

JÓZEF PIŁSUDSKI UNIVERSITY OF PHYSICAL EDUCATION IN WARSAW, UNIVERSITY COLLEGE IN BIAŁA PODLASKA,



THE 13TH CONFERENCE OF BALTIC SOCIETY OF SPORT SCIENCES

“TRENDS IN SPORT SCIENCES FOR THE PRACTICE OF SPORTS AND HEALTH IN SOCIETY”

APRIL 23-24, 2020

DEAR FRIENDS,

ON BEHALF OF THE BALTIC SOCIETY OF SPORT SCIENCES (BSSS), AND RECTOR OF JÓZEF PIŁSUDSKI UNIVERSITY OF PHYSICAL EDUCATION IN WARSAW, UNIVERSITY COLLEGE IN BIAŁA PODLASKA, POLAND, WE HAVE THE HONOR TO INVITE YOU TO TAKE PART IN THE WORK OF THE 13TH BALTIC STATES SPORT SCIENCE CONFERENCE “TRENDS IN SPORT SCIENCE FOR THE PRACTICE OF SPORTS AND HEALTH IN SOCIETY” IN BIAŁA PODLASKA, POLAND.

UNIVERSITY COLLEGE IN BIAŁA PODLASKA, POLAND, HAS THE HONOR TO ASSUME THE MAIN RESPONSIBILITY FOR THE ORGANIZATION OF THE CONFERENCE.

THE ANNUAL EVENT BRINGS TOGETHER THE TEACHING STAFF, RESEARCH FELLOWS AND DOCTORAL STUDENTS FROM THE INSTITUTIONS OF UNIVERSITY-LEVEL EDUCATION IN THE BALTIC STATES AND SEVERAL OTHER COUNTRIES. TRADITIONALLY, THE CONFERENCE OFFERS THE OPPORTUNITY FOR COLLEAGUES TO LEARN ABOUT THE RESEARCH RESULTS YIELDED BY OTHERS AND TO LAUNCH OR RENEW COOPERATION PROJECTS. THE FORMAT OF THE CONFERENCE HOPEFULLY ENCOURAGES ACADEMIC DISCUSSIONS AND INTERACTION BETWEEN THE PARTICIPANTS AND RENOWNED SCIENTISTS WHO HAVE BEEN INVITED TO DELIVER KEYNOTE SPEECHES.

THE CONFERENCE TRADITIONALLY INCLUDES COMPETITION FOR THE AWARD OF YOUNG SCIENTISTS, WHO GET THE CHANCE TO EXCHANGE IDEAS AND ESTABLISH CONTACTS FOR DEVELOPING THEIR RESEARCH PROJECTS.

THE CONFERENCE IS GOING TO BE HELD AT THE REGIONAL CENTER FOR RESEARCH AND DEVELOPMENT UNIVERSITY COLLEGE IN BIAŁA PODLASKA, WHICH HAS EXCELLENT FACILITIES FOR SUCCESSFUL SCIENTIFIC MEETINGS. THE CONFERENCE VENUE IS LOCATED CLOSE TO THE CITY CENTER, ALLOWING EASY ACCESS TO SEVERAL HOTELS, SHOPS, AND RESTAURANTS. WE ARE LOOKING FORWARD TO SEEING YOU IN BIAŁA PODLASKA, POLAND.

CHAIRMAN OF THE CONFERENCE SCIENTIFIC COMMITTEE

PROF. DR HAB. JERZY SADOWSKI



GENERAL INFORMATION

TITLE: THE 13TH CONFERENCE OF BALTIC SOCIETY OF SPORT SCIENCES

“TRENDS IN SPORT SCIENCE FOR THE PRACTICE OF SPORTS AND HEALTH IN SOCIETY”

DATES: APRIL 23 – 24, 2020, BIAŁA PODLASKA, POLAND

CONFERENCE LANGUAGE: ENGLISH

CONFERENCE WEBSITE: [WWW.BSSS.AWF-BP.EDU.PL](http://www.BSSS.AWF-BP.EDU.PL)

VENUE

THE CONFERENCE VENUE IS:



