

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES

September 22-26, 2026 Rome/ITALY



CONGRESS PROGRAM

Meeting ID: 460 363 6838

Password: 121314

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PARTICIPANT COUNTRIES (10):

Azerbaijan, Italia, India, Libya, Nigeria, Pakistan, Philippines, Thailand, Türkiye, Uzbekistan

Türkiye: 167

Other Countries: 208

FACE TO FACE PROGRAM

Date: September 22, 2026

Rome Time: 14:30

Venue:

Park Hotel Serenissima - Fanelli Hotels

📍 Via Rimbomba, 10, 00060 Monte
Caminetto RM, Italia

Speaker:

Assoc. Prof. Dr. Salih ÖNER

Van Yüzüncüyıl University

Faculty of Sports Sciences

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY FACE TO FACE	
22.09.2026	
 ROME	 ROME TIME: 14:30

CHAIR: Assoc. Prof. Dr. Salih ÖNER

Author(s)	Affiliation	Title
Dr. Yunus SADIR	Physical Education Teacher, Ministry of National Education	AN EXAMINATION OF THE SELF-CONFIDENCE LEVELS OF INDIVIDUALS WITH INTELLECTUAL DISABILITIES PARTICIPATING IN ATHLETICS ACTIVITIES
Dr. Yunus SADIR	Physical Education Teacher, Ministry of National Education	THE EFFECT OF SCHOOL-BASED ATHLETICS ACTIVITIES ON STUDENTS' SPORTS PERFORMANCE AND SKILL DEVELOPMENT
Assoc. Prof. Dr. Özlem DEMİRTAŞ Selvet Hale BURHAN	Hitit University, Faculty of Sports Sciences, Türkiye Independent Researcher	DANCERS AND COSTUME ELEMENTS USED BY DANCERS IN HITTITE FESTIVALS
Edanur AKGÜL Assoc. Prof. Dr. Salih ÖNER Prof. Dr. Hamit Hakan ALP Asst. Prof. Beyza ERTAN	Van Yüzüncü Yıl University, Faculty of Sport Sciences	THE EFFECT OF HIGH-INTENSITY TRAINING ON SERUM LIPID PROFILE, FIBRINOGEN-LIKE PROTEIN 1 (FGL1), KYNURENINE, AND TRYPTOPHAN SERUM LEVELS IN ATHLETES
Esra DÖNE KÖSE Assoc. Prof. Salih ÖNER Prof. Dr. Hamit Hakan ALP Asst. Prof. Beyza ERTAN	Van Yüzüncü Yıl Üniversitesi, Spor Bilimleri Fakültesi BES Anabilimdalı Van Yüzüncü Yıl University, Faculty of Sport Sciences Van Yüzüncü Yıl University, Faculty of Medicine, Department of Basic Medical Sciences Van Yüzüncü Yıl University, Faculty of Sport Sciences	THE EFFECT OF 10 WEEKS OF PILATES AND ZUMBA EXERCISES ON HUNGER HORMONE PARAMETERS
Sevgi GÜLER TÜRE Yunus Emre ERGİN İrem DURMUŞ Asst. Prof. Dr. Sibel YILDIRIM	Master's Student, Hitit University, Faculty of Sports Sciences, Çorum, Türkiye Master's Student, Hitit University, Faculty of Sports Sciences, Çorum, Türkiye Master's Student, Hitit University, Faculty of Sports Sciences, Çorum, Türkiye Hitit University, Faculty of Sports Sciences, Çorum, Türkiye	THE EFFECTS OF COOPERATIVE GAMES ON MOTOR SKILLS IN CHILDREN AGED 7-11
Research Assistant Deniz COŞKUN Assoc. Prof. Dr. Mücahit SARIKAYA Prof. Dr. Muzaffer SELÇUK	Van Yüzüncü Yıl University, Faculty of Sports Sciences Van Yüzüncü Yıl University, Faculty of Sports Sciences Van Yüzüncü Yıl University, Faculty of Sports Sciences	INVESTIGATION OF THE JOB SATISFACTION LEVELS OF FITNESS TRAINERS
Prof. Dr. Mehmet ILKIM Seher YUMRUTEPE	İnönü University, Faculty of Sports Sciences, Türkiye. Ministry of National Education, Malatya Tecde Anatolian High School, Türkiye.	EXAMINING THE RELATIONSHIP BETWEEN PARTICIPATION IN SPORTS ACTIVITIES AND THE LEVEL OF SOCIALIZATION AMONG INDIVIDUALS WITH DISABILITIES

GLOBALCON SUMMIT II September 22-26, 2026 Rome/ITALY FACE TO FACE	
22.09.2026	
 ROME	 ROME TIME: 14:30

CHAIR: Prof. Dr. Halil ÖZYİĞİT

Author(s)	Affiliation	Title
Prof. Dr. Halil ÖZYİĞİT	Pamukkale University, Faculty of Humanities and Social Sciences, Türkiye	A JOURNEY FROM BEIRUT TO ROME FINE ARTS: PAINTER OMER ADIL BEY
Dr. Güven SONER	Ondokuz Mayıs University, Faculty of Health Sciences	CLIMATE CHANGE ANXIETY AND HOPE FOR THE FUTURE AMONG PERSONS WOTH DISABILITIES: UNDERSTANDING EMOTIONAL RESPONSES TO ENVIRONMENTAL CHANGE
Dr. Güven SONER	Ondokuz Mayıs University, Faculty of Health Sciences	DIFFERENT PATHS, SHARED PREPAREDNESS: DISASTER PREPAREDNESS EXPERIENCES OF PERSONS WITH DISABILITIES – A QUALITATIVE STUDY
Research Assistant Mert TİLEKLİOĞLU Assist. Prof. Dr. Canan FİDAN ERTEN	Van Yüzüncü Yıl University, Faculty of Education, Department of Fine Arts Education	PAST AND PRESENT OF MUSIC AND VISUAL ARTS TEACHER SELECTION IN FINE ARTS HIGH SCHOOLS

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- ✓ The Zoom application can be used without registration.
- ✓ The application works on tablets, phones and PCs.
- ✓ The participant must be connected to the session 5 minutes before the presentation time.
- ✓ Moderator is responsible for the presentation and scientific discussion (question-answer) section of the session.

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- ✓ Make sure your computer has a microphone and is working.
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Meeting ID: 460 363 6838

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Opening Ceremony

Online

Date: **September 26, 2026**

Time: **19:30**

Meeting Link:

<https://us06web.zoom.us/j/4603636838?pwd=Gx9rIRf5cUTPsZZ4pilDYkYWaaEAc6.1&omn=81049327096>

Meeting ID: 460 363 6838

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Keynote Speaker:

Prof. Dr. Mehmet ILKIM
İnönü University
Faculty of Sports Sciences

Prof. Dr. Mehmet ÖZDEMİR
Aydın Adnan Menderes University
Faculty of Sports Sciences

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TECHNICAL INFORMATION

- Make sure your computer has a microphone and is working.
- You should be able to use screen sharing feature in Zoom.
- Attendance certificates will be sent to you as pdf at the end of the congress.
- Moderator is responsible for the presentation and scientific discussion (question-answer) section of the session.

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4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-1/HALL-1
 ROME	 TRKİYE TIME: 20:10-23:00

CHAIR: Asst. Prof. Dr. Filiz KKALPELLİ

CHAIR VICE: Lecturer Ferdağ ZARAS

Author(s)	Affiliation	Title
Mehmet Akif ZİYAGİL	Mersin Universty, Faculty of Sport Sciences	THE TURKISH ASSOCIATE PROFESSORSHIP SYSTEM IN SPORTS SCIENCES: CURRENT STATE, CHALLENGES, AND RECOMMENDATIONS FOR REFORM
Mehmet Akif ZİYAGİL	Mersin Universty, Faculty of Sport Sciences	THE IMPACT OF PHYSICAL FITNESS ON THE TWELVE DIMENSIONS OF WELLNESS
Mehmet Akif ZİYAGİL	Mersin Universty, Faculty of Sport Sciences	PRINCIPLES AND STAGES OF LATERALITY EDUCATION IN PERCEPTUAL-MOTOR DEVELOPMENT
Simge Nur UZUN Hacer KONAK Zehra POLAT	Independent Researcher Independent Researcher Independent Researcher	ENGELLİ SPORCULARIN SPOR EĐİTİM SRECİNDE KARŞILAŞTIKLARI FİZİKSEL VE SOSYAL ENGELLER: GELENEKSEL DERLEME ÇALIŞMASI
Seher YUMRUTEPE	Independent Researcher	ENGELLİ BİREYLERDE SPORTİF ETKİNLİKLERE KATILIM İLE SOSYALLEŞME DZEYİ ARASINDAKI İLİŞKİNİN İNCELENMESİ
Mehmet NSAL Prof. Dr. Mehmet İLKİM	Ph.D. Student, İnn University, Graduate School of Health Sciences, Trkiye İnn University, Faculty of Sports Sciences, Trkiye	EXAMINING THE CONTRIBUTION OF PHYSICAL EDUCATION CLASSES TO THE SELF-CONFIDENCE DEVELOPMENT OF STUDENTS RECEIVING INCLUSIVE EDUCATION
Mehmet NSAL Prof. Dr. Mehmet İLKİM	Ph.D. Student, İnn University, Graduate School of Health Sciences, Trkiye İnn University, Faculty of Sports Sciences, Trkiye	AN EXAMINATION OF THE EFFECT OF PHYSICAL EDUCATION CLASSES ON THE PEER COMMUNICATION SKILLS OF INCLUSIVE EDUCATION STUDENTS AGED 13–15
Lecturer Ferdağ ZARAS Asst. Prof. Dr. Filiz KKALPELLİ Kbra Begm TANGİL Emre ULU	Yalova University, Faculty of Sport Sciences Mehmet Akif Ersoy University, Faculty of Sport Sciences İstanbul Gelisim University, Graduate School of Education Private OSB Technical Vocational High School, Kayseri	INVESTIGATION OF THE EFFECT OF MUSIC USE IN SPORTIVE ACTIVITIES ON MOTIVATION AND PERFORMANCE AMONG STUDENTS OF THE FACULTY OF SPORTS SCIENCES AT YALOVA UNIVERSITY

4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-1/HALL-2
 ROME	 TÜRKİYE TIME: 20:10-23:00

CHAIR: Assistant Professor Fatma ÖZOĞLU
CHAIR VICE: PhD Student Gamze DAĞDEVİREN

Author(s)	Affiliation	Title
Assistant Professor Fatma ÖZOĞLU	İnönü University, Faculty of Sports Sciences	SPORTING EXPERIENCES OF THE FAMILIES OF PEOPLE WITH INTELLECTUAL DISABILITIES
Assistant Professor Fatma ÖZOĞLU	İnönü University, Faculty of Sports Sciences	THE IMPACT OF PARTICIPATION IN PHYSICAL ACTIVITY ON INDEPENDENCE SKILLS AMONG INDIVIDUALS WITH DOWN SYNDROME: A QUALITATIVE STUDY BASED ON MOTHERS' EXPERIENCES
Assist. Prof. Dr. Fatma ÖZOĞLU Prof. Dr. Mehmet İLKİM	İnönü University, Faculty of Sports Sciences, Türkiye İnönü University, Faculty of Sports Sciences, Türkiye	THE IMPACT OF PARTICIPATION IN PHYSICAL ACTIVITY ON INDEPENDENCE SKILLS AMONG INDIVIDUALS WITH DOWN SYNDROME: A QUALITATIVE STUDY BASED ON MOTHERS' EXPERIENCES
Assist. Prof. Dr. Fatma ÖZOĞLU Prof. Dr. Mehmet İLKİM	İnönü University, Faculty of Sports Sciences, Türkiye İnönü University, Faculty of Sports Sciences, Türkiye	THE HISTORICAL DEVELOPMENT, CULTURAL VALUE, AND EDUCATIONAL FUNCTIONS OF THE MANGALA GAME: A REVIEW
PhD Student Gamze DAĞDEVİREN Assoc. Prof. Dr. Cumaali YAVUZ Assist. Prof. Dr. Talip ÇELİK	Fırat University, Faculty of Sports Sciences, Türkiye Fırat University, Faculty of Sports Sciences, Türkiye İnönü University, Malatya Vocational School, Türkiye	EVALUATION OF PERCEPTIONS AND PARTICIPATION TENDENCIES TOWARD TRADITIONAL MAS WRESTLING AMONG INDIVIDUALS WITH MILD INTELLECTUAL DISABILITY
PhD Student Gamze DAĞDEVİREN Assist. Prof. Dr. Talip ÇELİK Assoc. Prof. Dr. Cumaali YAVUZ	Fırat University, Faculty of Sports Sciences, Türkiye İnönü University, Malatya Vocational School, Türkiye Fırat University, Faculty of Sports Sciences, Türkiye	THE EFFECT OF THE TRADITIONAL 12 STONES GAME ON PERCEPTUAL AND ATTITUDINAL DEVELOPMENT IN INDIVIDUALS WITH MILD INTELLECTUAL DISABILITY
Bilge GÜNGÖR Prof. Dr. Murat KALDIRIMCI Prof. Dr. Mehmet İLKİM	Fırat University, Institute of Health Sciences, Türkiye Faculty of Sport Sciences, Atatürk University, Erzurum, TURKEY Faculty of Sport Sciences, İnönü University, Malatya, TURKEY	THE EFFECT OF PARTICIPATION IN PHYSICAL ACTIVITY ON SOCIAL DEVELOPMENT IN INDIVIDUALS WITH DOWN SYNDROME: A QUALITATIVE STUDY

4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-1/HALL-3
 ROME	 TÜRKİYE TIME: 20:10-23:00

CHAIR: Assoc. Prof. Dr. Ramazan BAYER

CHAIR VICE: Dr. Mesut SÜLEYMANOĞULLARI

Author(s)	Affiliation	Title
Emre ERSÖZ	Specialist Doctor, Physical Medicine and Rehabilitation Ankara Provincial Directorate of Health, Ankara, Türkiye	BLOOD FLOW RESTRICTION TRAINING: CURRENT EVIDENCE AND CLINICAL APPLICATION FROM MUSCULOSKELETAL REHABILITATION TO RETURN TO SPORT
Dr. Mesut SÜLEYMANOĞULLARI	Ağrı İbrahim Çeçen University, Faculty of Sports Sciences, Department of Physical Education and Sports Teaching, Ağrı, Türkiye	DO SERUM AND PLASMA REFLECT THE SAME BIOLOGICAL SIGNAL IN EXERCISE-BDNF RESEARCH? A STRUCTURED NARRATIVE REVIEW
Hilal SANSAR Assoc. Prof. Dr. Ramazan BAYER	Malatya Turgut Özal University, Department of Exercise and Sports Sciences, Türkiye Malatya Turgut Özal University, Department of Exercise and Sports Sciences, Türkiye	SHIFTING PARADIGMS IN ANTERIOR CRUCIATE LIGAMENT SURGERY: CURRENT EVIDENCE AND SURGICAL APPROACHES
Hilal SANSAR Assoc. Prof. Dr. Ramazan BAYER	Malatya Turgut Özal University, Department of Exercise and Sports Sciences, Türkiye Malatya Turgut Özal University, Department of Exercise and Sports Sciences, Türkiye	PSYCHOLOGICAL READINESS TO RETURN TO SPORT AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION: A CONCEPTUAL EVALUATION WITHIN THE FEAR-AVOIDANCE MODEL
Dr. Serkan VAROL	Bingöl University, Faculty of Sports Sciences, Türkiye	MEASUREMENT PROTOCOLS OF OCCUPATIONAL PHYSICAL FITNESS IN GLOBAL LITERATURE AND THEIR ERGOPHYSIOLOGICAL IMPLICATIONS: A SYSTEMATIC DOCUMENT ANALYSIS
Dr. Serkan VAROL	Bingöl University, Faculty of Sports Sciences, Türkiye	TRANSFORMATION OF THE DELEGATE SYSTEM IN PROFESSIONAL FOOTBALL MATCHES: ADMINISTRATIVE REFORM AND DIGITAL COORDINATION MODEL AT UEFA STANDARDS
Aliseydi KUYULU Prof. Dr. Faruk AKÇINAR Lecturer Dr. Mehmet Mustafa TİLEKLİ Assoc. Prof. Dr. Yavuz YASUL	İnönü University, Graduate School of Health Sciences, Department of Movement and Training Sciences, Malatya, Türkiye İnönü University, Faculty of Sports Sciences, Department of Coaching Education, Malatya, Türkiye Ondokuz Mayıs University, Vocational School of Health Services, Department of Medical Services and Techniques, Dialysis Program, Samsun, Türkiye Ondokuz Mayıs University, Bafra Vocational School, Samsun, Türkiye	SKELETAL MUSCLE PROTEIN SYNTHESIS DURING EXERCISE ADAPTATION: THE SUCCINATE-SUCNR1-ERK1/2 SIGNALING AND THE AKT/MTORC1 PATHWAY

4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-1/HALL-4
 ROME	 TÜRKİYE TIME: 20:10-23:00

