

E-Poster



June 5-7, 2025 | University of Beira Interior, Covilhã. Portugal

Faculty of Health Sciences at the University of Beira Interior

1st Floor

ELITE:

1. Authors: Ana F. C. Pereira, Luis Leitão, Diogo Marques and Henrique P. Neiva
 - The effect of Padel training on Upper Limb strength performance in Recreational Young Players
2. Authors: Rafael Oliveira, Renato Fernandes, João Paulo Brito, Mário C. Espada, Matilde Nalha, Fernando J. Santos and Ryland Morgans
 - Comparison of external load during differing microcycle structures across two competitive seasons in elite female Portuguese soccer players
3. Authors: Samuel Honório, Marco Batista, Jorge Santos, Miguel Rebelo, Luís Vaz, Hélder Nunes, João Serrano, Nuno Casanova and Evan Thomas
 - Motivation for practice in young rink hockey players
4. Authors: João Oliveira, Henrique Neiva, Rui Paulo and Pedro Duarte-Mendes
 - Characterization and structuring of warm-up and rewarm-up in Futsal, in Portugal
5. Authors: Gonçalo Torres, Filipe Maia, Fábio Yuzo Nakamura, Henrique Neiva and Ana Sousa
 - Rating of Perceived Exertion: Current trends in research
6. Authors: Sara Santos, José Parraça, Filipe Melo and Orlando Fernandes
 - Acute Effects of Ashtanga Vinyasa Yoga Practice on Postural Control
7. Authors: Diana M. Teixeira, Sofia F. Pereira, Tatiana Sampaio, João P. Oliveira, Pedro Jacinto and Jorge E. Morais
 - Comparison of the upper quarter Y-balance test between injured and non-injured young female volleyball players



8. Authors: Rui Vicente, Jason Moran, José M. Oliva Lozano and Jorge Arede
- Sleep Patterns in Professional Male Soccer Players: A Systematic Review
9. Authors: Pablo López-Sierra, Elena Caso-Fontán, Sofia López-Araya and Sérgio J. Ibáñez
- Body Changes & Performance in Basketball
10. Authors: Sofia López-Araya, Amalia Campos-Redondo, Almudena Martínez-Sánchez and Sérgio J. Ibáñez
- Technical-tactical evolution of the Spanish women's soccer team during the 2023 World Cup and the 2024 Olympic Games
11. Authors: Cláudia F. Barata, Joana F. Reis, Sofia A. Moncívio, Arminda M. Vilares, André M. Bento, Mário C. Espada, Catarina N. Matias and Cristina P. Monteiro
- Acute sodium bicarbonate supplementation improves repeated sprint ability in female football players: a randomized, double-blind, controlled, crossover trial
12. Authors: Ricardo André Birrento-Aguiar, Verónica Marico Cramer, Feras Bader and Francisco Javier Garci-Angulo
- Is it necessary to adapt the goalkeeper's game in young futsal competitions? A study of coaches' opinions
13. Authors: Farzad Yousefian, Abdullah Zafar, Fábio Yuzo Nakamura, Pedro Menezes, João Brito and Bruno Travassos
- Most-Demanding Passages in Elite Youth Soccer: Kinematic and Mechanical Load Profiles in an International Tournament
14. Authors: Pedro Gonçalves, Daniel Duarte and Pedro Teques
- Practices and perceptions of personal Strength and Conditioning Coaches with Professional Athletes: A qualitative study
15. Authors: Francisco José Félix Saavedra and José João Castanheira Saavedra
- Maturation assessment in children and adolescents
16. Authors: Inês Pacheco, Rúben Abreu, Andrew Sortwell, Ana Alves, Pedro Mendes, Carolina Afonso, and Ricardo Ferraz
- The Effects of Teaching a Didactic Unit Using Two Different Methodological Approaches
17. Authors: Eduardo Ferreira Maio, José E. Teixeira, Pedro Forte, Luís Branquinho and Ricardo Ferraz
- Transferability of the intra- and inter-sectoral coordination between training and competition in professional Portuguese football players
18. Authors: Francisco Pires, Maria Vigário, Sandra Ferreira and António Vicente
- Can psychological competencies be diagnosed on football matches? - Relations between match indicators and Resilience Scale
19. Authors: Rui Vicente, Jorge Arede, Nuno Leite and Raquel Chaves
- Association between genetic markers and non-contact ACL injury in female soccer players: a systematic review

