



**5th International Scientific Conference  
„Physical Activity, Health and Quality of Life“  
Košice, Slovakia**



**24 APRIL 2024, WEDNESDAY**

From 15:00	Arrival, accommodation Hotel Lesanka, Košická Belá 1160, 044 65 Hotel Sivec, Košická Belá-Košické Hámre, 044 65
15:30 – 17:00	Social program, wellness
17:00 – 18:00	Bowling
18:00 – 19:30	Dinner

**25 APRIL 2024, THURSDAY**

7:30 – 9:00	Breakfast
9:30 – 9:45	Opening ceremony – Conference room
9:45 – 11:00	Plenary session – Conference room <i>Chairmen: prof. PaedDr. Ján Junger, CSc.; prof. dr hab. Jacek Wąsik</i> <b>Relationship of cardiorespiratory fitness of university students with leisure-time physical activity and somatic parameters</b> dr. hab. prof. UR Emilian Zadarko <b>Behavioural innovations in the context of physical activity, health, and quality of life</b> Mgr. Iveta Rajničová Nagyová, PhD. <b>Associations between organized team and individual sports and adolescent mental well-being</b> Mgr. Zdeněk Hamřík, Ph.D.
11:00 – 11:30	Coffee break
11:30 – 12:30	Session I – Conference room <i>Chairmen: doc. PaedDr. Klaudia Zusková, PhD.; dr hab. Mariusz Ozimek prof. AWF</i>
	<b>The effect of a health-oriented exercise program on body weight and body posture in schoolgirls</b> Elena Bendíková, Peter Šagát <b>Changes in somatic indicators and health-oriented fitness of boys and girls of younger school age</b> Robert Rozim <b>Selected active and inactive lifestyle forms among university Students</b> Ján Junger, Agáta Horbacz, Ferdinand Salonna, Ivan Uher

	<p><b>Teachers' experiences and preparedness to work with students with depression and in mental health crisis: results of the Heads Up project</b> Maja Gajda</p> <p><b>Motivating active lifestyles: an interdisciplinary approach to encourage physical and sports activities</b> Aleš Vlk</p>
12:30 – 14:00	<p><b>Lunch</b></p> <p><b>Session II – Conference room</b> <i>Chairmen: prof. PaedDr. Elena Bendíková, PhD.; prof. dr hab. Anatolii Tsos</i></p>
14:00 – 15:00	
	<p><b>The share of attention training in sports preparation in top athletes on sports performance</b> Marie Blahutková, Martin Dlouhý, Svatava Nováková, Zuzana Küchelová, Miroslaw Górny, Miroslav Sližik</p> <p><b>Potential effects of Finnish sauna use in the process of improving body composition characteristics</b> Robert Podstawski, Krzysztof Borysławski, Bożena Hinca, Kevin J. Finn, Aleksandra Dziełak</p> <p><b>Aerobic performance and physical activity among Pavol Jozef Šafárik University students post-COVID-19</b> Marcel Čurgali, Agáta Horbacz, Ján Junger</p> <p><b>Analysis of physical activity readiness in eastern Slovakia university students amid the COVID-19 pandemic</b> Richard Melichar, Dávid Kaško, Ján Junger</p> <p><b>Comparison of cardiovascular fitness and beep test performance in university students</b> Dávid Kaško, Richard Melichar, Agáta Horbacz, Ján Junger</p>
15:00 – 15:20	<p><b>Coffee break</b></p> <p><b>Poster Session</b> <i>Chairmen: dr Maria Zadarko-Domaradzka; dr hab. Eligiusz Matolepszy, prof. nadzw. UJD</i></p>
15:20 – 16:30	
	<p><b>Does finger hang provide a valid estimate of finger flexor endurance in differing ability groups of sport climbers?</b> Patrik Berta, Jiří Baláš</p> <p><b>Recommended physical activity in neurodegenerative diseases</b> Joanna Cholewa</p> <p><b>Evaluation of visual search indices in relation to the sports skill level: preliminary investigation</b> Kacper Cieśluk, Justyna Krzepota, Dorota Sadowska</p> <p><b>Environmental literacy of adults about the state of the environment, impact on health and physical activity.</b> Iveta Cimboláková, Ivan Uher</p> <p><b>Analysis of injuries in football</b> Natália Czaková, Janka Kanášová, Jakub Mlej</p>