CHAIR: Prof. Dr. Dilek SEVİMLİ

CHAIR VICE: Assoc. Prof. Dr. İdris KAYANTAŞ

Author(s)	Affiliation	Title
Assoc. Prof. Dr. İdris KAYANTAŞ Zehra ERTÜRK	Bingöl University, Faculty of Sports Sciences, Türkiye Bingöl University, Institute of Health Sciences, Türkiye	THE POWER BEHIND THE ACHILLES TENDON: THE IMPORTANCE OF THE SOLEUS MUSCLE IN HUMAN HEALTH
Burcu ÖZDEMİR Prof. Dr. Dilek SEVİMLİ	Çukurova University, Faculty of Sports Sciences, Adana, Türkiye Çukurova University, Faculty of Sports Sciences, Adana, Türkiye	ACUTE EFFECTS OF USING A RESPIRATORY-RESTRICTIVE TRAINING MASK DURING RESISTANCE EXERCISE ON PHYSIOLOGICAL STRESS MARKERS (SPO ₂ , BLOOD PRESSURE, HEART RATE VARIABILITY)
Burcu ÖZDEMİR Prof. Dr. Dilek SEVİMLİ	Çukurova University, Faculty of Sports Sciences, Adana, Türkiye Çukurova University, Faculty of Sports Sciences, Adana, Türkiye	ACUTE EFFECTS OF BREATHING-RESTRICTIVE TRAINING MASK USE ON MECHANICAL PERFORMANCE AND PERCEIVED EXERTION DURING RESISTANCE EXERCISE
Burcu ÖZDEMİR Prof. Dr. Dilek SEVİMLİ	Çukurova University, Faculty of Sports Sciences, Adana, Türkiye Çukurova University, Faculty of Sports Sciences, Adana, Türkiye	THE EFFECTS OF RESPIRATORY-RESTRICTIVE TRAINING MASKS ON RESISTANCE EXERCISE PERFORMANCE AND PHYSIOLOGICAL RESPONSES
Mehmet Akif ZİYAGİL	Mersin University, Faculty of Sport Sciences	COACHING PRACTICES BASED ON SCIENTIFIC EVIDENCE
Mehmet Akif ZİYAGİL	Mersin University, Faculty of Sport Sciences	APPLICATION OF TRANSTHEORETICAL MODEL COMPONENTS IN ENHANCING SPORTS PERFORMANCE: A HOLISTIC APPROACH TO ATHLETE BEHAVIOR CHANGE
Dilek SEVİMLİ Mehmet Akif ZİYAGİL	Çukurova University, Faculty of Sport Sciences Mersin University, Faculty of Sport Sciences	EVALUATION OF LOAD, RECOVERY, AND FATIGUE DYNAMICS IN ATHLETES WITHIN THE SCOPE OF GENERAL ADAPTATION SYNDROME USING THE RESTQ-SPORT 36 SCALE
Burcu ÖZDEMİR Prof. Dr. Dilek SEVİMLİ	Çukurova University, Faculty of Sports Sciences, Adana, Türkiye Çukurova University, Faculty of Sports Sciences, Adana, Türkiye	THE ROLE OF CORRECTIVE EXERCISES IN MUSCULOSKELETAL SYSTEM REHABILITATION: A SYSTEMATIC REVIEW ON POSTURAL CORRECTION AND CLINICAL OUTCOMES
Burcu ÖZDEMİR Prof. Dr. Dilek SEVİMLİ	Çukurova University, Faculty of Sports Sciences, Adana, Türkiye Çukurova University, Faculty of Sports Sciences, Adana, Türkiye	VENTILATORY EFFICIENCY AND ATHLETIC PERFORMANCE: AN EVALUATION OF THE VE/VCO ₂ RELATIONSHIP
Burcu ÖZDEMİR	Çukurova University, Faculty of Sport Sciences, Adana 01330, Türkiye	RESPIRATORY MUSCLE TRAINING: PHYSIOLOGICAL RESPONSES AND EFFECTS ON SPORTS PERFORMANCE

4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES	
September 22-26, 2026 Rome/ITALY	
ONLINE	
26.09.2026	SESSION-1/HALL-5
 ROME	 TÜRKİYE TIME: 20:10-23:00

CHAIR: Asst. Prof. Dr. Yalçın AYDIN
CHAIR VICE: Asst. Prof. Dr. Ahmet KOYUNLU

Author(s)	Affiliation	Title
Assoc. Prof. Dr. Valeh ƏLİXANOV Lalə TALİBOVA Vidadi SALMANOV	Naxçıvan Dövlət Universiteti	İDMAN ZƏDƏLƏNMƏLƏRİ ZAMANI İLK TİBBİ YARDIM VƏ REABİLİTASIYA ƏSASLARI
Asst. Prof. Dr. Yalçın AYDIN	Malatya Turgut Özal University, Faculty of Health Sciences, Department of Exercise and Sports Sciences	EGZERSİZ BİLİMİNDE TEMPO VE RİTİM TEMELLİ YAKLAŞIMLARIN YÜZME PERFORMANSI ÜZERİNE ETKİLERİ: DERLEME ÇALIŞMASI
Asst. Prof. Dr. Yalçın AYDIN	Malatya Turgut Özal University, Faculty of Health Sciences, Department of Exercise and Sports Sciences	THE ROLE OF MOBILITY IN SWIMMING PERFORMANCE AND INJURY PREVENTION: A REVIEW OF CURRENT EVIDENCE
Asst. Prof. Dr. Ahmet KOYUNLU	Kahramanmaraş Sütçü İmam University, Faculty of Sport Sciences	INVESTIGATION OF THE RELATIONSHIP BETWEEN BALANCE AND ANAEROBIC POWER PERFORMANCE IN YOUNG WRESTLERS
Asst. Prof. Dr. Ahmet KOYUNLU	Kahramanmaraş Sütçü İmam University, Faculty of Sport Sciences	EVALUATION OF TRADITIONAL OIL WRESTLING AND KARAKUCAK WRESTLING IN TERMS OF STRUCTURAL AND CULTURAL VARIABLES
Asst. Prof. Alirıza Han CİVAN	Karabük University, Hasan Doğan Faculty of Sport Sciences, Department of Coaching Education, Karabük, Türkiye	COMPARISON OF SPRINT, AGILITY, AND VERTICAL JUMP PERFORMANCE IN MALE SOCCER PLAYERS ACROSS DIFFERENT AGE GROUPS
Assoc. Prof. Dr. Enes BELTEKİN Master's Student Esra ALİMOĞLU	Bingöl University, Faculty of Sports Sciences, Department of Sports Management, Bingöl, Türkiye Bingöl University, Institute of Health Sciences, Bingöl, Türkiye	SPORA KATILIM İLE AKRAN ZORBALIĞI ARASINDAKİ İLİŞKİNİN İNCELENMESİ: DERLEME
Assoc. Prof. Dr. Enes BELTEKİN Master's Student Eda Nur ATLAN	Bingöl University, Faculty of Sports Sciences, Department of Sports Management, Bingöl, Türkiye Bingöl University, Institute of Health Sciences, Bingöl, Türkiye	ENGELLİ BİREYLERDE SPORA VE FİZİKSEL AKTİVİTEYE KATILIMIN ÖZGÜVEN, MUTLULUK/YAŞAM DOYUMU VE PSİKOLOJİK İYİ OLUŞ AÇISINDAN İNCELENMESİ
Assoc. Prof. Dr. Enes BELTEKİN Master's Student Ayşegül ÖZKAN	Bingöl University, Faculty of Sports Sciences, Department of Sports Management, Bingöl, Türkiye Bingöl University, Institute of Health Sciences, Bingöl, Türkiye	EKRAN SÜRESİ VE SAĞLIKLI YAŞAM ÜZERİNE YAPILAN ARAŞTIRMALARIN BİBLİYOMETRİK ANALİZİ

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-1/HALL-6
 ROME	 TÜRKİYE TIME: 20:10-23:00

CHAIR: Assist. Prof. Dr. Okan DEMİR

CHAIR VICE: Assist. Prof. Dr. Arda ÖZÇELİK

Author(s)	Affiliation	Title
Assist. Prof. Dr. Okan DEMİR	Gümüşhane University, Şiran Mustafa Beyaz Vocational School	EFFECTS OF DIFFERENT VELOCITY LOSS THRESHOLDS (10%, 20%, 40%) ON EXPLOSIVE POWER AND HYPERTROPHY IN VELOCITY-BASED TRAINING (VBT)
Assist. Prof. Dr. Okan DEMİR	Gümüşhane University, Şiran Mustafa Beyaz Vocational School	POST- ACTIVATION PERFORMANCE ENHANCEMENT (PAPE): PRACTICAL APPLICATIONS AND EFFECTS ON SPORTS PERFORMANCE
Fatih TAŞAN Ramazan BAYER	Malatya Turgut Özal University, Faculty of Health Sciences, Department of Exercise and Sports Sciences, Türkiye Malatya Turgut Özal University, Department of Exercise and Sports Sciences, Malatya, Türkiye	THE BIOMECHANICAL FOUNDATIONS OF MODERN PENTATHLON: A REVIEW OF THE EFFECT OF BALANCE ON PERFORMANCE
Fatih TAŞAN Ramazan BAYER	Malatya Turgut Özal University, Faculty of Health Sciences, Department of Exercise and Sports Sciences, Türkiye Malatya Turgut Özal University, Department of Exercise and Sports Sciences, Malatya, Türkiye	BALANCE PERFORMANCE IN SPORTS: ASSESSMENT, TRAINING, AND CURRENT APPROACHES
Lecturer Dr. Abdulsamet EFDAL	Hitit University, Vocational School of Health Services	ARTIFICIAL INTELLIGENCE-SUPPORTED CLOSED-LOOP ADAPTIVE TRAINING IN ATHLETES: A CONTEMPORARY PERSPECTIVE ON PHYSICAL, COGNITIVE, AND PERCEPTUAL-MOTOR TRAINING
Assist. Prof. Dr. Arda ÖZÇELİK	Yozgat Bozok University, Faculty of Sports Sciences, Department of Coaching Education, Türkiye	CHANGES IN BALANCE AND RHYTHMIC STEPPING PERFORMANCE FOLLOWING A SIX-WEEK TENNIS-SPECIFIC COORDINATIVE FOOTWORK PROGRAM
Burcu ÖZDERMİR Prof. Dr. Dilek SEVİMLİ	Çukurova University, Faculty of Sports Sciences, Adana, Türkiye Çukurova University, Faculty of Sports Sciences, Adana, Türkiye	ACUTE EFFECTS OF BREATHING-RESTRICTIVE TRAINING MASK USE ON MECHANICAL PERFORMANCE AND PERCEIVED EXERTION DURING RESISTANCE EXERCISE
Assist. Prof. Dr. Arzu PEKGÖZ ÇEVİKER Dr. Mahmut KARAKAYA	Kırıkkale University, Faculty of Education, Kırıkkale, Türkiye Independent Researcher, Türkiye	SCHOOL PRINCIPALS' SPORT-SUPPORTIVE ROLES AND CLASSROOM TEACHERS' PHYSICAL ACTIVITY SELF-EFFICACY: THE MEDIATING ROLE OF TEACHER AUTONOMY

4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-1/HALL-7
 ROME	 TÜRKİYE TIME: 20:10-23:00

CHAIR: Prof. Dr. Mustafa AKIL

CHAIR VICE: Assist. Prof. Dr. Hatice GEZER

Author(s)	Affiliation	Title
Dr. Hülya ANDRE	Yozgat Bozok University, Faculty of Sports Sciences	SCREENING FOR LOW ENERGY AVAILABILITY RISK IN FEMALE ATHLETES: SPORT-TYPE DIFFERENCES AND ASSOCIATIONS WITH DISORDERED EATING ATTITUDES AND MINDFUL EATING
Lecturer Dr. Bekir TOKAY Prof. Dr. Mustafa AKIL	Uşak University, Faculty of Sports Sciences Akdeniz University, Faculty of Sports Sciences	DOES MANAGING TIME MEAN MANAGING MOVEMENT? THE RELATIONSHIP BETWEEN TIME PERCEPTION AND PHYSICAL ACTIVITY IN ADOLESCENTS
Prof. Dr. Mustafa AKIL Lecturer Dr. Bekir TOKAY	Akdeniz University, Faculty of Sports Sciences Uşak University, Faculty of Sports Sciences	SPORT PARTICIPATION AND THE BIOLOGICAL CLOCK: THE RELATIONSHIP BETWEEN SPORTS PARTICIPATION STATUS AND CHRONOTYPE IN ADOLESCENTS
Assist. Prof. Dr. Hatice GEZER	Kafkas University, Faculty of Sports Sciences	THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND COGNITIVE FLEXIBILITY AMONG UNIVERSITY STUDENT-ATHLETES
Asude BAKIRCI Assoc. Prof. Dr. Senem ÇEYİZ	Undergraduate Student, Department of Sports Management, Faculty of Sports Sciences, Kastamonu University Department of Sports Management, Faculty of Sports Sciences, Kastamonu University	A QUALITATIVE READING OF ATHLETES' EVENT SATISFACTION AT INTER- UNIVERSITY SPORTS TOURNAMENTS
Assist. Prof. Dr. Ali KAYA	Istanbul University-Cerrahpaşa, Faculty of Sports Sciences, Department of Sports Management, Istanbul, Türkiye	AN INVESTIGATION INTO THE PROFESSIONAL CAREER AWARENESS AND JOB-SEEKING ANXIETY LEVELS OF SPORTS MANAGEMENT STUDENTS
Prof. Dr. Faruk AKÇINAR Hakan KARAASLAN	İnönü University, Faculty of Sports Sciences, Türkiye.	SARCOPY AND EXERCISE: HMB SUPPLEMENTATION

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4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-1/HALL-8
 ROME	 TÜRKİYE TIME: 20:10-23:00

CHAIR: Assoc. Prof. Dr. Arif ÖZSARI

CHAIR VICE: Asst. Prof. Dr. Faik Orhun TAPŞIN

Author(s)	Affiliation	Title
Assist. Prof. Dr. Sonay Serpil DAŞKESEN	Atatürk University, Faculty of Sports Sciences, Türkiye	SITTING VOLLEYBALL ATHLETES' VIEWS ON THE CLASSIFICATION SYSTEM: A QUALITATIVE STUDY
Seyfettin ÇİÇEK Assoc. Prof. Dr. Arif ÖZSARI	Master's Student, Mersin University, Institute of Educational Sciences Mersin University, Faculty of Sports Sciences	CAREER AND SPORT: AN ANALYSIS OF TWO CONCEPTS
Kaan Taha DUMAN	İstanbul Nişantaşı University, Graduate School, Türkiye	THE IMPACT OF FOOTBALL COACHES' LEADERSHIP STYLES ON ATHLETE DEVELOPMENT
Asst. Prof. Dr. Faik Orhun TAPŞIN	Dicle University, School of Physical Education and Sports, Department of Sports Management, Türkiye	AN EXAMINATION OF A WORKSHOP IN THE STRATEGIC PLANNING PROCESS FOR SPORTS SERVICES: THE EXAMPLE OF BAŞAKŞEHİR MUNICIPALITY
Dr. Tuğba KARAGÜLLE	Haliç University, Faculty of Business	NEURO SOMATIC PROGRAMMING (NSP) AND ATHLETE PERFORMANCE IN SPORT ORGANISATIONS: SELFREGULATION-BASED CONCEPTUAL MODEL
Dr. Tuğba KARAGÜLLE	Haliç University, Faculty of Business	BIG DATA ANALYTICS CAPABILITY AND DATA-DRIVEN DECISION-MAKING IN SPORTS ORGANIZATIONS: AN INTERNATIONAL PERSPECTIVE
Prof. Dr. Mehmet ILKIM Research Assistant İsmail KIRKPINAR Assoc. Prof. Dr. İsmail POLATCAN Research Assistant Furkan İDGÖ	İnönü University, Faculty of Sports Sciences, Department of Physical Education and Sports for Individuals with Disabilities, Malatya, Türkiye İnönü University, Institute of Health Sciences, Department of Physical Education and Sports, Battalgazi, Malatya, Türkiye Mardin Artuklu University, Faculty of Sports Sciences, Department of Physical Education and Sports, Department of Physical Education and Sports, Artuklu, Mardin, Türkiye Gaziantep University, Institute of Health Sciences, Department of Physical Education and Sports, Şhitkamil, Gaziantep, Türkiye	AN INVESTIGATION INTO THE LEVELS OF FOOTBALL FANATICISM AMONG GIRLS' VOCATIONAL HIGH SCHOOL STUDENTS

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-1/HALL-9
 ROME	 TÜRKİYE TIME: 20:10-23:00

