



## 6th International Scientific Conference "Physical Activity, Health and Quality of Life "

Košice, Slovakia



*Partners:*



### Conference program

| 23 SEPTEMBER 2026, WEDNESDAY         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| 16:20 – 18:00                        | Guided city tour – meeting point – St. Elisabeth Cathedral main entrance                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 18:30 – 19:30                        | Dinner                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 19:30 – 22:00                        | Round Table Discussion: New Perspectives on International Scientific Collaboration                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 24 SEPTEMBER 2026, THURSDAY          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 8:00 – 8:45<br>historic auditorium   | Registration                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 9:00 – 9:30<br>historic auditorium   | Opening ceremony                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 9:30 – 11:00<br>historic auditorium  | <b><i>Plenary session</i></b><br><i>Chairs: prof. PaedDr. Elena Bendíková, PhD.;</i> <b>* prof. dr hab. Jacek Wąsik</b><br><br>Environmental determinants and drivers in physical activity research<br><b>Prof. Mgr. Josef Mitáš, Ph.D.</b><br><br>Physical activity of university and secondary school students in the V4 countries in the last decade<br><b>Prof. Dr. Pongrác Ács</b><br><br>Exercise as the first medicine – why should physical activity precede pharmacotherapy from an early age?<br><b>Mgr. Jarosław Herbert, Ph.D., Assistant Professor</b> |
| 11:00 – 11:15                        | Coffee break                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 11:15 – 12:30<br>historic auditorium | <b><i>Session I</i></b><br><b><i>Physical Activity, Health and Well-being Across the Lifespan</i></b><br><i>Chairs: dr. hab. prof. UR Emilian Zadarko*;</i> <b>dr hab. Zbigniew Barabasz, prof. PANS*</b>                                                                                                                                                                                                                                                                                                                                                           |

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|                                                | <p><b>Lessons from the Blue Zones: Physical Activity in Older Adults and Longevity Principles from Okinawa</b><br/>Tatiana Kimáková, Filip Komanický, Alena Buková</p> <p><b>Sleep Quality in Female University Students: Effects of Aerobic and Combined Exercise Training</b><br/>Ferdinand Salonna, Patrik Berta, Petra Melicharová, Dávid Kaško, Zuzana Küchelová, and Alena Buková</p> <p><b>A composite performance score in children attending early sport specialization and early sampling programs</b><br/>Richard Melichar, Tomáš Perič</p> <p><b>Physical activity as a determinant of Health, Functional Performance, and Quality of Life</b><br/>Peter Kalanin</p> <p><b>Association between Physical Activity-related Health Competence and Physical Activity among Adolescents in the Visegrad Countries</b><br/>Alexandra Makai, Ferdinand Salonna, Ján Junger, Marcin Weiner, Ewelina Niżnikowska, Viktória Prémusz, Pongrács Ács</p> <p><b>Dicussion, Q&amp;A</b></p>                                                                              |
| <p>11:15 – 12:30</p> <p>large meeting room</p> | <p><b><i>Session II</i></b><br/><b><i>Exercise Physiology, Performance and Innovative Approaches in Sport</i></b><br/><b><i>Chairs: prof. Mgr. Josef Mitáš, Ph.D.; doc. PaedDr. Ivan Uher, MPH, PhD.*</i></b></p> <p><b>Physiological and Mood Response to a Single 60-Minute Nirvana Fitness Session in Young Women</b><br/>Robert Podstawski, Krzysztof Borystawski, Bożena Hinca, Paweł Jastrzębski, Emilia Bałdyga, Anna Podstawska, Aneta Omelan, Attila Szabo</p> <p><b>The Effect of a 6-Minute Strength-Endurance Effort on the Effectiveness of Cardiopulmonary Resuscitation</b><br/>Robert Podstawski, Krzysztof Borystawski, Paweł Jastrzębski, Jadwiga Snarska, Emilia Bałdyga, Attila Szabo</p> <p><b>Portable Resistance in Mixed-Reality Boxing: Higher Exercise Intensity with Preserved Enjoyment and Flow</b><br/>Jacek Polechoński, Aleksandra Daniel, Małgorzata Dębska-Janus, Anna Witkowska, Jarosław Cholewa</p> <p><b>Diagnostics of Strength Abilities of Paralympic Athletes</b><br/>Kamil Povrazník</p> <p><b>Discussion, Q&amp;A</b></p> |
| 12:45 – 14:15                                  | Lunch                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

