



Thursday, 27<sup>th</sup> September

Parallel Sessions Programme & Workshops					
09.00 - 08.30 Shuttle Service to UEM					
08.00 - 08.45 Accreditation UEM					
08.45 - 09.00 Welcome UEM Authorities					
09.00 - 10.00	INAUGURAL KEYNOTE SPEAKER: LARS ANDERSEN (DENMARK)		"PHYSICAL EXERCISE AS TREATMENT FOR WORK-RELATED MUSCULOSKELETAL PAIN"		CHAIR: PEDRO ALCARAZ ROOM: BUILDING A
10.00 - 10.45 Networking Coffee Break					
10.45	POSTERS SESSIONS 1				CHAIR: VICENTE CLEMENTE ROOM: BUILDING D
12.15	GROUP 1 (11.15 - 12.15)				
12.15	WORKSHOP: DAVID MARCHANTE (SPAIN)		"STRATEGIES TO OPTIMIZE TRAINING OF STRENGTH"		CHAIR: AZAEL HERRERO ROOM: MULTIACTIVITY BUILDING D
13.15	GROUP 2 (12.15 - 13.15)				
13.15 - 14.30 NETWORKING LUNCH BREAK					
14.30	KEYNOTE SPEAKER: JUAN JOSÉ G. BADILLO (SPAIN)		"THE ROLE OF THE VELOCITY CONTROL IN RESISTANCE TRAINING"		CHAIR: AZAEL HERRERO ROOM: BUILDING A
15.30					
Room	P 201	P 204	P 205	P 206	P 208
Theme	Resistance training and fitness in the elderly	Biomechanics and motion analysis	Exercise physiology	Strength, power and speed training	Strength, power and speed training
Chair Person	Sonia García	Miguel Ángel Rojo Tirado	Valentín Elías Fernández	José Tornero	Germán Díaz
15.45 16.00	Sedentary workers'fat mass: a review <b>Rubén López (Spain)</b>	Isometric mid-thigh pull and isometric squat peak force and dynamic strength index reliability in unfamiliarised recreational athletes <b>Alejandro del Águila Sánchez (Spain)</b>	Reproducibility and sensitivity of sprint and agility tests in Young handball players <b>Housseem Nasri (Tunisia)</b>	Comparing once-versus-twice-weekly plyometric and tennis drills training on agility and jumping performance in adolescent players <b>PE Grapsas (Greece)</b>	Effects of different set structures on RPE, velocity and power decrement during a back squat exercise <b>Ivan Jukić (Croatia)</b>
16.00 16.15	Physical exercise program influence in absenteeism of sedentary employees: a systematic review <b>Rubén López (Spain)</b>	Improving Shoulder Mobility in Overhead Athletes <b>Andrew Busch (USA)</b>	Basketball warm-up strategy: exploratory study in U-16 national team <b>Jorge Arede (Portugal)</b>	Differences between active and passive recovery in muscular response in swimming <b>Rodrigo Bueno (Spain)</b>	Effects of low-volume and high-speed strength training on physical performance in high-level 800 meters athletes <b>Beatriz Bachero Mena (Spain)</b>
16.15 16.30	The effect of concurrent training in patients with coronary heart disease: a pilot study <b>Agustín Manresa-Rocamora (Spain)</b>	Lower limb force-velocity-power characteristics in healthy people <b>Beatriz Crespo-Ruiz (Spain)</b>	Pulse-oximetry is a valid tool for determining arterial occlusion pressure <b>Salvador Santiago Pescador (Spain)</b>	Acute effects of tennis match on hip range of motion and strength in tennis players <b>Violeta Sánchez Migallón (Spain)</b>	Limited relationship between vertical force asymmetries and horizontal change of direction asymmetries in soccer players <b>Tino Janikov (Czech Republic)</b>
16.30 16.45	Comparison between different 10-week multicomponent exercise programs in older women <b>Rubén Cuellar Cañadilla (Spain)</b>	A Study of Cognitive Function on Agility of Soccer Players <b>Fumiaki Onishi (Japan)</b>	High-Intensity Interval Training: monitoring and effect between genders <b>André Bento (Portugal)</b>	The Effects of Two Different Types of Warm-up on Fitness Tests <b>Marco Vinicio Campana Bonilla (China)</b>	Change of direction and mental training impact on agility subcomponents in young elite soccer players <b>Mohamed Jabri (Tunisia)</b>
16.45 17.00	Correlation between muscle activation and muscle swelling after blood flow restriction exercise <b>Moisés Picón Martínez (Spain)</b>	The relationship between lumbopelvic motor control and injury incidence in CrossFit® athletes <b>Alberto Ortégón Piñero (Spain)</b>	Match physical performance of elite female soccer players during national competition: acceleration and deceleration profile <b>Blanca Romero Moraleda (Spain)</b>	How thermography can monitoring different high intensity sprint training <b>Alejandro del Estal Martínez (España)</b>	Training leading to failure and not to failure on physical performance in young basketball players <b>Rafael Vaz (Portugal)</b>
17.00 17.15		Wicket Run Method and Maximal Running Speed Relationship <b>Pablo González-Frutos (Spain)</b>	Effect of photobiomodulation on muscular recovery in runners <b>Pau Ros Castelló (Spain)</b>		Association between neuromuscular asymmetries and physical performance in youth sports team athletes <b>Azahara Fort-Vanmeerhaeghe (Spain)</b>
17.15 - 17.45 NETWORKING COFFEE BREAK					
18.00 SHUTTLE SERVICES TO PARTNER HOTELS					



