

Poster presentations**GERON**Friday 1st February 19

11.00-11.50

Moderator | Alberto Alves (CIDESD-UTAD)

#	Title	Presenter
P-1	An eight months multicomponent training effect in elderly's functional fitness.	António M. Monteiro
P-2	Body Composition and hemodynamic profile of active adults and active older adults after 9 months of exercise	Luís Leitão
P-3	Bone loss and risk of hip fractures in older adults with reduced and normal kidney function	Elisa M. Marques
P-4	The effect of a multicomponent training program in elderly's body composition	António M. Monteiro
P-5	The effect of regular physical exercise in DNA damage and repair capacity: possible influence of the hOGG1 (Ser326Cys) polymorphism	Jorge Pinto Soares
P-6	Using salivary biochemical markers to explain physical frailty status in institutionalized older adults	Guilherme Furtado
P-7	2bio4cartilage: an interdisciplinary project to prevent and treat osteoarthritis	Pedro Morouço
P-8	5-year changes in quadriceps muscle properties associated with impaired kidney function in older adults	Elisa M. Marques
P-9	Association between physical activity and quality of life in hematologic cancer survivors - Systematic Review of Literature	Bruno Rodrigues
P-10	Can physical exercise prevent anthracycline-related cardiotoxicity in women with breast cancer: rationale and design of a randomized controlled trial	Pedro Antunes
P-11	Effects of intradialytic exercise in diabetic and non-diabetic hemodialysis patient's physical function and body composition	João Barros
P-12	Effects of intradialytic resistance exercise training on bone health in Haemodialysis patients: a study protocol	Daniela Cardoso
P-13	Evaluating the clinical implementation of an intradialytic exercise programme: a 2-year experience	Pedro Martins
P-14	Exercise for individuals with dementia	Catarina Rondão
P-15	HIIT in renal transplant recipients	Ganisha Fatania
P-16	Normative values of AQoL-8D for Spanish women with fibromyalgia	Juan Luis Leon-Llamas

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| P-17 | Perception of exercise intensity during combined exercise training for middle-aged and older patients with type 2 diabetes: agreement between Borg and OMNI scales | Diogo Pinto |
| P-18 | Test–retest reliability of physical function tests in patients with knee osteoarthritis | Vítor Ferreira |
| P-19 | Vitamin D supplementation downregulates interleukin-6 and myosin heavy chain gene expression in skeletal muscle cells isolated from Vitamin-D deficient CKD patients | Tom O'Sullivan |

Poster presentations**Multidisciplinary**Friday 1st February 19

11.00-11.50

Moderator | Mariana Cunha (CIDESD-ISMAI)

#	Title	Presenter
P-107	Bullying in School Sports vs Federated Sports: Exploratory Study in the Interior Northern Region of Portugal	Philippe Marracho
P-108	Capoeira Gymnic Workout: Emotions and Gender	Pedro Gaspar
P-109	Comparison of the effect between a traditional and intermittent physical fitness-based teaching unit on students' motivation toward Physical Education and autotelic experience	Santiago Guijarro-Romero
P-110	How do novice learners build knowledge? Joint activity organization in the development of fighting knowledge	Bruno Avelar-Rosa
P-111	Motivational between trekking and Traill Running	António Brandão
P-112	Sports ethics: challenges posed by technological development	Dulce Esteves
P-113	Springboard: An interactive education tool to prevent gender-based violence against girls in gymnastics	Maria Claudia Pinheiro
P-114	The emotions supporting the pre-service teachers' process of becoming a Physical Education teacher in the course of their school placement	Mariana Amaral-da-Cunha
P-115	Validity of Eston-Parfitt perceived exertion scale for estimation of cardiovascular effort during Physical Education classes	Jorge Teixeira
P-116	Women athletes and the erotization of bodies in Mixed Martial Arts	Grasiela Silva
P-117	Motivation to study Laws of the Game and Competition Rules – An empirical study in National Portuguese Football Referees	Iancu Ioan Vasiliică
P-118	The length of the sport practice in swimming: A survival analysis approach	Pedro Sobreiro
P-119	Practice and conceptualization in Football Coach Education	Jorge Baptista

Poster presentations**NanoStima**Friday 1st February 19

11.00-11.50

Moderator | Alberto Alves (CIDESD-ISMAI)

#	Title	Presenter
P-104	Effects of two awareness strategies in sedentary behaviour during workplace: A pilot study	Alexandre Aleixo
P-105	Kinematic Measurement of Wheelchair Racing Using Smartphones' Sensors	Tiago M. Barbosa
P-106	Using iPhone camera for temporal gait analysis: A case study	Filipa Silva

Poster presentations**GERON**Friday 1st February 19

16.00-16.50

Moderator | Gustavo Silva (CIDESD-ISMAI)

