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Oral Presentations

Chronic Diseases

GERON room

Friday 1st February 19

14.30-16.00

Moderator | Paula Mota (CIDESD-UTAD)

#	Time	Title	Presenter
O-7	14.30-14.45	A 6-month walking intensity progression monitoring in Peripheral Artery Disease	Isabel Machado
O-8	14.45-15.00	Association of physical activity with arterial stiffness in resistant hypertension patients	Catarina Garcia
O-9	15.00-15.15	Supervised and adapted physical exercise program effects in health-related quality of life of breast cancer survivors	Ana Joaquim
O-10	15.15-15.30	Sedentary time in different bout lengths and health-related quality of life in patients with fibromyalgia: the al-Ándalus project.	Blanca Gavilán-Carrera
O-11	15.30-15.45	Establishment and characterisation of primary skeletal muscle cell lines from patients with advanced Chronic Kidney Disease	Luke A Baker
O-12	15.45-16.00	Ultrasound-derived echo intensity: a novel indirect marker of local muscle damage following exercise in chronic kidney disease?	Thomas J. Wilkinson

Oral Presentations

Training & Testing

STRONG room

Friday 1st February 19

14.30-16.00

Moderator | Mário Marques (CIDESD-UBI)

#	Time	Title	Presenter
O-19	14.30-14.45	Can the summer break affect critical and maximal instantaneous velocity of young swimmers?	Mário J. Costa
O-20	14.45-15.00	Analysis of the resistive forces acting on a world-ranked wheelchair sprinter at different speeds	Pedro Forte
O-21	15.00-15.15	Load: too much or too little?	Paulo Roriz
O-22	15.15-15.30	Assessment of the upper-limbs propulsive force at front crawl	Jorge Morais
O-23	15.30-15.45	Application of two external training load quantification methods in football: a comparative study	Vincenzo Rago
O-24	15.45-16.00	Maximal lactate steady state relationship to an incremental test in swimming	Mário Espada

Oral Presentations**Team Sports****CreativeLab room**Friday 1st February 19

14.30-16.00

Moderator | Bruno Travassos (CIDESD-UBI)

#	Time	Title	Presenter
O-37	14.30-14.45	The statistics which qualified Portugal for the European Volleyball Championship 2019	Paulo V. João
O-38	14.45-15.00	Pitch-Size constraint in Futsal Learning	José Augusto Assunção
O-39	15.00-15.15	All star players and winning teams in Futsal	João Santos
O-40	15.15-15.30	Effects of rugby specific small-sided games in rugby union players	Luis Vaz
O-41	15.30-15.45	Are there associations between wellness variables and acute and chronic workload measures? A full-season study in professional volleyball players	Filipe Manuel Clemente
O-42	15.45-16.00	Data-driven visual performance analysis in soccer: an exploratory prototype	Carlos Lago Peñas

Oral Presentations

NanoStima

CIDESD room

Friday 1st February 19

14.30-16.00

Moderator | Catarina Abrantes (CIDESD-UTAD)

#	Time	Title	Presenter
O-55	14.30-14.45	The relationship between sedentary behaviour, physical activity and sports performance among adolescents	Nuno Mateus
O-56	14.45-15.00	Physical activity and mobile health: promises, pitfalls and challenges	Alberto J. Alves
O-57	15.00-15.15	Exploring new approaches to access cognitive demands in football small-sided games	Bruno Figueira
O-58	15.15-15.30	The Portuguese practices on the use of wearables for aquatic activities	Luís B. Faíl
O-59	15.30-15.45	Effect of two strategies to reduce workplace sedentary behaviour in quality of life and musculoskeletal pain: A pilot study	Tânia C. C. Ribeiro
O-60	15.45-16.00	Effects of a long-term community-based exercise program in diabetic foot risk in middle-aged and older patients with type 2 diabetes	Mónica Matos

Oral Presentations

Health Promotion

GERON room

Saturday 2nd February 19

9.30-11.00

Moderator | Luís Paulo Rodrigues (CIDESD- IPVC-ESDL)