20. Authors: Bernardo Pinheiro, Diogo Luís Marques, Nuno Fonseca, Mário Cardoso Marques and Henrique Pereira Neiva
- Relationship between strength measures in young adults
21. Authors: Alexandra Malheiro, Pedro Miguel Forte and Mário Cardoso Marques
- Relationship between maximal oxygen consumption in laboratory testing and CrossFit WOD
22. Authors: Alexandra Malheiro, Pedro Miguel Forte and Mário Cardoso Marques
- Lactate response before and after a CrossFit WOD
23. Authors: Clara N. Santos, Jorge E. Morais and Pedro M. Magalhães
- Comparative study of lower limbs power and asymmetry in regional-level recreational cyclists on a power stage test performed on the bicycle
24. Authors: Henrique Sousa, Eduardo Abade, Filipe Maia, Lúcio Cunha, Gonçalo Torres Júlio A. Costa and Rui Marcelino
- Anthropometric Characteristics and Physical Fitness in Trained/Developmental Women Football Players: Normative Values Across Three Age Groups
25. Authors: Sara Ribeiro, Michael Duncan, Ana Nogueira and Maria João Lagoa
- The application of Storytelling and Aucouturier Method for the stimulation of movement and motor competence in preschool children: preliminary results of a systematic review
26. Authors: Javier Merino-Pérez, Juan Sánchez-Valdepeñas, José A. Páez-Maldonado, Manuel J. Jiménez-Roldán, Javier M. Gallo-Hidalgo, Luis Rodiles-Guerrero, Pedro Jesús Cornejo-Daza, Miguel Sánchez-Moreno, Manuel Alejandro Ortega-Becerra and Fernando Pareja-Blanco
- Effects Of A Detraining Period After A Bench Press Training Program With Different Velocity Loss Thresholds On Strength Gains
27. Authors: Álvaro Bustamante-Sánchez, Jorge Arede, Rui Zhou, Ximing Shang and Nuno Leite
- Game-load response analysis for U16 women's basketball players in U18 competition
28. Authors: Diogo Carvão, Henrique Pereira Neiva and Pedro Duarte-Mendes
- The effect of CrossFit on Body Composition, Physical Fitness and Neural Efficiency – Study Protocol
29. Authors: Tiago Rodrigues, Henrique Pereira Neiva and Diogo Luís Marques
- Physical and Physiological Determinants of Motorcycling Performance: A Systematic Review
30. Authors: Pedro Afonso, Pedro Forte and José E. Teixeira
- Injury Risk Prevention and Monitoring and Well-Being in Young Sub-Elite Football Players
31. Authors: Luís Branquinho, Elias de França, José E. Teixeira, Pedro Afonso, Nélson Valente, Tiago Venâncio, Pedro Forte, Ronaldo V. Thomatieli dos Santos and Ricardo Ferraz
- Optimal Weekly Training Load for Peak In-Game Performance in Elite Brazilian Soccer

32. Authors: João Oliveira, Daniel A. Marinho, Pedro Jacinto, Tatiana Sampaio and Jorge E. Morais
- Characterization of Jumping Performance in Young Female Volleyball Players Across Age Groups
33. Authors: João Barreira, João Brito, Fábio Yuzo Nakamura, Ricardo Pimenta and Pedro Figueiredo
- Daily Self-reported Sleep Duration Does Not Reflect Actigraphy-Measured Sleep Duration in Youth Male Soccer Players
34. Authors: Lívio Medeiros, Alípio Silva, Ana Conceição and Hugo Louro
- Study Protocol For Observation And Technical Analysis In Inline Speed Skating – Curve
35. Authors: Renato da Costa-Machado, Diogo Luís Marques, Hugo Louro, João Freitas, Daniel Marinho and Ana Conceição
- Variable-Cam Resistance Training Machines Insights into Force Production
36. Authors: Renato da Costa-Machado, Diogo Luís Marques, Hugo Louro, João Freitas, Daniel Marinho and Ana Conceição
- Matching Human Torque Capability: Design of a Modifiable Variable CAM System
37. Authors: Bárbara Martins, Diogo Coutinho And Sara Santos
- Technical, Creative, and Physical Performance in Female Youth Soccer: A Comparison of Under-14 and Under-16 Players
38. Authors: Lidia Barragán Hernández, Carmen Crespo, Adrián Gonzalez-Custodio and Guillermo Olcina
- Effect of Tretaselmis chuii supplementation on swimming performance
39. Authors: Madalena Freitas, Rui Araújo, Inês Cardoso and Rui Marcelino
- Video Feedback as a Pedagogical Tool in Volleyball: A Case Study
40. Authors: Madalena Freitas, Rui Araújo, Inês Cardoso and Rui Marcelino
- The Use of Video in Volleyball Training: Perceptions and Practices of National Volleyball Coaches
41. Authors: Marco Abreu, Fábio Nakamura, Davi Silva, Thiago Carvalho and José Afonso
- Effect of a combined half-time re-warm-up protocol on high-intensity demands of men´s soccer players in the first 15 minutes of the second half: an exploratory study
42. Authors: Lidia Barragán Hernández, Carmen Crespo, Adrián Gonzalez-Custodio and Guillermo Olcina
- Effect of Tetraselmis chuii supplementation on maximal aerobic and anaerobic power in swimmers
43. Authors: Ana Santos, Ricardo Ferraz, Henrique P. Neiva and Ana Alves
- Profiling Physical Fitness Variables Across Different Age Groups in Artistic Female Skaters
44. Authors: Leandro Lopes, Tiago Lopes, João Freitas, Ana Conceição and Hugo Louro
- Comparison of Portuguese national records with the times of the semi-finals and finals of the Olympic Games in simultaneous swimming techniques