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| 14:15 – 15:15                                                | <p><b><i>Session III</i></b></p> <p><b><i>Physical Activity, Postural Health and Pediatric Health, Physical Education and Educational Innovation</i></b></p> <p><b><i>Chairs: dr hab. Robert Podstawski, prof. UWM; dr hab. Jarosław Cholewa, prof. AWF*</i></b></p> <p><b>Assessment of Risk Factors for Hypertension in Preschool Children</b><br/>Jarosław Herbert, Vasylyna Petrovets, Weronika Pigóra, Aleksandra Wiazicka, Piotr Matłosz</p> <p><b>Pediatric Flatfoot: A Review of Diagnosis, Development, and Intervention Options</b><br/>Filip Komanický, Michal Rafajdus, Tatiana Kimáková</p> <p><b>Undergraduate Education of Future Physical and Sport Education Teachers in the Field of Postural Health</b><br/>Elena Bendíková, Robert Rozim</p> <p><b>Between Reconstruction and Cooperation: The Beginnings of Contacts Between the Łódź Sports Community and Slovak Athletes After World War II (1945–1949)</b><br/>Julian Jaroszewski</p> <p><b>Innovative Trends in Improving the Quality of Preparation of Future Primary Education Teachers in the Context of the Educational Area of Health and Movement</b><br/>Robert Rozim, Miroslav Bendík</p> <p><b>Discussion, Q&amp;A</b></p> |
| 15:15 – 15:30                                                | Coffee break                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 15:30-16:00<br>small meeting room<br>(2 <sup>nd</sup> floor) | <p><b><i>Session IV</i></b></p> <p><b><i>Poster session</i></b></p> <p><b><i>Chairs: prof. dr. hab. Eligiusz Małolepszy, Monika Bigosińska, PhD.</i></b></p> <p>1. <b>Association of Preoperative Self-Efficacy with Physical Activity after Total Hip Replacement in Osteoarthritis</b><br/>Julius Evelley, Peter Polan, Alena Bukova, Iveta Nagyova</p> <p>2. <b>Occupational Differences in Adiposity Profiles and Self-Reported Physical Activity: A Cross-Sectional Comparison of Production Workers, Administrative Employees, and Teachers</b><br/>Paweł Kożuch, Katarzyna Sztafa-Cabała</p> <p>3. <b>Recovery Methods and Their Effectiveness in Restoring Performance and Reducing Fatigue in Elite Female Volleyball Players</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

Agata Horbach, Michaela Il'ková, Mária Majherová

**4. Phase-Specific Biomechanical Differences Between Countermovement and Abalakov Jumps in Male Volleyball Players**

Krzysztof Frączek, Dominik Stanisławczyk, Wojciech Grzyb

**5. Relative Importance of Body Composition Parameters as Determinants of Functional Performance in Older Women: A Pilot Study**

Krzysztof Frączek, Sławomir Drozd, Monika Musijowska, Edyta Kwilosz, Agnieszka Kijowska, Renata Dziubaszewska

**6. Relationship Between Leisure-Time Physical Activity, Cardiorespiratory Fitness and Heart Rate Recovery in University Students**

Emilian Zadarko, Maria Zadarko-Domaradzka, Anna Radwańska, Edyta Nizioł-Babiarz, Mariusz Ozimek, Maciej Huzarski, Monika Musiejowska, Edyta Kwilosz, Zbigniew Barabasz

**7. Predictive Potential of Gymnastics in the Development of Physical Literacy in Children**

Milena Švedová

**8. Quality of Life among Ukrainian University Students: Educational and Social Determinants of Physical and Mental Health**

Anatolii Tsos

**9. Body Composition and Cardiorespiratory Fitness in Relation to Eating Disorders Risk among University Students**

Monika Musijowska, Edyta Kwilosz, Grzegorz Sobolewski, Emilian Zadarko, Maria Zadarko-Domaradzka

**10. Assessment of the Diet Quality of Primary School Children Using the Pro-Healthy Diet Index (pHDI-10, Pro-Healthy-Diet-Index-10)**

Monika Bigosińska, Izabella Adamowicz

**11. Promoting Physical Activity among Senior School Students through Fitness and Sports Tourism in Extracurricular Settings**