CHAIR: Prof. Dr. Özgür KARATAŞ
CHAIR VICE: Assoc. Prof. Dr. İlker AKYÜZ

Author(s)	Affiliation	Title
Assist. Prof. Dr. Erkan KONCA	Sivas Cumhuriyet University, Faculty of Sports Sciences	THE CONTRIBUTION OF ELITE YOUNG SCORERS TO TEAM SUCCESS: AN ANALYSIS OF THE 2026 FIBA U17 BASKETBALL WORLD CUP
Ataman TÜKENMEZ	Department of Sports Management, Faculty of Sport Sciences, Istanbul University-Cerrahpaşa, Istanbul, Türkiye	SPONSOR VISIBILITY AND CALLS TO ACTION IN THE INSTAGRAM POSTS OF TURKISH BASKETBALL SUPER LEAGUE CLUBS
Assoc. Prof. Dr. İlker AKYÜZ	Karadeniz Technical University, Department of Forest Industrial Engineering, Trabzon, Türkiye	COMPARATIVE ANALYSIS OF MATCH RESULTS AND BETTING INDICATORS IN ITALIAN PROFESSIONAL FOOTBALL LEAGUES
Dr. İsmail ÖNER Assoc. Prof. Dr. Emine ÖZTÜRK KARATAŞ Prof. Dr. Özgür KARATAŞ	Malatya Turgut Özal University, Türkiye Malatya Turgut Özal University, Faculty of Health Sciences, Department of Exercise and Sports Sciences, Türkiye İnönü University, Faculty of Sports Sciences, Department of Sports Management, Türkiye	THE ROLE OF INVESTMENTS IN YOUTH ACADEMIES IN FOOTBALL CLUBS IN TERMS OF SPORTING AND ECONOMIC SUSTAINABILITY
Assoc. Prof. Dr. Emine ÖZTÜRK KARATAŞ Dr. İsmail ÖNER Prof. Dr. Özgür KARATAŞ	Malatya Turgut Özal University, Faculty of Health Sciences, Department of Exercise and Sports Sciences, Türkiye Malatya Turgut Özal University, Türkiye İnönü University, Faculty of Sports Sciences, Department of Sports Management, Türkiye	WHY CAN'T THE ROLE OF SPORTING DIRECTOR BECOME INSTITUTIONALIZED IN TURKISH SOCCER? A STRUCTURAL ANALYSIS
Assoc. Prof. Dr. Emine ÖZTÜRK KARATAŞ Dr. İsmail ÖNER Prof. Dr. Özgür KARATAŞ	Malatya Turgut Özal University, Faculty of Health Sciences, Department of Exercise and Sports Sciences, Türkiye Malatya Turgut Özal University, Türkiye İnönü University, Faculty of Sports Sciences, Department of Sports Management, Türkiye	SUSTAINABILITY INITIATIVES AIMED AT REDUCING THE CARBON FOOTPRINT OF FOOTBALL CLUBS
Dr. İsmail ÖNER Assoc. Prof. Dr. Emine ÖZTÜRK KARATAŞ Prof. Dr. Özgür KARATAŞ	Malatya Turgut Özal University, Türkiye Malatya Turgut Özal University, Faculty of Health Sciences, Department of Exercise and Sports Sciences, Türkiye İnönü University, Faculty of Sports Sciences, Department of Sports Management, Türkiye	THE SPORTING DIRECTOR MODEL IN SOCCER CLUBS: SPORTING EXPERTISE AS A MANAGEMENT NECESSITY
Dr. İsmail ÖNER Assoc. Prof. Dr. Emine ÖZTÜRK KARATAŞ Prof. Dr. Özgür KARATAŞ	Malatya Turgut Özal University, Türkiye Malatya Turgut Özal University, Faculty of Health Sciences, Department of Exercise and Sports Sciences, Türkiye İnönü University, Faculty of Sports Sciences, Department of Sports Management, Türkiye	THE ROLE OF DIGITAL MEDIA IN FAN LOYALTY AND ENGAGEMENT AT SPORTS CLUBS
Dr. İsmail ÖNER Assoc. Prof. Dr. Emine ÖZTÜRK KARATAŞ Prof. Dr. Özgür KARATAŞ	Malatya Turgut Özal University, Türkiye Malatya Turgut Özal University, Faculty of Health Sciences, Department of Exercise and Sports Sciences, Türkiye İnönü University, Faculty of Sports Sciences, Department of Sports Management, Türkiye	THE ROLE OF DATA ANALYTICS IN THE DISCOVERY OF YOUNG PLAYERS IN EUROPEAN FOOTBALL

4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-1/HALL-10
 ROME	 TÜRKİYE TIME: 20:10-23:00

CHAIR: Prof. Dr. Mehmet ÖZDEMİR
CHAIR VICE: Assoc. Prof. Dr. Abdullah DOĞAN

Author(s)	Affiliation	Title
Asst. Prof. Dr. Füsün YAVUZER ASLAN Assoc. Prof. Dr. Bora ASLAN	Kırklareli University, Faculty of Engineering, Department of Software Engineering, Kırklareli, Türkiye Kırklareli University, Faculty of Engineering, Department of Software Engineering, Kırklareli, Türkiye	ON-CHAIN DATA ANALYTICS IN SPORTS FAN TOKENS: A COMPARATIVE STUDY ON MARKET VOLUME, ACTIVE WALLETS, AND HOLDER CONCENTRATION
Asst. Prof. Dr. Füsün YAVUZER ASLAN Assoc. Prof. Dr. Bora ASLAN	Kırklareli University, Faculty of Engineering, Department of Software Engineering, Kırklareli, Türkiye Kırklareli University, Faculty of Engineering, Department of Software Engineering, Kırklareli, Türkiye	SMART TECHNOLOGIES AND IOT APPLICATIONS IN FOOTBALL
Moses Adeolu AGOI Isaiah Whenayon AJOSEH Emmanuel Taiwo AGOI Oluwanifemi Opeyemi AGOI	Lagos State University of Education, Lagos, Nigeria Lagos State University of Education, Lagos, Nigeria Loughborough University, United Kingdom Obafemi Awolowo University, Osun, Nigeria	REAL- TIME SPORTS INTELLIGENCE: AI-ENABLED EDGE-CLOUD ARCHITECTURE FOR REAL-TIME SPORTS PERFORMANCE ANALYTICS
Prof. Dr. Mehmet ÖZDEMİR PhD Student Murat SARAÇOĞLU Assistant Professor Cüneyt ŞENSOY Master's Student Ali Baran DENİZ	Aydın Adnan Menderes University, Faculty of Sports Sciences, Türkiye Aydın Adnan Menderes University, Institute of Health Sciences, Department of Physical Education and Sports, Türkiye İstanbul Aydın University, Faculty of Sports Sciences Aydın Adnan Menderes University, Institute of Health Sciences, Department of Physical Education and Sports, Türkiye	THE EFFECTS OF ANABOLIC- ANDROGENIC STEROIDS (AAS) ON THE HUMAN BODY AND ASSOCIATED ORGAN DAMAGE: A REVIEW
Prof. Dr. Mehmet ÖZDEMİR PhD Student Murat SARAÇOĞLU Assistant Professor Cüneyt ŞENSOY Master's Student Ali Baran DENİZ	Aydın Adnan Menderes University, Faculty of Sports Sciences, Türkiye Aydın Adnan Menderes University, Institute of Health Sciences, Department of Physical Education and Sports, Türkiye İstanbul Aydın University, Faculty of Sports Sciences Aydın Adnan Menderes University, Institute of Health Sciences, Department of Physical Education and Sports, Türkiye	PARADIGM SHIFT IN SPORTS INJURY PREVENTION: A COMPREHENSIVE REVIEW OF ARTIFICIAL INTELLIGENCE, WEARABLE SENSORS, AND MULTIMODAL MARKERS (REVIEW)
Nərgiz Məhəmməd qızı Çobanova	Teacher, Azerbaijan State Pedagogical College under Azerbaijan State Pedagogical University, Azerbaijan	2008 Yay Olimpiya Oyunları
Assoc. Prof. Dr. Abdullah DOĞAN	Ministry of Youth and Sports, Türkiye	THE REFLECTION OF BALL GAMES FOUND IN SELİM SİRRI TARCAN'S WORK TERBİYE-İ BEDENİYYE NAZARİYATI ON THE PRESENT DAY"
Nargiz ÇOBANOVA	Lecturer, Azerbaijan State Pedagogical College under Azerbaijan State Pedagogical University	2016- CI İL RİO-DE-JANEYRO YAY OLİMPİYA OYUNLARI
Cüneyt ÇELİK Dr. Lecturer Murat ŞEN	Master's Student, Department of Recreation, Sakarya University of Applied Sciences Department of Recreation, Sakarya University of Applied Sciences	THE RELATIONSHIP BETWEEN LEISURE TIME ENGAGEMENT AND SMARTPHONE ADDICTION WITHIN THE SCOPE OF CAMPUS RECREATION

4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-1/HALL-11
 ROME	 TÜRKİYE TIME: 20:10-23:00

CHAIR: Prof. Dr. Pınar SÖKÜLMEZ KAYA

CHAIR VICE: Dr. Canan ASAL ULUS

Author(s)	Affiliation	Title
Dr. Ahmet OMAK	Independent Researcher	EVALUATION OF STUDIES ON CARBON FOOTPRINT IN THE FIELD OF SPORTS WORLDWIDE
Dr. Ahmet OMAK	Independent Researcher	AN EXAMINATION OF STUDIES ON CARBON FOOTPRINT IN THE FIELD OF SPORTS IN TURKEY.
Dr. MUHAMMAD FAISAL SENATOR RUBINA KHALID DR. ASIM IJAZ	Allama Iqbal Open University, Islamabad, Pakistan System Development Specialist (CCT/NSER), CRISP World Bank Project, BISP Chairperson, Benazir Income Support Programme, Pakistan Director General (NSER/CCT), Benazir Income Support Programme, Pakistan	TRANSITIONING FROM STATIC SURVEYING TO REAL-TIME DYNAMIC REGISTRIES: REDUCING SPATIAL AND TEMPORAL EXCLUSION ERRORS IN PAKISTAN'S SOCIAL SAFETY PIPELINE
Dr. Canan ASAL ULUS Prof. Dr. Pınar SÖKÜLMEZ KAYA	Ondokuz Mayıs University, Faculty of Health Sciences Ondokuz Mayıs University, Faculty of Health Sciences	DETERMINING THE NUTRITIONAL STATUS OF INDIVIDUALS WHO ACTIVELY PARTICIPATE IN SPORTS ACCORDING TO THEIR NUTRITIONAL BELIEFS.
Prof. Dr. Pınar SÖKÜLMEZ KAYA Dr. Canan ASAL ULUS	Ondokuz Mayıs University, Faculty of Health Sciences Ondokuz Mayıs University, Faculty of Health Sciences	USE OF NOOTROPICS IN ATHLETES
Dr. Emirhan KAN Dr. Muhammet Talha HAN Aleyna ÇELEBİ Şevval HAN	Atatürk University, Faculty of Sports Sciences, Türkiye Karabük University, Hasan Doğan Faculty of Sports Sciences, Türkiye Karabük University, Graduate School of Education, Türkiye Atatürk University, Institute of Winter Sports and Sports Sciences, Türkiye	THE MULTIDISCIPLINARY EVOLUTION OF COGNITIVE TUNNELING AND THE EXERCISE RELATIONSHIP: A BIBLIOMETRIC MAPPING BETWEEN 2000–2026
Dr. Muhammet Talha HAN Dr. Emirhan KAN Şevval HAN Aleyna ÇELEBİ	Karabük University, Hasan Doğan Faculty of Sports Sciences, Türkiye Atatürk University, Faculty of Sports Sciences, Türkiye Atatürk University, Institute of Winter Sports and Sports Sciences, Türkiye Karabük University, Graduate School of Education, Türkiye	GLOBAL EVOLUTION OF COGNITIVE LOAD AND EXERCISE RESEARCH: A BIBLIOMETRIC ANALYSIS BETWEEN 2000–2026
Assoc. Prof. Dr. Abdullah DOĞAN	De Provincial Directorate of Youth and Sports, Malatya, TURKEY	TRACES OF THE TRADITIONAL YAKUT SPORT OF STICK-PULLING (MAS- WRESTLING) IN ANATOLIA

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4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-2/HALL-1
 ROME	 TÜRKİYE TIME: 20:50-23:50

CHAIR: Assoc. Prof. Dr. Rafet ÜNVER
CHAIR VICE: Assoc. Prof. Dr. Döndü UĞURLU

Author(s)	Affiliation	Title
Assoc. Prof. Dr. Rafet ÜNVER Assoc. Prof. Dr. Döndü UĞURLU	Kırıkkale University, Faculty of Sports Sciences, Türkiye Kırıkkale University, Faculty of Sports Sciences, Türkiye	THE IMPORTANCE OF INDIVIDUALIZED COACHING APPROACHES IN ENSURING EFFECTIVE COACH-ATHLETE COMMUNICATION IN INDIVIDUALS WITH AUTISM SPECTRUM DISORDER
Assoc. Prof. Dr. Rafet ÜNVER Assoc. Prof. Dr. ŞAHİN	Kırıkkale University, Faculty of Sport Sciences Burdur Mehmet Akif Ersoy University, Faculty of Sport Sciences	EVALUATION OF THE EFFECT OF PHYSICAL ACTIVITY INSUFFICIENCY ON THE RISK OF OBESITY IN INDIVIDUALS WITH INTELLECTUAL DISABILITIES
Assoc. Prof. Dr. Rafet ÜNVER Assoc. Prof. Dr. Döndü UĞURLU	Kırıkkale University, Faculty of Sport Sciences Kırıkkale University, Faculty of Sport Sciences	EVALUATION OF AWARENESS OF PARTICIPATION IN SPORTING ACTIVITIES AMONG INDIVIDUALS WITH AUTISM SPECTRUM DISORDER
Assoc. Prof. Dr. Rafet ÜNVER Assoc. Prof. Dr. ŞAHİN	Kırıkkale University, Faculty of Sport Sciences Burdur Mehmet Akif Ersoy University, Faculty of Sport Sciences	EVALUATION OF THE EFFECTS OF DIFFERENT TRAINING APPROACHES ON SPORTING PERFORMANCE AND SUCCESS IN INDIVIDUAL SPORTS
Assoc. Prof. Dr. Kemal SARĞIN Mesut GÜLEŞÇE	Van Yüzüncü Yıl University, Faculty of Sports Sciences, Türkiye Van Yüzüncü Yıl University, Faculty of Sports Sciences, Türkiye	THE EFFECT OF REGULAR SPORTS AND PHYSICAL ACTIVITY ON INDIVIDUALS' HEALTH AND MOTIVATION LEVELS AND PSYCHOLOGICAL WELL-BEING
Assoc. Prof. Dr. Kemal SARĞIN Mesut GÜLEŞÇE	Van Yüzüncü Yıl University, Faculty of Sports Sciences, Türkiye Van Yüzüncü Yıl University, Faculty of Sports Sciences, Türkiye	EXAMINING THE EFFECTS OF REGULAR WALKING ACTIVITIES ON HEALTH AND QUALITY OF LIFE IN INDIVIDUALS AGED 50 YEARS AND OLDER
Dr. Buğrahan CESUR Assoc. Prof. Dr. Kemal SARĞIN	Muş Alparslan University, Faculty of Sport Sciences Van Yüzüncü Yıl University, Faculty of Sport Sciences	INVESTIGATION OF THE RELATIONSHIP BETWEEN TRAINING FREQUENCY AND SPORTS PERFORMANCE IN WRESTLERS
Dr. Buğrahan CESUR Assoc. Prof. Dr. Kemal SARĞIN Şahin HOPUR	Muş Alparslan University, Faculty of Sport Sciences Van Yüzüncü Yıl University, Faculty of Sport Sciences Yozgat Provincial Directorate of Youth and Sports	AN EXAMINATION OF THE EFFECT OF PRE-COMPETITION WEIGHT LOSS ON STRENGTH, SPEED, AND ENDURANCE PERFORMANCE IN WRESTLERS

4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-2/HALL-2
 ROME	 TÜRKİYE TIME: 20:50-23:50

CHAIR: Assoc. Prof. Dr. Şükrü BİNGÖL
CHAIR VICE: Assoc. Prof. Dr. Yusuf ARIKAN

Author(s)	Affiliation	Title
Assoc. Prof. Dr. Şükrü BİNGÖL Assoc. Prof. Dr. Yusuf ARIKAN	Hakkari University, Faculty of Sports Sciences, Türkiye Uşak University, Faculty of Sports Sciences, Türkiye	AN EXAMINATION OF RECREATIONAL SWIMMING ACTIVITIES IN TERMS OF SOCIAL ADAPTATION AND PSYCHOLOGICAL WELL-BEING
Assoc. Prof. Dr. Şükrü BİNGÖL Assoc. Prof. Dr. Yusuf ARIKAN	Hakkari University, Faculty of Sports Sciences, Türkiye Uşak University, Faculty of Sports Sciences, Türkiye	INVESTIGATION OF THE EFFECT OF FACILITY OPPORTUNITIES ON THE DEVELOPMENT OF SPORT-SPECIFIC SKILLS AND PERFORMANCE IN ATHLETES
Dr. Mehmet TUNCER Assoc. Prof. Dr. Nur Elvan KOÇ DOĞAN	Ministry of National Education, Sivas, Türkiye Karabük University, Hasan Doğan Faculty of Sport Sciences	EVALUATION OF COLLABORATION BETWEEN SPORTS MANAGERS AND SPORT-SPECIFIC COACHES IN THE SPORTING EVENT PLANNING PROCESS
Dr. Mehmet TUNCER Assoc. Prof. Dr. Nur Elvan KOÇ DOĞAN	Ministry of National Education, Sivas, Türkiye Karabük University, Hasan Doğan Faculty of Sport Sciences	EVALUATION OF SPORTS MANAGERS' STRATEGIES AND PRACTICES FOR SUPPORTING SPORTS PARTICIPATION AMONG INDIVIDUALS WITH DISABILITIES
Dr. Tülay KARAYAZI Lecturer Dr. Aytül EYNUR	Ministry of National Education, Physical Education Teacher Kütahya Health Sciences University, Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation	EVALUATION OF TEACHING STRATEGIES USED BY PHYSICAL EDUCATION TEACHERS TO ENHANCE STUDENT MOTIVATION
Lecturer Dr. Aytül EYNUR Dr. Tülay KARAYAZI	Kütahya Health Sciences University, Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation Ministry of National Education, Physical Education Teacher	EVALUATION OF PHYSICAL EDUCATION TEACHERS' TENDENCIES TO DIRECT STUDENTS TOWARD SPORTS DISCIPLINES

