



14<sup>th</sup> Annual International Conference on Kinesiology and Exercise Sciences  
30-31 July & 1-2 August, 2018, Athens, Greece

Organized by the [Panhellenic Association for Sports Economists and Managers \(PASEM\)](#)  
& the [Sport, Exercise, & Kinesiology Unit of ATINER](#)  
Sponsored by the [Athens Journal of Sports](#)

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

Monday 30 July 2018

08:00-09:00 Registration and Refreshments

09:00-09:30 [Welcome and Opening Address](#) (Room C - 10<sup>th</sup> Floor)

Gregory T. Papanikos, President, ATINER.

09:30-11:00 Session I (Room A - 10<sup>th</sup> Floor): Exercise and Rehabilitation

Chair: Maria Konstantaki, Head, Sport, Exercise, & Kinesiology Unit, ATINER & Senior Lecturer, Buckinghamshire New University, UK.

1. Aleksandra Zebrowska, Professor, Academy of Physical Education, Poland. Combining Hypoxic Methods and Interval Training for Peak Performance in Athletes.
2. Arcady Putilov, Chief Researcher, Head of Independent Research Group for Math-Modeling of Biomedical Systems, Research Institute for Molecular Biology and Biophysics (Novosibirsk), Russia. The Role of Sleep Deprivation Followed by Physical Exercise in the Battle against Depression.
3. [Nicola Lamberti](#), Postdoctoral Research Assistant, University of Ferrara, Italy & [Fabio Manfredini](#), Associate Professor, University of Ferrara, Italy. Near Infrared Spectroscopy as a Valid Tool to Support the Exercise Physiologist Interventions in Chronic Diseases.

11:00-12:30 Session II (Room A - 10<sup>th</sup> Floor): Training

Chair: Arcady Putilov, Chief Researcher, Head of Independent Research Group for Math-Modeling of Biomedical Systems, Research Institute for Molecular Biology and Biophysics (Novosibirsk), Russia.

1. [Chi-Yao Chang](#), PhD, National Taiwan Sport University, Taiwan, Kuo-Chuan Lin, Assistant Professor, Chung Yuan Christian University, Taiwan, Min-Hao Hung, PhD, National Taiwan Sport University, Taiwan & Chin-Shan Ho, Associate Professor, National Taiwan Sport University, Taiwan. Different Inertia Resistance Training on the Performance of the Biceps.
2. [Min-Hao Hung](#), PhD, National Taiwan Sport University, Taiwan, Kuo-Chuan Lin, Assistant Professor, Chung Yuan Christian University, Taiwan, Chi-Yao Chang, PhD, National Taiwan Sport University, Taiwan & Chin-Shan Ho, Associate Professor, National Taiwan Sport University, Taiwan. The Applications of Landing Strategies in Badminton Footwork Training on Backhand Side Lateral Jump Smash under Different Condition.

**12:30-14:00 Session III (Room A - 10<sup>th</sup> Floor): Advances in Physical Education****Chair:** Aleksandra Zebrowska, Professor, Academy of Physical Education, Poland.

1. Dina Tsybulsky, Senior Lecturer, Kibbutzim College, Israel. Team-Teaching in the Science Classroom: A Study of Student-Teachers' Experiences.
2. Mari Van Wyk, Lecturer, University of KwaZulu-Natal, South Africa. Exploring Pre-Service Teachers' Reflective Practice: A Case Study.
3. Marco Mazzocca, PhD Student, University of Padua, Italy, Paolo Sommaggio, Associate Professor, University of Trento, Italy & Alessia Schiavon, PhD Student, University of Padua, Italy. From Teaching to Training. Remarks on Two Possible Models of Social Enhancement.

**14:00-15:00 Lunch****15:00-16:30 Session IV (Room A - 10<sup>th</sup> Floor): Exercise and Cognitive Function****Chair:** Majed Mujalli, Associate Professor, University of Jordan, Jordan.

1. Maria Rosaria D'Acierno, Associate Professor, Università degli Studi di Napoli "Parthenope", Italy. Physical Education between Bodily Health and Cognitive Growth for Young Children (age 3 to 5).
2. Vessela Slavova, Assistant Professor, Bulgarian National Sports Academy, Bulgaria, Nely Yankova, Associate Professor, Bulgarian National Sports Academy, Bulgaria & Valentin Panayotov, Associate Professor, Bulgarian National Sports Academy, Bulgaria. Study of the Attitude of Weightlifters towards the Use of New Technologies in Sports Training and Education.
3. Sha Ge, Instructor, Tianjin Normal University, China, Xin Tian, Professor, Tianjin Normal University, China, Chao Song, Assistant Professor, Tianjin Normal University, China, Zenong Yin, Professor, The University of Texas at San Antonio, USA, William Land, Assistant Professor, The University of Texas at San Antonio, USA & Wan X., Yao, Professor, The University of Texas at San Antonio, USA. Time Course Changes in Brain Activities during pre-Competitive Training: A Case Study on an Olympic Champion in Race Walking.

