

# JÓZEF PIŁSUDSKI UNIVERSITY OF PHYSICAL EDUCATION IN WARSAW, UNIVERSITY COLLEGE IN BIAŁA PODLASKA,



## THE 16<sup>TH</sup> CONFERENCE OF BALTIC SOCIETY OF SPORT SCIENCES

### “CURRENT TRENDS IN SPORTS SCIENCES AND PHYSICAL EDUCATION”

**MAY 25-26<sup>TH</sup>, 2023**

DEAR FRIENDS,

ON BEHALF OF THE BALTIC SOCIETY OF SPORT SCIENCES (BSSS), AND THE RECTOR OF JÓZEF PIŁSUDSKI UNIVERSITY OF PHYSICAL EDUCATION IN WARSAW, UNIVERSITY COLLEGE IN BIAŁA PODLASKA, POLAND, WE HAVE THE HONOR TO INVITE YOU TO TAKE PART IN THE 16<sup>TH</sup> BALTIC STATES SPORT SCIENCE CONFERENCE “CURRENT TRENDS IN SPORTS SCIENCES AND PHYSICAL EDUCATION” IN BIAŁA PODLASKA, POLAND.

UNIVERSITY COLLEGE IN BIAŁA PODLASKA, POLAND, HAS THE HONOR TO ASSUME THE MAIN RESPONSIBILITY FOR THE ORGANIZATION OF THE CONFERENCE.

THE ANNUAL EVENT BRINGS TOGETHER THE TEACHING STAFF AND DOCTORAL STUDENTS FROM THE INSTITUTIONS OF UNIVERSITY-LEVEL EDUCATION IN THE BALTIC STATES AND SEVERAL OTHER COUNTRIES. TRADITIONALLY, THE CONFERENCE OFFERS THE OPPORTUNITY FOR COLLEAGUES TO LEARN ABOUT THE RESEARCH RESULTS YIELDED BY OTHERS AND TO LAUNCH OR RENEW COOPERATION PROJECTS. THE FORMAT OF THE CONFERENCE HOPEFULLY ENCOURAGES ACADEMIC DISCUSSIONS AND INTERACTION BETWEEN THE PARTICIPANTS AND RENOWNED SCIENTISTS WHO HAVE BEEN INVITED TO DELIVER KEYNOTE SPEECHES.

THE CONFERENCE TRADITIONALLY INCLUDES COMPETITION FOR THE AWARD OF YOUNG SCIENTISTS, WHO GET THE CHANCE TO EXCHANGE IDEAS AND ESTABLISH CONTACTS FOR DEVELOPING THEIR RESEARCH PROJECTS.

THE CONFERENCE IS GOING TO BE HELD AT THE REGIONAL CENTER FOR RESEARCH AND DEVELOPMENT AT UNIVERSITY COLLEGE IN BIAŁA PODLASKA, WHICH HAS EXCELLENT FACILITIES FOR SUCCESSFUL SCIENTIFIC MEETINGS. THE CONFERENCE VENUE IS LOCATED CLOSE TO THE CITY CENTER, ALLOWING EASY ACCESS TO SEVERAL HOTELS, SHOPS, AND RESTAURANTS. WE ARE LOOKING FORWARD TO SEEING YOU IN BIAŁA PODLASKA, POLAND.

CHAIRMAN OF THE CONFERENCE SCIENTIFIC COMMITTEE

PROF. JERZY SADOWSKI



## GENERAL INFORMATION

**TITLE: THE 16<sup>TH</sup> CONFERENCE OF BALTIC SOCIETY OF SPORT SCIENCES**

**“CURRENT TRENDS IN SPORTS SCIENCES AND PHYSICAL EDUCATION”**

**DATES: MAY 25 – 26, 2023, BIAŁA PODLASKA, POLAND**

**CONFERENCE LANGUAGE: ENGLISH**

**CONFERENCE WEBSITE: [WWW.BSSS.AWF-BP.EDU.PL](http://www.BSSS.AWF-BP.EDU.PL)**

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## VENUE

**THE CONFERENCE VENUE IS:**



**REGIONAL CENTER FOR RESEARCH AND DEVELOPMENT IN BIAŁA PODLASKA**  
**JÓZEF PIŁSUDSKI UNIVERSITY OF PHYSICAL EDUCATION IN WARSAW**  
**UNIVERSITY COLLEGE IN BIAŁA PODLASKA**  
**21-500 BIAŁA PODLASKA**  
**AKADEMICKA 2**  
**POLAND**