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26.09.2026	SESSION-2/HALL-3
 ROME	 TÜRKİYE TIME: 20:50-23:50

CHAIR: Assoc. Prof. Dr. Yusuf ER

CHAIR VICE: Sinan EL

Author(s)	Affiliation	Title
Assoc. Prof. Dr. Yusuf ER Sinan EL	Karamanoğlu Mehmetbey University, Faculty of Applied Sciences, Department of Recreation Management Karamanoğlu Mehmetbey University, Faculty of Applied Sciences, Department of Recreation Management	EVALUATION OF SPORT MANAGERS' MANAGEMENT APPROACHES TO THE DEVELOPMENT OF RECREATIONAL ACTIVITY AREAS
Assoc. Prof. Dr. Yusuf ER Dr. Veysel TURKAK	Karamanoğlu Mehmetbey University, Faculty of Applied Sciences, Department of Recreation Management Independent Researcher, Karamanoğlu Mehmetbey University, Institute of Social Sciences, Department of Recreation	EVALUATION OF THE ROLE OF RECREATIONAL ACTIVITIES IN SOCIAL INTERACTION AND COMMUNITY PARTICIPATION
Research Assistant Yusuf Can GÜRSOY Lecturer Yavuz Kürşat GÜLDAL	Kütahya Dumlupınar University, Faculty of Sport Sciences Kırıkkale University, Faculty of Sport Sciences	AN EXAMINATION OF THE EFFECT OF TRAINING INTENSITY ON SPORTING PERFORMANCE IN YOUTH ACADEMY FOOTBALL PLAYERS AGED 10-15
Research Assistant Yusuf Can GÜRSOY Lecturer Yavuz Kürşat GÜLDAL	Kütahya Dumlupınar University, Faculty of Sport Sciences Kırıkkale University, Faculty of Sport Sciences	EVALUATION OF THE EFFECT OF TRAINING INTENSITY ON SPORTING PERFORMANCE IN SCHOOL-AGED FOOTBALL PLAYERS
Dr. Ahmet USLU Assoc. Prof. Dr. Yalçın AYDIN	Silivri Municipality Malatya Turgut Özal University, Faculty of Health Sciences	AN EXAMINATION OF SPORTS MANAGERS' APPROACHES TO PROMOTING AND DISSEMINATING PHYSICAL ACTIVITY “
Dr. Ahmet USLU Assoc. Prof. Dr. Yalçın AYDIN	Silivri Municipality Malatya Turgut Özal University, Faculty of Health Sciences	EXAMINING THE ROLE AND MANAGEMENT APPROACHES OF SPORTS CLUB MANAGERS IN ENHANCING SPORTING SUCCESS IN INDIVIDUAL SPORTS

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4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-2/HALL-4
 ROME	 TÜRKİYE TIME: 20:50-23:50

CHAIR: Assoc. Prof. Dr. Alay KESLER
CHAIR VICE: Assoc. Prof. Dr. Esin GÜLLÜ

Author(s)	Affiliation	Title
Assoc. Prof. Dr. Alay KESLER Assoc. Prof. Dr. Esin GÜLLÜ	Istanbul University Cerrahpaşa, Faculty of Sport Sciences Uşak University, Faculty of Sport Sciences	THE EVALUATION OF THE EFFECT OF PHYSICAL ACTIVITY PARTICIPATION ON HEALTH AND QUALITY OF LIFE IN INDIVIDUALS WITH DISABILITIES
Assoc. Prof. Dr. Alay KESLER Assoc. Prof. Dr. Esin GÜLLÜ	Istanbul University Cerrahpaşa, Faculty of Sport Sciences Uşak University, Faculty of Sport Sciences	RELATIONSHIP BETWEEN PHYSICAL ACTIVITY INTENSITY, HEALTH, AND PHYSICAL PERFORMANCE IN INDIVIDUALS WITH INTELLECTUAL DISABILITIES
Lecturer Ferdağ ÖZARAS Assoc. Prof. Dr. Abdulaziz KULAK	Yalova University, Çınarcık Vocational School Harran University, School of Physical Education and Sports	THE EXAMINATION OF PEER BULLYING EXPERIENCES AMONG STUDENTS WITH SPECIAL EDUCATIONAL NEEDS IN PHYSICAL EDUCATION CLASSES
Lecturer Ferdağ ÖZARAS Assoc. Prof. Dr. Abdulaziz KULAK	Yalova University, Çınarcık Vocational School Harran University, School of Physical Education and Sports	EVALUATION OF COMPETITION MOTIVATION AMONG AMPUTEE SOCCER PLAYERS
Assoc. Prof. Dr. Metin YILDIZ Assoc. Prof. Dr. İdris KAYANTAŞ	Munzur University, Faculty of Sports Sciences, Department of Sports Management Bingöl University, Faculty of Sports Sciences	AN EXAMINATION OF SPORTS MANAGERS' MANAGEMENT APPROACHES TO OPENING RECREATIONAL ACTIVITY AREAS TO THE PUBLIC
Assoc. Prof. Dr. Metin YILDIZ Assoc. Prof. Dr. İdris KAYANTAŞ	Munzur University, Faculty of Sports Sciences, Department of Sports Management Bingöl University, Faculty of Sports Sciences	THE EFFECT OF PROTOCOL PARTICIPATION ON ORGANIZATIONAL SUCCESS AND COMPETITIVE PERFORMANCE IN SPORTS ORGANIZATIONS: AN EXAMINATION

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4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-2/HALL-5
 ROME	 TÜRKİYE TIME: 20:50-23:50

CHAIR: Assoc. Prof. Dr. Mustafa Sabır BOZOĞLU

CHAIR VICE: Dr. Kerim RÜZGAR

Author(s)	Affiliation	Title
Assoc. Prof. Dr. Mustafa Sabır BOZOĞLU Dr. Kerim RÜZGAR	Necmettin Erbakan University, Faculty of Tourism, Department of Recreation Management Ministry of National Education, Physical Education Teacher	AN EVALUATION OF THE FEASIBILITY OF TRADITIONAL KARAKUCAK WRESTLING AS A RECREATIONAL ACTIVITY
Assoc. Prof. Dr. Mustafa Sabır BOZOĞLU Dr. Kerim RÜZGAR	Necmettin Erbakan University, Faculty of Tourism, Department of Recreation Management Ministry of National Education, Physical Education Teacher	AN EXAMINATION OF THE EFFECT OF TRADITIONAL KARAKUCAK WRESTLING ON SOCIAL INTERACTION, SOLIDARITY, AND SOCIAL INTEGRATION
Assoc. Prof. Dr. Ayla KARAKULLUKÇU	Kırıkkale University, Faculty of Sports Sciences, Türkiye	THE EFFECT OF PARTICIPATION IN SPORTIVE ACTIVITIES ON SELF-CONFIDENCE IN SPECIAL ATHLETES
Assoc. Prof. Dr. Ayla KARAKULLUKÇU	Kırıkkale University, Faculty of Sports Sciences, Türkiye	EXAMINATION OF RULE COMPLIANCE PROCESSES OF INDIVIDUALS WITH SPECIAL NEEDS PARTICIPATING IN FOLK DANCES
Asst. Prof. Dr. Banu CAN Asst. Prof. Dr. Hülya BERKTAŞ	Ardahan University, Faculty of Sports Sciences, Türkiye İnönü University, Faculty of Sports Sciences, Türkiye	INVESTIGATION OF THE EFFECT OF SPORTS MANAGERS' MANAGERIAL COMPETENCIES ON ORGANIZATIONAL PERFORMANCE
Asst. Prof. Dr. Banu CAN Asst. Prof. Dr. Hülya BERKTAŞ	Ardahan University, Faculty of Sports Sciences, Türkiye İnönü University, Faculty of Sports Sciences, Türkiye	EVALUATION OF ACCESSIBILITY PROBLEMS TO SPORTS FACILITIES IN METROPOLITAN CITIES

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4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-2/HALL-6
 ROME	 TÜRKİYE TIME: 20:50-23:50

CHAIR: Assoc. Prof. Dr. Bayram KAYA

CHAIR VICE: Filiz KÜÇÜKALPELLİ

Author(s)	Affiliation	Title
Başak ÇAVUŞOĞLU	Tekirdağ Namık Kemal University, Faculty of Sports Sciences, Türkiye	EXAMINATION OF THE EFFECTS OF REGULAR WALKING EXERCISES ON PSYCHOLOGICAL WELL-BEING AND QUALITY OF LIFE
Başak ÇAVUŞOĞLU	Tekirdağ Namık Kemal University, Faculty of Sports Sciences, Türkiye	EVALUATION OF THE EFFECTS OF WALKING-BASED PHYSICAL ACTIVITY ON GENERAL HEALTH IN INDIVIDUALS OVER THE AGE OF 50
Assoc. Prof. Dr. Bayram KAYA Filiz KÜÇÜKALPELLİ	Ardahan University, Faculty of Sports Sciences, Türkiye Burdur Mehmet Akif Ersoy University, Faculty of Sports Sciences, Türkiye	THE IMPACT OF MANAGEMENT AND ORGANIZATIONAL PROCESSES IN SPORTS FACILITIES ON SERVICE QUALITY
Filiz KÜÇÜKALPELLİ Assoc. Prof. Dr. Bayram KAYA	Burdur Mehmet Akif Ersoy University, Faculty of Sports Sciences, Türkiye Ardahan University, Faculty of Sports Sciences, Türkiye	EVALUATION OF PLANNING PROCESSES IN SPORTS ORGANIZATIONS IN TERMS OF MANAGERIAL EFFICIENCY
Dr. Fatih SARIKAYA Lecturer Dr. Gökhan TUNA	Independent Researcher Trakya University, Faculty of Sports Sciences, Türkiye	THE EFFECT OF REGULAR WALKING EXERCISE ON RESPIRATORY CAPACITY AND PERCEIVED RESPIRATORY FUNCTION IN INDIVIDUALS OVER 50 YEARS OF AGE
Dr. Fatih SARIKAYA Lecturer Dr. Gökhan TUNA	Independent Researcher Trakya University, Faculty of Sports Sciences, Türkiye	AN EXAMINATION OF THE SPORTING DEVELOPMENT LEVELS OF FOOTBALL PLAYERS AGED 10-15 WHO REGULARLY PARTICIPATE IN SUMMER SPORTS SCHOOLS

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4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-2/HALL-7
 ROME	 TÜRKİYE TIME: 20:50-23:50

CHAIR: Assoc. Prof. Dr. Gamze GÜNEY
CHAIR VICE: Asst. Prof. Dr. Dilek TOPAL

Author(s)	Affiliation	Title
Assoc. Prof. Dr. Gamze GÜNEY Asst. Prof. Dr. Dilek TOPAL	Ardahan University, Faculty of Sports Sciences, Türkiye İstanbul Aydın University, Faculty of Sports Sciences, Türkiye	THE EFFECT OF EXERCISE TIMING ON THE RISK OF SPORTS INJURIES
Assoc. Prof. Dr. Gamze GÜNEY Asst. Prof. Dr. Dilek TOPAL	Ardahan University, Faculty of Sports Sciences, Türkiye İstanbul Aydın University, Faculty of Sports Sciences, Türkiye	AN INVESTIGATION OF THE EFFECTS OF REGULAR EXERCISE PARTICIPATION ON CHARACTER DEVELOPMENT IN ATHLETES AGED 11-15
Lecturer Hülya ANT Asst. Prof. Dr. Fatih AKGÜL	Kırıkkale University, Türkiye Yozgat Bozok University, Faculty of Sports Sciences, Türkiye	EVALUATION OF PHYSICAL EDUCATION TEACHERS' PRACTICES IN THE DEVELOPMENT OF SELF-CONFIDENCE AMONG MIDDLE SCHOOL STUDENTS
Lecturer Hülya ANT Asst. Prof. Dr. Fatih AKGÜL	Kırıkkale University, Türkiye Yozgat Bozok University, Faculty of Sports Sciences, Türkiye	EVALUATION OF THE EFFECTS OF PHYSICAL EDUCATION AND SPORTS LESSONS ON THE PERCEPTIONS OF HONESTY AMONG MIDDLE SCHOOL STUDENTS
Assoc. Prof. Dr. Şirin PEPE Prof. Dr. Hamdi PEPE	Düzce University, Faculty of Sports Sciences, Türkiye Düzce University, Faculty of Sports Sciences, Türkiye	EVALUATION OF MANAGERIAL MEASURES FOR THE EFFECTIVE AND SAFE USE OF PUBLIC SPORTS FACILITIES
Assoc. Prof. Dr. Şirin PEPE Prof. Dr. Hamdi PEPE	Düzce University, Faculty of Sports Sciences, Türkiye Düzce University, Faculty of Sports Sciences, Türkiye	SPOR YÖNETİCİLERİNİN SPOR TESİSLERİNİN GÜNCEL STANDARTLARA UYGUNLUĞUNU KORUMA SÜREÇLERİNE İLİŞKİN YÖNETİMSSEL YAKLAŞIMLARININ İNCELENMESİ

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4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-2/HALL-8
 ROME	 TÜRKİYE TIME: 20:50-23:50

CHAIR: Asst. Prof. Dr. Hüseyin Mete GÜNDOĞDU

CHAIR VICE: Asst. Prof. Dr. Cemile Nihal YURTSEVEN

Author(s)	Affiliation	Title
Asst. Prof. Dr. Hüseyin Mete GÜNDOĞDU	Bilecik Şeyh Edebali University, Türkiye	EXAMINATION OF THE PARTICIPATION MOTIVATIONS OF INDIVIDUALS WITH SPECIAL NEEDS IN SPORTS ACTIVITIES
Asst. Prof. Dr. Hüseyin Mete GÜNDOĞDU	Bilecik Şeyh Edebali University, Türkiye	INVESTIGATION OF PRIMARY SCHOOL STUDENTS' ATTITUDES TOWARD PHYSICAL EDUCATION COURSES
Asst. Prof. Dr. Cemile Nihal YURTSEVEN Prof. Dr. Mehmet ILKIM	İstanbul University-Cerrahpaşa, Faculty of Sports Sciences, Türkiye İnönü University, Faculty of Sports Sciences, Türkiye	ÖZEL SPOR SALONLARINDA EKİPMAN KULLANIM SÜRECİNDE OLUŞABİLECEK RİSK FAKTÖRLERİNİN ANALİZİ
Asst. Prof. Dr. Cemile Nihal YURTSEVEN Prof. Dr. Mehmet ILKIM	İstanbul University-Cerrahpaşa, Faculty of Sports Sciences, Türkiye İnönü University, Faculty of Sports Sciences, Türkiye	INVESTIGATION OF RISK FACTORS IN THE PARTICIPATION PROCESS OF PHYSICAL ACTIVITY AMONG INDIVIDUALS WITH SPECIAL NEEDS
Prof. Dr. Murat KALDIRIMCI Prof. Dr. Mehmet ILKIM	Atatürk University, Faculty of Sports Sciences, Türkiye İnönü University, Faculty of Sports Sciences, Türkiye	EXAMINATION OF THE PARTICIPATION OF INDIVIDUALS WITH DOWN SYNDROME IN JUDO IN TERMS OF PHYSICAL HEALTH AND FUNCTIONAL CAPACITY
Dr Okan SARI. Dr. Lecturer Murat BİLGİN	Teacher, Ministry of National Education, Malatya, Türkiye İstanbul Technical University, Türkiye	EVALUATION OF THE FACTORS PREVENTING PRIMARY SCHOOL STUDENTS FROM PARTICIPATING IN REGULAR TRAINING ACCORDING TO THE OPINIONS OF PHYSICAL EDUCATION TEACHERS
Dr. Lecturer Murat BİLGİN Dr. Okan SARI	İstanbul Technical University, Türkiye Teacher, Ministry of National Education, Malatya, Türkiye	INVESTIGATION OF THE ADEQUACY OF SPORTS FACILITIES IN PRIMARY EDUCATION INSTITUTIONS IN MEETING TRAINING REQUIREMENTS

4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-2/HALL-9
 ROME	 TÜRKİYE TIME: 20:50-23:50