Liudmyla Vashchuk, Olena Demianchuk

**12. Tourism in Poland as Presented in the Lwów Periodical Sport, 1922–1927**

Eligiusz Małolepszy, Teresa Drozdek-Małolepsza

**13. Activities of the Stanisławów District Football Association (1934–1939): Football in a Multiethnic Society**

Eligiusz Małolepszy, Krzysztof Kościński, Teresa Drozdek-Małolepsza

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|               | <p><b>14. Coubertin's Idea of the International Olympic Academy and Its Implementation – The Case of Poland and Slovakia</b><br/>Renata Urban</p> <p><b>15. Assessment of University Students' Physical Activity Based on Subjective and Objective Measurements in the Hungarian Sample of a V4-Country Study</b><br/>Tamás Beregi, Alexandra Makai, Viktória Prémusz, Arnold Koltai, Eszter Hallósy, Pongrácz Ács</p> <p><b>16. Selected aspects of motor skills among young footballers at junior competition level in Poland</b><br/>Mariusz Ozimek, Jerzy Lipczyński, Emilian Zadarko, Zbigniew Barabasz, Maria Zadarko-Domaradzka</p> <p><b>17. Motives and barriers to physical activity among women in military service in the context of socio-occupational variables</b><br/>Jolanta Pilarczyk, Dorota Sadowska, Justyna Krzepota</p> <p><b>18. Coping Styles, Perceived Stress, and Salivary Cortisol Concentrations – A Comparison of Female Students and Women Over 40 Years of Age</b><br/>Agata Szlachetka, Magdalena Bartnicka, Krzysztof Wrześniewski, Tomasz Pałka, Ewa Sobiło-Rydzik, Monika Bigosińska, Anna Kurkiewicz-Piotrowska</p> <p><b>19. Physical Activity, Health-Related Quality of Life and Psychological Distress among Physical Education and Sport Academic Staff: Ukraine and Central Europe</b><br/>Svitlana Indyka, Natalia Bielikova, Anatolii Tsos</p> <p><b>20. Prolonged Sitting and Its Consequences: Preventing Harm Through Movement Breaks</b><br/>Filip Komanický, Tatiana Kimáková, Michal Rafajdus</p> |
| 18:30 – 01:00 | Gala Dinner                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

**25 SEPTEMBER 2026, FRIDAY**

*Session V*

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| 09:00 – 10:00<br>small<br>meeting<br>room IPES | <p><i>Physical Activity, Health, Nutrition and Human Performance</i></p> <p><i>Chairs: prof. MUDr. PhDr. Peter Kalanin, PhD. et PhD., MHA, MPH, DBA;<br/>prof. Anatolii Tsos, DrSc.</i></p> <p><b>Usable data yield of a consumer wrist-worn monitor in a 12-week aerobic training study in female university students</b></p> <p>Patrik Berta, Ferdinand Salonna, Dávid Kaško, Zuzana Kuchelová, Alena Buková</p> <p><b>Concentration Performance Among Secondary School Students: Differences by School Type and Gender in the Context of Physical Activity</b></p> <p>Marcel Čurgali, Kristína Čurgali, Jessica Oravcová, Nora Halmová</p> <p><b>Mediterranean Dietary Patterns among Female University Students: Baseline Data from the GutGirl Study</b></p> <p>Dávid Kaško, Alena Buková, Ferdinand Salonna, Patrik Berta, Petra Melicharová, Zuzana Küchelová, Vlasta Demečková, Mária Ryníková</p> <p><b>Changes in Dietary Habits during a 10-Week Physical Activity Intervention among Female University Students</b></p> <p>Zuzana Küchelová, Alena Buková, Ferdinand Salonna, Patrik Berta, Petra Melicharová, Dávid Kaško, Elina Kasumova, Vlasta Demečková, Mária Ryníková</p> <p><b>Bilateral Differences in Impact Force and Segmental Acceleration during the ITF Taekwon-Do Turning Kick</b></p> <p>Tomasz Góra, Jacek Wąsik</p> <p><b>Discussion, Q&amp;A</b></p> |
| 10:00 – 10:30                                  | <b>Closing ceremony</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 10:30 – 12:00<br>small<br>meeting<br>room IPES | <b>Closed Working Meeting: Opportunities for Joint Cross-Border Projects</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

\* after confirmation by email