**16:30-18:30 Session V (Room C - 10<sup>th</sup> Floor): ATINER's 2018 Series of Academic Dialogues: A Symposium on the Future of Teaching and Researching in a Global World****Chair:** Cleopatra Veloutsou, Professor, University of Glasgow, U.K.

1. Ken Roberts, Emeritus Professor, School of Sociology and Social Policy, University of Liverpool, U.K. Massification and Stratification of Tertiary Education.
2. Alexis Smith Macklin, Dean, Purdue University, Fort Wayne, USA. Going Global in Higher Education: The Importance of Innovation, Connection, and Reflection in a Networked Learning Environment.
3. Maria Rosaria D'Acierno, Associate Professor, University degli Studi di Napoli "Parthenope", Italy. Research and Teaching are no more Isolated Issues.
4. Husam Arman, Associate Research Specialist, Kuwait Institute for Scientific Research, Kuwait. The Dynamics of Education and Research in the Fourth Industrial Revolution.
5. Joern Redler, Professor, Mainz University of Applied Sciences, Germany. Some Questionable Developments in Germany's Management and Marketing Degree Programs.
6. Ulf Johansson, Professor, Lund University, Sweden. From Providing Toolset to Working with Mindset: The Future of Teaching and Researching Management in a Global World.

**21:00-23:00 Greek Night and Dinner**

## Tuesday 31 July 2018

### 07:45-10:45 Session VI: An Educational Urban Walk in Modern and Ancient Athens

**Chair:** Gregory A. 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)

### 11:00-13:00 Session VII (Room A - 10<sup>th</sup> Floor): Exercise Training and Treatment Methods

**Chair:** Nicola Lamberti, Postdoctoral Research Assistant, University of Ferrara, Italy.

1. Kuo-Chuan Lin, Assistant Professor, Chung Yuan Christian University, Taiwan, Ke-Chou Chen, Assistant Professor, Chung Yuan Christian University, Taiwan, Min-Hao Hung, PhD, National Taiwan Sport University, Taiwan, Chi-Yao Chang, PhD, National Taiwan Sport University, Taiwan & Chien-Chia Jung, Assistant Professor, Chung Yuan Christian University, Taiwan. The Effects of Whole-Body Vibration Exercise on Blocking Skill-Related Performances of Volleyball Players.
2. Goran Pasic, Assistant Professor, University of Banja Luka, Bosnia and Herzegovina, Goran Grahovac, Associate Professor, University of Banja Luka, Bosnia and Herzegovina & Mihajlo Mijanovic, Professor, University of Banja Luka, Bosnia and Herzegovina. The Differences and the Dynamics of Swimming Development in the Area of Europe and Bosnia and Herzegovina.
3. Majed Mujalli, Associate Professor, University of Jordan, Jordan & Alaa Abu Aloyoun, Associate Professor, University of Jordan, Jordan. The Effect of Different Methods of Treatment for Patients with Lumbar Herniated Disc.

13:00-14:00 Lunch

20:00- 21:30 Dinner

## Wednesday 1 August 2018 Mycenae and Island of Poros Visit Educational Island Tour

## Thursday 2 August 2018 Delphi Visit

## Friday 3 August 2018 Ancient Corinth and Cape Sounion

All ATINER's conferences are small events which serve the mission of the association (<https://www.atiner.gr/mission>) under the guidance of its Academic Committee (<https://www.atiner.gr/academic-committee>) which sets the policies (<http://www.atiner.gr/acceptance>). In addition, each conference has its own academic committee. Members of the committee include all those who have evaluated the abstract-paper submissions and have chaired the sessions of the conference. The members of the academic committee of the 14<sup>th</sup> Annual International Conference on Kinesiology and Exercise Sciences, 30-31 July & 1-2 August, 2018, Athens, Greece, were the following:

1. Gregory T. Papanikos, President, ATINER.
2. Maria Konstantaki, Head, Sport, Exercise, & Kinesiology Unit, ATINER & Senior Lecturer, Buckinghamshire New University, UK.
3. Cleopatra Veloutsou, Professor, University of Glasgow, U.K.
4. Maria Rosaria D'Acierno, Academic Member, ATINER & Associate Professor, Università degli Studi di Napoli "Parthenope", Italy.
5. Aleksandra Zebrowska, Professor, Academy of Physical Education, Poland.
6. Majed Mujalli, Associate Professor, University of Jordan, Jordan.
7. Arcady Putilov, Chief Researcher, Head of Independent Research Group for Math-Modeling of Biomedical Systems, Research Institute for Molecular Biology and Biophysics (Novosibirsk), Russia.
8. Margo Apostolos, Academic Member, ATINER & Associate Professor, University of Southern California -USC Kaufman School of Dance-USC Glorja Kaufman Dance Medicine Center- & Co-Director- Cedars-Sinai, USA.
9. Nicola Lamberti, Postdoctoral Research Assistant, University of Ferrara, Italy.

The **organizing committee** of the conference included the following:

1. Fani Balaska, Researcher, ATINER.
2. Olga Gkounta, Researcher, ATINER.
3. Despina Katzoli, Researcher, ATINER.
4. Konstantinos Manolidis, Administrator, ATINER.
5. Kostas Spyropoulos, Administrator, ATINER.