



13th Annual International Conference on Kinesiology and Exercise Sciences, 24-27 July 2017, Athens, Greece

Organized by the Sports, Leisure & Recreation Unit

Sponsored by the Athens Journal of Sports

Conference Venue: Titania Hotel, 52 Panepistimiou Avenue, Athens, Greece (close to Omonoia metro station)

Monday 24 July 2017

08:00-09:00 Registration and Refreshments

09:00-09:30 (Room B-10th Floor) Welcome and Opening Address

Gregory T. Papanikos, President, ATINER.

09:30-11:00 Session I (Room D-10th Floor): Behavioral Aspects of Exercise and Health

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

1. Mildred Naquin, Professor, Southeastern Louisiana University, USA, Marie Zannis, Associate Professor, Nicholls State University, USA, Janet Jones, Assistant Professor, Southeastern Louisiana University, USA, Wynn Gillan, Assistant Professor, Southeastern Louisiana University, USA, Ifigenia Georgiadou, Director, Hellenic Culture Centre, Greece, Corrine Cormier, Graduate Assistant, Southeastern Louisiana University, USA & Jessica Friley, Graduate Assistant, Southeastern Louisiana University, USA. Health Status and Behaviours of Greeks and Americans.
2. Martha Gibson, Associate Professor, Spring Hill College and Midwestern State University, USA, Betty Carlson Bowles, Associate Professor, Midwestern State University, USA, Lauren Jansen, Associate Professor, Midwestern State University, USA, Karen Polvado, Associate Professor, Midwestern State University, USA & Robin Lockhart, Assistant Professor, Midwestern State University, USA. Motivation to Ride in the Hotter 'N Hell Hundred Bicycling Event. (Monday, morning session)
3. Adriana Duquette, Kinesiology Laboratory Coordinator, University of Windsor, Canada. Frequency of Cell Phone Use, Driving Behaviour, and Driving Attitudes of University-Aged Drivers in South-western Ontario, Canada.

11:00-12:30 Session II (Room D-10th Floor): Physical Activity and Health I

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

1. Maria Kosma, Associate Professor, Louisiana State University, USA & David Buchanan, Professor and Chair, Department of Health Promotion and Policy, University of Massachusetts – Amherst, USA. “Connect”, Log it, Track it, Go! *Techne* or Practical Wisdom in Exercise Promotion?
2. Mary Lou Schilling, Associate Professor, Central Michigan University, USA. Effects of Tai chi, Shadow Boxing, and Video Activities on the Balance of a Participant with Multiple Sclerosis: A Case Study.
3. Chia-Ying Lien, Assistant Professor, National Taiwan University, Taiwan. The Effect of Endurance Exercise on Breast Cancer Treatment Herceptin Combined with Doxorubicin on Mice Cardiotoxicity.

12:30-14:00 Session III (Room D-10th Floor): Injury and Rehabilitation in Sport and Exercise

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

1. Lisa Lewis, Professor, Austin Peay State University, USA. Creative Dance for Physical and Mental Health.
2. Janet Jones, Assistant Professor, Southeastern Louisiana University, USA, Mildred Naquin, Professor, Southeastern Louisiana University, USA, Wynn Gillan, Associate Professor, Southeastern Louisiana University, USA, Marie Zannis, Associate Professor, Nicholls State University, USA, Ifigenia Georgiadou, Director, Hellenic Culture Center, Greece, Corinne Cormier, Graduate Assistant, Southeastern Louisiana University, USA & Jessica Friley, Graduate Assistant, Southeastern Louisiana University, USA. A Comparative Policy Analysis of the Healthcare Systems in the United States and Greece.

14:00-15:00 Lunch

15:00-16:30 Session IV (Room D-10th Floor): Exercise Physiology and Nutrition I

Chair: Chia-Ying Lien, Assistant Professor, National Taiwan University, Taiwan.

1. Jim Roberts, Professor, Edinboro University of Pennsylvania, USA. Quantifying Approaches and Accuracy of Athletes Completing Consecutive Day Marathons.
2. Jose Saavedra, Professor, Reykjavik University, Iceland, Matthias Hinz, MSc Student, University of Potsdam, Germany, Kristjan Halldorsson, Adjunct, Reykjavik University, Iceland & Hafrun Kristjánsdóttir, Head of Sports Science Department, Reykjavik University, Iceland. Throwing Velocity in Youth Handball Players.

