

Poster Flash Presentations



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

Faculty of Health Sciences at the University of Beira Interior

1st Floor

Day 1: Thursday, June 5, 2025

- **16:45-18:15 – Poster Flash Presentations**

Session of poster presentations, with 2 minutes and 1 slide per author

Anfiteatro Azul: ELITE Session (20 presentations), Chair: Ana Alves

Anfiteatro Verde: ELITE/MULTI Session (20 presentations), Chair: Dulce Esteves

Sala Convencional 3: HEART Session (17 presentations), Chair: Aldo Costa

Sala Tutoria - B14: HEART/MULTI Session (17 presentations), Chair: Bruno Travassos

Anfiteatro Azul: ELITE session, *Chair: Ana Alves*

ELITE - P1. Presenting author: Mariana Catarina Pinto Ribeiro

- The impact of personal characteristics on motivation in sports: A narrative review

ELITE - P2. Presenting author: Miguel Leal Pinto da Silva

- Profiling of Physical Qualities of Highly Trained Portuguese Youth Football Players

ELITE - P3. Presenting author: Fábio Nakamura

- Volume matters: An intraindividual approach to quantify the most demanding periods of play

ELITE - P4. Presenting author: Gonalo Jos  Queir s dos Reis

- Load Exposure Variations Among Elite Youth Soccer Players: Comparing Starters and Non-Starters Across Age Groups

ELITE - P5. Presenting author: Gonalo Nuno da Silva Caldeira Flores

- Changes in Heart Rate Variability After a Musculoskeletal Injury in Futsal Players

ELITE - P6. Presenting author: Sara Alexandra Gonalves Santos

- Linear vs non-linear methods of evaluation of postural control: how to test the effectiveness of balance training modalities?

ELITE - P7. Presenting author: Rafael Jos  Pimentel Lopes

- Benchmarking Player Positions and Performance: Portugal vs. Semi-Finalists at the 2023 FIFA Women's World Cup

ELITE - P8. Presenting author: TIAGO JOS  OLIVEIRA TORCATO

- Characterization of the goalkeepers' actions and behaviors in the Portuguese Championship

ELITE - P9. Presenting author: Cicero Wlbiston Alves Serafim

- Opposite player in volleyball: the Killer

ELITE - P10. Presenting author: Armando Quir s-V squez

- Effect of Active Warm-Up and Different Recovery Intervals in 50-Meter Freestyle

ELITE - P11. Presenting author: Gilmar Cleverson Franco da Silva

- The influence of place of sports training and date of birth on the professionalization of elite soccer players in Brazil

ELITE - P12. Presenting author: Miguel dos Reis Baptista

- The influence of a Training Program in Trail Running on Body Composition and Aerobic and Anaerobic Thresholds

ELITE - P13. Presenting author: Ruben Chaves Roriz

- In-season monitoring of single leg countermovement jump performance in youth basketball athletes: an exploratory study

ELITE - P14. Presenting author: Maria Silva

- 3RM vs 6RM back squat protocols impacts brain oxygenation responses to exercise

ELITE - P15. Presenting author: Ana Nogueira

- Longitudinal Study Of Executive Function Domains In Early Childhood: Gym4petiz Program

ELITE - P16. Presenting author: Thiago de Amorim Carvalho

- Does environmental heat stress affect the locomotor activity of beach soccer players?

ELITE - P17. Presenting author: Álvaro Bustamante-Sánchez

- Training-load response analysis for U16 women's basketball players in U18 training sessions

ELITE - P18. Presenting author: Hugo Silva

- A novel approach to analyze agility tasks: highlighting the practical importance of identifying reaction time and movement time to improve training programs

ELITE - P19. Presenting author: Gonzalo Mariscal Campón

- Effects of progressive or stable velocity loss programming in the bench press exercise on muscle hypertrophy

ELITE - P20. Presenting author: Daniel Filipe Correia de Paiva

- Effect of Three Rewarming-up Protocols on 100m Freestyle Turning Times in Competitive Swimmers

Anfiteatro Verde: ELITE/MULTI Session, *Chair: Dulce Esteves*

ELITE

ELITE - P21. Presenting author: Lúcio André Dias da Silva Almeida Cunha

- The effect of sleep extension and sleep hygiene on isometric mid-thigh pull peak force in male football players: an exploratory analysis

ELITE - P22. Presenting author: Shin-Ichiro Moriyama

- Analysis of the upper limb thrust of the assisted front-crawl swimming using the Statistical Parametric Mapping

ELITE - P23. Presenting author: João Pedro da Silva Pereira Campos

- Impact of International Tournament Absences on Team Performance: A comparative analysis of Offensive Indicators

ELITE - P24. Presenting author: André Filipe Gomes Caseiro

- Evaluating Spin Rate and Axis of Rotation in Basketball Shooting using Tri-dimensional Motion Capture

ELITE - P25. Presenting author: Tiago Venâncio

- Offensive Strategies and Running Performance: Insights from the FIFA Women's World Cup 2023

ELITE - P26. Presenting author: Tiago Mendonça Cardoso Vasconcelos

- The Effect of Resistance Training Proximity-to-Failure on Quadriceps and Biceps Hypertrophy in Resistance-Trained Males and Females

