

Book of Abstracts



**4 HEALTHY
ACADEMIC
SOCIETY**

International Scientific
Congress of student'
sport, physical
exercises and health



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Hrvatski akademski
sportski savez
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Welcome Note

We live in a time when the preservation and improvement of health have become one of the greatest challenges. The modern way of life, increased engagement in work obligations, studying, and society in general have led to the neglect of some fundamental values crucial for quality of life: physical inactivity, dangerous changes in dietary habits (increased salt and sugar intake), ecological changes, changes in communication methods, growing alienation, lack of social skills, and shifts in personal priorities regarding quality of life. The period of studying is a dynamic phase in the lives of young individuals, full of challenges and opportunities for growth. However, it also requires a balance between academic responsibilities, extracurricular activities, social life, social skills, as well as taking care of one's physical and mental health. The lack of personal inner balance contributes to dissatisfaction and unhealthy habits. Considering these challenges, it is necessary to understand the importance of physical exercise and sports and their impact on the physical and mental health of students.

In order to truly bring about a change in lifestyle habits, multidisciplinary research is needed from experts in various scientific fields who deal with the adoption of healthy habits within the academic community. In the Republic of Croatia, according to the National Sports Program 2019-2026, one of the goals is to promote

health-oriented physical exercise, the promotional value of sports and physical activity, and to define a dual career system within the academic community that will ensure successful careers for a greater number of student athletes after their sports careers, as well as promote higher education institutions through sports and health.

The first goal of the 4th International Scientific Congress on Student Sports, Physical Exercise, and Health, "4 Healthy Academic Society," is to present research results, share knowledge and experiences, and encourage discussions on how to improve the status of physical and health education, establish a support system for student athletes' dual careers, and raise awareness about the importance of personal health through promotional preventive activities. The Croatian Academic Sports Federation, in cooperation with the academic community and partners involved in organizing this Congress, to whom I would like to express my gratitude on behalf of the Organizing Committee, will offer solutions for the aforementioned areas based on scientific research results conducted on the student population and collaborate with relevant authorities to find ways to implement them for the betterment of society as a whole.



PRESIDENT OF THE CONFERENCE ORGANISING COMMITTEE
Asos. Prof. Sanja Curkovic, PhD

Conference Programme



7TH JUNE 2023

18:00 - 19:00	Registrations (Hotel Molindrio, Zelena laguna 2, Porec)
20:00	Welcome dinner (La Vechia Cantina, Matka Laginje 2, Porec)

8TH JUNE 2023

9:00 - 9:30	Registration (Hotel Parentium, Zelena laguna 6, Porec)
9:30 - 10:00	Welcome speeches

SESSION 1

10:00 - 10:30	Professor emer. Bojan Jelaković: THE IMPORTANCE OF PHYSICAL ACTIVITY IN MODERN SOCIETY (key note 1)
10:30 - 11:00	Full professor Boštjan Šimunič: PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR: WHICH WAY OUT? (key note 2)
11:00 - 11:15	Discussion
11:15 - 11:30	Coffee Break