#	Title	Presenter
P-20	Acute effects of unilateral and bilateral gluteal bridge exercise performed on a stable or unstable surface on neuromuscular performance	Ivo Dias
P-21	Does physical activity attenuate inflammaging?	Sílvia Rocha-Rodrigues
P-22	Eating and Physical Activity Behaviours in Young Overweight Footballers	Sara Correia
P-23	Effects of a physical exercise on depression, self-esteem, body image, sexuality and quality of life in woman with breast cancer	Helena Mendes
P-24	Importance of perceived social support for adolescents' physical activity promotion: Family in Move program	Ingrid Maior
P-25	Influence of two work-time physical exercise programs on health-related kinanthropometric parameters and aerobic fitness	José Saavedra
P-26	Group exercise experience during pregnancy: Adaptation process and validation of a questionnaire	Marta Fernandes de Carvalho
P-27	Literate the first steps with a structured exercise intervention for infants and toddlers in family: the PETIZ program	João Jesus
P-28	Monitoring of physical activity levels of guide dog owners - a preliminary study	Luís Laranjo
P-29	Morphology and physical activity in postpartum	Eunice Moura
P-30	Effect of a functional training program in 10th grade physical education classes	Luís Paulo Rodrigues
P-31	The relationship between physical activity patterns and body balance in young adults university students	Carla Gonçalves
P-32	Acute effects of normobaric hypoxia on metabolic and nutrients oxidation rates in healthy women	Adrián González-Custodio
P-33	Center of pressure alterations with the application of lateral wedge insoles	Vítor Ferreira
P-34	Cultural adaptation and reliability of the Health and Quality of Life Questionnaire (ISAQ-A) for the Portuguese University Students	Eduarda Coelho
P-35	Determinants Associated with Obesity Prevalence in University Students	Maria Isabel Carvalhal

P-36	Food Consumption and Nutrition Knowledge in Athletes: systematic literature review	Sara Silva
P-37	Motor Competence and Obesity in active young men	Bruno Silva
P-38	Psychological Well-Being in Adolescence	Lara Carneiro
P-39	The consumption of supplements by sportsmen: a systematic review of literature	Claúdia Fonte
P-40	Analysis of the human walking gait with and without external weight added on lower limbs of physically active individuals	Gabriela Silvestre
P-41	Child Developmental Assessment: development assessment tools, years of professional experience and duration of the evaluation	Tânia Pinto
P-42	Comparison between school backpack loads on ground reaction forces of walking running and jumping	João Barbosa
P-43	Determinants of self-rating health among university students from Ceará, Brazil	Sandra Fonseca
P-44	Injury risks for fitness instructors: a review of key factors	José Teixeira
P-45	Study of body composition and habits in children from elementary school in Portugal (projeto pró-lúdico)	Catarina Guerra
P-46	A noninvasive tool for postural assessment in young students at school: validation, sensibility, specificity and accuracy	Emília Alves

Poster presentations**Multidisciplinary**Friday 1st February 19

16.00-16.50

Moderator | Pedro Guedes de Carvalho (CIDESD-ISMAI)

#	Title	Presenter
P-120	Blue ocean strategy - strategic options for health clubs	Elsa Vieira
P-121	Media influence on elite football performance	Tatiana Fazenda
P-122	Music or Noise in indoor swimming pools: an ambiguity	Filipe Teixeira
P-123	Segmentation for retain at fitness centres: Contribution of service quality, expectations and satisfaction in the club	Celina Gonçalves
P-124	Sport for Development Center: integrating Sport for Development and Peace initiatives in a Portuguese Sport and Leisure Higher Education Institution	Rui da Silva
P-125	The sport and the national education policy	André Costa
P-126	Determining factors for excellence in an adapted sport: a life story study	Tadeu Celestino
P-127	Dual-task exercise for children with Autism spectrum disorders – Project Games_4_Socialization	Márcio Soares
P-128	Alexithymia and sports performance	Catarina Proenca Lopes
P-129	Motor performance of children with and without autism spectrum disorders: preliminary studies of Motor Screen	Carla Lourenço

Poster presentations

STRONGSaturday 2nd February 19

11.00-11.50

Moderator | Ana Sousa (CIDESD-ISMAI)

#	Title	Presenter
P-47	Dissociation Between Backward & Forward Dynamic Balance	Luís Coelho
P-48	Tethered swimming force and swimming velocity of Para swimmers	Bárbara Vasconcelos
P-49	Effect of different visual constraints on standing long jump' intra-variability	Rui Matos
P-50	Functional Movement Screen®: Comparative study between gender	Dineia Lucas
P-51	A costless and simple test to evaluate swimmers inefficiency	Pedro Morouço
P-52	Butterfly arm stroke symmetry: two-dimensional analysis simply using the mobile phone	Filipe Maia
P-53	Reliability of the 3d underwater motion analysis	Istvan Karsai
P-54	A characterization of reception and its relation to winning in female young volleyball players	Ana Filipa Silva
P-55	Dynamic Balance in Elite and Regional Portuguese Surfers	Gonçalo Cruz
P-56	Ranking positioning and determinant performance factors in bodyboarding	Nuno Garrido
P-57	Training profile of trail running athletes: An exploratory study	Sérgio Matos
P-58	Comparison between training and match demands in professional soccer players	Pedro Cardoso
P-59	Metabolic characteristics and energy expenditure indicators, measured and estimated from heart rate during exercise sessions of 3B Bum Bum Brazil	Sandra Machado
P-60	Acute effects of concurrent training with whole-body electrostimulation with regards to biochemical parameters,	Adrián González-Custodio
P-61	An occlusal splint affects running oxygen uptake?	Filipa Cardoso
P-62	Combining resistance and aerobic training intensities: practical remarks	António Sousa
P-63	Comparison of acute physiological responses between different fitness classes: Zumba® vs Strong by Zumba™	Catarina Santos
P-64	In-season internal and external training load quantification of an elite European soccer team	Rafael Oliveira
P-65	Pacing and turn times profiles during the 1500/800m freestyle competition	Jéssica Lazari