Friday, 28<sup>th</sup> September

Parallel Sessions Programme & Workshops					
09.00 - 08.30 Shuttle Service to UEM					
08.00 - 09.00 Accreditation UEM					
09.00 - 10.00 KEYNOTE SPEAKER: <b>TRAVIS TRIPLETT (USA)</b>		<b>"TRAINING FEMALE ATHLETES: SPECIAL CONSIDERATIONS FOR OPTIMIZING PERFORMANCE AND AVOIDING INJURY"</b>		CHAIR: <b>DAVID GARCÍA</b> ROOM: <b>BUILDING A</b>	
10.00 - 10.45 Networking Coffee Break					
Room	P 201	P 204	P 205	P 206	P 208
Theme	<b>Resistance training and fitness in the elderly Sport nutrition and ergogenic aids</b>	<b>Biomechanics and motion analysis Neuromuscular basis of strength and fitness</b>	<b>Exercise physiology</b>	<b>Strength, power and speed training</b>	<b>Strength, power and speed training</b>
Chair Person	<b>Sergio López</b>	<b>TBC</b>	<b>José Tornero</b>	<b>Akis Dalamitros</b>	<b>Silvia Burgos</b>
10.45 11.00	Mobility test to identify fallers under high physical fitness in older community-living women <b>Mirian Aranzazu Garrues (Spain)</b>	Single and combined effects of capsaicin and caffeine supplementation on indoor rowing performance <b>Firat Akca (Turkey)</b>	Comparison of VO <sup>2</sup> max obtained by direct and two indirect tests in young adults at moderate altitude: an observational study <b>Isabel Sánchez (Colombia)</b>	Effect of plyometric work for the improvement of explosive strength in sprint <b>Antonio Sánchez (Spain)</b>	Effect of whole-body electromyostimulation on CK, lactate, HR and RPE during a single strength session <b>Anel Eduardo Recarey Rodríguez (Spain)</b>
11.00 11.15	Maximum strength in older women: a comparison between folk dances and walking <b>Maialen Araolaza (Spain)</b>	Validity and reliability of the rear-foot elevated split squat to determine unilateral leg strength asymmetry <b>Mark Helme (UK)</b>	The effects of a fascia manipulation device on metabolism, connective tissue remodeling, and irisin in middle aged women <b>Bart Jameson (USA) - Presented by Ashley Black</b>	Relationship between sprinting and jumping performances according to season period in Spanish elite soccer players <b>Unai Azcárate Jiménez (Spain)</b>	The effect of playing status on adaptations to strength and conditioning intervention and detraining in youth basketball <b>Jorge Arede (Portugal)</b>
11.15 11.30	Energy expenditure and different times of physical activity during gymnastic training in female Artistic Gymnastic during precompetitive period <b>Emma Cecilia Saldaña Álvarez (Spain)</b>	Repetitions in reserve and rate of perceived exertion increase the prediction of the load-velocity relationship <b>Carlos Balsalobre-Fernández (Spain) Presented by: Sergio Lorenzo (Spain)</b>	Could a combined training programme help to maintain basal metabolic rate in women awaiting bariatric surgery? <b>María Inés Picó-Sirvent (Spain)</b>	Minimum training frequency to maintain maximum squat strength in young males <b>Cecilia Dorado (Spain)</b>	Strength and conditioning training in physical education classes and comparison of gains in both genders <b>Carlos Carvalho (Portugal)</b>