ELITE - P27. Presenting author: Rui Zhou

- Determinants of Competitive Balance in Youth Competitive Sports: An Analysis Based on Generalized Linear Models

ELITE - P28. Presenting author: Sara Isabel Santos Branco

- The relationship between training, match load and wellness in professional female soccer players

ELITE - P29. Presenting author: André Daniel Araújo Milheiro

- A Qualitative Study on Complementary Training Strategies for Non-Starters in Soccer: Insights from an elite club into men's and women's teams

MULTI

MULTI - P1. Presenting author: Jun Kuroiwa

- Implementation and Educational Significance of "Non-Directive Coaching": An Examination of Its Application and Learning Effects in University Coaching Courses

MULTI - P2. Presenting author: Tomohiro Ogai

- Challenges in the Introduction of the Ecological Approach in School Physical Education and Sports Coaching in Japan: Insights from Information Exchange among Stakeholders Involved in Sports Coaching and Physical Education Teacher Education

- MULTI - P3. Presenting author: Sumiyo Shiina
- Effects of Adventure Based Education for Japanese University Students in Emotional Intelligence
- MULTI - P4. Presenting author: Célio José Borges
- Pedagogical Laboratories: methodological strategy in the Initial Training of Physical Education and Pedagogy Teachers at the Federal University of Rondônia – Brazil
- MULTI - P5. Presenting author: Andreia Maria Fernandes Carrança
- Fear of Disease Progression in cancer survivors in the Beira Interior Region
- MULTI - P6. Presenting author: Karla Chaves Castro
- Factors that Determine Athlete and Fans' Sustainable Behavior and Future Intentions during a sport event
- MULTI - P7. Presenting author: Karla Chaves Castro
- Program of Recreational Activities for Guidance on Decision-Making Skills in Adolescents
- MULTI - P8. Presenting author: Carolina Afonso Ferreira
- Individual and Combined Effects of Instruction and Demonstration on Tactical Development in Physical Education
- MULTI - P9. Presenting author: Andreia Filipa Pereira Tavares
- Translation and validation of the Godin Leisure Time Exercise Questionnaire (GLETQ) in adult cancer survivors – Preliminary study
- MULTI - P10. Presenting author: Ana Isabel Gonçalves Pedro
- Physical Fitness Characteristics of Institutionalized Elderly in Cova da Beira
- MULTI - P11. Presenting author: Nuno Gonçalves
- Systematic differences between jump height estimations from impulse and flight time via a force platform with jump height estimation from flight time via the Optojump™ system

Sala Convencional 3: HEART Session, *Chair: Aldo Costa*

HEART - P1. Presenting author: Tiago Sousa

- Acute effects of velocity-monitored resistance training with 10% velocity loss in mechanical parameters in older adults

HEART - P2. Presenting author: Tiago Sousa

- The pattern of repetition velocity when starting the chest press with flexed and extended joints in older adults

HEART - P3. Presenting author: Svitlana Dikhtyarenko

- Relationship between Baropodometric Footsteps and Chronic Pain: Effects of a Physical Activity Programmed on Posture and Chronic Pain Levels

HEART - P4. Presenting author: Luís Brandão Faíl

- Comparison of the effects of water aerobics in different populations

HEART - P5. Presenting author: Elena Caso-Fontáñez

- Strength Training Rest Protocol Proposal Based on %SmO₂

HEART - P6. Presenting author: Daniel Santarém

- Effects of a 24-week combined aerobic and resistance exercise training on body composition and lower-extremity muscle function in patients with peripheral arterial disease

HEART - P7. Presenting author: Adriana Louro Maia

- Physical Fitness Decline Following Training Cessation in Breast Cancer Survivors Post 12-Week Exercise Intervention

HEART - P8. Presenting author: Ana Catarina Fernandes Antunes

- Baseline Assessment of Physical Fitness and Functional Limitations in Breast Cancer Survivors: Insights from the Mama_Move Program

HEART - P9. Presenting author: Leonor Sol Gonçalves Costa Anjos

- Evaluation of Smartwatch Accuracy in Body Composition Measurement: A Practical and Affordable Alternative to Reference Devices

HEART - P10. Presenting author: Nuno Couto

- Exercise adherence in fitness. A one-year motivational multi-theoretical approach - "Tell me what you've done and I'll tell you what you'll do"

HEART - P11. Presenting author: Laissa Saldanha

- Effects of Non-Invasive Neuromodulation on Sleep and Sports Recovery in Female Athletes

HEART - P12. Presenting author: Adelaide Pinto

- Active Pregnancy: Implementation of a community-based supervised exercise program to promote healthy lifestyle, physical activity and fitness of pregnant and postpartum women in the North Region of Portugal

HEART - P13. Presenting author: Ricardo Jorge Mendes Oliveira

- Physiological Load And Perceived Experience Of Long-Term Recreational Football Training In Elderly Men With Prostate Cancer