## CONFERENCE COMMITTEE

### SCIENTIFIC COMMITTEE:

- JERZY SADOWSKI – CHAIRMAN
- JAKUB ADAMCZYK,
- JANUSZ CZERWIŃSKI,
- ANDRA FERNĀTE,
- BRUNO FIGUEIRA,
- JURIS GRANTS,
- EDMUNDAS JASINSKAS,
- JAROSŁAW JASZCZUR-NOWICKI,
- GRZEGORZ JURAS,
- JAAK JÜRIMÄE,
- PRIIT KAASIK,
- ANDRE KOKA,
- JAN KONARSKI,
- AUŠRA LISINSKIENĖ,
- HUBERT MAKARUK,
- ANDRZEJ MASTALERZ,
- RAFAEL MERINO-MARBAN,
- NATALIA MORGULEC-ADAMOWICZ,
- RŪTENIS PAULAUSKAS,
- MATI PÄÄSUKE,
- KRZYSZTOF PIECH,
- JONAS PODERYS,
- INESE PONTAGA,
- DIANA RĒKLAITIENĖ,
- OSCAR ROMERO-RAMOS,
- ALBERTAS SKURVYDAS,
- HENRYK SOZAŃSKI,
- MICHAŁ SPIESZNY,
- ARVYDAS STASIULIS,
- PAWEŁ TOMASZEWSKI,
- JĀNIS ŽĪDENS,

## **ORGANIZING COMMITTEE:**

- **TOMASZ NIŻNIKOWSKI – CHAIRMAN**
- **WERONIKA GRANTHAM – SECRETARY**
- **MICHAŁ BIEGAJŁO**
- **MARCIN BOCHENEK**
- **MARIUSZ BUSZTA**
- **WILHELM GROMISZ**
- **DAMIAN JABŁOŃSKI**
- **KRZYSZTOF JUŚKIEWICZ**
- **ANDRZEJ KARAŚ**
- **AGNIESZKA KĘDRA**
- **PRZEMYSŁAW KĘDRA**
- **PRZEMYSŁAW KIZEWETER**
- **ANNA KUDELSKA-HUK**
- **ARTUR LITWINIUK**
- **BEATA MAKARUK**
- **MARTA NOGAL**
- **MARCIN STARZAK**
- **PAWEŁ STEMPEL**
- **ROBERT WILCZEWSKI**
- **PAWEŁ WOŁOSZ**
- **JANUSZ ZIELIŃSKI**