11.30 11.45	Coingestion of citrulline malate and capsaicin improves exercise performance in resistance-trained females <b>Firat Akca (Turkey)</b>	Skeletal muscle activation in lower limb distal district during single stance posturography in eyes open and eyes closed sensory conditions <b>Cristiano Villani (Italy)</b>	Differences in physiological variables between eumenorrheic females and oral contraceptive users: IronFEMME project <b>Beatriz Rael Delgado (Spain)</b>	Isoinertial flywheel training and Pneumatic training effects on hypertrophy, strength and power of shoulder muscles in professional handball players <b>Sergio Maroto-Izquierdo (Spain)</b>	Relationship between repeated sprint ability and cardiovascular capacity in amateur handball players <b>Josune Rodríguez Negro (Spain)</b>
11.45 12.00	Block practice encourages motor learning of dynamic balance skill in healthy young adults <b>Arian Aladro-Gonzlavo (Ecuador)</b>	Impact of sports performance technology on stress management in healthy population <b>Luis Maicas (Spain)</b>	Lactate Equivalent and Maximal Lactate Steady State in Trained Runners. Back to the Old Days? <b>Ibai García-Tobar (Spain)</b>	The relationship between maximum strength and acceleration performance in track and field sprint athletes <b>Claire Brady (Ireland)</b>	Inter-limb Asymmetries: Accurate Calculations, Effects on Physical Performance, and Methods to Reduce Imbalances <b>Chris Bishop (UK)</b>
12.00 12.15		Is ischemic preconditioning maneuver occlusion-dependent to enhance exercise performance? <b>Moacir Marocolo (Brasil)</b>		Effect of a power-oriented resistance training program at moderate altitude on the force-velocity relationship in elite judokas <b>Filipa Almeida (Spain)</b>	Resistance training velocity based on arterial stiffness in healthy subjects <b>Manuel A. Rodríguez Pérez (Spain)</b>
12.15 13.15	WORKSHOP: <b>VICENTE CLEMENTE (SPAIN)</b>		<b>"HIGH INTENSITY INTERVAL TRAINING APPLIED TO TACTICAL ATHLETES"</b>		CHAIR: <b>TBC</b> ROOM: <b>MULTIACTIVITY BUILDING D</b>
13.15 - 14.30 NETWORKING LUNCH BREAK					
14.30 - 15.30 KEYNOTE SPEAKER: <b>PEDRO ALCARAZ (SPAIN)</b>		<b>"RESISTANCE CIRCUIT BASED TRAINING: APPLICATIONS FOR PERFORMANCE &amp; HEALTH"</b>		CHAIR: <b>DAVID GARCÍA</b> ROOM: <b>BUILDING A</b>	
15.45 - 16.45 WORKSHOP: <b>IAN JEFFREYS (UK)</b>		<b>"LET THE GAME DECIDE: REVERSE ENGINEERING CONTEXT DRIVEN SPEED AND AGILITY SOLUTIONS TO MAXIMIZE GAME PERFORMANCE"</b>		CHAIR: <b>VICENTE CLEMENTE</b> ROOM: <b>MULTIACTIVITY BUILDING D</b>	
16.45 - 17.15 NETWORKING COFFEE BREAK					
17.15 - 18.15 WORKSHOP: <b>FRANCESC COS (SPAIN)</b>		<b>"BLOOD FLOW RESTRICTION: FROM REHABILITATION TO PERFORMANCE. WHAT ARE THE REAL APPLICATIONS?"</b>		CHAIR: <b>AZAZEL HERRERO</b> ROOM: <b>MULTIACTIVITY BUILDING D</b>	
18.30 SHUTTLE SERVICES TO PARTNER HOTELS					



