



Athens Institute for Education and Research
12th Annual International Conference on Kinesiology and Exercise
25–28 July 2016, Athens, Greece

Organized by the [Sports Research Unit](#) of ATINER
sponsored by the [Athens Journal of Sports](#)
[Scientific & Organizing Committee](#)



Conference Venue: [Titania Hotel](#), 52 Panepistimiou Street, 10678 Athens, Greece

Monday 25 July 2016

(all sessions include 10 minutes break)

08:00-08:30 Registration and Refreshments

08:30-09:00 Welcome & Opening Address (ROOM B--Mezzanine Floor)

- Gregory T. Papanikos, President, ATINER.
- George Poulos, Vice-President of Research, ATINER & Emeritus Professor, University of South Africa, South Africa.

09:00-10:30 Session I (ROOM D- 10TH Floor): Exercise Physiology

Chair: Maria Konstantaki, Academic Member, ATINER & Senior Lecturer, Buckinghamshire New University, UK.

1. [Ruta Dadelienė](#), Professor, Lithuanian University of Educational Science, Lithuania & Kazys Milasius, Professor, Lithuanian University of Educational Science, Lithuania. Correlation between the Indicators of the Critical Intensity Limit, and Lactate and Ventilatory Anaerobic Thresholds of Elite Kayakers Starting with the Distance of 1000 m.
2. [Dajana Karaula](#), Postdoctoral Researcher, University of Zagreb, Croatia, Nada Grcic-Zubcevic, Professor, University of Zagreb, Croatia & Sime Zurak, University of Zagreb, Croatia. Differences between in Force Vital Capacity and Length of a Dive with and without Glossopharyngeal Insufflation in Breath-Hold Divers.

10:30-12:00 Session II (ROOM D- 10TH Floor): Physical Therapy

Chair: Ruta Dadelienė, Professor, Lithuanian University of Educational Science, Lithuania.

1. [Sandra Mikuckytė](#), Ph.D. Student, Kaunas University of Technology, Lithuania & Vytautas Ostaševičius, Professor, Kaunas University of Technology, Lithuania. Design of Spinal Actuator and Investigation of its Influence on Human Spine.

12:00-13:30 Session III (ROOM D- 10TH Floor): Physical Activity & Disabilities

Chair: *Meenal Dhall, Assistant Professor, University of Delhi, India.

1. Jennifer Caputo, Professor, Middle Tennessee State University, USA, Hailie Cochran, Research Assistant, Middle Tennessee State University, USA & Sandra Stevens, Professor, Middle Tennessee State University, USA. An Examination of Physical Activity in Children with Disabilities.
2. Hailie Cochran, Research Assistant, Middle Tennessee State University, USA, Sandra Stevens, Professor, Middle Tennessee State University, USA & Jennifer Caputo, Professor, Middle Tennessee State University, USA. Parental Perceptions of Physical Activity in Children with Disabilities..
3. Sandra Stevens, Professor, Middle Tennessee State University, USA, Don Morgan, Professor, Middle Tennessee State University, USA & Jennifer Caputo, Professor, Middle Tennessee State University, USA. Increasing Physical Activity in Youth with Disabilities.

13:30-14:30 Lunch

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

Tuesday 26 July 2016

08:00-11:00 Educational and Cultural Urban Walk Around Modern and Ancient Athens (Details during registration)

11:00-12:30 Session V (ROOM D- 10TH Floor): Physical Activity and Health

Chair: Jennifer Caputo, Professor, Middle Tennessee State University, USA.

1. *Meenal Dhall, Assistant Professor, University of Delhi, India & Satwanti Kapoor, Professor, University of Delhi, India. Physical Activity and Lifestyle Indicators.
2. Svitlana Stupnytska, Associate Professor, Lviv Regional Institute of Postgraduate Pedagogical Studies, Ukraine, Olena Shyyan, Professor, State University of Physical Collge, Ukraine & Olha Riabukha, Associate Professor, Lviv Regional Institute of Postgraduate Pedagogical Studies, Ukraine. Original Approach to the Use of Physical Rehabilitation and Physical Education in the Sphere of Health Restoration and Preservation of Children with Orthopedic Pathology in Lviv Region.
3. Rozalia Kouvelioti, PhD Candidate, Brock University, Canada, Kate Nelson, MSc Candidate, Brock University, Canada, Jennifer Dekker, MSc Candidate, Brock University, Canada, Katherine Denize, BSc Thesis Student, Brock University, Canada & Panagiota Klentrou, Professor, Brock University, Canada. The Acute Effects of High Impact Exercise on Wnt/ β Catenin Signaling Related Osteokines in Young Females.

12:30-14:00 Session VI (ROOM D- 10TH Floor): Exercise Biochemistry/Biomechanical Effects of Training

Chair: Maria Kosma, Associate Professor, Louisiana State University, USA.

1. Hwai-Ting Lin, Associate Professor, Kaohsiung Medical University, Taiwan, Kai-Chu Kang, MSc Student, Kaohsiung Medical University, Taiwan & Hong-Wen Wu, Associate Professor, National Taiwan University of Sport, Taiwan. Various Running and Fast Walking Speeds of Loading and Pressure Distribution in Hip.
2. *Ewa Klaver-Krol, Neurologist-Researcher, Roessingh Research and Development Institute (RRD), The Netherlands. Reduced Electric Fatigue in the Muscles of Fibromyalgia Patients.

14:00-15:00 Lunch

15:00-16:30 Session VII (ROOM D- 10TH Floor): Psychological Interventions

Chair: Hwai-Ting Lin, Associate Professor, Kaohsiung Medical University, Taiwan.

1. Maria Kosma, Associate Professor, Louisiana State University, USA, David Buchanan, Professor, University of Massachusetts-Amherst, USA & Jan Hondzinski, Associate Professor, Louisiana State University, USA. Practical Reasoning in Physical Activity Promotion.
2. Mahfoodha Al Kitani, Assistant Professor, Sultan Qaboos University, Oman. Blood Pressure Responses to Isometric Handgrip Training in Normal Healthy Female Students.

21:00-22:30 Dinner (Details during registration)

Wednesday 27 July 2016
Cruise: (Details during registration)

Thursday 28 July 2016
Delphi Visit: (Details during registration)