## IMPOROTANT DATE

**1<sup>ST</sup> OF DECEMBER 2022 - BEGINNING OF THE CONFERENCE; REGISTRATION AND ABSTRACTS SUBMISSION**

**15<sup>TH</sup> OF APRIL, 2023 - DEADLINE FOR ABSTRACTS SUBMISSION AND FOR ALL REGISTRATIONS**

**1<sup>ST</sup> OF MAY, 2023 - NOTIFICATION OF ACCEPTANCE TO THE AUTHORS**

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## PROGRAMME

### 25<sup>TH</sup> OF MAY, 2023

**9.30-9.45 – OPENING CEREMONY**

**9.45 - 11.15 – 1<sup>ST</sup> PLENARY SESSION**

**11.15-11.45 – COFFEE BREAK**

**11.45 - 14.00 – 1<sup>ST</sup> SESSION**

**14.00- 15.00 – LUNCH**

**15.00 - 16.30 – 2<sup>ND</sup> PLENARY SESSION**

**16.30-17.00 – COFFEE BREAK**

**17.00 - 19.00 – 2<sup>ND</sup> SESSION**

### 26<sup>TH</sup> OF MAY, 2023

**9.00-10.00 – POSTER SESSION**

**10.00-11.30 – COFFEE BREAK**

**11.30 - 12.00 – 3<sup>RD</sup> PLENARY SESSION**

**12.00 - 14.15 – 3<sup>RD</sup> SESSION**

**14.15 - 14.30 – CLOSING CEREMONY**

# PRESENTATIONS FORMS

## ORAL PRESENTATIONS

- DURATION OF THE PRESENTATIONS:
- KEYNOTE SPEAKERS – 25 MIN.
- OTHER ORAL PRESENTATIONS – 8 MIN.
- THE PRESENTERS ARE EXPECTED TO REPORT TO THE CHAIR(S) OF SECTION 5 MINUTES BEFORE THE BEGINNING OF THE SESSION. PRESENTATIONS IN POWER POINT FORMAT HAVE TO BE DOWNLOADED BEFORE THE BEGINNING OF THE ORAL SESSION. NO DOWNLOADING IS ALLOWED DIRECTLY BEFORE THE PLANNED TIME OF THE PRESENTATION.
- ORAL PRESENTATIONS ARE TO BE DELIVERED IN ENGLISH.

## POSTER PRESENTATIONS

- DURATION OF THE PRESENTATIONS - 3 MIN.
- THE SPACE GUARANTEED FOR EVERY POSTER IS 60 CM (WIDTH) X 90 CM (HEIGHT) (“PORTRAIT”).
- POSTER PRESENTATIONS ARE TO BE DELIVERED IN ENGLISH.

## YOUNG SCIENTIST’S AWARD

- DOCTORAL AND MASTER STUDENTS (UP TO 35 YRS) WHO WISH TO COMPETE FOR THE YOUNG INVESTIGATOR AWARD SUBMIT THE ABSTRACT FOR THE ORAL PRESENTATION AS THE FIRST AUTHOR AND MAKE THE PRESENTATION BY THEMSELVES. POSTER PRESENTATIONS CANNOT BE NOMINATED FOR THE AWARD. FIVE AWARDS OF EQUAL SIZE ARE GOING TO BE ISSUED, ONE FOR EACH CONFERENCE TOPIC.

## TOPICS OF THE CONFERENCE

- PHYSICAL EDUCATION & SPORTS PERFORMANCE
- SPORT & EXERCISE SCIENCE/KINESIOLOGY
- MOTOR LEARNING & PERFORMANCE
- SOCIAL STUDIES IN SPORT & PHYSICAL ACTIVITY
- PHYSICAL ACTIVITY AND HEALTH

## **CALL FOR ABSTRACTS**

**ONE PRESENTER CAN SUBMIT ONLY ONE ABSTRACT WHERE HE/SHE IS THE FIRST AUTHOR. THE SAME PRESENTER MAY BE A CO-AUTHOR IN OTHER ABSTRACTS (THE NUMBER IS NOT LIMITED).**

**SUMMARIES OF KEYNOTE LECTURES AND ALL ABSTRACTS ACCEPTED FOR ORAL AND POSTER PRESENTATIONS WILL BE PUBLISHED AS AN E-BOOK OF ABSTRACTS.**

## **CALL FOR PAPERS AND GUIDELINES**

**SELECTED ARTICLES (IN ENGLISH), PREPARED ACCORDING TO THE AUTHOR'S GUIDELINES, WILL BE PUBLISHED ELECTRONICALLY IN THE FOLLOWING JOURNALS:**

### **POLISH JOURNAL OF SPORT AND TOURISM**

**FOR ALL THE INFORMATION, PLEASE GO TO THE FOLLOWING WEBSITE:**

**[HTTPS://SCIENDO.COM/JOURNAL/PJST](https://sciendo.com/journal/PJST)**

**ABSTRACTING AND INDEXING INFORMATION:**

**INDEXED IN SCOPUS, EBSCO, DOAJ, ERIH PLUS, SOCIAL SCIENCES, SCIMAGO (SJR)**

### **BALTIC JOURNAL OF SPORT SCIENCE AND HEALTH**

**FOR ALL THE INFORMATION, PLEASE GO TO THE FOLLOWING WEBSITE: [HTTP://WWW.LSU.LT/LT/ZURNALAS](http://www.lsu.lt/lt/zurnalas)**