**Organisation of extracurricular physical education work in general secondary education institutions in the context of war**

Olena Demyanchuk

**Women's sport in Poland in "Przegląd Sportowy" in the years 1921-1939**

Teresa Drozdek-Matolepsza

**The relationship between body composition, vertical jump performance and peak anaerobic power in male volleyball players**

Krzysztof Frączek

**Evaluation of the impact force of the side and turning kick of taekwon-do athletes**

Tomasz Góra, Dariusz Mosler, Jacek Wąsik

**Measurement of the vaginal pressure profile during selected sports activities**

Magdalena Hagovska, Alena Buková, Ján Švihra, Lingge Meng, Jennifer Kruger

**Levels of quality of life, aerobic endurance and physical parameters in 15-19 year old adolescents**

Nora Halmová, Jaroslav Broďáni, Janka Kanášová, Monika Czaková

**Self-reported physical activity and aerobic endurance in Slovak female university students**

Agata Horbacz, Mária Majherová, Richard Melichar, Ján Junger

**Features of servicemen's stress resistance in the context of current challenges and threats under martial law**

Svitlana Indyka, Nataliia Bielikova, Anatolii Tsos

**Football players' awareness of injury prevention strategies**

Ladislav Kručanica, Daniel Fertal

**Hidden shortcomings of balance training research in older adults: Scoping review**

Zuzana Kováčiková, Iveta Cimboláková, Marcel Čurgali, Jana Labudová, Erika Zemková

**The contribution of psychomotoricity activities to the health and quality of life of socialworkers caring for the elderly – ERASMUS + project**

Zuzana Küchelová

**Psychomotor games and their application in school-aged children at first-level primary schools**

Zuzana Küchelová, Petra Tomková

**Sport in rural areas in Poland in 1918-1939**

Eligjusz Matolepszy

**Association between physical activity level, body composition and phase angle in university students from Krosno**

Monika Musijowska, Edyta Kwilosz, Grzegorz Sobolewski

**Body mass index and cardiorespiratory endurance of 15-19-year-old girls from the Polish-Ukrainian borderland**

Monika Musijowska, Zbigniew Barabasz, Emilian Zadarko, Mariusz Ozimek, Krzysztof Frączek, Edyta Nizioł-Babiarz, Maria Zadarko-Domaradzka

**The level of health behaviours of Polish University students - a cross-sectional multicenter study**

Edyta Nizioł-Babiarz, Maria Zadarko-Domaradzka

**Body composition of women practicing yoga and training Zumba - a comparative analysis**

Aneta Anna Omelan, Justyna Wiśniewska, Robert Podstawski

**Young people of Krakow's primary and secondary schools and active forms of tourism**

Mariusz Ozimek, Adam Jurczak, Emilian Zadarko, Zbigniew Barabasz, Maciej Huzarski, Maria Zadarko-Domaradzka

**Women's activity in the Olympic movement from 1896 to 1936**

Renata Urban

**Formation of motivational interest in physical education and sports among students**

Liudmyla Vashchuk, Demyanchuk Olena, Vasyl Pantik

**The essence and evolution of the concept of "quality of life" in economics**

Liudmyla Yelisieieva

18:00 – 02:00

Gala Dinner

**26 APRIL 2024, FRIDAY**

8:00 – 10:00

Breakfast

10:00 – 10:30

Closing ceremony

10:00 – 15:00

Workshop: Heads Up:  
**Teacher and Mental Health of Adolescents. (in Slovak)**

**Address:** Kulturfabrik Tabačka (Gorkého 2, Košice)

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