13th FIEP EUROPEAN CONGRESS
26-29.09.2018

29th FIEP WORLD CONGRESS
ISTANBUL, TURKEY



MARMARA UNIVERSITY

FEDERATION INTERNATIONALE D'EDUCATION PHYSIQUE
FIEP
Fondée en 1923

HACETTEPE UNIVERSITY

26-29 September 2018, Istanbul

ABSTRACT BOOK

MARMARA UNIVERSITY PRESS

MARMARA UNIVERSITY

HACETTEPE UNIVERSITY

13th FIEP EUROPEAN CONGRESS
26-29.09.2018



29th FIEP WORLD CONGRESS
ISTANBUL, TURKEY

ABSTRACT BOOK

MARMARA UNIVERSITY PRESS

2018

Marmara University Press No. 852

FÉDÉRATION INTERNATIONALE D'EDUCATION PHYSIQUE (FIEP)
13TH EUROPEAN & 29TH WORLD CONGRESS ABSTRACT BOOK

Editor: Fatih DERVENT

All rights reserved © Marmara University Press, 2018

ISBN: 978-975-400-418-2
E-ISBN: 978-975-400-417-5

September, 2018

MARMARA UNIVERSITY PRESS
Göztepe Kampüsü, Kadıköy 34722 Istanbul / Turkey
Tel: +90 216 348 43 79 Fax: +90 216 348 43 79
E-mail: yayinevi@marmara.edu.tr

Printing Press: YEK MATBAACILIK SANAYİ VE TİCARET LİMİTED ŞİRKETİ
100.Yıl Mah. Massit Matbaacılar Sitesi 4. Cadde No.122 Bağcılar - Istanbul / Turkey

Certificate Nu: 32287

FIEP European Congress (13th : 2018 : Istanbul, Turkey)
13th FIEP European Congress and 29th FIEP World Congress, 26-29 September 2018, Istanbul, Turkey abstract book / edited by Fatih Dervent.__ Istanbul : Marmara University, 2018.
104 s. ; A4._ (Marmara University Press; No. 852)
İndeks.
978-975-400-418-2
1. Physical education and training – Congresses 2. Beden eğitimi ve antrenman – Kongreler
GV205
796.07