Saturday, 29<sup>th</sup> September

LINKING SPORT SCIENCE AND APPLICATION

Parallel Sessions Programme & Workshops					
08.00 - 08.30 Shuttle Service to UEM					
08.00 - 09.00 Accreditation UEM					
09.00 - 10.00 KEYNOTE SPEAKER: GREGORY HAFF (AUSTRALIA)		"LONG-TERM ATHLETE DEVELOPMENT"		CHAIR: DAVID GARCÍA ROOM: BUILDING A	
10.00 - 10.45 Networking Coffee Break					
Room	P 201	P 204	P 205	P 206	P 208
Theme	Neuromuscular basis of strength and fitness	Biomechanics and motion analysis Exercise physiology	Exercise physiology Strength, power and speed training	Strength, power and speed training	Strength, power and speed training
Chair Person	TBC	TBC	Rocío Cupeiro	Alvaro Bustamante	Silvia Burgos
10.45 11.00	Predictive ability of body mass parameter to estimate 4-6 RM of pectoral and leg muscles exercises <sup>1</sup> in body-builder <b>Johnny Padulo (Croatia)</b>	Acceleration impacts during running are affected by the type of surface <b>Juan Antonio García (Spain)</b>	Influence of sex hormones on muscle function and jump performance in oral contraceptive users: IronFEMME project <b>Nuria Romero Parra (Spain)</b>	The effect of playing status on adaptations to strength and conditioning intervention and detraining in youth basketball <b>Nuno Leite (Portugal)</b>	The interday reliability and usefulness of reactive strength index derived from a maximal hopping test <b>Tom Comyns (Ireland)</b>
11.00 11.15	Fatigue mechanisms following different loading conditions in the half-squat exercise <b>Konstantinos Spyrou (Greece)</b>	Physiological Stressors and Heart Rate Variability Recovery Response in Female Collegiate Soccer Players <b>Jenna Werking (USA)</b>	Respiratory and perceived exertion variables during an intervallic endurance protocol through menstrual cycle phases <b>Víctor Manuel Alfaro-Magallanes (Spain)</b>	Impact of whole-body electromyostimulation on physical performance in a single strength training session <b>David Tobia del Busto (Spain)</b>	Influence of electromyostimulation frequency and muscle group on evoked force and fatigue <b>Jaime Palomo (Spain)</b>
11.15 11.30	Intra-rater reliability of the back squat assessment in pre- and post- peak height velocity male cricketers <b>Ian Dobbs (USA)</b>		Post-exercise ischemia accelerates performance recovery of cyclists <b>Moacir Marocolo (Brasil)</b>	Effect of whole-body electromyostimulation on CK, lactate, HR and RPE during a single strength session <b>Anel Eduardo Recarey Rodríguez (Spain)</b>	Effect of high-intensity resistance circuit-based training in hypoxia on maximum oxygen consumption <b>Domingo J. Ramos Campo (Spain)</b>
11.30 11.45			Comparing High-Speed Treadmill Training to Ground-Based Speed Training among Collegiate Football and Baseball Players <b>Keith Coury (USA)</b>	Relationship between physical performance and defensive efficacy in 1x1 situations in professional basketball <b>Álvaro de Pedro Múñez (Spain)</b>	Effect of high-intensity resistance circuit-based training in hypoxia on repeat sprint ability <b>Jacobo Rubio-Arias (Spain)</b>
11.45 12.00			Minimum training frequency to maintain maximum squat strength in young males <b>Cecilia Dorado (Spain)</b>	Asymmetries analysis in professional basketball players <b>Álvaro de Pedro Múñez (Spain)</b>	
12.00 12.15				Impact of whole-body electromyostimulation on physical performance in a single strength training session <b>David Tobia del Busto (Spain)</b>	
12.15 13.15	WORKSHOP: NACHO COQUE (SPAIN) "STRENGTH TRAINING FOCUSES ON INJURY PREVENTION AND VARIATIONS IN THE HIGH PERFORMANCE USING PORTABLE MATERIALS"		CHAIR: AZAEL HERRERO		ROOM: MULTIACTIVITY BUILDING D
13.15 - 14.30 NETWORKING LUNCH BREAK					
14.30 - 15.30 KEYNOTE SPEAKER: JULIO CALLEJA (SPAIN)		"THE ART OF RECOVERY IN SPORTS"		BEST PAPERS AWARDS CHAIR: AZAEL HERRERO ROOM: BUILDING A	
15.45 - 16.45 POSTERS SESSIONS 2				CHAIR: PEDRO ALCARAZ ROOM: BUILDING D	
16.45 - 17.15 NETWORKING COFFEE BREAK					
17.15 - 18.15 WORKSHOP: MELISSA KANNIKE (NIGERIA)		"MAINTAIN AND CAPTURE CLIENTS BY BRINGING FUN, AGILITY AND DIVERSITY TO YOUR WORKOUTS USING ANIMAL FLOW TECHNIQUES"		CHAIR: AZAEL HERRERO ROOM: MULTIACTIVITY BUILDING D	
18.30 SHUTTLE SERVICES TO PARTNER HOTELS					



