

Oral Presentations



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

Faculty of Health Sciences at the University of Beira Interior

1st Floor

Oral presentation sessions (8 minutes followed by 4 minutes of discussion)

Day 2: Friday, June 6, 2025

- 09:00-10:30 – Oral Presentations (Session 1)

Day 2: Friday, June 6, 2025

- 14:00-15:30 – Oral Presentations (Session 2)

Day 3: Saturday, June 7, 2025

- 09:00-10:30 – Oral Presentations (Session 3)

Oral presentation sessions (8 minutes followed by 4 minutes of discussion)

Day 2: Friday, June 6, 2025

- **09:00-10:30 – Oral Presentations (Session 1)**

Anfiteatro Azul: ELITE Session 1a, *Chair: Susana Póvoas*

Anfiteatro Verde: ELITE Session 1b, *Chair: Diana Santos*

Sala Convencional 3: HEART Session 1, *Chair: Catarina Abrantes*

Sala Tutoria - B14: MULTI Session 1, *Chair: Diogo Marques*

Day 2: Friday, June 6, 2025

- **14:00-15:30 – Oral Presentations (Session 2)**

Anfiteatro Azul: HEART Session 2a, *Chair: Francisco Saavedra*

Anfiteatro Verde: HEART Session 2b: *Chair: Teresa Santos*

Sala Convencional 3: MULTI Session 2, *Chair: Rui Matos*

Sala Tutoria - B14: ELITE Session 2, *Chair: Rui Marcelino*

Day 3: Saturday, June 7, 2025

- **09:00-10:30 – Oral Presentations (Session 3)**

Anfiteatro Azul: MULTI Session 3a, *Chair: Maria João Lagoa*

Anfiteatro Verde: MULTI Session 3b, *Chair: Paulo Ferrajão*

Sala Convencional 3: ELITE Session 3, *Chair: Eduardo Abade*

Sala Tutoria - B14: HEART Session 3, *Chair: José Vilaça-Alves*

Day 2: Friday, June 6, 2025

- **09:00-10:30 – Oral Presentations (Session 1)**

Oral presentation session (8 minutes followed by 4 minutes of discussion)

Anfiteatro Azul: ELITE Session 1a, Chair: Susana Póvoas

1. Presenting author: Ana Catarina Miranda de Sousa
 - Can dietary nitrate supplementation modulate hematological and muscle oxygenation response to hypoxic high-intensity exercise?
2. Presenting author: Enrique Flórez-Gil
 - Impact of different game-day priming strategies in physical and technical performance female basketball players
3. Presenting author: José Antonio Páez Maldonado
 - Moderate and low volumes produce similar hypertrophy adaptations than high volumes in full-squat training when isolating the effect of fatigue
4. Presenting author: Farzad Yousefian
 - The Most-Demanding Passages of Play in the 2022 FIFA World Cup: Position-Specific Peak Physical Demands in Elite Soccer
5. Presenting author: Pedro Teques
 - Psychological Demands and Challenges of VAR in Football Refereeing
6. Presenting author: Raphael Lopes Matias da Silva
 - Shooting type finishing performance on 3x3 elite basketball players: An observational study

Day 2: Friday, June 6, 2025

- **09:00-10:30 – Oral Presentations (Session 1)**

Oral presentation session (8 minutes followed by 4 minutes of discussion)

Anfiteatro Verde: ELITE Session 1b, Chair: *Diana Santos*

1. Presenting author: Ismael Martínez Guardado
 - Impact of inclination on metabolism responses in trained ultra-trail runners
2. Presenting author: Francisco José Félix Saavedra
 - The Youth Physical Development Model: An approach to long-term athletic development
3. Presenting author: Eduardo Ferreira Maio
 - The relationship between external training load and competitive season phase in a defensive sectorial line of a Portuguese professional football team
4. Presenting author: João Nuno Alves Dias
 - The effect of Dryland warm-up in water polo performance
5. Presenting author: António Leopoldo Lopes Ferraz
 - Unlocking the Training Process: How Different Training Tasks Shape the Physiology and Biomechanics of Professional Futsal Players
6. Presenting author: Carlos Carvalho
 - Comparison Of The Effects Of A Strength And Conditioning Training Program Integrated Into Physical Education Classes Versus The Same Program Complemented With A Self-Directed, Out-Of-School Training Regimen In High School Students

Day 2: Friday, June 6, 2025

- **09:00-10:30 – Oral Presentations (Session 1)**

Oral presentation session (8 minutes followed by 4 minutes of discussion)

Sala Convencional 3: HEART Session 1, Chair: Catarina Abrantes

1. Presenting author: Luís Miguel Teixeira Vaz

- Do former professional rugby players have significantly higher incidence of neuro-degenerative disease than the standard populations?