HEART - P14. Presenting author: Ana Carvalhinho Silva

- Rate pressure product and 24-hour movement behaviours in school-age youth

HEART - P15. Presenting author: Tatiana Sampaio

- Fit but Sedentary? The Paradox of Sports Science Students

HEART - P16. Presenting author: Duarte Neto

- Exploring Physical Fitness and Quality of Life in Community-Dwelling Older Adults: a pilot study

HEART - P17. Presenting author: Raquel de Sousa Cordeiro Duff Burnay

- Adaptation and Validation Scales: Digital Identity Scale and The Duke Social Support Index

Sala Tutoria - B14: HEART/MULTI Session, *Chair: Bruno Travassos*

HEART

HEART - P18. Presenting author: Júlia Neves da Fonte

- Feeling to acting: Eco-emotions as mediators of the association between Connectedness to Nature and Pro-environmental Behaviors

HEART - P19. Presenting author: Libânia Sofia Pimentel Mendes

- Evaluating the acute effects of heat therapy on NIRS-Based assessment of muscle in Peripheral Arterial Disease: A pilot study

HEART - P20. Presenting author: Diogo Vaz Leal

- The impact of exercise professionals in the implementation of intradialytic exercise

HEART - P21. Presenting author: Nuno Manuel Moreira Dias Rato

- Improving Response to Chemotherapy by Adding Physical Exercise in the Neoadjuvant Setting of Breast Cancer Patients – Study Protocol for the KEYMOVE trial

HEART - P22. Presenting author: Maria Salomé Lopes Baptista Dos Santos

- Characterisation of physical exercise performed by breast cancer survivors in Beira Interior, Portugal, as well as the recommendation and opinion of health professionals

HEART - P23. Presenting author: Rita Vanessa Mateus Lourenço

- Relationship between the Trail Making Test A and B and sociodemographic, cognitive and quality of life variables in breast cancer survivors from Beira Interior, Portugal

HEART - P24. Presenting author: Otávio Toledo Nóbrega

- Circulating immune mediators and habitual exercise practice among older adults: beyond the statistical significance, towards clinical significance

MULTI

MULTI - P12. Presenting author: Sono Kaneko

- Day camp initiative for children with developmental disabilities and their parents in 2024: An initiative with students from a sports university aimed at helping children achieve a sense of accomplishment through sports.

MULTI - P13. Presenting author: Miguel Rebelo

- Motor Competence Levels in Portuguese Children in the 1st Basic Cycle and their Relationship with School Performance

MULTI - P14. Presenting author: Miguel Ângelo Susano Jacinto

- Impact of Muscle Mass and Muscle Strength on Quality of Life of Individuals with Intellectual and Developmental Disabilities

MULTI - P15. Presenting author: Ricardo Alexandre Campos França

- Parental support in Portuguese youth football – the view of parents and players

- MULTI - P16. Presenting author: Ana José Aguiar Rodrigues
- Effect of Physical Activity, Screen Time, Sleep, Body Composition and Backpack on Neuromuscular Pain in Adolescents
- MULTI - P17. Presenting author: Alexandre Graça Gomes
- Performance and Kinematic Aspects of Paddle Stroke in Young Kayakers: Insights from an Exploratory Study
- MULTI - P18. Presenting author: Diogo Miguel Sousa e Silva
- The Relationship Between Physical Fitness and Sprint Performance in Young Male and Female Kayakers: An Exploratory Study
- MULTI - P19. Presenting author: Marina Andreia da Cunha Moreira Pinto
- What influences customer retention in fitness new technologies A Study design
- MULTI - P20. Presenting author: João Diogo Rodrigues Freitas
- Neuromuscular Patterns in Stand-Up Paddle: The Influence of Gaze direction on Lower Limb muscular behaviour
- MULTI - P21. Presenting author: Renata Bona
- Autonomic nervous system in Ashtanga Yoga beginners

Guidelines for poster presentations:

Conventional Print Poster

1. Posters must be A0 size (841 mm x 1189 mm), in portrait orientation.
2. The authors are encouraged to include the title, authors, affiliations, introduction, methods, results, conclusions, and references.
3. Ensure visuals (graphs, images, tables) are clear, and use minimal text for readability.
4. Authors must bring their posters printed and are responsible for affixing them in the designated area.
5. Posters will be displayed throughout the conference.
6. **Each printed poster will be formally presented during the Poster Flash Presentation session on the first day of the conference:**
 - During this flash presentation, each author has a maximum of 2 minutes with only 1 slide to summarize their poster.
 - Prepare a single PowerPoint slide that highlights key aspects of your work. Avoid overloading with text; focus on visuals and concise points.
 - Save your slide as a PowerPoint (PPTX) or PDF file.
 - The file must not exceed 5MB.
 - Name your file as follows: Firstname_Lastname_PosterFlash
 - Email your slide to cidesd2025abstract@gmail.com at least until **May 30th, 2025**.
 - The organization reserves the right to exclude submissions that do not meet the deadline.
 - Tips for an Effective Flash Presentation: i) practice your timing to stay within the 2-minute limit; ii) use large fonts and clear visuals for better readability on screen; iii) end with a compelling reason for attendees to visit your poster (e.g., “Learn more about our findings in Poster #12!”).