REGIONAL CENTER FOR RESEARCH AND DEVELOPMENT IN BIAŁA PODLASKA

JÓZEF PIŁSUDSKI UNIVERSITY OF PHYSICAL EDUCATION IN WARSAW

UNIVERSITY COLLEGE IN BIAŁA PODLASKA

21-500 BIAŁA PODLASKA

AKADEMICKA 2

POLAND

CONFERENCE COMMITTEE

SCIENTIFIC COMMITTEE:

ORGANIZING COMMITTEE:

IMPOROTANT DATE

1ST OF SEPTEMBER 2019 - BEGINNING OF THE CONFERENCE; REGISTRATION AND ABSTRACTS SUBMISSION

15TH OF MARCH, 2020 - DEADLINE FOR ABSTRACTS SUBMISSION

1ST OF APRIL, 2020 - NOTIFICATION OF ACCEPTANCE TO THE AUTHORS

15TH OF MARCH, 2020 - DEADLINE FOR EARLY REGISTRATION

10TH OF APRIL, 2020 - DEADLINE FOR ALL REGISTRATIONS

PROGRAMME

23RD OF APRIL, 2020

ARRIVAL AND REGISTRATION UNTIL 15.00

15.00 OPENING CEREMONY

15.15-17.15 PLENARY MEETING (KEYNOTE SPEAKERS)

17.15-17.30 COFFEE BREAK

17.30-19.30 YOUNG SCIENTISTS' PRESENTATIONS IN SECTIONS

20.00 BANQUET

24TH OF APRIL, 2020

08.00-9.00 BSSS BOARD MEETING

9.00-10.00 PLENARY MEETING

10.00-10.30 COFFEE BREAK

10.30-13.00 MEETINGS IN SECTIONS (ORAL AND POSTER)

13.00-14.30 GENERAL DISCUSSION AND CLOSING CEREMONY

14.30 LUNCH AND DEPARTURE

PRESENTATIONS FORMS

ORAL PRESENTATIONS

- **DURATION OF THE PRESENTATIONS:**
- **KEYNOTE SPEAKERS – 30 MIN.**
- **OTHER ORAL PRESENTATIONS –10 MIN.**
- **THE PRESENTERS ARE EXPECTED TO REPORT TO THE CHAIR(S) OF SECTION 5 MINUTES BEFORE THE BEGINNING OF THE SESSION. PRESENTATIONS IN POWER POINT FORMAT HAVE TO BE DOWNLOADED BEFORE THE BEGINNING OF THE ORAL SESSION. NO DOWNLOADING IS ALLOWED DIRECTLY BEFORE THE PLANNED TIME OF THE PRESENTATION.**
- **ORAL PRESENTATIONS ARE TO BE DELIVERED IN ENGLISH.**

POSTER PRESENTATIONS

- **DURATION OF THE PRESENTATIONS - 3 MIN.**
- **THE SPACE GUARANTEED FOR EVERY POSTER IS 60 CM (WIDTH) X 90 CM (HEIGHT) (“PORTRAIT”).**
- **POSTER PRESENTATIONS ARE TO BE DELIVERED IN ENGLISH.**

YOUNG SCIENTIST’S AWARD

- **DOCTORAL AND MASTER STUDENTS WHO WISH TO COMPETE FOR THE YOUNG INVESTIGATOR AWARD SUBMIT THE ABSTRACT FOR THE ORAL PRESENTATION AS THE FIRST AUTHOR AND MAKE THE PRESENTATION BY THEMSELVES. POSTER PRESENTATIONS CANNOT BE NOMINATED FOR THE AWARD. FIVE AWARDS OF EQUAL SIZE ARE GOING TO BE ISSUED, ONE FOR EACH CONFERENCE TOPIC.**

TOPICS OF THE CONFERENCE

- **COACHING, LEARNING, AND PERFORMANCE**
- **EDUCATIONAL AND PSYCHOLOGICAL ASPECTS OF ATHLETES’ AND COACHES’ TRAINING**
- **SPORTS PHYSIOLOGY, BIOCHEMISTRY, AND MEDICINE**
- **PHYSICAL ACTIVITY, RECREATION, AND HEALTH**
- **ADAPTED PHYSICAL ACTIVITY AND REHABILITATION**

CALL FOR ABSTRACTS

ONE PRESENTER CAN SUBMIT ONLY ONE ABSTRACT WHERE HE/SHE IS THE FIRST AUTHOR. THE SAME PRESENTER MAY BE A CO-AUTHOR IN OTHER ABSTRACTS (THE NUMBER IS NOT LIMITED).