2. Presenting author: Diogo Oliveira Pinto

- Effects of Home-based Isometric Handgrip and Aerobic Training on Blood Pressure Variability in Older Adults with Elevated BP and Hypertension: Secondary results from the HoldAge Trial

3. Presenting author: Manuel Jesús Jiménez Roldán

- Acute impact of intense physical exercise to exhaustion on IGF-1 concentration and executive functions in young sedentary women: Effects after 12 weeks of HIIT training and a 12-week follow-up period without intervention

4. Presenting author: Victor Hugo Vilarinho Carrijo

- Acute physiological response and perceived effort of older women while exercising with different limb strategies during water fitness exercises

5. Presenting author: Victor Hugo Vilarinho Carrijo

- Understanding the women's force transfer from land to water during the alternate elbow extension-flexion

6. Presenting author: Rui Manuel Neto e Matos

- Wall Drop Punt Kick and Catch (Tripela Sports) test as a potential proxy of boys' motor competence

Day 2: Friday, June 6, 2025

- **09:00-10:30 – Oral Presentations (Session 1)**

Oral presentation session (8 minutes followed by 4 minutes of discussion)

Sala Tutoria - B14: MULTI Session 1, Chair: Diogo Marques

1. Presenting author: Sara Santos
 - The Impact of a Sensorimotor Training Program on Physical Fitness in Older Women with Diabetes
2. Presenting author: Raphaël Lopes Matias Da Silva
 - Effect of Differential Learning on the Technical Skills of Primary and Secondary Education Students in Basketball and Volleyball
3. Presenting author: José Afonso
 - Spin in sports injury risk and prevention research
4. Presenting author: Joana Francisca Ferreira Bica
 - Behavioral Regulation Sport Questionnaire and Sport Motivation Scale – II: A scale comparison
5. Presenting author: Frederico Raposo
 - Biomechanical and functional factors that characterize gait in people with Autism spectrum disorder
6. Presenting author: Vera Alexandra Graça Bártolo
 - Basic Psychological Needs Satisfaction and Frustration: Integrating Need of Novelty

Day 2: Friday, June 6, 2025

- **14:00-15:30 – Oral Presentations (Session 2)**

Oral presentation session (8 minutes followed by 4 minutes of discussion)

Anfiteatro Azul: HEART Session 2a, Chair: *Francisco Saavedra*

1. Presenting author: Rafael Timón-Andrada
 - Exposure to moderate normobaric hypoxia as a therapy to improve cardiovascular health in older adults
2. Presenting author: Mariana Esteves Pinheiro
 - The Road to Recovery: Managing Barriers to Exercise in Cancer Survivors
3. Presenting author: Pedro Duarte-Mendes
 - Autonomic Nervous System Adaptations to Combined Training During the COVID-19 Lockdown
4. Presenting author: Daniel Santarém
 - Decoding peripheral arterial disease with cluster analysis: near-infrared spectroscopy for microcirculatory assessment
5. Presenting author: Ricardo Madeira
 - Impact of a 12-Week Videoconference-Based Exercise Program on Physical and Psychological Outcomes in Institutionalized older people

Day 2: Friday, June 6, 2025

- **14:00-15:30 – Oral Presentations (Session 2)**

Oral presentation session (8 minutes followed by 4 minutes of discussion)

