



Athens Institute for Education and Research
11th Annual International Conference on Kinesiology and Exercise Sciences
13-16 July 2015, Athens, Greece
Organized by ATINER's **Sports Research Unit** in collaboration with the
PanHellenic Association of Sports Economists and Managers (PASEM)

Conference Venue: [Titania Hotel](#), 52 Panepistimiou Street, 106 78 Athens, Greece

Monday 13 July 2015

(all sessions include 10 minutes break)

09:30-10:00 Registration and Refreshments

10:00-10:30 (ROOM D) Welcome & Opening Remarks

- Dr. Gregory T. Papanikos, President, ATINER & Honorary Professor, University of Stirling, UK.
- Dr. Maria Konstantaki, Academic Member, ATINER & Lecturer, Buckinghamshire New University, U.K.

10:30-12:00 Session I (ROOM D): Nutrition, Exercise and Physical Activity

Chair: Maria Konstantaki, Academic Member, ATINER & Lecturer, Buckinghamshire New University, U.K.

1. Earl Noble, Professor and Director, The University of Western Ontario, Canada & Mehrbod Estaki, University of British Columbia, Canada. North American Ginseng (*Panax quinquefolius*) Reduces Muscle Damage Associated with Eccentric Exercise.
2. Millie Naquin, Professor, Southeastern Louisiana University, USA, Marie Zannis, Health Education Consultant, Nicholls State University, USA, Wynn Gillan, Southeastern Louisiana University, USA & Ephraim Massawe, Southeastern Louisiana University, USA. Perceptions and Behaviors Regarding Seafood Consumption Following Deepwater Horizon Oil Spill.
3. Juliana Phillips, Associate Professor, University of the Western Cape, South Africa & Alina Kabanda, Postgraduate Student, University of the Western Cape, South Africa. Physical Inactivity among Adults with Diabetes Mellitus in Rwanda.

12:00-13:30 Session II (ROOM D): Exercise Training and Physiology I

Chair: Earl Noble, Professor and Director, The University of Western Ontario, Canada.

1. Maja Horvatin-Fuckar, Assistant Professor, University of Zagreb, Croatia & Iva Blazevic, Assistant Professor, Juraj Dobrila University of Pula, Croatia. Grf Analysis of Aerobic Steps with Partial Transfer of Body Weight.
2. Damian Skrypnik, Ph.D. Student, University of Medical Sciences, Poznan, Poland, Paweł Bogdanski, University of Medical Sciences, Poznan, Poland, Edyta Mądry, Lecturer, University of Medical Sciences, Poznan, Poland, Joanna Karolkiewicz, Professor, University School of Physical Education, Poznan, Poland, Marzena Ratajczak, Ph.D. Student, University School of Physical Education, Poznan, Poland, Jakub Krysiak, Lecturer, University School of Physical Education, Poznan, Poland, Danuta Pupek-Musialik, Professor, University of Medical Sciences, Poznan, Poland & Jarosław Walkowiak, Professor, University of Medical Sciences, Poznan, Poland. The Influence of Endurance and Endurance-Strength Training on Renal and Liver Function.

13:30-14:30 Lunch

14:30-16:00 Session III (ROOM D): Kinestherapy & Learning

Chair: Millie Naquin, Professor, Southeastern Louisiana University, USA.

1. Shao-Hsia Chang, Associate Professor, I-Shou University, Taiwan & Nan-Ying Yu, Associate Professor, I-Shou University, Taiwan. The Therapeutic Effects of Concentrative Coordination Exercise on Handwriting Problems of Children with ADHD.
2. Nan-Ying Yu, Associate Professor, I-Shou University, Taiwan & Shao-Hsia Chang, Associate Professor, I-Shou University, Taiwan. The Effect of Concentrative Video Game Training on the Executive and Fine Motor Functions of Children with ADHD.
3. Karen Smail, Associate Professor, College of Charleston, USA. The Effects of Kinesthetic Learning Tables on 5th Grade Math.