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| P-66 | Relationship between strength, stroke efficiency and front crawl swimming performance | Ana Filipa Silva |
| P-67 | Swimming and dry-land performance after 12 weeks of training in master swimmers | Ana Pereira |

Poster presentations**CreativeLab**Saturday 2nd February 19

11.00-11.50

Moderator | Sara Santos (CIDESD-UTAD)

#	Title	Presenter
P-84	Evaluation of referees' performance in-loco and in video	Bruno Travassos
P-85	The effect of a differential learning training program on external load variables in youth basketball players	Sogand Poureghbali
P-86	Establishing "excellence" in the Portuguese football referee	Sérgio Mendes
P-87	Skill transference: link between previous sport experience, notational statistics, positional analysis and creativity score	Gabriel Vilas Boas

Poster presentations**STRONG**Saturday 2nd February 19

16.00-16.50

Moderator | Eduardo Abade (CIDESD-ISMAI)

#	Title	Presenter
P-68	A velocity resistance training program in elite futsal players	Diogo Marques
P-69	Autonomic and neuromuscular responses during a Crossfit competition: a case report	Rui Marcelino
P-70	Autonomic and neuromuscular responses of beach volleyball athletes during a period before the South American Championship: a case study	Rui Marcelino
P-71	Different intensities of warm up: effects on strength training	Pedro Neves
P-72	Effects of a program of strength training in functional physical capabilities of 12-13 year-old basketball players	Pedro Morouço
P-73	Effects of a strength and conditioning training program in the improvement of the physical fitness in secondary school students	Carlos Carvalho
P-74	Effects of a warm-up and strength and conditioning training programs in the improvement of the physical fitness in athletes versus non-athlete female students	Carlos Carvalho
P-75	Effects of three different plyometric training programs in stretching-shortening cycle	Pedro Gonçalves
P-76	Muscle activity relationship between bicycle geometric parameters	Ana Conceição
P-77	The effect of maturation on adaptations to strength and power training considering basketball-specific skills in youth basketball	Jorge Arede
P-78	The effect of warm-up for maximal strength performance: brief review	Bruno Ribeiro
P-79	The effects of post-warm-up strategies in team sports performance: a qualitative review	Luis Silva
P-80	The effects of strength training followed by detraining in swimming	Humberto Fonseca
P-81	The effects of warm-up in 100m repeated sprints	M ^a Helena Gil
P-82	The use of minimal equipment to elicit post-activation potentiation over a warm-up routine in competitive swimming	Tiago M. Barbosa
P-83	Warm up and psychological related effects - a systematic review	Adélio Gil Oliveira

Poster presentations**CreativeLab**Saturday 2nd February 19

16.00-16.50

Moderator | Bruno Gonçalves (CIDESD-UTAD)

#	Title	Presenter
P-88	A systematic review of constraint-led approach	Ana Ramos
P-89	Anthropometric and fitness profiles of elite senior Portuguese rugby union players	Luis Vaz
P-90	Comparison of the goal scoring patterns between the European Championship in Portugal 2004 and the European Championship in France 2016	Rafael Cardoso
P-91	Competitive warm-up in international friendly fixtures: Exploratory study in U-16 national basketball team	Jorge Arede
P-92	Effects on tactical behaviours of manipulations constraints in small-sided games of football: A systematic review	Nuno Coito
P-93	Football counter-attacks patterns according to the quality of opposition	André Marinho
P-94	Jump performance in Volleyball: type and intensity of the jumps of the outside hitter and middle blocker	Ricardo Lima
P-95	Match performance of national and european competitions: relationship between teams of the same championship	Rui Carvalho
P-96	Tactical decision making of the Portuguese beach volleyball player	Paulo Vicente João
P-97	The reproducibility of technical performance of young soccer players in medium-sided games	Filipe Clemente
P-98	Variations of technical actions between the top-4 Portuguese professional volleyball teams and the top-4 Euro league top national teams	Ricardo Lima
P-99	The ratings of perceived exertion are associated with training session classification and match, in youth basketball?	Gabriel Vilas Boas
P-100	Dynamics of tactical and pacing behavior during soccer small-sided games when prior information is manipulated.	Ricardo Ferraz
P-101	Influence of playing position in strength exercises performance using eccentric-overload device in youth basketball players	Flávia Costa
P-102	Relationship between body composition and physical capacities in pubertal soccer players	Fernando Santos

P-103 Training factors predominance affects training perceptual response and training workload variables in youth basketball. Jorge Arede