#	Time	Title	Presenter
O-13	09.30-09.45	Associations between physical activity and wellbeing in European university students	Miguel Peralta
O-14	9.45-10.00	Are activity wristbands valid to estimate moderate-to-vigorous physical activity in adolescents during free-living conditions?	Carolina Casado-Robles
O-15	10.00-10.15	PéAtivo program: Baseline results of physical activity, overweight, caloric intake of snacks and screen activities	Pedro Magalhães
O-16	10.15-10.30	Effects of a jump rope program on youth physical fitness	Luís Coelho
O-17	10.30-10.45	How many steps are really enough to achieve the daily moderate-vigorous physical activity recommendations in adolescents? A study with activity wristbands	Carolina Casado-Robles
O-18	10.45-11.00	Relationship between objectively measured sedentary behaviour, physical activity and adiposity in old people	Fernanda M. Silva

Oral Presentations

Training and Performance

STRONG room

Saturday 2nd February 19

9.30-11.00

Moderator | Mário Costa (CIDESD-IPG)

#	Time	Title	Presenter
O-25	09.30-09.45	Comparisons of anthropometric characteristics and physical activity patterns between International Elite and Junior Bodyboarders: an exploratory study	Bruno Silva
O-26	9.45-10.00	Effects of concurrent training with whole-body electrostimulation on anaerobic performance and biochemical parameters	Adrián González-Custodio
O-27	10.00-10.15	Effects of force-vector manipulation on physical profiles of youth football players	Nuno Silva
O-28	10.15-10.30	Lower Body Power performance in Elite and Regional Portuguese Surfers	Gonçalo Cruz
O-29	10.30-10.45	Elite Orienteering athletes have a better Useful Field of Vision than non-elite	Rui Matos
O-30	10.45-11.00	Analysis of Deceleration Profiles in Multi-Directional Sport Athletes in Comparison with Resistance-Trained Athletes	Jens Eiberger

Oral Presentations

Positional Analysis

CreativeLab room

Saturday 2nd February 19

9.30-11.00

Moderator | Pedro Figueiredo (CIDESD-ISMAI)

#	Time	Title	Presenter
O-43	09.30-09.45	External Load and Technical Actions of Elite Futsal Game	João Ribeiro
O-44	9.45-10.00	The effect of game format and age-group on the positioning and displacement of young players	Ângelo M. Brito
O-45	10.00-10.15	Numerical relations and space occupation in football game	Nuno Coito
O-46	10.15-10.30	Listen to the coach: the effect of spatial coach instructions on tactical behavior of youth soccer players	Celine Bouwmeester
O-47	10.30-10.45	Extracting match informational features to design transferable training tasks in elite football: effects of the opposition's quality	Bruno Gonçalves
O-48	10.45-11.00	Effects of the goals' positioning in the pitch on external load and tactical behaviour from youth football players during small-sided games	Albert Canton

Oral Presentations**Social Sciences****CIDESD room**Saturday 2nd February 19

9.30-11.00

Moderator | Diogo Monteiro (CIDESD- IPSantarém-ESDRM)

#	Time	Title	Presenter
O-67	09.30-09.45	Is it quality more important than quantity? Developmental pathway and training environment of highly skilled and less skilled volleyball players	Patrícia Coutinho
O-68	9.45-10.00	Exploring patient experiences of healthcare providers' advice about exercise after renal transplant: a qualitative study	Roseanne E. Billany
O-69	10.00-10.15	Students' self-determined motivation toward Physical Education does matter on the effectiveness of a physical fitness teaching unit	Santiago Guijarro-Romero
O-70	10.15-10.30	A retrospective analysis of career termination of football players in Portugal	António Carapinha
O-71	10.30-10.45	Motor Development in Children from 11 to 46 months: influence of the variable "type of childbirth"	Miguel Rebelo
O-72	10.45-11.00	From directive to constructive practices in developing a supervisory identity: The cases of an experienced and a novice physical education cooperating teacher.	Mariana Amaral-da-Cunha