16:00-17:30 Session IV (ROOM D): Biomechanics

Chair: Juliana Phillips, Associate Professor, University of the Western Cape, South Africa.

1. Kuo-Chuan Lin, Graduate Student, National Taiwan Sport University, Taiwan & Chin-Shan Ho, National Taiwan Sport University, Taiwan. System Design and Application for Evaluation of 110 Meter Hurdling.
2. Gergely Nagymate, Ph.D. Student, Budapest University of Technology and Economics, Hungary, Akos Pethes, Surgeon, Szent János Hospital, Hungary, Greta Szabo, BSc Student, Budapest University of Technology and Economics, Hungary, Zoltan Bejek, Assistant Professor, Semmelweis University, Hungary & Rita M. Kiss, Professor, Budapest University of Technology and Economics, Hungary. Comparison of Postural Stability between Patients with Unilateral and Bilateral Knee Osteoarthritis.

21:00-23:00 Greek Night and Dinner (Details during registration)

Tuesday 14 July 2015**09:00-10:30 Session V (ROOM D): Kinesiology and Rehabilitation**

Chair: Tania Steyl, Senior Lecturer, University of the Western Cape, South Africa.

1. Angela Stagliano, Assistant Professor, University of South Florida, USA. Is Training in Balance or Strength More Effective in Improving Gait Speed s/p CVA? An Evidential Synthesis.
2. Vedat Kurt, Research Assistant, Dumlupinar University, Turkey, Ozgen Aras, Dumlupinar University, Turkey & Bahar Aras, Dumlupinar University, Turkey. The Immediate Effects of Nerve Mobilisation on Gait in Subjects with Low Back Pain.
3. Lindsey Jamplis, Ph.D. Student, Pepperdine University, USA. Stretching One's Limits: The Development of Self-efficacy in a Senior Yoga Community.

10:30-12:00 Session VI (ROOM D): Exercise Training and Physiology II

Chair: Angela Stagliano, Assistant Professor, University of South Florida, USA.

1. Eduardo Hippolyto Latsch Cherem, Assistant Profesor, Universidade Estacio de Sa, Brazil. Chronic Cortisol and Leukocyte Alteration by Three Different Strength Training Protocols.
2. Chi-Yao Chang, Graduate Student, National Taiwan Sport University, Taiwan & Chin-Shan Ho, National Taiwan Sport University, Taiwan. The Effects of Different Agility Training on the Total Response Time for Back Row Defense of Junior Female Volleyball Players.

12:00-13:30 Session VII (ROOM D): Behavioural and Socio-cultural

Chair: Eduardo Hippolyto Latsch Cherem, Assistant Profesor, Universidade Estacio de Sa, Brazil.

1. Tatiana Freitas, Professor, Nove de Julho University, Brazil. Physical Education Teachers' Autonomy and Identity towards the Curriculum of the State of Sao Paulo.
2. Tania Steyl, Senior Lecturer, University of the Western Cape, South Africa & Juliana Phillips, Associate Professor, University of the Western Cape, South Africa Physical Activity among Urban Community Dwellers with Diabetes Mellitus: An Exploration of Experiences.
3. Indhumathi Gopal, Associate Professor, Johnson C. Smith University, USA. Physiological and Psychological Effects of two Modalities of Exercise, Hatha Yoga and Rhythm and Dance among Students: A Pilot Study.
4. Marie Zannis, Health Education Consultant, Nicholls State University, USA, Millie Naquin, Professor, Southeastern Louisiana University, USA, Chardon V. McCoy, Southeastern Louisiana University, USA, Ephraim Massawe, Southeastern Louisiana University, USA, Wynn Gillian, Southeastern Louisiana University, USA & Caitlyn Haynes, Southeastern Louisiana University, USA. Characteristics of Community Members who Recycle Household Hazardous Waste.

13:30-14:30 Lunch

17:30-20:00 Urban Walk (Details during registration)

20:30- 22:00 Dinner (Details during registration)

Wednesday 15 July 2015
Cruise: (Details during registration)

Thursday 16 July 2015
Delphi Visit: (Details during registration)