45. Authors: Tiago Vasconcelos, Ana Ruivo Alves, Martin Charles Refalo, Gabriela Chaves Lucas, Pedro Rúben Vasconcelos, João Paulo Brito, José Vilaça-Alves and Rafael Oliveira
- The Effect of Resistance Training Proximity-to-Failure on Quadriceps and Biceps Repetition Maximum Strength in Resistance-Trained Males and Females
46. Authors: Jorge Baptista, Eduardo Abade, Bruno Travassos, Fábio Nakamura and Diogo Coutinho
- Comparison of Training Load Between A and B Teams Across Three Microcycles
47. Authors: Mafalda P. Pinto, Henrique P. Neiva, Tiago M. Barbosa, Daniel A. Marinho and Jorge E. Morais
- Relationship between Swimming Speed and Propulsive Force in Butterfly Swim Stroke
48. Authors: Ximing Shang, Rui Zhou, Jorge Arede and Nuno Leite
- Internal and External Load Monitoring in 1v1 and 2v2 Small-Sided Games Among Female Athletes of Different Maturity Status
49. Authors: Carlos Gonçalves, Ana Conceição, Jan Stastny, Diana Torres, Jorge Pérez-Gómez, José Carmelo Adsuar and Hugo Louro
- Fatigue in Open Water Swimming: A Systematic Review
50. Authors: Diogo Rocha, Filipe Maia and Fábio Nakamura
- Acute Weight Loss Effects on Energy Expenditure in Boxing Athletes: A Systematic Review
51. Authors: Filipe Maia, Fábio Yuzo Nakamura, Henrique Sousa, Ricardo Pimenta, Gonçalo Torres, Sandro Tito and João Ribeiro
- Intermittent pneumatic compression does not improve muscle function but might reduce muscle soreness
52. Authors: Filipe Maia, Gonçalo Torres and Henrique Sousa
- Do non-circular chainrings influence cycling performance? A systematic review
53. Authors: Victor Aguiar, Bruno Gonçalves, Nuno Mateus, Jorge Baptista and Diogo Coutinho
- Assessing the impact of the New UEFA Champions League Format on Team Qualification and Competitive Performance
54. Authors: Pedro Pombo Neves, Ana Ruivo Alves, Luís Brandão Faíl, Diogo Marques and Henrique Pereira Neiva
- The Influence of Re-Warm-Up on Power in the Bench Press Exercise
55. Authors: Carmen Serrano-Cañadillas, Manuel Jiménez-Lozano, María Alonso-Escribano, Juan José González-Badillo and David Rodríguez-Rosell
- Load-velocity relationship of young female football players in the full squat exercise
56. Authors: Pedro Jesús Cornejo-Daza, Luis Rodiles-Guerrero, Juan Sánchez-Valdepeñas and Fernando Pareja-Blanco
- Associations Between Pectoralis Muscle Mass and Load-Velocity Relationship in The Bench Press Exercise

57. Authors: María Cornejo-Daza, Eva Montenegro-Cuello, Pedro Jesús Cornejo-Daza, Alejandro Perez-Perez, Miguel Sánchez-Moreno, Beatriz Bachero-Mena, Gonzalo Mariscal-Campón, Luis Manuel Martínez-Aranda and Fernando Pareja-Blanco