CHAIR: Assoc. Prof. Dr. Selin Biçer BAİKOĞLU

CHAIR VICE: Dr. Serdar KOÇ

Author(s)	Affiliation	Title
Dr. Serdar KOÇ Dr. Yunus SADIR	Physical Education Teacher, Ministry of National Education, Türkiye Physical Education Teacher, Ministry of National Education, Türkiye	BARRIERS TO PARTICIPATION OF INDIVIDUALS WITH INTELLECTUAL DISABILITIES IN TRAINING PROGRAMS: AN EXAMINATION
Dr. Yunus SADIR Dr. Serdar KOÇ	Physical Education Teacher, Ministry of National Education, Türkiye Physical Education Teacher, Ministry of National Education, Türkiye	ZİHİNSEL YETERSİZLİĞİ BULUNAN BİREYLERDE ANTRENMAN DÜZEYLERİNİN FİZİKSEL UYGUNLUK AÇISINDAN DEĞERLENDİRİLMESİ
Assoc. Prof. Dr. Selin Biçer BAİKOĞLU Assoc. Prof. Dr. Suzan DAL	İstanbul University-Cerrahpaşa, Faculty of Sports Sciences, Türkiye İstanbul University-Cerrahpaşa, Faculty of Sports Sciences, Türkiye	EVALUATION OF THE PARTICIPATION OF INDIVIDUALS WITH SPECIAL NEEDS IN SPORTING ACTIVITIES AND THEIR SOCIAL ACCEPTANCE PROCESSES
Assoc. Prof. Dr. Suzan DAL Assoc. Prof. Dr. Selin Biçer BAİKOĞLU	İstanbul University-Cerrahpaşa, Faculty of Sports Sciences, Türkiye İstanbul University-Cerrahpaşa, Faculty of Sports Sciences, Türkiye	REKREATİF ETKİNLİKLERİN ÖZEL GEREKSİNİMLİ BİREYLERİN ÖZ YETERLİLİK VE BAĞIMSIZ YAŞAM BECERİLERİ ÜZERİNDEKİ ETKİSİ
Asst. Prof. Dr. Tayfun KARA Assoc. Prof. Dr. Mustafa KIZILKOCA	Kahramanmaraş Sütçü İmam University, Faculty of Sports Sciences, Türkiye Munzur University, Faculty of Sports Sciences, Türkiye	THE EFFECTS OF REGULAR EXERCISE ON LIFE SATISFACTION AND PSYCHOLOGICAL HEALTH IN YOUNG ADULTS
Assoc. Prof. Dr. Mustafa KIZILKOCA Asst. Prof. Dr. Tayfun KARA	Munzur University, Faculty of Sports Sciences, Türkiye Kahramanmaraş Sütçü İmam University, Faculty of Sports Sciences, Türkiye	EXAMINATION OF RISK FACTORS IN SPORTS MANAGEMENT IN TERMS OF ATHLETE HEALTH AND SAFETY

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4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-2/HALL-10
 ROME	 TÜRKİYE TIME: 20:50-23:50

CHAIR: Assoc. Prof. Dr. Ramazan TOPUZ

CHAIR VICE: Dr. Aslı CEYHAN

Author(s)	Affiliation	Title
Dr. Aslı CEYHAN Assoc. Prof. Dr. Ramazan TOPUZ	Ministry of Youth and Sports, Türkiye Selçuk University, Faculty of Sports Sciences, Türkiye	THE ROLE OF REGULAR EXERCISE AND TRAINING IN IMPROVING PHYSICAL HEALTH AMONG INDIVIDUALS WITH DISABILITIES
Dr. Aslı CEYHAN Assoc. Prof. Dr. Ramazan TOPUZ	Ministry of Youth and Sports, Türkiye Selçuk University, Faculty of Sports Sciences, Türkiye	ASSESSMENT OF OBESITY RISK ASSOCIATED WITH PHYSICAL INACTIVITY IN INDIVIDUALS WITH DOWN SYNDROME
Assoc. Prof. Dr. Varol TUTAL Assoc. Prof. Dr. Gülşah SEKBAN	Malatya Turgut Özal University, Faculty of Health Sciences, Türkiye Sinop University, Faculty of Sports Sciences, Türkiye	ASSESSMENT OF OBESITY RISK ASSOCIATED WITH PHYSICAL INACTIVITY IN INDIVIDUALS WITH DOWN SYNDROME
Assoc. Prof. Dr. Varol TUTAL Assoc. Prof. Dr. Gülşah SEKBAN	Malatya Turgut Özal University, Faculty of Health Sciences, Türkiye Sinop University, Faculty of Sports Sciences, Türkiye	EVALUATION OF THE EFFECTS OF PHYSICAL EDUCATION COURSES ON THE PERSONALITY DEVELOPMENT OF MIDDLE SCHOOL STUDENTS
Assoc. Prof. Dr. Yeşim KÖRMÜKÇÜ	Kocaeli University, Faculty of Sports Sciences, Türkiye	THE ROLE OF SPORTS MANAGERS' PERCEPTIONS OF RECREATIONAL ACTIVITIES IN THE EFFECTIVENESS OF RECREATIONAL SERVICES
Assoc. Prof. Dr. Yeşim KÖRMÜKÇÜ	Kocaeli University, Faculty of Sports Sciences, Türkiye	ANALYSIS OF THE EFFECT OF RECREATIONAL PARTICIPATION ON LEVELS OF SOCIAL ACCEPTANCE
Prof. Dr.Feyzullah KOCA Assoc. Prof. Dr. Levent TANYERİ	Kafkas University / Sankamış Faculty of Sports Sciences,	AN EVALUATION OF THE PROBLEMS ENCOUNTERED BY SPORTS MANAGERS IN DECISION-MAKING PROCESSES
Prof. Dr.Feyzullah KOCA Dr. Özge SEZİK TANYERİ	Kafkas University / Sankamış Faculty of Sports Sciences Atatürk University Faculty of Winter Sports and Sports Sciences	EVALUATION OF THE ROLE OF REGULAR AND ADAPTED EXERCISE IN PHYSICAL FITNESS AND QUALITY OF LIFE AMONG INDIVIDUALS WITH DOWN SYNDROME

4 th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
26.09.2026	SESSION-2/HALL-11
 ROME	 TÜRKİYE TIME: 20:50-23:50

CHAIR: Asst. Prof. Dr. Yılmaz AKSOY

CHAIR VICE: Hüseyin ŞİMŞEK

Author(s)	Affiliation	Title
Asst. Prof. Dr. Yılmaz AKSOY Hüseyin ŞİMŞEK	Ordu University, Faculty of Sports Sciences, Türkiye Ph.D. Student, Fırat University, Graduate School of Health Sciences, Türkiye	THE STRATEGIC PLANNING ROLE OF MANAGERS IN THE EFFECTIVE AND EFFICIENT USE OF SPORTS FACILITIES BY THE COMMUNITY: THE CASE OF MALATYA YEŞİLYURT MUNICIPALITY
Hüseyin ŞİMŞEK Asst. Prof. Dr. Yılmaz AKSOY	Ph.D. Student, Fırat University, Graduate School of Health Sciences, Türkiye Ordu University, Faculty of Sports Sciences, Türkiye	THE STRATEGIC ROLE OF MANAGERS IN THE DEVELOPMENT AND EFFECTIVE UTILIZATION OF SPORTS FACILITIES: THE CASE OF THE MALATYA PROVINCIAL DIRECTORATE OF YOUTH AND SPORTS
Asst. Prof. Dr. Zeynep BOZDOĞAN KURT Asst. Prof. Dr. Muzaffer Toprak KESKİN	Marmara University, Faculty of Sports Sciences, Türkiye Nevşehir Hacı Bektaş Veli University, Faculty of Sports Sciences, Türkiye	GÜREŞ SPORCULARINDA DÜZENLİ ANTRENMAN KATILIMININ PERFORMANS GELİŞİMİ AÇISINDAN DEĞERLENDİRİLMESİ
Asst. Prof. Dr. Zeynep BOZDOĞAN KURT Asst. Prof. Dr. Muzaffer Toprak KESKİN	Marmara University, Faculty of Sports Sciences, Türkiye Nevşehir Hacı Bektaş Veli University, Faculty of Sports Sciences, Türkiye	THE RELATIONSHIP BETWEEN COACH SUPPORT, SKILL DEVELOPMENT, AND SPORTING SUCCESS AMONG INDIVIDUALS PARTICIPATING IN ATHLETICS
Dr. Nalan ŞAHİN Hasan ŞAHİN	Independent Researcher Independent Researcher	EVALUATION OF THE RELATIONSHIP BETWEEN THE ATHLETIC ACHIEVEMENT LEVELS OF INDIVIDUALS WITH INTELLECTUAL DISABILITIES AND FAMILY LIFE SATISFACTION
Dr. Nalan ŞAHİN Hasan ŞAHİN	Independent Researcher Independent Researcher	EXAMINATION OF THE CONTRIBUTION OF SPORTS ACHIEVEMENT TO THE DEVELOPMENT OF SELF- EXPRESSION SKILLS IN INDIVIDUALS WITH INTELLECTUAL DISABILITIES
Assoc. Prof. Dr.Gürkan TOKGÖZ Lecturer Hasan GEZER	Munzur University Faculty Sport Of Sciences Kahramanmaraş Sütçü İmam University	EVALUATION OF THE ROLE OF REGULAR PHYSICAL ACTIVITY IN HEALTH AND QUALITY OF LIFE AMONG INDIVIDUALS AGED 50 AND OVER
Assoc. Prof. Dr.Gürkan TOKGÖZ Dr. Ahmet USLU	Munzur University Faculty Sport Of Sciences Silivri Municipality	THE CONTRIBUTION OF REGULAR WALKING ACTIVITIES TO THE PROTECTION AND IMPROVEMENT OF ATHLETES' HEALTH

Opening

Online

Date: **September 22, 2026**

Time: **15:30**

Meeting Link:

<https://us06web.zoom.us/j/4603636838?pwd=Gx9rIRf5cUTPsZZ4pilDYkYWaaEAc6.1&omn=84892423094>

Meeting ID: 460 363 6838

Password: 121314

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4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-1/HALL-1
 ROME	 TÜRKİYE TIME: 15:30

CHAIR: Ayesha Malik

Author(s)	Affiliation	Title
Ayesha Malik	Master's Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	ACUTE EFFECTS OF HIGH-INTENSITY INTERVAL TRAINING ON HEART RATE RECOVERY IN UNIVERSITY ATHLETES
Hira Hussain Chaudhry Areeba Hussain	PhD Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	ASSOCIATION BETWEEN SLEEP QUALITY AND ANAEROBIC PERFORMANCE AMONG COMPETITIVE TEAM-SPORT ATHLETES
Sana Khan Nawaz Maham Bhatti	Master's Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	EFFECTS OF PLYOMETRIC TRAINING ON VERTICAL JUMP PERFORMANCE AND LOWER-LIMB POWER
Zainab Mirza	Master's Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	RELATIONSHIP BETWEEN CORE STABILITY AND CHANGE-OF-DIRECTION SPEED IN COLLEGIATE ATHLETES
Mahnoor Fatima Javed Komal Ahmed	PhD Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	BIOMECHANICAL ANALYSIS OF LANDING MECHANICS AND KNEE INJURY RISK IN FEMALE ATHLETES
Iqra Hussain Malik	Master's Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	EFFECTS OF RESISTANCE TRAINING FREQUENCY ON MUSCULAR STRENGTH AND BODY COMPOSITION
Fatima Chaudhry Anam Shah	Master's Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	SPORT MOTIVATION, COMPETITIVE ANXIETY, AND PERFORMANCE AMONG UNIVERSITY ATHLETES
Maryam Ali Nawaz Aiman Saeed	PhD Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	PHYSICAL ACTIVITY LEVELS AND HEALTH-RELATED FITNESS IN GRADUATE UNIVERSITY STUDENTS
Ali Fatima Mirza	Master's Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	INFLUENCE OF HYDRATION STATUS ON REPEATED-SPRINT PERFORMANCE IN HOT ENVIRONMENTS
Hamza Javed Zoya Mahmood	Master's Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	Effects of Neuromuscular Warm-Up Programs on Lower-Extremity Injury Prevention

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-1/HALL-2
 ROME	 TÜRKİYE TIME: 15:30

CHAIR: Bilal Khan Malik

Author(s)	Affiliation	Title
Bilal Khan Malik	PhD Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	COMPARISON OF AEROBIC CAPACITY ACROSS ENDURANCE AND TEAM-SPORT ATHLETES
Usman Ali Chaudhry Taha Yousaf	Master's Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	DIGITAL TECHNOLOGIES AND WEARABLE SENSORS IN MONITORING TRAINING LOAD
Saad Nawaz Fahad Raza	Master's Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	RELATIONSHIP BETWEEN RELATIVE ENERGY DEFICIENCY INDICATORS AND ATHLETIC PERFORMANCE
Hassan Hussain Mirza	PhD Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	EFFECTS OF ECCENTRIC STRENGTH TRAINING ON HAMSTRING FUNCTION AND SPRINT PERFORMANCE
Ahmed Khan Javed Imran Awan	Master's Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	SPORT PARTICIPATION, PSYCHOLOGICAL WELL-BEING, AND ACADEMIC STRESS IN UNIVERSITY STUDENTS
Muneeb Malik	Master's Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	IMPACT OF SMALL-SIDED GAMES ON PHYSIOLOGICAL LOAD AND TECHNICAL PERFORMANCE IN FOOTBALL
Rida Fatima Chaudhry Talha Khan	PhD Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	POST-EXERCISE RECOVERY STRATEGIES AND DELAYED-ONSET MUSCLE SORENESS IN TRAINED ATHLETES
Laiba Hussain Nawaz Adeel Iqbal	Master's Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	MOTOR LEARNING AND FEEDBACK FREQUENCY IN THE ACQUISITION OF COMPLEX SPORT SKILLS
Mehwish Mirza	Master's Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	EFFECTS OF BALANCE TRAINING ON POSTURAL CONTROL AND ANKLE STABILITY
Danish Ali Javed Shayan Tariq	PhD Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	SPORT MANAGEMENT COMPETENCIES AND ORGANIZATIONAL EFFECTIVENESS IN UNIVERSITY SPORT PROGRAMS

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-1/HALL-3
 ROME	 TÜRKİYE TIME: 15:30

CHAIR: Hira Chaudhry

Author(s)	Affiliation	Title
Ayesha Fatima Malik	Master's Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	GENDER DIFFERENCES IN PERCEIVED BARRIERS TO PHYSICAL ACTIVITY AMONG UNIVERSITY STUDENTS
Hira Chaudhry Nida Hussain	Master's Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	EXERCISE ADHERENCE AND SELF-EFFICACY IN COMMUNITY-BASED FITNESS PROGRAMS
Sana Khan Nawaz Amna Bhatti	PhD Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	RELATIONSHIP BETWEEN BODY COMPOSITION AND SPEED-ENDURANCE PERFORMANCE IN ATHLETES
Zainab Ali Mirza	Master's Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	EFFECTS OF CONCURRENT STRENGTH AND ENDURANCE TRAINING ON PHYSICAL PERFORMANCE
Mahnoor Javed Rabia Ahmed	Master's Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	PSYCHOLOGICAL RESILIENCE AND COPING STRATEGIES AMONG ELITE AND SUB-ELITE ATHLETES
Iqra Hussain Malik	PhD Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	USE OF GPS-DERIVED EXTERNAL LOAD METRICS IN TEAM-SPORT TRAINING PRESCRIPTION
Fatima Khan Chaudhry Hafsa Shah	Master's Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	EFFECTS OF EXERCISE ON EXECUTIVE FUNCTION AND ATTENTION IN YOUNG ADULTS
Maryam Nawaz Areeba Saeed	Master's Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	SPORTS NUTRITION KNOWLEDGE AND DIETARY PRACTICES AMONG UNIVERSITY ATHLETES
Ali Fatima Mirza	PhD Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	ASSOCIATION BETWEEN TRAINING MONOTONY, FATIGUE, AND OVERUSE INJURY SYMPTOMS
Hamza Hussain Javed Maham Mahmood	Master's Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	FUNCTIONAL MOVEMENT QUALITY AND MUSCULOSKELETAL INJURY RISK IN COMPETITIVE ATHLETES

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-1/HALL-4
 ROME	 TÜRKİYE TIME: 15:30

CHAIR: Ananya Singh

Author(s)	Affiliation	Title
Bilal Malik	Master's Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	EFFECTS OF AQUATIC EXERCISE ON CARDIOVASCULAR FITNESS AND MUSCULAR ENDURANCE
Usman Ali Chaudhry Komal Yousaf	PhD Student Department of Sport Sciences and Physical Education University of the Punjab Pakistan	SOCIAL SUPPORT, COACH-ATHLETE RELATIONSHIP, AND ATHLETE BURNOUT
Saad Fatima Nawaz Anam Raza	Master's Student Department of Sports Sciences and Physical Education The University of Lahore Pakistan	SPORTS TOURISM MOTIVATION AND EVENT EXPERIENCE AMONG RECREATIONAL PARTICIPANTS
Ananya Singh	Master's Student Department of Physical Education Aligarh Muslim University India	DETERMINANTS OF SPECTATOR ENGAGEMENT AND DIGITAL CONSUMPTION IN UNIVERSITY SPORTS
Priya Devi Nair Aditi Verma	PhD Student Department of Physical Education Central University of Punjab India	EFFECTS OF SPRINT INTERVAL TRAINING ON VO ₂ MAX AND REPEATED-SPRINT ABILITY
Kavya Prakash Verma	Master's Student Department of Physical Education Gujarat Vidyapith India	COMPARISON OF RECOVERY PROFILES FOLLOWING MORNING AND EVENING TRAINING SESSIONS
Neha Das Nandini Yadav	Master's Student Department of Physical Education Aligarh Muslim University India	PHYSICAL LITERACY AND LONG-TERM SPORT PARTICIPATION AMONG UNIVERSITY STUDENTS
Ishita Singh Kapoor Shreya Singh	PhD Student Department of Physical Education Central University of Punjab India	EXERCISE PHYSIOLOGY RESPONSES TO MODERATE-ALTITUDE TRAINING IN ENDURANCE ATHLETES
Riya Devi Singh	Master's Student Department of Physical Education Gujarat Vidyapith India	RELATIONSHIP BETWEEN REACTION TIME AND DECISION-MAKING ACCURACY IN RACKET SPORTS
Aarav Nair Divya Gupta	Master's Student Department of Physical Education Aligarh Muslim University India	EFFECTS OF YOGA-BASED TRAINING ON FLEXIBILITY, BALANCE, AND PERCEIVED STRESS