Oral Presentations

Ageing

GERON room

Saturday 2nd February 19

14.30-16.00

Moderator | Carolina Vila-Chã (CIDESD-IPG)

#	Time	Title	Presenter
O-1	14.30-14.45	Effects of a physical exercise program in DNA damage and cognitive function in Alzheimer Disease patients	Maria Paula Mota
O-2	14.45-15.00	Physiological profile of small-sided recreational team handball games for middle-aged and older sedentary men	Ivone Carneiro
O-3	15.00-15.15	The impact of multimodal exercise program on the immune system of frail older women with cognitive impairment	Guilherme Furtado
O-4	15.15-15.30	Aquatic vs. Land-based fitness programs in older women conditioning	Pedro Morouço
O-5	15.30-15.45	The effects of high-velocity resistance training and detraining on functional and cognitive performance of institutionalized older adults	Diogo L. Marques
O-6	15.45-16.00	Detraining effects on mobility and lower limb muscle strength, in aged people	Miguel Lima

Oral Presentations

Training and Monitoring

STRONG room

Saturday 2nd February 19

14.30-16.00

Moderator | Victor Reis (CIDESD-UTAD)

#	Time	Title	Presenter
O-31	14.30-14.45	Linking action and cognition through variability: short-memory, kinematic and physiological regularity in different running environments of training	Juliana Exel
O-32	14.45-15.00	Individual sleep and nocturnal heart rate variability profiles in elite female soccer players during an international tournament	Júlio A. Costa
O-33	15.00-15.15	Variations of internal load between normal and congested weeks in elite roller hockey players	Lillian Gonçalves
O-34	15.15-15.30	The reproducibility of salivary steroid hormone responses to an exercise stress test to highlight hormonal dysfunction during overreaching	John Hough
O-35	15.30-15.45	In-season training load quantification of one-, two- and three-game week schedules in a top European professional soccer team	Rafael Oliveira
O-36	15.45-16.00	Prescription and monitoring of internal and external load in SSG's: A comparison between the continuous method and fractional method	Luis Branquinho

Oral Presentations**Talent & Behaviour****CreativeLab room**Saturday 2nd February 19

14.30-16.00

Moderator | Nuno Leite (CIDESD-UTAD)

#	Time	Title	Presenter
O-49	14.30-14.45	Exploring the effects of pitch-related manipulations in the youth football players' movement behaviour	Diogo Coutinho
O-50	14.45-15.00	Functional and physical measures are different according to sports practiced, in Sports Talent Program Athletes?	Jorge Arede
O-51	15.00-15.15	Relative-age effects on talent selection: a case study of portuguese football national teams	Pedro T. Esteves
O-52	15.15-15.30	The relationship between objective and subjective measures of fatigue and training exertion in talented basketball players	Jorge Arede
O-53	15.30-15.45	Post-match perceived exertion and subjective exercise experiences in referees and assistant referees of national football leagues	Pedro Peres
O-54	15.45-16.00	Differential learning vs motor literacy: a case study in youth football	Jean Amarante

Oral Presentations

Technologies

CIDESD room

Saturday 2nd February 19

14.30-16.00

Moderator | Henrique Neiva (CIDESD-UBI)

#	Time	Title	Presenter
O-61	14.30-14.45	Evaluation of physical activity levels in FPF eSports e-athletes	Ana Pereira
O-62	14.45-15.00	Effect of zumba virtual reality intervention on depression symptoms in women with fibromyalgia: The possible role of creative arts therapies.	Álvaro Murillo-García
O-63	15.00-15.15	The use of wearable technology in a sample of Portuguese population	Carla Sá
O-64	15.15-15.30	The magnitude of intra-rater difference using the iPhone camera for estimation of jump height: A case study	Renato Maia
O-65	15.30-15.45	Novel in-vivo assessment of muscular viscoelastic characteristics and the association with physical function in patients with non-dialysis dependent chronic kidney disease	Thomas J. Wilkinson
O-66	15.45-16.00	The use of activity trackers devices and physical activity levels in adolescents and adults	Carla Sá