SUMMARIES OF KEYNOTE LECTURES AND ALL ABSTRACTS ACCEPTED FOR ORAL AND POSTER PRESENTATIONS WILL BE PUBLISHED AS AN E-BOOK OF ABSTRACTS.

CALL FOR PAPERS AND GUIDELINES

SELECTED ARTICLES (IN ENGLISH), PREPARED ACCORDING TO THE AUTHOR'S GUIDELINES, WILL BE PUBLISHED ELECTRONICALLY IN THE FOLLOWING JOURNALS:

POLISH JOURNAL OF SPORT AND TOURISM

FOR ALL THE INFORMATION, PLEASE GO TO THE FOLLOWING WEBSITE:

[HTTP://PJST.AWF-BP.EDU.PL/](http://PJST.AWF-BP.EDU.PL/)

ABSTRACTING AND INDEXING INFORMATION:

INDEXED IN SCOPUS, EBSCO, DOAJ, ERIH PLUS, SOCIAL SCIENCES, INDEX COPERNICUS, SCIMAGO (SJR)

BALTIC JOURNAL OF SPORT SCIENCE AND HEALTH

FOR ALL THE INFORMATION, PLEASE GO TO THE FOLLOWING WEBSITE: [HTTP://WWW.LSU.LT/LT/ZURNALAS](http://www.lsu.lt/lt/zurnalas)

ABSTRACTING AND INDEXING INFORMATION:

INDEXED IN CENTRAL AND EASTERN EUROPEAN ACADEMIC SOURCE (EBSCO), INDEXCOPERNICUS, SPORTDISCUS WITH FULL TEXT (EBSCO).

PAYMENT

CONFERENCE FEE TO BE TRANSFERRED TO: ACCOUNT HOLDER

ORGANIZING COMMITTEE ACCOUNT:

PEKAO S.A. I O/BIAŁA PODLASKA

UL NARUTOWICZA 12

PHONE: +4883 342 20 03

PL 63124021771111000035703633

SWIFT CODE: PKO PPLWBIP

PLEASE INCLUDE THE KEYWORDS „BSSS“ AND THE NAME(S) OF PARTICIPANT(S)

REGISTRATION FEE INCLUDES:

- CONFERENCE MATERIALS, WELCOME COCKTAIL, LUNCH, BANQUET, COFFEE BREAKS.
- FEES WILL VARY BY CATEGORY OF PARTICIPANTS AND THE TIME OF REGISTRATION.
- PAYMENTS TO BE MADE IN EURO.

CONTACTS

PHONE: +48 833428758 /758 OR +48 507 149 990

E-MAIL: BSSS@AWF-BP.EDU.PL

WWW: BSSS.AWF-BP.EDU.PL

ACCOMMODATION

WE ASK ALL THE CONFERENCE GUESTS TO BOOK A HOTEL BY THEMSELVES. ALL OF THE HOTELS LISTED ARE IN CLOSE PROXIMITY TO THE CONFERENCE VENUE.

SKALA HOTEL AND RESTAURANT

ADDRESS: ARTYLERYJSKA 1, 21-500 BIAŁA PODLASKA, POLAND

PHONE: +48 83 344 76 76

WEBSITE: WWW.SKALABP.PL

E-MAIL: HOTEL@SKALABP.PL

ZŁOTA RYBKA/ HARMONIA HOTEL

ADDRESS: ZGODA 1A, 21-500 BIAŁA PODLASKA, POLAND

PHONE: +48 83 342 08 55 / +48 83 342 57 91

E-MAIL: RYBKA@PETRODOM.PL / PETRODOM@PETRODOM.PL

DELFIN HOTEL

ADDRESS: ALEJA JANA PAWŁA II 11, 21-500 BIAŁA PODLASKA, POLAND

PHONE: +48 83 344 51 41

WEBSITE: HTTP://WWW.HOTELDELFIN.PL/

E-MAIL: HOTELDELFIN@HOTELDELFIN.PL / BIURO@HOTELDELFIN.PL

HOTEL „DUKAT”

ADDRESS: UL. WARSZAWSKA 129, 21-500 BIAŁA PODLASKA TEL. 83 342 22 04

E-MAIL PETRODOM@PETRODOM.PL