Contents

Preface 5

Organizing Committee 6

Scientific Committee 7

Keynote Speakers 10-11

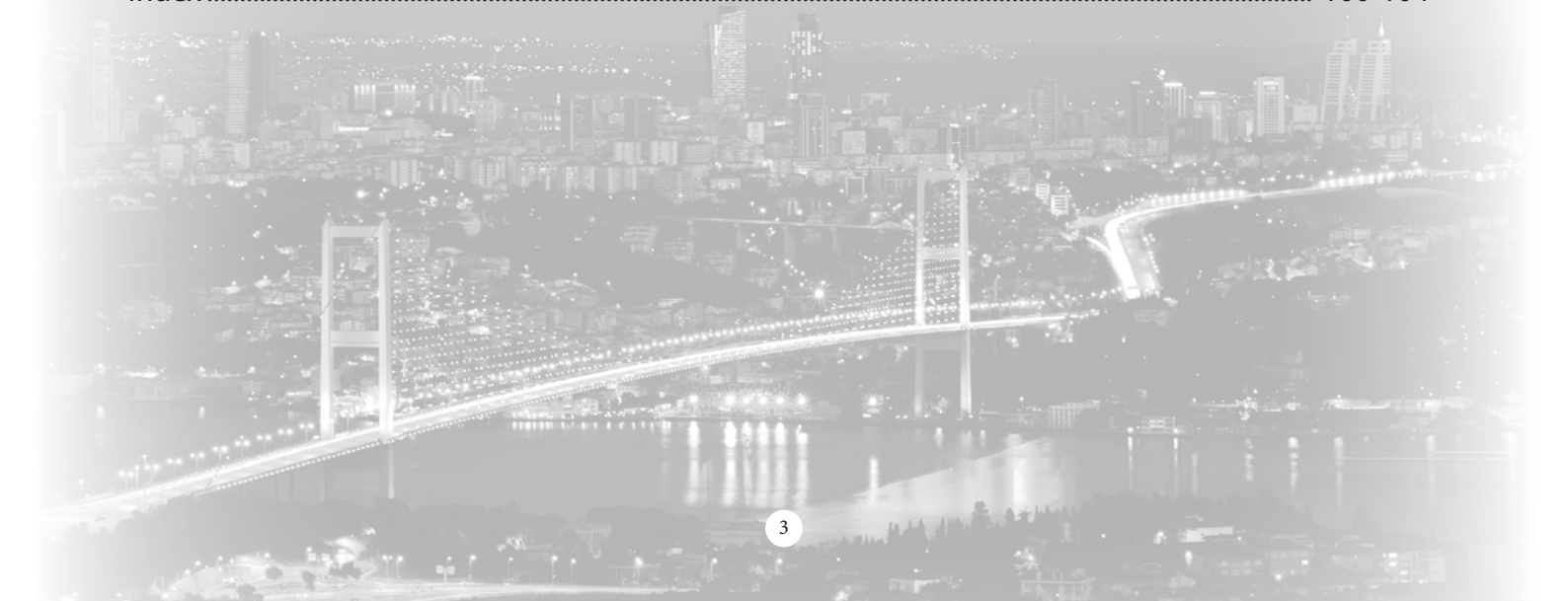
Invited Speakers ..... 14 - 21

Symposiums ..... 24 - 31

Oral Presentations ..... 34 - 71

Poster Presentations ..... 74 - 97

Index 100-104



Endorsements

TÜRKİYE MİLLİ OLİMPİYAT KOMİTESİ

SPOR BİLİMLERİ DERNEĞİ 1992

TÜRKİYE BEDEN EĞİTİMİ VE SPOR ÖĞRETMENLERİ DERNEĞİ 1953

Sponsors

TARTI

TARTI AKADEMİ

UTA

SEMTUR

Preface

Dear Participants,

We thank you all for your participation in 13th Europe and the 29th World Congress of FIEP. In the Congresses, 2 Keynotes and 8 Invited Speakers will share their studies with us. Besides, there are 4 Symposiums and 4 Workshops in the Congresses. There are also 74 Oral and 48 Poster Presentations coming from you and that are accepted by the Scientific Committee. The Members of the FIEP New Leader Program (FNL) will also attend the Congress with their poster presentations. We are sure that these presentations in these abovementioned different categories will create significant discussion, and lead to international cooperations. Is this not the primary purpose of scientific study results? In order to serve the achievement of this purpose, the Congress Abstract Book, in which all the works presented are included, is shared with you. We wish you a successful scientific activity and enjoyable trips in Istanbul.

Chair

Gıyasettin Demirhan
Hacettepe University

Salih Pınar
Marmara University

Chair of Scientific Committee

Mustafa Levent İNCE
Middle East Technical University

Organizing Committee

Chair

Gıyasettin Demirhan *(Hacettepe University)*
Salih Pınar *(Marmara Üniversitesi)*

Congress Secretariat

Fatih Dervent *(Marmara University)*
Züleyha Avsar *(Uludağ University)*
Esra Erturan Öğüt *(Gazi University)*

Local Members

Özgür Yaşar Akyar *(Hacettepe University)*
Ufuk Alpkaya *(Marmara University)*
Figen Altay *(Hacettepe University)*
Emre Bilgin *(Hacettepe University)*
Sinan Bozkurt *(Marmara University)*
Oya Erkut *(Marmara University)*
Mehmet İnan *(Marmara University)*
Cengiz Karagözoğlu *(Marmara University)*
Veysel Küçük *(Marmara University)*
Gunay Yıldizer *(Anadolu University)*
Semih Yılmaz *(Marmara University)*
Yılmaz Yüksel *(Hacettepe University)*

International Members

Branislav Antala *(Slovakia; FIEP Europe Vice Presidents)*
Gheorghe Balint *(Romania; FIEP Europe Vice-President for East Europe)*
Catherine Carthy *(Ireland; FIEP Europe Vice-President for West Europe)*
Stefania Cazzoli *(Italia; President of FIEP Europe Adapted Physical Activities Section)*
Ken Hardman *(Great Britain; President of FIEP Europe Physical Education and Sport in Schools Section)*
Sergei Ivashchenko *(University of KyevUkraine; President of FIEP Olympic Education Section)*
Enric Sebastiani Obrador *(Spain; FIEP Europe Vice-President for South Europe)*
Gabriela Luptáková *(Slovakia; President of FIEP Europe New Leaders Section)*
Dario Novak *(Slovakia; FIEP Europa Secretary General)*
Airikki Pousi *(Finland; FIEP Europe Vice-President for North Europe)*
Ivan Prskalo *(Croatia; President of FIEP Europe Physical Education Pegagogy Section)*
Jana Vasickova *(Czech Republic; President of FIEP Europe Recreation and Leisure Activities Section)*
Nenad Zivanovic *(Serbia; President of FIEP Europe Physical Education and Sport History Section Section)*

