Sensewave, postural stability, CoP.*

*Presentation: Poster*

## **THE PROFILE OF PHYSICAL EDUCATION TEACHERS IN ALBANIA; URBAN VS RURAL AREAS**

**Jurgen Hoxha, Anisa Nurja, Ditmar Jubica**

### **Abstract**

This study aims finding out the philosophy profiles of physical education teachers in Albania (134 physical education teachers, 64 males and 60 females), and also comparing those teacher who teach in urban and rural areas. Questionnaire was performed with physical education teacher with the aim finding out five philosophical profiles 1 – Pragmatic profile, 2 – Idealist profile, 3 – Positivist profile, 4 – Existentialist profile, 5 – Socio - critical profile. Physical education (PE) teachers help students improve their physical development, and also promote healthy life skills. A bachelor's degree and teaching license are requirements for this job.

The results from the questionnaire showed the evaluation for the differences between urban and rural PE teachers using the demographic (urban, rural) as independent factor. Urban

The result of this demographic study show us the big prevalence difference between idealist profile at urban PE teachers that has much more valid percent than in rural PE teachers

**Keywords:** *Philosophy, physical education, teachers, demography, Albania*  
*Presentation: Poster*

**IMPACT OF STRETCHING EXERCISES IN PREVENTING THE INJURIES DURING TRAINING AND COMPETITION OF ATHLETES.**

**Topic: Training and Performance**

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**Abstract**

Stretching is one of the most controversial issues in exercise and sports. It is a form of exercise in which particular muscles tend to build flexibility and ease of tension. Runners pursue training programs focusing on speeding and sustainability. For this reason, in their training sessions, the exercise of stretching in the right way affects: To improve the structure and build muscle tissue; In the best fit of their elastic and resistant functions and properties; To the qualitative improvement of the neurophysiological structure in the fibers of actin and myosin, in the tendons and ligaments; At a degree of articular mobility increase (amplitude and angles); In learning, improving, accurate, quicker acquisition of the movable-technical and coordinative scheme and consequently; In preventing the muscle trauma of those runners who are trained to improve their skills.

**Keywords:** *Stretching exercises, performance, sport*

*Presentation: Poster*

**THE CORRELATION OF BODY HEIGHT AND WEIGHT WITH ARM, THIGHS AND CALF CIRCUMFERENCE IN ELITE TEAM SPORTS IN KOSOVO**

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**Abstract**

The purpose of this study was to show the correlation of body height and weight with arm, thighs and calf circumference in elite team sports in Kosovo. The participant (N= 39) were elite players from the three different disciplines of basketball, handball and volleyball. For each player anthropometric measurements such as weight, body height, and circumference were measurement in respective gyms who had usual training sessions. The results of this study showed: body height with arm circumference was  $r= 0.74$  ( $p= 0.000$ ), body height with thighs circumference was  $r= 0.49$  ( $p= 0.002$ ), body height with calf circumference was  $r= 0.59$  ( $p= 0.000$ ); body weight with arm circumference was  $r= 0.9$  ( $p= 0.000$ ), body weight with thighs circumference was  $r= 0.44$  ( $p= 0.005$ ), body weight with calf circumference was  $r= 0.77$  ( $p= 0.000$ ), BMI with arm circumference was  $r= 0.76$  ( $p= 0.000$ ), BMI with thighs circumference was  $r= 0.7$  ( $p= 0.000$ ), BMI with calf circumference was  $r= 0.67$  ( $p= 0.000$ ). Finally the results showed that in all comparison made by the statistical analysis there were significant correlation of body height, weight and BMI with arm, thighs and calf circumference.