**ABSTRACTING AND INDEXING INFORMATION:**

**INDEXED IN CENTRAL AND EASTERN EUROPEAN ACADEMIC SOURCE (EBSCO), INDEXCOPERNICUS, SPORTDISCUS WITH FULL TEXT (EBSCO).**

## PAYMENT

### CONFERENCE FEE TO BE TRANSFERRED TO: ACCOUNT HOLDER

#### ORGANIZING COMMITTEE ACCOUNT:

PEKAO S.A. I O/BIAŁA PODLASKA

UL NARUTOWICZA 12

PHONE: +4883 342 20 03

**PL 63124021771111000035703633**

SWIFT CODE: PKO PPLWBIP

**PLEASE INCLUDE THE KEYWORDS „BSSS“ AND THE NAME(S) OF PARTICIPANT(S)**

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### REGISTRATION FEE INCLUDES:

- CONFERENCE MATERIALS, WELCOME COCKTAIL, LUNCH, BANQUET, COFFEE BREAKS.
- FEES WILL VARY BY CATEGORY OF PARTICIPANTS AND THE TIME OF REGISTRATION.
- PAYMENTS TO BE MADE IN EURO.

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## CONTACTS

PHONE: +48 833428758 /758 OR +48 507 149 990

E-MAIL: [BSSS@AWF.EDU.PL](mailto:BSSS@AWF.EDU.PL)

WWW: [BSSS.AWF-BP.EDU.PL](http://BSSS.AWF-BP.EDU.PL)



## ACCOMMODATION

WE ASK ALL THE CONFERENCE GUESTS TO BOOK A HOTEL BY THEMSELVES. ALL OF THE HOTELS LISTED ARE IN CLOSE PROXIMITY TO THE CONFERENCE VENUE.

### SKALA HOTEL AND RESTAURANT

ADDRESS: ARTYLERYJSKA 1, 21-500 BIAŁA PODLASKA, POLAND

PHONE: +48 83 344 76 76

WEBSITE: [WWW.HOTELSKALA.PL](http://WWW.HOTELSKALA.PL)

E-MAIL: [HOTEL@SKALABP.PL](mailto:HOTEL@SKALABP.PL)

### HARMONIA HOTEL

ADDRESS: ZGODA 1A, 21-500 BIAŁA PODLASKA, POLAND

PHONE: +48 83 342 08 55 / +48 83 342 57 91

E-MAIL: [RYBKA@PETRODOM.PL](mailto:RYBKA@PETRODOM.PL) / [PETRODOM@PETRODOM.PL](mailto:PETRODOM@PETRODOM.PL)

### DELFIN HOTEL

ADDRESS: ALEJA JANA PAWŁA II 11, 21-500 BIAŁA PODLASKA, POLAND

PHONE: +48 83 344 51 41

WEBSITE: [HTTP://WWW.HOTELDELFIN.PL/](http://WWW.HOTELDELFIN.PL/)

E-MAIL: [HOTELDELFIN@HOTELDELFIN.PL](mailto:HOTELDELFIN@HOTELDELFIN.PL) / [BIURO@HOTELDELFIN.PL](mailto:BIURO@HOTELDELFIN.PL)

### HOTEL „DUKAT”

ADDRESS: UL. WARSZAWSKA 129, 21-500 BIAŁA PODLASKA

PHONE: +48 83 342 22 04

WEBSITE: [HTTP://WWW.HOTELDUKAT.PL/](http://WWW.HOTELDUKAT.PL/)

E-MAIL [PETRODOM@PETRODOM.PL](mailto:PETRODOM@PETRODOM.PL)