Scientific Committee

Chair of Scientific Committee

Mustafa Levent İNCE (Turkey)

Members

Aleksandar IGNJATOVIC *(Serbia)*
Ali ELLOUMI *(Tunisia)*
Almir GRUHN *(Brazil)*
Arja SAAKSLAHTI *(Finland)*
Arnaldo Rivero FUXA *(Cuba)*
Arunas EMELJANOVAS *(Lithuania)*
Attilio Nicola CARRARO *(Italy)*
Brahim ALAOUI *(Marocco)*
Branislav ANTALA *(Slovakia)*
Carlos RAMIREZ *(Argentina)*
Carlos Raul LORDA PAZ *(Brazil)*
Carolina POBLETE GÁLVEZ *(Chile)*
Catherine CARTHY *(Ireland)*
Claude SCHEUER *(Luxembourg)*
Daniela DASHEVA *(Bulgaria)*
Dario COLLELA *(Italy)*
Dario NOVAK *(Crotia)*
Dean DUDLEY *(Australia)*
Deniz HUNUK *(Turkey)*
Dilara ÖZER *(Turkey)*
Dilsat MİRZEOGLU *(Turkey)*
Domingo Blasquez SANCHEZ *(Spain)*
Eddy CABRERA *(Venezuela)*
Elena KARABUTOVA *(Russia)*
Erhan DEVRİLMEZ *(Turkey)*
Eve R. BERNSTEIN *(USA)*
Fatih DERVENT *(Turkey)*
Fatma SACLI *(Turkey)*
Fedor SOBYANIN *(Russia)*
Ferda GURSEL (Turkey)
Gourmet SINGH *(India)*
Govindasamy BALASEKARAN *(Singapore)*
Gökçe Erturan ILKER *(Turkey)*
Gregor JURAK *(Slovenia)*
Guendoline Centeno AMARO *(Mexico)*
Hasan KASAP *(Turkey)*
Hector PERALTA *(Columbia)*
Ivana MILOVANOVIC *(Serbia)*
Jana VASICKOVA *(Czech Republic)*
Jorge ACOSTA *(Paraguay)*
José FERNANDES Filho *(Brasil)*
Kamil ÖZER *(Turkey)*
Ken HARDMAN *(Great Britain)*
Leyla SARAC *(Turkey)*
Luis Felipe ÁLVARES del Cid *(Guatemala)*
Luiz Filipe CONTECHA *(Columbia)*
Luz Amelia Hoyos CUARTAZ *(Colombia)*
M. Levent INCE *(Turkey)*
Manuel GUERRERO *(Mexico)*
Maria DINOLD *(Austria)*
Mehmet Ata ÖZTÜRK *(Turkey)*
Mehmet İNAN *(Turkey)*
Murat KANGALGIL *(Turkey)*
Nenad ZIVANOVIC *(Serbia)*
Nicolae OCHIANA *(Romania)*
Nicolas TORDI *(France)*
Oya ERKUT *(Turkey)*
Patrice RANAIVOSON *(Madagascar)*
Rose-Marie REPOND *(Switzerland)*
Rudolfo BUENAVENTURA *(Argentina)*
Sadettin KİRAZCI *(Turkey)*
Sandra HECK *(Germany)*
Saryono SARYONO *(Indonesia)*
Sinan BOZKURT *(Turkey)*
Stefania CAZZOLI *(Italia)*
Stevo POPOVIC *(Montenegro)*
Toshiko SUGINO *(Japan)*
Ufuk ALPKAYA *(Turkey)*
Ümit KESİM *(Turkey)*
Verónica Violant HOLZ *(Spain)*
Vladan VUKASINOVIC *(Serdia)*
Wee Eng HOE *(Malaysia)*
Yeşim BULCA *(Turkey)*
Yunus ASLAN *(Turkey)*
Zekai PEHLIVAN *(Turkey)*

Oral Presentations



The Effects of Acute Anterior and Posterior Capsular Proprioceptive Neuromuscular Facilitation Stretching

***Demet Tekin*[1], *Ani Agopyan*[2]**
[1]*Department of Physiotherapy and Rehabilitation, Health Science Faculty, Fenerbahce University, Istanbul, Turkey*
[2]*Department of Coaching Education, Sport Sciences Faculty, Marmara University, Istanbul, Turkey*