POSTERS SESSIONS 1, THURSDAY, 27<sup>TH</sup>

CHAIR: VICENTE CLEMENTE

LOCATION: BUILDING D

SIZES: WIDTH 70 (90CM) HEIGHT 110 (130CM)

<p>Regional difference in electromyography activity of hamstring muscles during leg curls and hip extension exercises <b>Norikazu Hirose (Japan)</b></p> <p><b>01</b></p>	<p>Caracterización de la condición física del bombero forestal para la mejora del entrenamiento físico <b>Shai Rivas Galán (Spain)</b></p> <p><b>02</b></p>	<p>Effect of ischemic preconditioning in a resistance training session on muscle performance and rating of perceived exertion <b>Jeferson Macedo Vianna (Brasil)</b></p> <p><b>03</b></p>	<p>Effect of ischemic preconditioning as warm-up on the performance of leg press and bench press <b>Jeferson Macedo Vianna (Brasil)</b></p> <p><b>04</b></p>	<p>Effect of verbal cue on muscle activation in men and women during the "Y" exercise <b>Will Jennings (USA)</b></p> <p><b>05</b></p>	<p>Fluctuations in jump performance in young elite weightlifting athletes during menstrual cycle <b>Lucía Piñero Cuadrado (Spain)</b></p> <p><b>06</b></p>	<p>Associations between strength, metabolic stress and muscle thickness after practical blood flow restriction <b>Moisés Picón Martínez (Spain)</b></p> <p><b>07</b></p>
<p>Pre-and post-isometric squat: percentage changes vs absolute values for monitoring fatigue <b>Jan Malecek (Czech Republic)</b></p> <p><b>08</b></p>	<p>Effect of an intermittent wingate test on muscle characteristics using tensiomyography in ice hockey players <b>James Tufano (Czech Republic)</b></p> <p><b>09</b></p>	<p>The suitability of an accelerometer to monitor repeated jump tests: A concurrent validity study <b>Martin O'Reilly (Ireland)</b></p> <p><b>10</b></p>	<p>Effects of vibration foam rolling and non-vibration foam rolling in recovery after exercise induce muscle soreness <b>Blanca Romero Moraleda (Spain)</b></p> <p><b>11</b></p>	<p>Change-of-Direction with Inertial Resistance Training: Neuromuscular correlations to jumping and agility tests in skillful leg in young tennis players <b>Marc Madruga Parera (Spain)</b></p> <p><b>12</b></p>	<p>Maturation and chronological age differences in neuromuscular asymmetries in elite youth tennis players <b>Marc Madruga Parrera (Spain)</b></p> <p><b>13</b></p>	<p>Hormonal and Metabolic Response to Cluster Sets in Resistance-trained Women <b>Margaret Jones (USA)</b></p> <p><b>14</b></p>