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-1/HALL-5
 ROME	 TÜRKİYE TIME: 15:30

CHAIR: Arjun Deep Verma

Author(s)	Affiliation	Title
Arjun Deep Verma	PhD Student Department of Physical Education Central University of Punjab India	MACHINE LEARNING APPROACHES FOR PREDICTING TRAINING LOAD–RELATED INJURY RISK
Rohan Singh Das Anjali Kulkarni	Master's Student Department of Physical Education Gujarat Vidyapith India	SPORTS BIOMECHANICS OF CUTTING MANEUVERS UNDER FATIGUE CONDITIONS
Vikram Kapoor Sakshi Rao	Master's Student Department of Physical Education Aligarh Muslim University India	EFFECTS OF ISOMETRIC TRAINING ON TENDON STIFFNESS AND EXPLOSIVE STRENGTH
Rahul Prakash Singh	PhD Student Department of Physical Education Central University of Punjab India	TALENT IDENTIFICATION INDICATORS IN YOUTH TEAM-SPORT DEVELOPMENT
Aditya Deep Nair Akash Malhotra	Master's Student Department of Physical Education Gujarat Vidyapith India	PHYSICAL ACTIVITY, SEDENTARY BEHAVIOR, AND CARDIOMETABOLIC RISK IN UNIVERSITY POPULATIONS
Sneha Verma	Master's Student Department of Physical Education Aligarh Muslim University India	EFFECTS OF PERIODIZED STRENGTH TRAINING ON PERFORMANCE ACROSS A COMPETITIVE SEASON
Pooja Devi Das Manish Patel	PhD Student Department of Physical Education Central University of Punjab India	PERCEIVED COACHING CLIMATE AND INTRINSIC MOTIVATION IN COLLEGIATE SPORT
Nikhil Prakash Kapoor Ritesh Mehta	Master's Student Department of Physical Education Gujarat Vidyapith India	REHABILITATION EXERCISE AND RETURN-TO-SPORT READINESS AFTER LOWER-LIMB INJURY
Karan Singh	Master's Student Department of Physical Education Aligarh Muslim University India	EXERCISE-INDUCED CHANGES IN HEART RATE VARIABILITY AND AUTONOMIC RECOVERY
Meera Singh Nair Abhishek Sharma	PhD Student Department of Physical Education Central University of Punjab India	SPORT SOCIOLOGY PERSPECTIVES ON INCLUSION AND PARTICIPATION IN UNIVERSITY SPORT

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-1/HALL-6
 ROME	 TÜRKİYE TIME: 15:30

CHAIR: Tanvi Devi Verma

Author(s)	Affiliation	Title
Tanvi Devi Verma	Master's Student Department of Physical Education Gujarat Vidyapith India	EFFECTS OF CAFFEINE TIMING ON COGNITIVE AND PHYSICAL PERFORMANCE IN ATHLETES
Sanjay Das Vivek Nair	Master's Student Department of Physical Education Aligarh Muslim University India	COMPARISON OF LINEAR AND UNDULATING PERIODIZATION FOR STRENGTH DEVELOPMENT
Dev Deep Kapoor Deepak Bose	PhD Student Department of Physical Education Central University of Punjab India	MUSCLE ARCHITECTURE ADAPTATIONS FOLLOWING EIGHT WEEKS OF RESISTANCE TRAINING
Ananya Singh Singh	Master's Student Department of Physical Education Gujarat Vidyapith India	RELATIONSHIP BETWEEN FOOT POSTURE AND RUNNING-RELATED INJURY SYMPTOMS
Priya Nair Harsh Verma	Master's Student Department of Physical Education Aligarh Muslim University India	EFFECTS OF RESPIRATORY MUSCLE TRAINING ON ENDURANCE PERFORMANCE
Kavya Prakash Verma	PhD Student Department of Physical Education Central University of Punjab India	SPORT EVENT SUSTAINABILITY PRACTICES AND PARTICIPANT BEHAVIORAL INTENTIONS
Neha Deep Das Siddharth Yadav	Master's Student Department of Physical Education Gujarat Vidyapith India	EFFECTS OF DUAL-TASK TRAINING ON AGILITY AND COGNITIVE PERFORMANCE
Ishita Kapoor Nisha Singh	Master's Student Department of Physical Education Aligarh Muslim University India	ASSESSMENT OF RELATIVE AGE EFFECTS IN UNIVERSITY TALENT DEVELOPMENT PATHWAYS
Riya Devi Singh	PhD Student Department of Physical Education Central University of Punjab India	EXERCISE PRESCRIPTION AND QUALITY OF LIFE IN PHYSICALLY INACTIVE ADULTS
Aarav Prakash Nair Swati Gupta	Master's Student Department of Physical Education Gujarat Vidyapith India	RELATIONSHIP BETWEEN ATHLETE LEADERSHIP AND TEAM COHESION IN COMPETITIVE SPORT

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-1/HALL-7
 ROME	 TÜRKİYE TIME: 15:30

CHAIR: Arjun Verma

Author(s)	Affiliation	Title
Arjun Verma	Master's Student Department of Physical Education Aligarh Muslim University India	ACUTE EFFECTS OF HIGH-INTENSITY INTERVAL TRAINING ON HEART RATE RECOVERY IN UNIVERSITY ATHLETES: A COMPARATIVE ANALYSIS
Rohan Singh Das Aditi Kulkarni	PhD Student Department of Physical Education Central University of Punjab India	ASSOCIATION BETWEEN SLEEP QUALITY AND ANAEROBIC PERFORMANCE AMONG COMPETITIVE TEAM-SPORT ATHLETES: A COMPARATIVE ANALYSIS
Vikram Devi Kapoor Nandini Rao	Master's Student Department of Physical Education Gujarat Vidyapith India	EFFECTS OF PLYOMETRIC TRAINING ON VERTICAL JUMP PERFORMANCE AND LOWER-LIMB POWER: A COMPARATIVE ANALYSIS
Amina Al-Zawawi	Master's Student Faculty of Physical Education and Sports Sciences – Department of Physical Education (Teaching) University of Tripoli Libya	RELATIONSHIP BETWEEN CORE STABILITY AND CHANGE-OF-DIRECTION SPEED IN COLLEGIATE ATHLETES: A COMPARATIVE ANALYSIS
Salma Salem Al-Mahdi Iman Al-Zintani	Master's Student Faculty of Physical Education and Sports Sciences – Department of Physical Education (Teaching) University of Tripoli Libya	BIOMECHANICAL ANALYSIS OF LANDING MECHANICS AND KNEE INJURY RISK IN FEMALE ATHLETES: A COMPARATIVE ANALYSIS
Huda Faraj Al-Senussi	Master's Student Faculty of Physical Education and Sports Sciences – Department of Physical Education (Teaching) University of Tripoli Libya	EFFECTS OF RESISTANCE TRAINING FREQUENCY ON MUSCULAR STRENGTH AND BODY COMPOSITION: A COMPARATIVE ANALYSIS
Mariam Al-Tarhuni Lamia Al-Masri	Master's Student Faculty of Physical Education and Sports Sciences – Department of Physical Education (Teaching) University of Tripoli Libya	SPORT MOTIVATION, COMPETITIVE ANXIETY, AND PERFORMANCE AMONG UNIVERSITY ATHLETES: A COMPARATIVE ANALYSIS
Nour Salem Al-Barasi Najwa Al-Kikli	Master's Student Faculty of Physical Education and Sports Sciences – Department of Physical Education (Teaching) University of Tripoli Libya	PHYSICAL ACTIVITY LEVELS AND HEALTH-RELATED FITNESS IN GRADUATE UNIVERSITY STUDENTS: A COMPARATIVE ANALYSIS
Omar Faraj Al-Ghazali	Master's Student Faculty of Physical Education and Sports Sciences – Department of Physical Education (Teaching) University of Tripoli Libya	INFLUENCE OF HYDRATION STATUS ON REPEATED-SPRINT PERFORMANCE IN HOT ENVIRONMENTS: A COMPARATIVE ANALYSIS
Ahmed Al-Misrati Sara Al-Hassi	Master's Student Faculty of Physical Education and Sports Sciences – Department of Physical Education (Teaching) University of Tripoli Libya	EFFECTS OF NEUROMUSCULAR WARM-UP PROGRAMS ON LOWER-EXTREMITY INJURY PREVENTION: A COMPARATIVE ANALYSIS

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-1/HALL-8
 ROME	 TÜRKİYE TIME: 15:30

CHAIR: Youssef Salem Al-Fituri

Author(s)	Affiliation	Title
Youssef Salem Al-Fituri Wafa Al-Sharif	Master's Student Faculty of Physical Education and Sports Sciences – Department of Physical Education (Teaching) University of Tripoli Libya	COMPARISON OF AEROBIC CAPACITY ACROSS ENDURANCE AND TEAM- SPORT ATHLETES: A COMPARATIVE ANALYSIS
Khaled Faraj Al-Werfalli	Master's Student Faculty of Physical Education and Sports Sciences – Department of Physical Education (Teaching) University of Tripoli Libya	DIGITAL TECHNOLOGIES AND WEARABLE SENSORS IN MONITORING TRAINING LOAD: A COMPARATIVE ANALYSIS
Mohamed Al-Khatib Fathi Al-Mabrouk	Master's Student Faculty of Physical Education and Sports Sciences – Department of Physical Education (Teaching) University of Tripoli Libya	RELATIONSHIP BETWEEN RELATIVE ENERGY DEFICIENCY INDICATORS AND ATHLETIC PERFORMANCE: A COMPARATIVE ANALYSIS
Chinedu Balogun	Master's Student Department of Human Kinetics & Health Education Ahmadu Bello University Nigeria	EFFECTS OF ECCENTRIC STRENGTH TRAINING ON HAMSTRING FUNCTION AND SPRINT PERFORMANCE: A COMPARATIVE ANALYSIS
Ifeoma Ngozi Ogunleye Chioma Ekwueme	PhD Student Department of Human Kinetics Education University of Ilorin Nigeria	SPORT PARTICIPATION, PSYCHOLOGICAL WELL-BEING, AND ACADEMIC STRESS IN UNIVERSITY STUDENTS: A COMPARATIVE ANALYSIS
Emeka Nkem Ojo Ifeyanyi Ajayi	Master's Student Department of Human Kinetics University of Ibadan Nigeria	IMPACT OF SMALL-SIDED GAMES ON PHYSIOLOGICAL LOAD AND TECHNICAL PERFORMANCE IN FOOTBALL: A COMPARATIVE ANALYSIS
Adaeze Umeh	Master's Student Human Kinetics and Sports Science Nnamdi Azikiwe University Nigeria	POST-EXERCISE RECOVERY STRATEGIES AND DELAYED-ONSET MUSCLE SORENESS IN TRAINED ATHLETES: A COMPARATIVE ANALYSIS
Tunde Ngozi Okeke Obinna Adebisi	PhD Student Department of Sport and Exercise Science / Human Kinetics University of Port Harcourt Nigeria	MOTOR LEARNING AND FEEDBACK FREQUENCY IN THE ACQUISITION OF COMPLEX SPORT SKILLS: A COMPARATIVE ANALYSIS
Adebayo Nkem Balogun	Master's Student Department of Human Kinetics and Health Education University of Nigeria, Nsukka Nigeria	EFFECTS OF BALANCE TRAINING ON POSTURAL CONTROL AND ANKLE STABILITY: A COMPARATIVE ANALYSIS
Temitope Ogunleye Chisom Nwachukwu	Master's Student Department of Human Kinetics & Health Education Ahmadu Bello University Nigeria	SPORT MANAGEMENT COMPETENCIES AND ORGANIZATIONAL EFFECTIVENESS IN UNIVERSITY SPORT PROGRAMS: A COMPARATIVE ANALYSIS

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-1/HALL-9
 ROME	 TÜRKİYE TIME: 15:30

CHAIR: Chiamaka Nkem Umeh

Author(s)	Affiliation	Title
Ngozi Ngozi Ojo Yetunde Danladi	PhD Student Department of Human Kinetics Education University of Ilorin Nigeria	GENDER DIFFERENCES IN PERCEIVED BARRIERS TO PHYSICAL ACTIVITY AMONG UNIVERSITY STUDENTS: A COMPARATIVE ANALYSIS
Chiamaka Nkem Umeh	Master's Student Department of Human Kinetics University of Ibadan Nigeria	EXERCISE ADHERENCE AND SELF-EFFICACY IN COMMUNITY-BASED FITNESS PROGRAMS: A COMPARATIVE ANALYSIS
Olumide Okeke Babatunde Oladipo	Master's Student Human Kinetics and Sports Science Nnamdi Azikiwe University Nigeria	RELATIONSHIP BETWEEN BODY COMPOSITION AND SPEED-ENDURANCE PERFORMANCE IN ATHLETES: A COMPARATIVE ANALYSIS
Ibrahim Ngozi Balogun	PhD Student Department of Sport and Exercise Science / Human Kinetics University of Port Harcourt Nigeria	EFFECTS OF CONCURRENT STRENGTH AND ENDURANCE TRAINING ON PHYSICAL PERFORMANCE: A COMPARATIVE ANALYSIS
Zainab Nkem Ogunleye Oluwaseun Okechukwu	Master's Student Department of Human Kinetics and Health Education University of Nigeria, Nsukka Nigeria	PSYCHOLOGICAL RESILIENCE AND COPING STRATEGIES AMONG ELITE AND SUB-ELITE ATHLETES: A COMPARATIVE ANALYSIS
Kelechi Ojo Chinonso Nnamdi	Master's Student Department of Human Kinetics & Health Education Ahmadu Bello University Nigeria	USE OF GPS-DERIVED EXTERNAL LOAD METRICS IN TEAM-SPORT TRAINING PRESCRIPTION: A COMPARATIVE ANALYSIS
Amaka Ngozi Umeh	PhD Student Department of Human Kinetics Education University of Ilorin Nigeria	EFFECTS OF EXERCISE ON EXECUTIVE FUNCTION AND ATTENTION IN YOUNG ADULTS: A COMPARATIVE ANALYSIS
Samuel Nkem Okeke Uche Ekanem	Master's Student Department of Human Kinetics University of Ibadan Nigeria	SPORTS NUTRITION KNOWLEDGE AND DIETARY PRACTICES AMONG UNIVERSITY ATHLETES: A COMPARATIVE ANALYSIS
David Balogun	Master's Student Human Kinetics and Sports Science Nnamdi Azikiwe University Nigeria	ASSOCIATION BETWEEN TRAINING MONOTONY, FATIGUE, AND OVERUSE INJURY SYMPTOMS: A COMPARATIVE ANALYSIS
Blessing Ngozi Ogunleye Ikenna Okoro	PhD Student Department of Sport and Exercise Science / Human Kinetics University of Port Harcourt Nigeria	FUNCTIONAL MOVEMENT QUALITY AND MUSCULOSKELETAL INJURY RISK IN COMPETITIVE ATHLETES: A COMPARATIVE ANALYSIS

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-1/HALL-10
 ROME	 TÜRKİYE TIME: 15:30

CHAIR: Favour Nkem Ojo

Author(s)	Affiliation	Title
Favour Nkem Ojo Aisha Bello	Master's Student Department of Human Kinetics and Health Education University of Nigeria, Nsukka Nigeria	EFFECTS OF AQUATIC EXERCISE ON CARDIOVASCULAR FITNESS AND MUSCULAR ENDURANCE: A COMPARATIVE ANALYSIS
Ayomide Umeh	Master's Student Department of Human Kinetics & Health Education Ahmadu Bello University Nigeria	SOCIAL SUPPORT, COACH-ATHLETE RELATIONSHIP, AND ATHLETE BURNOUT: A COMPARATIVE ANALYSIS
Nneka Ngozi Okeke Musa Sani	PhD Student Department of Human Kinetics Education University of Ilorin Nigeria	SPORTS TOURISM MOTIVATION AND EVENT EXPERIENCE AMONG RECREATIONAL PARTICIPANTS: A COMPARATIVE ANALYSIS
Chinedu Nkem Balogun	Master's Student Department of Human Kinetics University of Ibadan Nigeria	DETERMINANTS OF SPECTATOR ENGAGEMENT AND DIGITAL CONSUMPTION IN UNIVERSITY SPORTS: A COMPARATIVE ANALYSIS
Ifeoma Ogunleye Seyi Ekwueme	Master's Student Human Kinetics and Sports Science Nnamdi Azikiwe University Nigeria	EFFECTS OF SPRINT INTERVAL TRAINING ON VO ₂ MAX AND REPEATED-SPRINT ABILITY: A COMPARATIVE ANALYSIS
Emeka Ngozi Ojo Tosin Ajayi	PhD Student Department of Sport and Exercise Science / Human Kinetics University of Port Harcourt Nigeria	COMPARISON OF RECOVERY PROFILES FOLLOWING MORNING AND EVENING TRAINING SESSIONS: A COMPARATIVE ANALYSIS
Adaeze Nkem Umeh	Master's Student Department of Human Kinetics and Health Education University of Nigeria, Nsukka Nigeria	PHYSICAL LITERACY AND LONG- TERM SPORT PARTICIPATION AMONG UNIVERSITY STUDENTS: A COMPARATIVE ANALYSIS
Tunde Okeke Ebuka Adebisi	Master's Student Department of Human Kinetics & Health Education Ahmadu Bello University Nigeria	EXERCISE PHYSIOLOGY RESPONSES TO MODERATE-ALTITUDE TRAINING IN ENDURANCE ATHLETES: A COMPARATIVE ANALYSIS
Maria Cruz	Master's Student College of Human Kinetics – Human Movement Science University of the Philippines Diliman Philippines	RELATIONSHIP BETWEEN REACTION TIME AND DECISION-MAKING ACCURACY IN RACKET SPORTS: A COMPARATIVE ANALYSIS
Angela Reyes Bautista Bea Valdez	Master's Student Physical Education and Sports Polytechnic University of the Philippines Philippines	EFFECTS OF YOGA-BASED TRAINING ON FLEXIBILITY, BALANCE, AND PERCEIVED STRESS: A COMPARATIVE ANALYSIS