- Association between unilateral jump performance and load-velocity relationship in a unilateral exercise

58. Authors: Eva Montenegro-Cuello, María Cornejo-Daza, Pedro Jesús Cornejo-Daza, Alejandro Perez-Perez, Miguel Sánchez-Moreno, Beatriz Bachero-Mena, Gonzalo Mariscal-Campón, Luis Manuel Martínez-Aranda and Fernando Pareja-Blanco

- Effects of Unilateral Hip Extension Training with a Conic Pulley on Mechanical Performance Under Different Loads

59. Authors: Alfonso Romero-Álias, Manuel Jiménez-Lozano, Felipe Franco-Márquez, José Carlos Herrera-Bermudo, José Ramón Amaya-Sánchez, Jesús González-Coletto, Braian Fink, Juan José González-Badillo and David Rodríguez-Rosell

- Acute effect of different resistance exercise protocols on the mechanical response and lactate concentration in the bench-pull exercise

HEART:

1. Authors: Joana Borges, Diogo Monteiro, Fernanda M. Silva, Miguel Jacinto, Tiago Pastilha and Pedro Duarte-Mendes

- Study Protocol for a Randomized Controlled Trial: Effects of a Land and Aquatic Exercise Program on Chronic Low Back Pain

2. Authors: Juliana Cortes, Aurélio Faria, Dina Miragaia and Rui Brás

- The effect of muscular fitness on the FMS scores in female gym users.

3. Authors: Cláudia F. Barata, Maria T. Tomás, Márcio Cardoso, Isabel Conceição, Élia Mateus and João L. Viana

- Exercise in hereditary ATTR (ATTRv) amyloidosis: a narrative review

4. Authors: Pedro Eduardo Alexandria Botelho, Rayaty Favero, Fabricio Veloso de Souza, Iranira Geminiano d Melo, Célio José Borges

- Evolution of street running events in Rondônia: reality in the Amazon

5. Authors: Ricardo Braga-Pereira, António Rodrigues Sampaio, Romeu Mendes and Pedro Teques

- Effects of Aerobic and Resistance Training in Metabolic Syndrome Clinical Biomarkers and Secondary Relevant Parameters: An Umbrella Review of Randomized Controlled Trials Meta-Analyses

6. Authors: Ricardo Madeira, Ana Torres, Henrique P. Neiva, Dulce Esteves, Nuno Pinto, Alessandro Vercelli and Maria Vaz Pato

- Effectiveness of videoconference-based exercise program on the physical health of institutionalized older people: A Six-Week Study

7. Authors: Carolina Domingues, Ricardo Madeira, Dulce Esteves, Carla Fonseca, Adriana Maia, Leonor Anjos, Ana Antunes, Mariana Ferreira, Mariana Pinheiro and Henrique P. Neiva

- Upper Limb Mobility in Breast Cancer Survivors: Flexion Differences Between Affected and Unaffected Arms

8. Authors: Luís Cid, Diogo Monteiro, Filipa Cláudio, Teresa Bento, Anabela Vitorino, Paulo Rosa, Miguel Jacinto, Nuno Couto and Romeu Mendes

- Physical activity, healthy lifestyle, and subjective well-being in people with type 2 diabetes: testing the efficacy of an exercise program

9. Authors: Teresa Bento, Anabela Vitorino, Luís Cid, Diogo Monteiro and Nuno Couto

- How do Passion and Motivation Shape the Well-Being of Athletes with Disabilities? - Systematic Review

10. Authors: Afonso Dias, Mário Cardoso Marques, Daniela Silva, Dulce Esteves and Diogo Luís Marques

- The impact of individualized exercise prescription on physical performance and health-related quality of life in older adults

11. Authors: Daniela Silva, Dulce Esteves, Afonso Dias, Mário Cardoso Marques and Diogo Luís Marques

- Does an 8-week personalized exercise program promote physical and cognitive enhancements in institutionalized older adults with sarcopenia?

12. Authors: Maria Luiza L. Albuquerque, Diogo Monteiro, Marcos Alvarez and Henrique P. Neiva

- The Impact of Home-Based Strength Training on Vertical Jump Performance in Individuals with Fibromyalgia.