Anfiteatro Verde: HEART Session 2b, Chair: Teresa Santos

1. Presenting author: Diogo Luís Marques
 - Cut-off values for physical performance tests to diagnose frailty in institutionalized Portuguese older women and men
2. Presenting author: Nuno Miguel Pintassilgo da Silva Fonseca
 - A Single resistance training set is sufficient to induce strength gains in cognitively impaired older adults
3. Presenting author: Paulo Alexandre da Silva Ferrajão
 - Do Attachment Dimensions mediate the Association between Primary Emotional Systems and Connectedness to Nature
4. Presenting author: Rocío Cupeiro
 - Preliminary Results from the ADVICE Project, Phase I: The Interaction Between Multiple Sclerosis and Menstrual Cycle Phases on basal Interleukins 6 and 10, and Brain-Derived Neurotrophic Factor
5. Presenting author: Catarina Isabel Neto Gavião Abrantes
 - Calf Muscle Oxygen Saturation as a prospective indicator of Intermittent Claudication Severity in Peripheral Arterial Disease

Day 2: Friday, June 6, 2025

- **14:00-15:30 – Oral Presentations (Session 2)**

Oral presentation session (8 minutes followed by 4 minutes of discussion)

Sala Convencional 3: MULTI Session 2, Chair: Rui Matos

1. Presenting author: Elsa Vieira
 - Economic impact of sporting events in Rio Maior and spectator groups
2. Presenting author: Célio José Borges
 - Municipal Public Policies For Sports And Leisure In Rondônia: A Study In The Amazon-Brazil
3. Presenting author: Mariana Sofia Lopes Ferreira
 - The impact of single resistance training set on muscle damage biomarkers in older adults with cognitive impairment
4. Presenting author: Carolina Afonso Ferreira
 - The Influence of Post-Exercise Feedback on Student Performance in Physical Education Classes
5. Presenting author: Rui Zhou
 - Effect of rule modification in competition on the accelerations of U-10 football players
6. Presenting author: Ximing Shang
 - Influence of maturational stage on the kinematic performance of U-10 football players

Day 2: Friday, June 6, 2025

- **14:00-15:30 – Oral Presentations (Session 2)**

Oral presentation session (8 minutes followed by 4 minutes of discussion)

Sala Tutoria - B14: ELITE Session 2, Chair: Rui Marcelino

1. Presenting author: Diogo Coutinho

- Does video-based priming affect youth players' performance during small-sided games?

2. Presenting author: Hugo Silva

- The impact of high altitude on position-specific peak speed dynamics during soccer matches: a comparison with sea level performance

3. Presenting author: Juan Sánchez-Valdepeñas

- Effects of Different Velocity Loss Thresholds in Full Squats With and Without Blood Flow Restriction on Muscle Hypertrophy

4. Presenting author: Konstantinos Spyrou

- Weekly Training External Load and Match Demands in Female Futsal Players

5. Presenting author: Nuno Mateus

- Clustered Lifestyle Profiles of Adolescent Football Players: Unpacking the Relationship between Off-Training Lifestyle and Training Performance

6. Presenting author: Pedro André Ribeiro dos Santos

- Evaluation of the front crawl technique: comparative acceleration analysis between two different paces, using inertial measurement units (IMU)

Day 3: Saturday, June 7, 2025

- **09:00-10:30 – Oral Presentations (Session 3)**

Oral presentation session (8 minutes followed by 4 minutes of discussion)

Anfiteatro Azul: MULTI Session 3a, Chair: Maria João Lagoa

1. Presenting author: Catarina Alexandra de Melo Rondão
 - The Role of the Memo_Move Program in Maintaining Balance Among the Elderly
2. Presenting author: Bruno Miguel de Sousa Santos
 - Relationship Between Body Image and Physical Activity Levels in Adolescents
3. Presenting author: Amélia Fernandes Nunes
 - Association Between Physical Activity and Myopia in a Sample of Adolescents from the Central Region of Portugal
4. Presenting author: Mariana de Sena Amaral da Cunha
 - Transforming Perceptions of Assessment in Physical Education: Insights from Pre-Service Teachers
5. Presenting author: Ana José Aguiar Rodrigues
 - Perception of Physical Education: Association with Sociodemographic Indicators
6. Presenting author: Sónia Remondes-Costa
 - Evaluation of the Efficacy of a Relaxation Program in Health Professionals: A Quantitative Study of Longitudinal and Randomized Design