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-2/HALL-1
 ROME	 TÜRKİYE TIME: 16:00

CHAIR: Patricia Jose Flores

Author(s)	Affiliation	Title
Patricia Jose Flores Mika Lim	Master's Student Graduate Education – Physical Education University of the Visayas Philippines	MACHINE LEARNING APPROACHES FOR PREDICTING TRAINING LOAD–RELATED INJURY RISK: A COMPARATIVE ANALYSIS
Camille Villanueva	Master's Student Graduate School – Physical Education and Sports Holy Angel University Philippines	SPORTS BIOMECHANICS OF CUTTING MANEUVERS UNDER FATIGUE CONDITIONS: A COMPARATIVE ANALYSIS
Jasmine Anne Domingo Trisha Fernandez	Master's Student School of Advanced Studies – Physical Education and Sports Saint Louis University Philippines	EFFECTS OF ISOMETRIC TRAINING ON TENDON STIFFNESS AND EXPLOSIVE STRENGTH: A COMPARATIVE ANALYSIS
Mark Reyes Cruz	Master's Student Master in Physical Education and Sports National University Philippines Philippines	TALENT IDENTIFICATION INDICATORS IN YOUTH TEAM-SPORT DEVELOPMENT: A COMPARATIVE ANALYSIS
John Bautista Janine Manalo	Master's Student Graduate School – Physical Education National Teachers College Philippines	PHYSICAL ACTIVITY, SEDENTARY BEHAVIOR, AND CARDIOMETABOLIC RISK IN UNIVERSITY POPULATIONS: A COMPARATIVE ANALYSIS
Paolo Marie Flores Lara Aguilar	Master's Student College of Human Kinetics – Human Movement Science University of the Philippines Diliman Philippines	EFFECTS OF PERIODIZED STRENGTH TRAINING ON PERFORMANCE ACROSS A COMPETITIVE SEASON: A COMPARATIVE ANALYSIS
Miguel Anne Villanueva	Master's Student Physical Education and Sports Polytechnic University of the Philippines Philippines	PERCEIVED COACHING CLIMATE AND INTRINSIC MOTIVATION IN COLLEGIATE SPORT: A COMPARATIVE ANALYSIS
Carlo Domingo Kristine Soriano	Master's Student Graduate Education – Physical Education University of the Visayas Philippines	REHABILITATION EXERCISE AND RETURN-TO-SPORT READINESS AFTER LOWER-LIMB INJURY: A COMPARATIVE ANALYSIS
Rafael Jose Cruz	Master's Student Graduate School – Physical Education and Sports Holy Angel University Philippines	EXERCISE-INDUCED CHANGES IN HEART RATE VARIABILITY AND AUTONOMIC RECOVERY: A COMPARATIVE ANALYSIS
Andrea Marie Bautista Marco Tan	Master's Student School of Advanced Studies – Physical Education and Sports Saint Louis University Philippines	SPORT SOCIOLOGY PERSPECTIVES ON INCLUSION AND PARTICIPATION IN UNIVERSITY SPORT: A COMPARATIVE ANALYSIS

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-2/HALL-2
 ROME	 TÜRKİYE TIME: 16:00

CHAIR: Bianca Flores

Author(s)	Affiliation	Title
Bianca Flores Enzo Mercado	Master's Student Master in Physical Education and Sports National University Philippines Philippines	EFFECTS OF CAFFEINE TIMING ON COGNITIVE AND PHYSICAL PERFORMANCE IN ATHLETES: A COMPARATIVE ANALYSIS
Joshua Reyes Villanueva	Master's Student Graduate School – Physical Education National Teachers College Philippines	COMPARISON OF LINEAR AND UNDULATING PERIODIZATION FOR STRENGTH DEVELOPMENT: A COMPARATIVE ANALYSIS
Christian Jose Domingo Luis Salazar	Master's Student College of Human Kinetics – Human Movement Science University of the Philippines Diliman Philippines	MUSCLE ARCHITECTURE ADAPTATIONS FOLLOWING EIGHT WEEKS OF RESISTANCE TRAINING: A COMPARATIVE ANALYSIS
Gabriel Cruz	Master's Student Physical Education and Sports Polytechnic University of the Philippines Philippines	RELATIONSHIP BETWEEN FOOT POSTURE AND RUNNING-RELATED INJURY SYMPTOMS: A COMPARATIVE ANALYSIS
Clarisse Anne Bautista Jose Dela Cruz	Master's Student Graduate Education – Physical Education University of the Visayas Philippines	EFFECTS OF RESPIRATORY MUSCLE TRAINING ON ENDURANCE PERFORMANCE: A COMPARATIVE ANALYSIS
Kathleen Reyes Flores Nathan Pascual	Master's Student Graduate School – Physical Education and Sports Holy Angel University Philippines	SPORT EVENT SUSTAINABILITY PRACTICES AND PARTICIPANT BEHAVIORAL INTENTIONS: A COMPARATIVE ANALYSIS
Jerome Villanueva	Master's Student School of Advanced Studies – Physical Education and Sports Saint Louis University Philippines	EFFECTS OF DUAL-TASK TRAINING ON AGILITY AND COGNITIVE PERFORMANCE: A COMPARATIVE ANALYSIS
Nico Marie Domingo Daniel De Leon	Master's Student Master in Physical Education and Sports National University Philippines Philippines	ASSESSMENT OF RELATIVE AGE EFFECTS IN UNIVERSITY TALENT DEVELOPMENT PATHWAYS: A COMPARATIVE ANALYSIS
Maria Anne Cruz	Master's Student Graduate School – Physical Education National Teachers College Philippines	EXERCISE PRESCRIPTION AND QUALITY OF LIFE IN PHYSICALLY INACTIVE ADULTS: A COMPARATIVE ANALYSIS
Angela Bautista Paolo Valdez	Master's Student College of Human Kinetics – Human Movement Science University of the Philippines Diliman Philippines	RELATIONSHIP BETWEEN ATHLETE LEADERSHIP AND TEAM COHESION IN COMPETITIVE SPORT: A COMPARATIVE ANALYSIS

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-2/HALL-3
 ROME	 TÜRKİYE TIME: 16:00

CHAIR: Patricia Jose Flores

Author(s)	Affiliation	Title
Patricia Jose Flores Miguel Lim	Master's Student Physical Education and Sports Polytechnic University of the Philippines Philippines	ACUTE EFFECTS OF HIGH-INTENSITY INTERVAL TRAINING ON HEART RATE RECOVERY IN UNIVERSITY ATHLETES: A PROSPECTIVE INVESTIGATION
Camille Marie Villanueva	Master's Student Graduate Education – Physical Education University of the Visayas Philippines	ASSOCIATION BETWEEN SLEEP QUALITY AND ANAEROBIC PERFORMANCE AMONG COMPETITIVE TEAM-SPORT ATHLETES: A PROSPECTIVE INVESTIGATION
Jasmine Domingo Rina Fernandez	Master's Student Graduate School – Physical Education and Sports Holy Angel University Philippines	EFFECTS OF PLYOMETRIC TRAINING ON VERTICAL JUMP PERFORMANCE AND LOWER-LIMB POWER: A PROSPECTIVE INVESTIGATION
Mark Reyes Cruz	Master's Student School of Advanced Studies – Physical Education and Sports Saint Louis University Philippines	RELATIONSHIP BETWEEN CORE STABILITY AND CHANGE-OF-DIRECTION SPEED IN COLLEGIATE ATHLETES: A PROSPECTIVE INVESTIGATION
John Jose Bautista Alyssa Manalo	Master's Student Master in Physical Education and Sports National University Philippines Philippines	BIOMECHANICAL ANALYSIS OF LANDING MECHANICS AND KNEE INJURY RISK IN FEMALE ATHLETES: A PROSPECTIVE INVESTIGATION
Paolo Flores Bea Aguilar	Master's Student Graduate School – Physical Education National Teachers College Philippines	EFFECTS OF RESISTANCE TRAINING FREQUENCY ON MUSCULAR STRENGTH AND BODY COMPOSITION: A PROSPECTIVE INVESTIGATION
Miguel Anne Villanueva	Master's Student College of Human Kinetics – Human Movement Science University of the Philippines Diliman Philippines	SPORT MOTIVATION, COMPETITIVE ANXIETY, AND PERFORMANCE AMONG UNIVERSITY ATHLETES: A PROSPECTIVE INVESTIGATION
Carlo Reyes Domingo Mika Soriano	Master's Student Physical Education and Sports Polytechnic University of the Philippines Philippines	PHYSICAL ACTIVITY LEVELS AND HEALTH-RELATED FITNESS IN GRADUATE UNIVERSITY STUDENTS: A PROSPECTIVE INVESTIGATION
Rafael Cruz	Master's Student Graduate Education – Physical Education University of the Visayas Philippines	INFLUENCE OF HYDRATION STATUS ON REPEATED-SPRINT PERFORMANCE IN HOT ENVIRONMENTS: A PROSPECTIVE INVESTIGATION
Andrea Marie Bautista Trisha Tan	Master's Student Graduate School – Physical Education and Sports Holy Angel University Philippines	EFFECTS OF NEUROMUSCULAR WARM-UP PROGRAMS ON LOWER-EXTREMITY INJURY PREVENTION: A PROSPECTIVE INVESTIGATION

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-2/HALL-4
 ROME	 TÜRKİYE TIME: 16:00

CHAIR: Joshua Villanueva

Author(s)	Affiliation	Title
Bianca Anne Flores Janine Mercado	Master's Student School of Advanced Studies – Physical Education and Sports Saint Louis University Philippines	COMPARISON OF AEROBIC CAPACITY ACROSS ENDURANCE AND TEAM-SPORT ATHLETES: A PROSPECTIVE INVESTIGATION
Joshua Villanueva	Master's Student Master in Physical Education and Sports National University Philippines Philippines	DIGITAL TECHNOLOGIES AND WEARABLE SENSORS IN MONITORING TRAINING LOAD: A PROSPECTIVE INVESTIGATION
Christian Jose Domingo Lara Salazar	Master's Student Graduate School – Physical Education National Teachers College Philippines	RELATIONSHIP BETWEEN RELATIVE ENERGY DEFICIENCY INDICATORS AND ATHLETIC PERFORMANCE: A PROSPECTIVE INVESTIGATION
Nattapong Wattanakul Anucha Khamdee	Master's Student Faculty of Sports Science – Sports and Exercise Science Chulalongkorn University Thailand	EFFECTS OF ECCENTRIC STRENGTH TRAINING ON HAMSTRING FUNCTION AND SPRINT PERFORMANCE: A PROSPECTIVE INVESTIGATION
Kittisak Porn Thongchai	Master's Student College of Sports Science and Technology – Sports Science Mahidol University Thailand	SPORT PARTICIPATION, PSYCHOLOGICAL WELL-BEING, AND ACADEMIC STRESS IN UNIVERSITY STUDENTS: A PROSPECTIVE INVESTIGATION
Thanawat Wan Saelim Somsak Buranasiri	Master's Student Faculty of Education – Exercise and Sport Science Mahasarakham University Thailand	IMPACT OF SMALL-SIDED GAMES ON PHYSIOLOGICAL LOAD AND TECHNICAL PERFORMANCE IN FOOTBALL: A PROSPECTIVE INVESTIGATION
Pimchanok Kanjana	Master's Student Faculty of Sports Science – Sports and Exercise Science Chulalongkorn University Thailand	POST-EXERCISE RECOVERY STRATEGIES AND DELAYED-ONSET MUSCLE SORENESS IN TRAINED ATHLETES: A PROSPECTIVE INVESTIGATION
Siriporn Porn Wattanakul Niran Khamdee	Master's Student College of Sports Science and Technology – Sports Science Mahidol University Thailand	MOTOR LEARNING AND FEEDBACK FREQUENCY IN THE ACQUISITION OF COMPLEX SPORT SKILLS: A PROSPECTIVE INVESTIGATION
Kanyarat Wan Thongchai Krit Buranasiri	Master's Student Faculty of Education – Exercise and Sport Science Mahasarakham University Thailand	EFFECTS OF BALANCE TRAINING ON POSTURAL CONTROL AND ANKLE STABILITY: A PROSPECTIVE INVESTIGATION
Patchara Saelim	Master's Student Faculty of Sports Science – Sports and Exercise Science Chulalongkorn University Thailand	SPORT MANAGEMENT COMPETENCIES AND ORGANIZATIONAL EFFECTIVENESS IN UNIVERSITY SPORT PROGRAMS: A PROSPECTIVE INVESTIGATION

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-2/HALL-5
 ROME	 TÜRKİYE TIME: 16:00

CHAIR: Worawut Porn Kanjana

Author(s)	Affiliation	Title
Worawut Porn Kanjana Ploy Khamdee	Master's Student College of Sports Science and Technology – Sports Science Mahidol University Thailand	GENDER DIFFERENCES IN PERCEIVED BARRIERS TO PHYSICAL ACTIVITY AMONG UNIVERSITY STUDENTS: A PROSPECTIVE INVESTIGATION
Chayut Wan Wattanakul	Master's Student Faculty of Education – Exercise and Sport Science Mahasarakham University Thailand	EXERCISE ADHERENCE AND SELF- EFFICACY IN COMMUNITY-BASED FITNESS PROGRAMS: A PROSPECTIVE INVESTIGATION
Supansa Thongchai Nicha Buranasiri	Master's Student Faculty of Sports Science – Sports and Exercise Science Chulalongkorn University Thailand	RELATIONSHIP BETWEEN BODY COMPOSITION AND SPEED- ENDURANCE PERFORMANCE IN ATHLETES: A PROSPECTIVE INVESTIGATION
Anong Porn Saelim Araya Khamdee	Master's Student College of Sports Science and Technology – Sports Science Mahidol University Thailand	EFFECTS OF CONCURRENT STRENGTH AND ENDURANCE TRAINING ON PHYSICAL PERFORMANCE: A PROSPECTIVE INVESTIGATION
Thidarat Wan Kanjana	Master's Student Faculty of Education – Exercise and Sport Science Mahasarakham University Thailand	PSYCHOLOGICAL RESILIENCE AND COPING STRATEGIES AMONG ELITE AND SUB-ELITE ATHLETES: A PROSPECTIVE INVESTIGATION
Pongsak Wattanakul Malee Buranasiri	Master's Student Faculty of Sports Science – Sports and Exercise Science Chulalongkorn University Thailand	USE OF GPS-DERIVED EXTERNAL LOAD METRICS IN TEAM-SPORT TRAINING PRESCRIPTION: A PROSPECTIVE INVESTIGATION
Narong Porn Thongchai	Master's Student College of Sports Science and Technology – Sports Science Mahidol University Thailand	EFFECTS OF EXERCISE ON EXECUTIVE FUNCTION AND ATTENTION IN YOUNG ADULTS: A PROSPECTIVE INVESTIGATION
Sudarat Wan Saelim Sakda Khamdee	Master's Student Faculty of Education – Exercise and Sport Science Mahasarakham University Thailand	SPORTS NUTRITION KNOWLEDGE AND DIETARY PRACTICES AMONG UNIVERSITY ATHLETES: A PROSPECTIVE INVESTIGATION
Chanida Kanjana Teerapat Buranasiri	Master's Student Faculty of Sports Science – Sports and Exercise Science Chulalongkorn University Thailand	ASSOCIATION BETWEEN TRAINING MONOTONY, FATIGUE, AND OVERUSE INJURY SYMPTOMS: A PROSPECTIVE INVESTIGATION
Nattapong Porn Wattanakul	Master's Student College of Sports Science and Technology – Sports Science Mahidol University Thailand	FUNCTIONAL MOVEMENT QUALITY AND MUSCULOSKELETAL INJURY RISK IN COMPETITIVE ATHLETES: A PROSPECTIVE INVESTIGATION

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-2/HALL-6
 ROME	 TÜRKİYE TIME: 16:00