<p>ACTN3 RR genotype is overrepresented in NCAA Division I and Division III collegiate athletes <b>Alexa Lobato (USA)</b></p> <p><b>15</b></p>	<p>How thermography can monitoring different high intensity sprint training <b>Alejandro Estal Martínez (Spain)</b></p> <p><b>16</b></p>	<p>Influence of sexual activity in sport performance: a spanish survey <b>Diego Alexandre Alonso Aubin (Spain)</b></p> <p><b>17</b></p>	<p>The effect of cold water immersion during a pre-season week in elite rugby athletes <b>Francisco Tavares (UK)</b> Presented by: Ricardo Silvestre (Portugal)</p> <p><b>18</b></p>	<p>Identifying differences between top level and high level water polo players <b>Ivan Jukić (Croatia)</b></p> <p><b>19</b></p>	<p>Psychophysiological response of military transport pilots in normobaric hypoxia training <b>Álvaro Bustamante-Sánchez (Spain)</b></p> <p><b>20</b></p>	<p>Small Sided Games in Soccer - Physiological Response and Time Motion Analysis <b>Tzlll Shushan (Israel)</b></p> <p><b>21</b></p>
<p>The Relationship Between Female Soldier Trainee's Anthropometric Measures and Performance on Common Soldiering Tasks <b>Jan Redmond (USA)</b></p> <p><b>22</b></p>	<p>Acute effects of myofascial release in TRM test: A pilot study <b>AA Dalamitros (Greece)</b></p> <p><b>23</b></p>	<p>Muscle Activity Magnitude and Patterns During Plyometric Exercise on Land and in Shallow Water <b>Cordero Roche (USA)</b></p> <p><b>24</b></p>	<p>Semi-lateral guard increases the rear jab punching speed <b>Dan Río Rodríguez (Spain)</b></p> <p><b>25</b></p>	<p>The Effectiveness of the Functional Movement Screen at Predicting Injuries in Athletes aged 18-35 years old <b>Khyll Orser (Canada)</b></p> <p><b>26</b></p>	<p>Could be non-contact in-game injuries in NBA predict using tracking data? <b>Jorge Arede (Portugal)</b></p> <p><b>27</b></p>	<p>Landing quality Does Not Significantly Differ between Unloaded and Loaded Conditions Pre-fatigue <b>Roger Kollock (USA)</b></p> <p><b>28</b></p>
<p>Qualitative Landing Patterns Do Not Significantly Differ Between Experienced and Inexperienced Load Carriers Pre-fatigue <b>Roger Kollock (USA)</b></p> <p><b>29</b></p>	<p>Functional Movement Screen as a Predictor of Injury Risk in Tactical Athletes <b>Roger Kollock (USA)</b></p> <p><b>30</b></p>	<p>Acute response of low back pain perception in road cyclists: a descriptive study <b>Gerson Garrosa Martín (Spain)</b></p> <p><b>31</b></p>	<p>Rating of perceived exertion and low back pain perception in road cyclists: a correlational study <b>Gerson Garrosa Martín (Spain)</b></p> <p><b>32</b></p>	<p>Analyzing the effect of velocity-based biofeedback on lower limb joint angles during the back squat <b>Daniel J Arndts (USA)</b></p> <p><b>33</b></p>	<p>A novel opto-electronic device for the measurement of execution velocity <b>Guillermo Peña García-Orea (Spain)</b></p> <p><b>34</b></p>	<p>The changes in hamstrings to quadriceps strength ratios at different speeds after eccentric hamstring strengthening intervention in adolescent soccer players <b>Petr Stastny (Czech Republic)</b></p> <p><b>35</b></p>
<p>Use of blood flow restriction training in Spain: results of a national survey <b>Moisés Picón Martínez (Spain)</b></p> <p><b>36</b></p>						