Day 3: Saturday, June 7, 2025

- **09:00-10:30 – Oral Presentations (Session 3)**

Oral presentation session (8 minutes followed by 4 minutes of discussion)

Anfiteatro Verde: MULTI Session 3b, Chair: Paulo Ferrajão

1. Presenting author: Rui Ribeiro
 - Perceived vs. Actual Aquatic Competence in Primary School Children: Age and Sex Effects
2. Presenting author: Catarina Marques Loureiro Roberto Pignatelli
 - Cross-Cultural Perceptions of ADHD Development and Validation of a Vignette-Based Methodology
3. Presenting author: Juan Manuel Yáñez-García
 - Changes in strength, movement velocity and lactate concentration during and after a set to muscle failure under different load and velocity conditions
4. Presenting author: Artur Bonezi
 - Movement variability of Parkour Jump
5. Presenting author: Daniel Fernando Teixeira da Silva Duarte
 - Exploring the Dynamics of the Coach-Athlete Relationship in Individual and Team Sports: Perspectives from Elite Coaches

Day 3: Saturday, June 7, 2025

- **09:00-10:30 – Oral Presentations (Session 3)**

Oral presentation session (8 minutes followed by 4 minutes of discussion)

Sala Convencional 3: ELITE Session 3, Chair: Eduardo Abade

1. Presenting author: Diogo José Tereso Evangelista
 - Profiling Top Youth Paddlers: Associations between Years of Practice, Training Volume, Physical Fitness and Paddle Characteristics
2. Presenting author: Paulo Alexandre Vicente dos Santos João
 - Match analysis in volleyball difference in female and male and specialization levels in Olympic Games 2024
3. Presenting author: Carmen Serrano Cañadillas
 - Effects of strength training in young female soccer players
4. Presenting author: Manuel Jiménez
 - Effects of different speed loss during resisted sled sprint training on physical performance and muscle thickness in biceps femoris long head
5. Presenting author: Andrés Rojas-Jaramillo
 - Effect of 10% vs. 30% velocity loss during squat training with low-loads on strength and sport-specific performance in professional female basketball players

Day 3: Saturday, June 7, 2025

- **09:00-10:30 – Oral Presentations (Session 3)**

Oral presentation session (8 minutes followed by 4 minutes of discussion)

Sala Tutoria - B14: HEART Session 3, Chair: José Vilaça-Alves

1. Presenting author: Catarina Garcia

- The Impact of Exercise Prehabilitation on Arterial Stiffness and Blood Pressure in Head and Neck Cancer Patients: Secondary outcomes of The FIT4TREAT Trial

2. Presenting author: Diogo Vaz Leal

- The Influence of Parathyroid Hormone in the Sensitivity of Bone Turnover Markers to Intradialytic Exercise in Haemodialysis Patients

3. Presenting author: Sara Mendes

- From Renal Damage to Muscle Decline: Is Nrf2 Deficiency a Driver of CKD Progression?

4. Presenting author: Pedro Martins

- Association of diabetes with sarcopenia in patients on haemodialysis: a nationwide cross-sectional study

5. Presenting author: Francini P. Andrade

- Association of hydration status and physical function in haemodialysis patients

6. Presenting author: Fernanda M. Silva

- Impact of Combined Aerobic and Resistance Training on Quality of Life and Stress of Middle-Aged Adults

Guidelines for oral presentations:

Oral Presentation

1. Each oral presentation will last a maximum of 8 minutes, followed by 4 minutes for Q&A.
2. All presentations must be in English.
3. Prepare slides in PowerPoint (PPTX) or PDF format.
4. Use a clear, professional template with readable text (font size of at least 16 pt). Focus on concise content supported by visuals (e.g., graphs and images).
5. Presentations must be a maximum of 12 MB.
6. Name your file as follows: Firstname_Lastname_Oral
7. Send your presentation to cidesd2025abstract@gmail.com at least until **May 30th**, 2025.
8. If your presentation exceeds 12 MB, please send it by a "large file transfer service" as WeTransfer or other system.
9. Equipment: Computers and projectors will be provided. Personal laptops are not permitted.