CHAIR: Kittisak Wan Thongchai

Author(s)	Affiliation	Title
Kittisak Wan Thongchai Chutima Khamdee	Master's Student Faculty of Education – Exercise and Sport Science Mahasarakham University Thailand	EFFECTS OF AQUATIC EXERCISE ON CARDIOVASCULAR FITNESS AND MUSCULAR ENDURANCE: A PROSPECTIVE INVESTIGATION
Thanawat Saelim	Master's Student Faculty of Sports Science – Sports and Exercise Science Chulalongkorn University Thailand	SOCIAL SUPPORT, COACH-ATHLETE RELATIONSHIP, AND ATHLETE BURNOUT: A PROSPECTIVE INVESTIGATION
Pimchanok Porn Kanjana Napaporn Buranasiri	Master's Student College of Sports Science and Technology – Sports Science Mahidol University Thailand	SPORTS TOURISM MOTIVATION AND EVENT EXPERIENCE AMONG RECREATIONAL PARTICIPANTS: A PROSPECTIVE INVESTIGATION
Siriporn Wan Wattanakul Kamon Khamdee	Master's Student Faculty of Education – Exercise and Sport Science Mahasarakham University Thailand	DETERMINANTS OF SPECTATOR ENGAGEMENT AND DIGITAL CONSUMPTION IN UNIVERSITY SPORTS: A PROSPECTIVE INVESTIGATION
Kanyarat Thongchai	Master's Student Faculty of Sports Science – Sports and Exercise Science Chulalongkorn University Thailand	EFFECTS OF SPRINT INTERVAL TRAINING ON VO2MAX AND REPEATED-SPRINT ABILITY: A PROSPECTIVE INVESTIGATION
Dilnoza Rakhimov Shahzoda Kholmatov	Master's Student Physical Education, Sports Theory and Methodology Uzbek State University of Physical Education and Sport Uzbekistan	COMPARISON OF RECOVERY PROFILES FOLLOWING MORNING AND EVENING TRAINING SESSIONS: A PROSPECTIVE INVESTIGATION
Shahnoza Bahodir Ismoilov	PhD Student Sports Management and Economics Uzbek State University of Physical Education and Sport Uzbekistan	PHYSICAL LITERACY AND LONG- TERM SPORT PARTICIPATION AMONG UNIVERSITY STUDENTS: A PROSPECTIVE INVESTIGATION
Madina Otabek Ergashev Malika Salimov	Master's Student Theory and Methods of Combat Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	EXERCISE PHYSIOLOGY RESPONSES TO MODERATE-ALTITUDE TRAINING IN ENDURANCE ATHLETES: A PROSPECTIVE INVESTIGATION
Nigora Mamatov Feruza Sobirov	Master's Student Sports Games Theory and Methodology Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	RELATIONSHIP BETWEEN REACTION TIME AND DECISION-MAKING ACCURACY IN RACKET SPORTS: A PROSPECTIVE INVESTIGATION
Aziza Bahodir Akhmedov	PhD Student Theory and Methodology of Coordination and Cyclic Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	EFFECTS OF YOGA-BASED TRAINING ON FLEXIBILITY, BALANCE, AND PERCEIVED STRESS: A PROSPECTIVE INVESTIGATION

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-2/HALL-7
 ROME	 TÜRKİYE TIME: 16:00

CHAIR: Lorenzo Romano

Author(s)	Affiliation	Title
Lorenzo Romano	University of Rome “Foro Italico” – Sport and Exercise Sciences, Italy	THE EFFECTS OF REGULAR PHYSICAL ACTIVITY ON CARDIOVASCULAR HEALTH AND PHYSICAL FITNESS IN YOUNG ADULTS
Giulia Bianchi	University of Bologna – Sciences and Techniques of Sports Activities , Italy	PHYSICAL ACTIVITY, HEALTHY LIFESTYLE AND QUALITY OF LIFE AMONG UNIVERSITY STUDENTS
Matteo Ricci	University of Milan – Exercise and Sport Sciences Italy	THE RELATIONSHIP BETWEEN EXERCISE INTENSITY, MUSCULAR PERFORMANCE AND RECOVERY IN YOUNG ATHLETES
Sofia Conti	University of Florence – Exercise, Sport and Health Sciences, Italy	THE ROLE OF EXERCISE IN PROMOTING MENTAL WELL-BEING AND HEALTHY AGEING
Alessandro Moretti	University of Turin – Physical Education and Sport Sciences Italy	INJURY PREVENTION STRATEGIES AND PERFORMANCE ENHANCEMENT IN COMPETITIVE SPORTS

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4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-2/HALL-8
 ROME	 TÜRKİYE TIME: 16:00

CHAIR: Zarina Otabek Rakhimov

Author(s)	Affiliation	Title
Zarina Otabek Rakhimov Dildora Tojiboev	Master's Student Physical Education, Sports Theory and Methodology Uzbek State University of Physical Education and Sport Uzbekistan	MACHINE LEARNING APPROACHES FOR PREDICTING TRAINING LOAD--RELATED INJURY RISK: A PROSPECTIVE INVESTIGATION
Bekzod Ismoilov	Master's Student Sports Management and Economics Uzbek State University of Physical Education and Sport Uzbekistan	SPORTS BIOMECHANICS OF CUTTING MANEUVERS UNDER FATIGUE CONDITIONS: A PROSPECTIVE INVESTIGATION
Jasur Bahodir Ergashev Sevara Qodirov	PhD Student Theory and Methods of Combat Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	EFFECTS OF ISOMETRIC TRAINING ON TENDON STIFFNESS AND EXPLOSIVE STRENGTH: A PROSPECTIVE INVESTIGATION
Sardor Otabek Mamatov Ziyoda Ruziev	Master's Student Sports Games Theory and Methodology Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	TALENT IDENTIFICATION INDICATORS IN YOUTH TEAM-SPORT DEVELOPMENT: A PROSPECTIVE INVESTIGATION
Akmal Akhmedov	Master's Student Theory and Methodology of Coordination and Cyclic Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	PHYSICAL ACTIVITY, SEDENTARY BEHAVIOR, AND CARDIOMETABOLIC RISK IN UNIVERSITY POPULATIONS: A PROSPECTIVE INVESTIGATION
Oybek Bahodir Rakhimov Bobur Davlatov	PhD Student Physical Education, Sports Theory and Methodology Uzbek State University of Physical Education and Sport Uzbekistan	EFFECTS OF PERIODIZED STRENGTH TRAINING ON PERFORMANCE ACROSS A COMPETITIVE SEASON: A PROSPECTIVE INVESTIGATION
Shokhrukh Otabek Ismoilov	Master's Student Sports Management and Economics Uzbek State University of Physical Education and Sport Uzbekistan	PERCEIVED COACHING CLIMATE AND INTRINSIC MOTIVATION IN COLLEGIATE SPORT: A PROSPECTIVE INVESTIGATION
Kamola Ergashev Temur Kurbanov	Master's Student Theory and Methods of Combat Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	REHABILITATION EXERCISE AND RETURN-TO-SPORT READINESS AFTER LOWER-LIMB INJURY: A PROSPECTIVE INVESTIGATION
Nilufar Bahodir Mamatov Sanjar Norboev	PhD Student Sports Games Theory and Methodology Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	EXERCISE-INDUCED CHANGES IN HEART RATE VARIABILITY AND AUTONOMIC RECOVERY: A PROSPECTIVE INVESTIGATION
Umid Otabek Akhmedov	Master's Student Theory and Methodology of Coordination and Cyclic Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	SPORT SOCIOLOGY PERSPECTIVES ON INCLUSION AND PARTICIPATION IN UNIVERSITY SPORT: A PROSPECTIVE INVESTIGATION

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES

September 22-26, 2026 Rome/ITALY

ONLINE

22.09.2026

SESSION-2/HALL-9



ROME



TÜRKİYE TIME: 16:00

CHAIR: Diyor Rakhimov

Author(s)	Affiliation	Title
Diyor Rakhimov Farrukh Rasulov	Master's Student Physical Education, Sports Theory and Methodology Uzbek State University of Physical Education and Sport Uzbekistan	EFFECTS OF CAFFEINE TIMING ON COGNITIVE AND PHYSICAL PERFORMANCE IN ATHLETES: A PROSPECTIVE INVESTIGATION
Azizbek Bahodir Ismoilov	PhD Student Sports Management and Economics Uzbek State University of Physical Education and Sport Uzbekistan	COMPARISON OF LINEAR AND UNDULATING PERIODIZATION FOR STRENGTH DEVELOPMENT: A PROSPECTIVE INVESTIGATION
Sherzod Otabek Ergashev Javohir Hamroev	Master's Student Theory and Methods of Combat Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	MUSCLE ARCHITECTURE ADAPTATIONS FOLLOWING EIGHT WEEKS OF RESISTANCE TRAINING: A PROSPECTIVE INVESTIGATION
Gulnoza Mamatov Alisher Umarov	Master's Student Sports Games Theory and Methodology Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	RELATIONSHIP BETWEEN FOOT POSTURE AND RUNNING-RELATED INJURY SYMPTOMS: A PROSPECTIVE INVESTIGATION
Mohira Bahodir Akhmedov	PhD Student Theory and Methodology of Coordination and Cyclic Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	EFFECTS OF RESPIRATORY MUSCLE TRAINING ON ENDURANCE PERFORMANCE: A PROSPECTIVE INVESTIGATION
Dilnoza Otabek Rakhimov Shahboz Kholmatov	Master's Student Physical Education, Sports Theory and Methodology Uzbek State University of Physical Education and Sport Uzbekistan	SPORT EVENT SUSTAINABILITY PRACTICES AND PARTICIPANT BEHAVIORAL INTENTIONS: A PROSPECTIVE INVESTIGATION
Shahnoza Ismoilov	Master's Student Sports Management and Economics Uzbek State University of Physical Education and Sport Uzbekistan	EFFECTS OF DUAL-TASK TRAINING ON AGILITY AND COGNITIVE PERFORMANCE: A PROSPECTIVE INVESTIGATION
Madina Bahodir Ergashev Munisa Salimov	PhD Student Theory and Methods of Combat Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	ASSESSMENT OF RELATIVE AGE EFFECTS IN UNIVERSITY TALENT DEVELOPMENT PATHWAYS: A PROSPECTIVE INVESTIGATION
Nigora Otabek Mamatov Nodira Sobirov	Master's Student Sports Games Theory and Methodology Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	EXERCISE PRESCRIPTION AND QUALITY OF LIFE IN PHYSICALLY INACTIVE ADULTS: A PROSPECTIVE INVESTIGATION
Aziza Akhmedov	Master's Student Theory and Methodology of Coordination and Cyclic Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	RELATIONSHIP BETWEEN ATHLETE LEADERSHIP AND TEAM COHESION IN COMPETITIVE SPORT: A PROSPECTIVE INVESTIGATION

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-2/HALL-10
 ROME	 TÜRKİYE TIME: 16:00

CHAIR: Zarina Bahodir Rakhimov

Author(s)	Affiliation	Title
Zarina Bahodir Rakhimov Sabina Tojiboev	PhD Student Physical Education, Sports Theory and Methodology Uzbek State University of Physical Education and Sport Uzbekistan	ACUTE EFFECTS OF HIGH-INTENSITY INTERVAL TRAINING ON HEART RATE RECOVERY IN UNIVERSITY ATHLETES: EVIDENCE FROM UNIVERSITY SPORT
Bekzod Otabek Ismoilov	Master's Student Sports Management and Economics Uzbek State University of Physical Education and Sport Uzbekistan	ASSOCIATION BETWEEN SLEEP QUALITY AND ANAEROBIC PERFORMANCE AMONG COMPETITIVE TEAM-SPORT ATHLETES: EVIDENCE FROM UNIVERSITY SPORT
Jasur Ergashev Shahzoda Qodirov	Master's Student Theory and Methods of Combat Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	EFFECTS OF PLYOMETRIC TRAINING ON VERTICAL JUMP PERFORMANCE AND LOWER-LIMB POWER: EVIDENCE FROM UNIVERSITY SPORT
Sardor Bahodir Mamatov Malika Ruziev	PhD Student Sports Games Theory and Methodology Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	RELATIONSHIP BETWEEN CORE STABILITY AND CHANGE-OF-DIRECTION SPEED IN COLLEGIATE ATHLETES: EVIDENCE FROM UNIVERSITY SPORT
Akmal Otabek Akhmedov	Master's Student Theory and Methodology of Coordination and Cyclic Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	BIOMECHANICAL ANALYSIS OF LANDING MECHANICS AND KNEE INJURY RISK IN FEMALE ATHLETES: EVIDENCE FROM UNIVERSITY SPORT
Oybek Rakhimov Feruza Davlatov	Master's Student Physical Education, Sports Theory and Methodology Uzbek State University of Physical Education and Sport Uzbekistan	EFFECTS OF RESISTANCE TRAINING FREQUENCY ON MUSCULAR STRENGTH AND BODY COMPOSITION: EVIDENCE FROM UNIVERSITY SPORT
Shokhrukh Bahodir Ismoilov	PhD Student Sports Management and Economics Uzbek State University of Physical Education and Sport Uzbekistan	SPORT MOTIVATION, COMPETITIVE ANXIETY, AND PERFORMANCE AMONG UNIVERSITY ATHLETES: EVIDENCE FROM UNIVERSITY SPORT
Kamola Otabek Ergashev Dildora Kurbanov	Master's Student Theory and Methods of Combat Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	PHYSICAL ACTIVITY LEVELS AND HEALTH-RELATED FITNESS IN GRADUATE UNIVERSITY STUDENTS: EVIDENCE FROM UNIVERSITY SPORT
Nilufar Mamatov Sevara Norboev	Master's Student Sports Games Theory and Methodology Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	INFLUENCE OF HYDRATION STATUS ON REPEATED-SPRINT PERFORMANCE IN HOT ENVIRONMENTS: EVIDENCE FROM UNIVERSITY SPORT
Umid Bahodir Akhmedov	PhD Student Theory and Methodology of Coordination and Cyclic Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	EFFECTS OF NEUROMUSCULAR WARM-UP PROGRAMS ON LOWER-EXTREMITY INJURY PREVENTION: EVIDENCE FROM UNIVERSITY SPORT

4th INTERNATIONAL CONGRESS OF SPORT SCIENCES September 22-26, 2026 Rome/ITALY ONLINE	
22.09.2026	SESSION-2/HALL-11
 ROME	 TÜRKİYE TIME: 16:00

CHAIR: Diyor Otabek Rakhimov

Author(s)	Affiliation	Title
Diyor Otabek Rakhimov Ziyoda Rasulov	Master's Student Physical Education, Sports Theory and Methodology Uzbek State University of Physical Education and Sport Uzbekistan	COMPARISON OF AEROBIC CAPACITY ACROSS ENDURANCE AND TEAM-SPORT ATHLETES: EVIDENCE FROM UNIVERSITY SPORT
Azizbek Ismoilov	Master's Student Sports Management and Economics Uzbek State University of Physical Education and Sport Uzbekistan	DIGITAL TECHNOLOGIES AND WEARABLE SENSORS IN MONITORING TRAINING LOAD: EVIDENCE FROM UNIVERSITY SPORT
Sherzod Bahodir Ergashev Bobur Hamroev	PhD Student Theory and Methods of Combat Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	RELATIONSHIP BETWEEN RELATIVE ENERGY DEFICIENCY INDICATORS AND ATHLETIC PERFORMANCE: EVIDENCE FROM UNIVERSITY SPORT
Gulnoza Otabek Mamatov Temur Umarov	Master's Student Sports Games Theory and Methodology Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	EFFECTS OF ECCENTRIC STRENGTH TRAINING ON HAMSTRING FUNCTION AND SPRINT PERFORMANCE: EVIDENCE FROM UNIVERSITY SPORT
Mohira Akhmedov	Master's Student Theory and Methodology of Coordination and Cyclic Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	SPORT PARTICIPATION, PSYCHOLOGICAL WELL-BEING, AND ACADEMIC STRESS IN UNIVERSITY STUDENTS: EVIDENCE FROM UNIVERSITY SPORT
Dilnoza Bahodir Rakhimov Sanjar Kholmatov	PhD Student Physical Education, Sports Theory and Methodology Uzbek State University of Physical Education and Sport Uzbekistan	IMPACT OF SMALL-SIDED GAMES ON PHYSIOLOGICAL LOAD AND TECHNICAL PERFORMANCE IN FOOTBALL: EVIDENCE FROM UNIVERSITY SPORT
Shahnoza Otabek Ismoilov	Master's Student Sports Management and Economics Uzbek State University of Physical Education and Sport Uzbekistan	POST-EXERCISE RECOVERY STRATEGIES AND DELAYED-ONSET MUSCLE SORENESS IN TRAINED ATHLETES: EVIDENCE FROM UNIVERSITY SPORT
Madina Ergashev Farrukh Salimov	Master's Student Theory and Methods of Combat Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	MOTOR LEARNING AND FEEDBACK FREQUENCY IN THE ACQUISITION OF COMPLEX SPORT SKILLS: EVIDENCE FROM UNIVERSITY SPORT
Nigora Bahodir Mamatov Javohir Sobirov	PhD Student Sports Games Theory and Methodology Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	EFFECTS OF BALANCE TRAINING ON POSTURAL CONTROL AND ANKLE STABILITY: EVIDENCE FROM UNIVERSITY SPORT
Aziza Otabek Akhmedov	Master's Student Theory and Methodology of Coordination and Cyclic Sports Nukus Branch of the Uzbek State University of Physical Education and Sport Uzbekistan	SPORT MANAGEMENT COMPETENCIES AND ORGANIZATIONAL EFFECTIVENESS IN UNIVERSITY SPORT PROGRAMS: EVIDENCE FROM UNIVERSITY SPORT