The purpose of this study was to determine the effects of acute anterior and posterior capsular proprioceptive neuromuscular facilitation (PNF) stretching that were carried out in shoulder region on throwing ball speed, strength and range of motion (ROM). Thirty healthy male (age,22.43±1.48 years) voluntarily participated in this study. All participants were sedanters university students. The participants were divided two groups randomly: Anterior PNF-group (A-PNF,n=15) and posterior PNF-group (P-PNF,n=15). A pre-test/post-test randomized groups design was used. Anthropometric characteristics (body height and mass), as well as active shoulder ROM (flexion, abduction, internal-external rotation, using a plastic Baseline goniometer), strength (shoulder flexion, abduction, internal-external rotations) and maximal throwing ball speed (MTS, meters per second measured via a radar gun) were tested. On the first measurement, all tests were performed on dominant arm. On the second measurement, the dominant arm shoulder were stretched using assisted contract-relax PNF stretching exercise (3 repetitions, 3-second static, 3-second isometric; 20-second rest) separately to anterior capsule for A-PNF and posterior capsule for P-PNF groups. After the stretching, all tests were repeated. A fully randomized repeated-measures ANCOVA with pretest scores as a covariate was used to detect differences between groups across time. There were no significant differences between groups in age, height, weight ($p > 0.05$). The mixed model ANCOVAs did not reveal a statistically significant group time interaction for all variables ($p > 0.05$). There was a significant main effect for time for both stretching protocols ($p < 0.05$). The results indicate that both stretching protocols had not a significant effect on improving throwing ball speed and strength or ROM in shoulder region however performing posterior capsular PNF stretching increased all performance variables without create significant difference between the two group. Further study is needed to determine the long-term effects of the anterior and posterior capsular PNF stretching on performance factors in different population.

Keywords: PNF, anterior capsular stretching, posterior capsular stretching, throwing ball speed

Relations between Muscle Torque and Muscle Stiffness of the Knee Flexor and Extensor Muscles Measured by the Methods of Isokinetic Dynamometry and Tensiomiography (TMG)

Lazar Toskic*, *Veroljub Stankovic
Faculty of Sport and Physical Education, University of Pristina, Kosovska Mitrovica, Serbia

Contractile and mechanical properties of muscles are of interest to experts both in the field of sport, medicine and in other related scientific fields. Particular interest for experts in these fields are mechanical and contractile properties of the knee flexor and extensor muscles, as one of the largest and most important muscle group in human movement. There are numerous methods for assessment of mechanical and contractile properties of muscles. One of the methods for the assessment of these muscle properties is a method of isokinetic dynamometry and tensiomiography (TMG). Isokinetic dynamometry is one of the basic methods for assessment of muscle strength while TMG is relatively new method for assessment, among of various muscle properties, muscle stiffness. Both muscle torque and muscle stiffness play an important role in sport and in everyday movement. However, so far there have been no studies that dealt with relations between these muscle properties. The aim of this research is to study the relationship between muscle torque and muscle stiffness of the knee flexor and extensor muscles measured by the methods of isokinetic dynamometry and tensiomiography. The sample of participants consisted of 159 adults (25.6 ± 2.4 years) males and females of different training status. Maximal muscle torque of the extensor and flexor muscles was measured on dominant and non-dominant leg in concentric mode at speeds of 60 and 180 °/s, while muscle stiffness was measured on the muscles rectus femoris (RF), vastus medialis (VM), vastus lateralis (VL), biceps femoris (BF) and semitendinosus (ST) of dominant and non-dominant leg. Based on the calculated Pearson's correlation coefficient it can be concluded that there is statistically significant low to moderate correlation (from $r = - 0.160$, $p = 0.044$ to $r = - 0.457$, $p = 0.000$) between the muscle torque measured by the method of isokinetic dynamometry and muscle stiffness measured by the method of tensiomiography of the knee flexor and extensor muscles. Muscle stiffness of main flexor muscle BF of dominant leg have largest correlation with muscle torque of both flexors and extensors measured at speed of 180 °/s. It can be concluded that muscle torque and muscle stiffnes of the knee flexor and extensor muscles have significant correlation, and that both isokinetic dynamometry and tensiomiography, as a methods for assessment of muscle properties, have certain predictive values.

Keywords: Muscle torque, muscle stiffness, isokinetic dynamometry, tensiomiography, correlations