



15th Annual International Conference on Sport & Exercise Science
Organized by the [Panhellenic Association for Sports Economists and Managers \(PASEM\)](#) and the [Sport, Exercise, & Kinesiology Unit of ATINER](#)

29-31 July & 1 August 2019, Athens, Greece

Sponsored by the [Athens Journal of Sports](#)

Conference Venue: Titania Hotel, 52 Eleftheriou Venizelou (ex Panepistimiou) Street, Athens, Greece (close to metro station *Panepistimio*)

Monday 29 July 2019

07:50-08:40 Registration and Refreshments

08:45-09:15 (Room B - 10th Floor): [Welcome and Opening Address](#) by Gregory T. Papanikos, President, ATINER.

09:15-11:00 Session I (Room D - 10th Floor): Biomechanics & Skill Acquisition

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

1. [Maria Kosma](#), Associate Professor, Louisiana State University, USA, Nick Erickson, Associate Professor, Louisiana State University, USA, Chase Savoie, Undergraduate Pre-medical Student, Louisiana State University, USA & Mark Gibson, LSU Alumni, MFA Graduate, Louisiana State University, USA. Skill Development vs. Performativity among Beginners in Aerial Practice.
2. [Konstantinos Gianikellis](#), Associate Professor, University of Extremadura, Spain, Rafael Gutierrez-Horrillo, Researcher, University of Extremadura, Spain & Miguel Rodal Martinez, Researcher, University of Extremadura, Spain. Design of Technological Wheelchair System Applying Biomechanics Methodology in Paralympic Sports - DEPATech Experience.
3. [Julio Cesar Ortiz Enriquez](#), PhD Student, The University of Electro-Communications, Japan, Masato Ando, MSc Student, The University of Electro-Communications, Japan & Takeshi Miyazaki, Professor, The University of Electro-Communications, Japan. Numerical Simulation of Wind Drift of Arrows on the Olympic Venue for Tokyo 2020.

11:00-12:30 Session II (Room D - 10th Floor): Human Behaviour and Psychology

Chair: Takshita Sookan, Lecturer / Researcher, University of KwaZulu-Natal, South Africa.

1. [Andreas Stamatis](#), Assistant Professor, State University of New York in Plattsburgh, USA, Zacharias Papadakis, Assistant Professor, Barry University, USA, Courtnie Moodie Graduate Research Assistant, Barry University, USA & Alexander Anderson, Graduate Research Assistant, Barry University, USA. The Moderation Effect of Sleep Quality on the Physical Activity - Mental Toughness Relationship: A Pilot Study.
2. [Dianna Lepore](#), PhD Candidate, La Trobe University, Australia, Paul O'Halloran, Discipline Lead in Rehabilitation and Sports Counselling, La Trobe University, Australia & Maria-Irini Avgoulas, Lecturer, La Trobe University, Australia. The Influence of Player Integration: Perceptions and Experiences of Support Staff in Women's Football.

12:30-14:00 Session III (Room D - 10th Floor): Exercise Physiology and Training Methods

Chair: Andreas Stamatis, Assistant Professor, State University of New York in Plattsburgh, USA.

1. Teneille Venter, Senior Lecturer, Cape Peninsula University of Technology, South Africa. The Effects of a Carbohydrate Supplementation Protocol on Blood Glucose Levels in Type I Diabetic Subjects during a 60 Minute Bout on the Treadmill.
2. Takshita Sookan, Lecturer / Researcher, University of KwaZulu-Natal, South Africa, Yoshlin Naicker, Student, University of KwaZulu-Natal, South Africa, Robert Hickner, Professor, Florida State University, USA, Amrish Sookraj, Student, University of KwaZulu-Natal, South Africa & Andrew McKune, Professor, Canberra University, Australia. Maximal Aerobic Capacity and Ventilatory Threshold Predicts Microvascular Reactivity.
3. Junbei Bai, Research Assistant, Beijing Research Institute of Sports Science, China & Shuqiang Cui, Research Assistant, Beijing Research Institute of Sports Science, China. Effects Comparison of Four Cooling Methods on the Physiological Indexes in the Recovery Process after Exercise.

14:00-15:00 Lunch

15:00-16:30 Session IV (Room B - 10th Floor): Exercise and Health I

Chair: Julio Cesar Ortiz Enriquez, PhD Student, The University of Electro-Communications, Japan.