21:00-23:00 The Pragmatic Symposium of the Conference as Organized in Ancient Athens with Dialogues, Food, Wine, Music and Dancing but fine tuned to Synchronous Ethics

Tuesday 25 July 2017

07:30-10:30 Session V: An Educational Urban Walk in Modern and Ancient Athens

Chair: Gregory Katsas, Vice President of Academic Affairs, ATINER & Associate Professor, The American College of Greece-Deree College, Greece.

Group Discussion on Ancient and Modern Athens.

Visit to the Most Important Historical and Cultural Monuments of the City (be prepared to walk and talk as in the ancient peripatetic school of Aristotle)

11:00-12:30 Session VI (Room D-10th Floor): Exercise Physiology and Nutrition II

Chair: Raymond Stefani, Professor Emeritus, California State University, Long Beach, USA.

1. Bert Jacobson, Regents Professor, Oklahoma State University, USA, Taylor Monaghan, Oklahoma State University, USA, John Sellers, Oklahoma State University, USA, C. Estrada, Oklahoma State University, USA & M. Moghaddam, Oklahoma State University, USA. Effect of Oral Chicken Immunoglobulin (IgY) Ingestion on Serum Creatine Kinase, C-Reactive Protein and Perceived Delayed Onset Muscular Soreness Following Induced Muscle Soreness.
2. Y. Gul Ozkaya, Professor, Akdeniz University, Turkey, Mehmet Ali Ozcelik, Akdeniz University, Turkey, Nese Toktas, Akdeniz University, Turkey, Aysen Turk, Health Sciences University, Turkey, Ali Eraslan, Health Sciences University, Turkey, Serap Akyol Tunc, Health Sciences University, Turkey, Funda Seferoğlu, Akdeniz University, Turkey & Abdurrahman Aktop, Associate Professor, Akdeniz University, Turkey. The Effect of whole Body Vibration Exercise as a Warm up Procedure on Pain Threshold, Heart Rate and Blood Pressure Values at Rest, and Following Acute Exercise in Recreationally Active Men.

12:30-14:00 Session VII (Room D-10th Floor): Biomechanics in Sports

Chair: Bert Jacobson, Regents Professor, Oklahoma State University, USA.

1. Raymond Stefani, Professor Emeritus, California State University, Long Beach, USA. Kinesiology Analysis of the Ancient Olympics and of Performance Differences between Male and Female Olympic Champions of the Modern Games in Running, Swimming and Rowing.
2. Richard Ward, Senior Lecturer, Simon Fraser University, Canada & Rachael A. Hutchinson, Research Assistant, Simon Fraser University, Canada. KIN-Scale: Comprehensive Anthropometric Assessment System.

14:00-15:00 Lunch

15:00-16:30 Session VIII (Room D-10th Floor): Physical Activity and Health II

Chair: Y. Gul Ozkaya, Professor, Akdeniz University, Turkey.

1. Wan X. Yao, Professor, The University of Texas at San Antonio, USA, Aashika Gandhi, The University of Texas at San Antonio, USA, Alberto Cordova, The University of Texas at San Antonio, USA, Saki Oyama, The University of Texas at San Antonio, USA, Zenong Yin, The University of Texas at San Antonio, USA & Williams Land, The University of Texas at San Antonio, USA. Bilateral Transfer in Force Control is Affected by the Exercise Weight: An Implication for Rehabilitation of Stroke Patients.
2. Lisa Roberts, Teacher, General McLane School District, USA. A Three Year Study of Elementary Fitness Levels: Fall versus Spring.

21:00- 22:30 Dinner

Wednesday 26 July 2017
Educational Island Tour or Mycenae and Epidaurus Visit

Thursday 27 July 2017
Delphi Visit

All ATINER's conferences are organized by the Academic Committee (<https://www.atiner.gr/academic-committee>). This conference has been organized with the assistance of the following academics, who contributed by chairing the conference sessions and/or by reviewing the submitted abstracts and papers:

1. Gregory T. Papanikos, President, ATINER.
2. Maria Konstantaki, Academic Member, ATINER & Senior Lecturer, Buckinghamshire New University, UK.
3. Bert Jacobson, Regents Professor, Oklahoma State University, USA.
4. Maria Kosma, Associate Professor, Louisiana State University, USA.
5. Mildred Naquin, Professor, Southeastern Louisiana University, USA.
6. Y. Gul Ozkaya, Professor, Akdeniz University, Turkey.
7. Raymond Stefani, Professor Emeritus, California State University, Long Beach, USA.
8. Chia-Ying Lien, Assistant Professor, National Taiwan University, Taiwan.
9. Vassilis Skianis, Research Fellow, ATINER.
10. Olga Gkounta, Researcher, ATINER.
11. Hannah Howard, Research Assistant, ATINER.