Neuromuscular basis of strength and fitness

Exercise physiology

Biomechanics and motion analysis

Social & Marketing aspects of S&C

Strength, power and speed training



POSTERS SESSIONS 2, SATURDAY, 29<sup>TH</sup>

CHAIR: TBC

LOCATION: TBC

SIZES: WIDTH 70 (90CM) HEIGHT 110 (130CM)

<p>A multicomponent exercise intervention vs an individually tailored walking program in long-term nursing home residents <b>Chloe Rezola-Pardo (Spain)</b></p> <p><b>37</b></p>	<p>The effect of stress on professional football player <b>Tayeb Djelti (Algeria)</b></p> <p><b>38</b></p>	<p>The impact of arbitration in creating violence on Professional football players <b>Tayeb Djelti (Algeria)</b></p> <p><b>39</b></p>	<p>The effect of the learning section of the activity of speed in improving the speed of the motor response Transition among middle school students <b>Benyoucef Dahou (Algeria)</b></p> <p><b>40</b></p>	<p>The effects of menstrual phase on anaerobic performance <b>Kelsey Scanlon (USA)</b></p> <p><b>41</b></p>	<p>Backward training impact on knee joint muscles' strength and power in young elite soccer players <b>Mohamed Jabri (Tunisia)</b></p> <p><b>42</b></p>	<p>Maximum number of repetitions in two cluster set configurations for the benchpress exercise <b>Dan Río Rodríguez (Spain)</b></p> <p><b>43</b></p>
<p>Validity and reliability of a commercially-available velocity and power testing device <b>Andrew Askow (USA)</b></p> <p><b>44</b></p>	<p>The effect of playing status on adaptations to strength and conditioning intervention and detraining in youth basketball <b>Jorge Arede (Portugal)</b></p> <p><b>45</b></p>	<p>Changes in neuromuscular performance and its relationship with training load in young female basketball players <b>Unai Azcárate Jiménez (Spain)</b></p> <p><b>46</b></p>	<p>Assessing mechanical variables over the acceleration phase in amateur soccer players <b>Unai Azcárate Jiménez (Spain)</b></p> <p><b>47</b></p>	<p>Are vertical and horizontal leg asymmetries related to repeated sprint ability in handball players? <b>Josune Rodríguez Negro (Spain)</b></p> <p><b>48</b></p>	<p>Influence of the vertical and horizontal strength in change of direction and repeat sprint ability <b>Josune Rodríguez Negro (Spain)</b></p> <p><b>49</b></p>	<p>Effects of exercise intensity based on rated perceived exertion on maximal power in rugby players <b>Diego Alexandre Alonso Aubin (Spain)</b></p> <p><b>50</b></p>
<p>Maturity Status and Strength: Predictors of Speed, Agility and Power in Youth Female Soccer Players <b>Stacey Emmonds (UK)</b></p> <p><b>51</b></p>	<p>Reliability and validity of Maxforce dynamometer <b>José Antonio Pérez Turpin (Spain)</b></p> <p><b>52</b></p>	<p>Correlates of soccer-specific change of direction speed and reactive agility <b>Ivan Jukić (Croatia)</b></p> <p><b>53</b></p>	<p>Variations In Physiological Fitness of Players During a Collegiate Women's Basketball Season <b>Monica Taylor (USA)</b></p> <p><b>54</b></p>	<p>Effect of ballast vest on the physical conditioning for goalkeeper soccer players <b>Antonio Sánchez (Spain)</b></p> <p><b>55</b></p>	<p>Intense effect of ballast vest on the physical conditioning for female soccer players <b>Antonio Sánchez (Spain)</b></p> <p><b>56</b></p>	<p>Comparison of the effects of performance level on strength performance in 800 meters athletes <b>Beatriz Bachero-Mena (Spain)</b></p> <p><b>57</b></p>
<p>Vertical jump performance and blood lactate changes during a typical training in high-level 800m athletes <b>Beatriz Bachero-Mena (Spain)</b></p> <p><b>58</b></p>	<p>Comparison of physical activity level between pregnant women during the first trimester and non-pregnant women <b>María Álvarez González (Spain)</b></p> <p><b>59</b></p>	<p>Cluster vs. Luster vs. Traditional Sets: difference in training volume, velocity, and power using a power-loss threshold <b>Matej Halaj (Slovak Republic)</b></p> <p><b>60</b></p>	<p>Separating elite and national team soccer players: maximal speed, acceleration, agility, and endurance <b>Michal Dragijsky (Czech Republic)</b></p> <p><b>61</b></p>	<p>Vertical jump correlation with sprint and change of direction in young Portuguese soccer players <b>Paulo Nuno Vieira (Portugal)</b></p> <p><b>62</b></p>	<p>The effect of warm-up on upper-body strength training <b>Henrique P. Neiva (Portugal)</b></p> <p><b>63</b></p>	<p>The intensity of specific warm-up for power production during bench-press exercise training <b>Daniel A. Marinho (Portugal)</b></p> <p><b>64</b></p>
<p>Resistance-training intensity in the most cited articles: is the 1RM truly dying? <b>Miguel Sierra Ramón (Spain)</b></p> <p><b>65</b></p>	<p>Differences in the speed of movement between back squat versus squat on flywheel device <b>Fernando Martín Rivera (Spain)</b></p> <p><b>66</b></p>	<p>Differences in muscular response between cluster set and traditional set during strenght training <b>Pilar Sánchez (Spain)</b></p> <p><b>67</b></p>	<p>Potiation post-activation phenomenon after using foam roller massager on countermovement jump <b>Fernando Martín Rivera (Spain)</b></p> <p><b>68</b></p>	<p>A proposal of conceptual map about client consultation and health appraisal <b>Christian Serrano (Spain)</b></p> <p><b>69</b></p>	<p>Muscular activation during the displacement of a sled in three different ways <b>Fernando Martín Rivera (Spain)</b></p> <p><b>70</b></p>	<p>Description of rated kinetics and kinematics using diferent weighted vest loads in soccer players <b>Jorge Carlos Vivas (Spain)</b></p> <p><b>71</b></p>
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