**Keywords :** *anthropometrics, weight, height, circumference*

*Presentation: Poster*

## **SYMMETRY OF MOVEMENT, AN IMPORTANT FACTOR IN THE BOXER'S PERFORMANCE**

### **Topic: Training and Performance**

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### **Abstract**

The theory of training has already established that a high level of coordination in general, and that of symmetry, in particular, will lead to a very high level of sporting performance. The impact of this theory in researches for boxing, is generally less affected, though finding new methods in the training process and reserve factors for achieving high scores is an area that affects every elite sports specialist. Believing that (hypothesis): 1. Symmetry of movements affects the performance of boxers 2. The exercises for the education of the symmetry of movement influence the understanding of the technical schemes more consciously by the subjects. We approached Teuta Boxing Team, applying a multi-year study on its members. We selected two simple tests, one for the upper limbs and one to lower them. where they tested a total of 31 boxers divided into 2 age groups. With statistical methods were carried out comparisons between the extremities as well as the impact of the training program (3 months) with a focus on symmetry of movement in performance development. We compared the results of the ages of 14 to 15 years old over the years, as well as the performance of elite athletes during the course of the years. With measurable parameters was established that: Achieving high performances and results also requires the exercise of the symmetry of motion which affects the improvement of the moving schemes (techniques); Developing motion symmetry will help boxers to work better with both wings, thus increasing their technical tactical trunk, making them potentially more "threatening" to different challengers; One of the subjects, an elite sportsman, was found to have significant weaknesses in the right foot performance. Thanks to the program it was implemented, it achieved spectacular improvements, affecting the sports performance (international medals)

**Keywords:** *Movement symmetry, boxing, sports performance, results, talents, limbs*

*Presentation: Poster*



## **THE TEMPO GROWTH OF HEIGHT AND WEIGHT OF BODY, AND BMI OF THE STUDENTS OF GJAKOVA AND TIRANA.**

**Topic: Anthropometric Measurements**

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### **Abstract**

Anthropometric research is an immediate requirement for the entire elementary and middle school education system, a requirement that is related to physical education and its impact on the health of students in general. In our practice the measurement of weight and body height and waist circumference are among the most important, as through them we get a lot of data, one of which is the body mass index or BMI as it is used in academic environments. These data are related to the evidence of the condition and the prevention of a variety of diseases, starting with those cardio-vascular and ending with neuro-muscular syndromes. The first data that comes out of measuring these indices is obesity. What is obesity? Obesity is an abnormal fat accumulation in the body, usually 20% or more above the ideal weight, an amount that predisposes the appearance of many diseases of organs and systems of the human body and negatively affects the quality and length of life. In order to know the appropriate body weight, the BMI is calculated (body mass index), calculated by dividing the body weight with the height raised in square ( $m^2$ ). The normal value of this index for people who do not deal with physical activity is up to  $25 \text{ kg} / m^2$ , while overweight can be classified as people with a body weight index above  $25 \text{ kg} / m^2$ . In addition to the above, we undertake this study to promote the participation of as many children to do aerobic exercises. Meanwhile, care should be taken of some disorders that they could have been born with or gained through the wrong training. It should be said that in the first appearance some heart disorders appear to be positive factors in increasing the ability of the heart to work, but that are not. So, we can list: **Bradycardia**, or low pulse at speeds below 50 pulses per minute. **Tachycardia**, or high pulse at speeds above 85 beats per minute. **Arrhythmia**, or intermittent pulse, usually occurs with children every 10 beatings. **Fatigue or pulse syndrome** after a certain load does not return to normal after 5 minutes. These indicators or one of them, when resulting in this diagnosis, especially for the student warn us of a possible heart blockage, hypertension, recent myocardial infarction or cardiomyopathy. So, it is required that all students to be tested and checked in the direction of Fc beatings. as the main indicator for the preliminary evaluation of the cardiovascular system.

**Keywords:** *Body weight, Body height, BMI, Living style.*

*Presentation: Poster*

CIP Katalogimi në botim BK Tiranë

UNIVERSITETI I SPORTEVE

Sports science toward the future :

International conference in sport science (ICSS) : Tirana , 3-4 November  
2017 : book of abstracs / Universiteti I Sporteve. – Tiranë :

Argeta LMG, 2017

90 f; 21 x 29.7 cm

ISBN: 978 9928 192 53 0

1. Sporte 2. Konferenca

796 (062)