13. Authors: Sara Costa, Sónia Remondes-Costa and Susana Cardoso

- Effectiveness of Relaxation and Hypnosis in Chronic Pain Management: preliminary findings of a systematic review

14. Authors: Sara Costa, Susana Cardoso and Sónia Remondes-Costa

- Effectiveness of Meditation and Mindfulness in the Treatment of Chronic Diseases: preliminary findings of a systematic review

15. Authors: Sofia Silva, Dulce Maia, Eduarda Coelho and Maria Paula Mota

- Physical Exercise Program for Patients with Psychosis: Preliminary Results

16. Authors: Inês Faria, Paulo Ferrajão and Amadeu Martins

- Trauma outcomes: the mediating role of dissociation

17. Authors: Óscar Ribeiro, Bryan Rivero and Mário Inácio

- The Impact of Aging, Fall-Risk, and Power Training on Neuromuscular and Biomechanical Mechanisms of Gait Initiation and Balance

18. Authors: Andreia Guerreiro and Ana Ruivo Alves

- The effect of exercise on life quality and depression levels in postpartum women

19. Authors: Joana Prior de Freitas, Daniel Marinho and Rita Santos-Rocha

- Active Pregnancy: preliminary results of a supervised multi-component virtual exercise intervention impact on physical activity and fitness parameters of pregnant women

MULTI:

1. Authors: Ana Rita Fialho, Ana Torres and Paula Carvalho
 - Fear of cancer recurrence and progression on breast cancer survivors: Review study of combined interventions
2. Authors: Feras Bader, Jason Moran, José M. Oliva Lozano and Jorge Arede
 - The effects of tapering on soccer players' performance: A systematic review
3. Authors: Iranira Geminiano de Melo, Célio José Borges, Luis Gonzaga de Oliveira Gonçalves and Alyne de Fátima Lourenço dos Santos
 - Health Education in the Rondônia curriculum framework
4. Authors: Célio José Borges, Iranira Geminiano de Melo and Maria Enísia Soares de Souza
 - Lifestyle profile of a university community in the Amazonian context
5. Authors: Carla Afonso Varajidás and Jorge Soares
 - Inclusion Strategies in Sports in Portugal: A Systematic Review
6. Authors: Mariana Marques, Matilde Lopes and Sónia Remondes-Costa
 - Mental Health Literacy and Well-Being Among University Students: An Integrative Review
7. Authors: João Azevedo and Rui Araújo
 - Practitioner Research in Professional Development in Physical Education Teaching: A scoping review
8. Authors: Pedro Ramalho, António Nunes, Beatriz Santos, Fernanda Silva, Stéphanie Alves and Pedro Duarte-Mendes
 - Impact of a work-related exercise program on stress levels, burnout and quality of life of radiology technicians: a systematic review protocol
9. Authors: Bianca Pereira and Sónia Remondes-Costa
 - Impact of Play Therapy on the Neurotoxic Effects of Chemotherapy in Children with Cancer: An Integrative Literature Review
10. Authors: Patrícia Gomes
 - Learning To Be a Teacher: perceptions how contradictions affect this process and professional identity development
11. Authors: Nataniel Lopes, Rui Matos, Diogo Monteiro, Miguel Jacinto and Sérgio J. Ibáñez
 - Relationship Between Motor Competence and Physical Activity in Children 6-10 Years Old – A Systematic Review
12. Authors: Rute Alexandra Camilo, Joaquim Fernandes Soares, Carla Gomes da Costa, Glória Macassa
 - Psychosocial and Well-Being Factors in the Portuguese Armed Forces: The Role of Leadership
13. Authors: Rui Martins, Diogo Dias, Francisco Painço, Hugo Pereira, Pedro Mendes, Rafael Rodrigues, Rodrigo Fernandes, Fernanda M. Silva and Pedro Duarte-Mendes
 - Perception of Motivation and Health-Related Quality of Life in Franchise Gym vs. Independent Gym in Castelo Branco

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E-Poster

1. E-posters must be a single slide in PDF format.
2. Use a 16:9 widescreen orientation for the slide (e.g. 140 cm in width x 79 cm in height).
3. Include the same sections as a traditional poster but concise for digital display.
4. Ensure all text is readable, with a minimum font size of 20 (16 pt for references). Use visuals (images, charts) to support key points.
5. Save the file as a PDF.
6. File size: Maximum 5MB.
7. Name your file as follows: Firstname_Lastname_E-Poster
8. Send the e-poster to **cidesd2025abstract@gmail.com** until **May 30th**, 2025.
9. E-poster submissions will not be presented during the flash presentation session. They will be displayed digitally throughout the conference for attendees to view.