

“Sports Mega Events and Health Promotion: Policies and Legacies in Exercise and Sports Science"

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PROCEEDINGS



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PREFACE

On behalf of the organizing committee of the Inaugural BRICS Conference of Exercise and Sports Science (BRICSCESS 2017), it is our pleasure to present to you the official book of abstracts of the conference. The scientific program will be concentrating on enhancing health and wellness, sports, physical activity and sports mega events to achieve healthy active living through interdisciplinary, scientific and holistic approach in exercise science and sport. The world's leading experts from various professional backgrounds are here at this conference in Santos, to inspire and challenge you with their presentations. We are looking forward to listen to their ideas and viewpoints and we also trust a synergy can be gained through cross-disciplinary partnerships at this conference under each common theme. This book of abstracts reminds us of our achievements, but also the challenges in reaching outstanding performances in the areas of health, exercise and sport science. Our heartfelt thanks to all the speakers in allocating time to share their knowledge and expertise to ensure that this conference would be remembered for its high academic quality.We hope you will enjoy the conference programme that has been put together. We have dedicated many months to select relevant topics and to arrange a realistic schedule, accordingly. This historical conference will bring together practitioners, researchers and educators from around the world. We hope that you take home messages of promoting health and wellness in your countries. May you also make new friends and use the opportunity to promote communication, interaction and cooperation among all academies, research institutes, universities, researchers and students in the field of exercise and sports science.

Kind regards



Prof. Dr. Ming Kai CHIN
(Founding President)



Prof. Dr. J. Hans DE RIDDER
(Founding Secretary-General)



Prof. Dr. Ricardo UVINHA
(Chairman, LOC)

Prof. Dr. Nara DE OLIVEIRA
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ORAL PRESENTATIONS - ABSTRACTS

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syndrome and conservative treatment is the primary choice considering the neuromuscular dysfunctions. (Rohtermich et al, 2015) Among the conservative treatments, strengthening exercises of the abductor muscles and lateral rotators of the hip and quadriceps are vital to decrease pain and improve function in patients with PFPS. (Fukuda et al, 2010; Rothermich et al, 2015) The KinesioTaping® (KT®) method has been studied as a therapeutic approach to assist in the conservative treatment of PFPS. KT® generates cutaneous stimuli and soft-tissue stabilisation with improved proprioception. (Kase & Kase, 2003) Conflicting evidence regarding the effects of the KT® method in the treatment of several locomotor disorders exists. Some studies demonstrated that the method is not superior to placebo in the treatment of non-specific chronic low back pain. In addition, the method apparently could not improve muscle strength and quadriceps performance after anterior cruciate ligament reconstruction. (Junior et al, 2015; Jesus et al, 2015) By contrast, other studies suggested that the method is efficient in improving pain, soft-tissue flexibility around the knee, patellar stability, motor function, and quality of life in patients with PFPS, especially when used as a complementary technique to an exercise protocol. (Chen et al, 2008; Chang et al, 2015) This study aimed to evaluate whether different techniques of KT® application with an exercise protocol could help improve the pain and function in patients with PFPS compared with a control group. Design: Double-blind, randomised, controlled clinical trial. Participants: A total of 43 inactive or irregularly active women aged 18 to 43 years with clinical diagnosis of PFPS (unilateral or bilateral) for at least 3 months. Interventions: The patients were randomised into three groups: mechanical correction using the KT® method for patella medialisation (KT-PM), mechanical correction using the KT® method for lateral rotation of the femur and tibia (KT-LRFT), and control group. All groups had the same protocol for muscular strengthening and motor control for 12 weeks. Outcome measures: Knee pain and function were evaluated at baseline, at 6 weeks, at the end of the treatment (12 weeks), and during the follow-up by the numerical pain rating scale (at rest and during effort), Kujala questionnaire, and single-hop test. Results: After 12 weeks, all groups (within group) showed a significant improvement in pain and function. However, no significant difference between groups in any of the variables studied was found. Conclusions: The KT® technique as part of the treatment protocol by means of exercises had no additional benefit in the treatment of PFPS.

The resting pulmonary function: a comparison between that of male and female modern dancers

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Introduction: The influence of physical activity on the development of the respiratory system is a matter for ongoing debate. The intensity and volume of involvement by athletes in sporting activity would appear to determine the extent of strengthening of the inspiratory muscles, with resultant increase in pulmonary functions. Unquestionably, there are important differences between male and female in the respiratory response to both short-term and long-term exercise. From the available recorded studies, while such gender differences have been highlighted, many basic questions remain unanswered. For example, within the field of athletic performance, gender differences could impact on training and

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competition strategies. Modern dancers are considered as athletes at certain times. In general, male and female modern dancers adhere to similar technical training regimes, but measurement of their pulmonary function has not been widely investigated. Therefore, the aim of this study was to compare the resting pulmonary function between male and female modern dancers, based on the same level of training.
Methods: Thirty-eight modern dancers (18 male, 20 female) volunteered to participate in this study. Participants were university level modern dancers (age=23.65±3.12 years). Their exercise level (3 days/week, 3 hours/day) and training history (at least 4 years) were similar. All participants were healthy, non-smokers and had no previous history of cardio-pulmonary disease. Participants with less than 80% forced expired volume in one second (FEV1) to forced vital capacity (FVC) ratio were excluded from this study. All female dancers were tested randomly throughout the menstrual cycle. Basic anthropometric measurements (height and body weight) were obtained from participants. Pulmonary function was assessed by measuring the tidal volume (TV), Maximum Voluntary Ventilation (MVV), Vital Capacity (VC), FVC, FEV1, percent of FEV1 (FEV1%), forced expiratory ratio (FER = FEV1/FVC), peak expiratory flow (PEF), Forced Expiratory Flow between 25% and 75% of Vital Capacity (FEF25–75%) and Expiratory Reserve Volume (ERV). The measurements were taken with a computerized spirometer (MIR, Spirobank, Italy) in a sitting position, based on recommendations of the American Thoracic Society guidelines. The Mann-Whitney U-test was used to assess the significance of the differences between groups. Results were considered significant at $p<0.05$.
Results & Discussion: Mann-Whitney U-test results revealed significant differences ($p<0.05$) for values of MVV, VC, FVC, FEV1, PEF, FEF25–75% and ERV between genders. The values for male dancers were higher than female dancers. There were no significant differences ($p>0.05$) in the other parameters (TV, FEV1%, FER) measured.
Conclusion: Based on this study data, performance of resting pulmonary function of male and female dancers with the same training level were found to be significantly different. This suggests possible benefits could be achieved from the development of a gender-based dance training program. However, results should be considered as only preliminary and confirmation or otherwise is required by way of future studies based on larger sample size. To fully address questions of gender-based differences in pulmonary performance, future such studies involving modern dancers should consider pulmonary structure and function, during resting and dynamic exercise.

Scientific production about soccer in Brazil: a survey of research groups according to the CNPq Group Directory

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Introduction: Previous research was carried out in 2016 aiming to map and establish initial analyses on studies about soccer in Brazil. The Grupo de Estudos sobre Futebol e Torcidas (GEFuT/UFMG) decided to continue their earlier work concluded in 2008-2009. The current research entitled Development of the Production Mapping and Analysis of Soccer Study 1980 – 2016 intended to revise some criteria and methods, enlarge the set timeline and carry out a deeper analysis of the obtained data. In this project, there are several topics addressed to obtain a scenery that reflects the current moment of soccer studies in Brazil.