1. Francisco Javier Aceves Hernandez, Professor, Instituto Politécnico Nacional, Mexico. Epidemic of Overweight and Obesity in Mexico.
2. Spiro Doukas, Associate Professor, American Public University, USA & Kateryna Karnaushenko-Doukas, Executive Secretary, International Progressive Education Council, USA. Perceived University Students' Stress Levels in South Korea: How Much Does Alcohol Consumption and Exercise Matter?
3. Xin Wang, Associate Professor, Macao Polytechnic Institute, Macao. Knowledge, Attitude and Performance of Pelvic Floor Muscle Exercise of Nullipara and their Influencing Factors.
4. Dai Hong-Xia, Assistant Program Coordinator, Macao Polytechnic Institute, Macao. Application of Bundle Care to Reduce Perceived Stress Level of Lactation Women in China.

16:30-18:00 Session V (Room C - 10th Floor): Special Topics on Educational Issues

Chair: Cleopatra Veloutsou, Professor of Brand Management, University of Glasgow, UK.

1. Ken Roberts, Emeritus Professor, University of Liverpool, UK. Transitions from Education to Work and non-Work in Saudi Arabia.
2. Marco Mazzocca, PhD Student, University of Padua, Italy & Paolo Sommaggio, Associate Professor, University of Trento, Italy. The Importance of the Socratic Debate in the Academic Education. The Case of the University of Trento.
3. Mei Hua Kerry Hsu, Lecturer, Macao Polytechnic Institute, Macao. The Need of Disaster Preparedness in Nursing Education.

21:00-23:00 Greek Night and Dinner

Tuesday 30 July 2019

08:00-11:00 Session VI: An Educational Urban Walk in Modern and Ancient Athens

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)

11:30-13:00 Session VII (Room D - 10th Floor): Injury Rehabilitation and Movement Assessment

Chair: Konstantinos Gianikellis, Associate Professor, University of Extremadura, Spain.

1. Shuqiang Cui, Research Assistant, Beijing Research Institute of Sports Science, China & Junbei Bai, Research Assistant, Beijing Research Institute of Sports Science, China. Effect of Exhausted Treadmill Running in Rats on the Staining of Parvalbumin-Positive Neurons in the Corticostriatal Pathway.

13:00-14:30 Session VIII (Room D - 10th Floor): Exercise and Health II

Chair: Utku Özer, Research Fellow, ATINER.

1. Han Yang, Peking University, China & Zhonghui He, Professor, Peking University, China. Status of Sedentary Behavior of Adolescents and the Strategy of Exercise Intervention in China.
2. Dawid Majcherek, PhD Student, SGH Warsaw School of Economics, Poland, Elzbieta Biernat, Professor, SGH Warsaw School of Economics, Poland, Lukasz Skrok, SGH Warsaw School of Economics, Poland & Hanna Nałęcz, SGH Warsaw School of Economics, Poland. Are you Able to be a Member of Sports Clubs or Stay only with Sport Activity? A Health-Infrastructure Approach.

14:30-15:30 Lunch

20:30-22:00 Dinner

Wednesday 31 July 2019
Mycenae and Island of Poros Visit
Educational Island Tour

Thursday 1 August 2019
Delphi Visit

Friday 2 August 2019
Ancient Corinth and Cape Sounion

All ATINER's conferences are organized by the [Academic Council](#). This conference has been organized with the assistance of the following academics, who contributed by a) setting up the program b) chairing the conference sessions, and/or c) reviewing the submitted abstracts and papers:

1. Gregory T. Papanikos, President, ATINER & Honorary Professor, University of Stirling, UK.
2. Maria Konstantaki, Head, Sport, Exercise, & Kinesiology Unit, ATINER & Senior Lecturer, Buckinghamshire New University, UK.
3. William Montelpare, Professor and Margaret & Wallace McCain Chair in Human Development and Health, Faculty of Applied Human Sciences, University of Prince Edward Island (UPEI), Canada.
4. Cleopatra Veloutsou, Professor of Brand Management, University of Glasgow, UK.
5. Konstantinos Gianikellis, Associate Professor, University of Extremadura, Spain.
6. Andreas Stamatis, Assistant Professor, State University of New York in Plattsburgh, USA.
7. Takshita Sookan, Lecturer / Researcher, University of KwaZulu-Natal, South Africa.
8. Utku Özer, Research Fellow, ATINER.
9. Julio Cesar Ortiz Enriquez, PhD Student, The University of Electro-Communications, Japan.