ORAL PRESENTATIONS

Chairperson: Assoc. Prof. Željko Jovanović

11:30 - 11:40	Erna Davidović Cvetko, Dražen Pejić, Ivana Lovrić: ASSOCIATION BETWEEN SEDENTARY BEHAVIOR AND BODY COMPOSITION IN PHYSIOTHERAPY STUDENTS
11:40 - 11:50	Elena Delač, Nives Vujnović, Jasna Zrinski Petrović, Kristijan Zulle, Lovorka Bilajac: STUDENT - LED HEALTH ENHANCING PHYSICAL ACTIVITY FOR ELDERLY - EVIDENCE BASED RESEARCH
11:50 - 12:00	Marko Čule, Ivan Milinović, Marko Lepoglavec, Davor Pavlović: COMPARING SELF - RATED HEALTH IN STUDENTS: REGULAR PHYSICAL EDUCATION CLASSES VS. STUDENT ATHLETES
12:00 - 12:10	Dragan Glavaš, Mario Pandžić, Patrik Grubor: THE POWER OF MINDSET AND ITS ROLE IN THE PSYCHOLOGICAL WELL - BEING OF STUDENT - ATHLETES, STUDENT - EXERCISERS, AND NON - ACTIVE STUDENTS
12:10 - 12:20	Aleksandar Selmanović, Sanja Zoranić, Matija Čale - Mratović: STUDENTS MENTAL HEALTH ATTRIBUTES IN RELATION TO ENGAGEMENT IN PHYSICAL ACTIVITY
12:20 - 12:30	Damir Vučić, Sanja Ćurković, Mirna Andrijašević: THE RELATIONSHIP BETWEEN KINESIOLOGICAL ACTIVITIES AND POSITIVE EMOTIONAL STATES OF STUDENTS
12:30 - 12:40	Domagoj Vulić, Patrik Petrov, Jurica Lovrinčević: DIFFERENCES IN THE LEVEL OF DEPRESSIVE SYMPTOMS OF FEMALE STUDENTS BASED ON DIFFERENT PHYSICAL ACTIVITY CATEGORIES

12:40 - 12:50	Jelena Alić, Jerak Tonći, Ivković Gordana: DIFFERENCES IN THE PHYSICAL ACTIVITY LEVEL OF FEMALE STUDENTS FROM ZADAR UNIVERSITY REGARDING THEIR NICOTINE CIGARETTE SMOKING
12:50 - 13:00	Romana Caput - Jogunica, Sergio de Privitellio: DIFFERENCES IN PHYSICAL ACTIVITIES AND NUTRITION OF BIOMEDICINE AND HEALTH STUDENTS IN COMPARE OF STUDENTS FROM OTHER SCIENCE FIELD OF UNIVERSITY RIJEKA
13:00 - 13:10	Zoran Špoljarić, Tvrtko Galić, Hrvoje Ajman: PHYSICAL ACTIVITY OF STUDENTS WITH DISABILITIES
13:10 - 13:20	Diana Veljanovska, Jasna Lulić Drenjak, Hrvoje Vlahović: CLUB'S EXPERT TEAM CARE FOR PREVENTION AND REHABILITATION OF PROFESSIONAL ATHLETE'S INJURIES: QUALITY OF TEAMS'S ORGANISATION
13:30 - 14:45	Lunch

SESSION 2

15:00 - 15:30	Prof. Francis Cirianni: "UNIVERSITY SPORTS: DEVELOPMENT AND NEW PERSPECTIVES" (Key note 1)
15:30 - 16:00	Prof. Mojca Doupona: FROM EU GUIDELINES ON DUAL CAREER TO USEFUL PRACTICAL TOOLS FOR STUDENT ATHLETES
16:00 - 16:15	Discussion
16:15 - 16:30	Coffee Break

ROOM 1 Dual career and academic sport

Chairman: Assist. prof. Tonći Jerak, Assist. Prof. Hrvoje Sivrić

16:30 - 16:40	Snježana Pejčić, Romana Caput - Jogunica: A STUDY OF ATHLETES' CAREER CENTRE: WHAT WE HAVE AND WHAT WE NEED
16:40 - 16:50	Antonio Župan, Mirjana Milić, Toni Batinić, Ivan Tustonjić, Šime Veršić: ANALYSIS OF THE CURRENT SITUATION AND TRENDS IN COMPETITIVE AND RECREATIVE UNIVERSITY SPORTS
16:50 - 17:00	Jasna Lulić Drenjak, Tamara Puschman, Hrvoje Vlahović, Željko Jovanović: WOULD STUDENTS WANT MORE SPORTS AND MORE PARTICIPATION IN SPORTS ACTIVITIES AT THE UNIVERSITY OF RIJEKA?
17:00 - 17:10	Tvrtko Galić, Zvonimir Tomac, Lucija Zrno: THE IMPORTANCE OF INFORMATION IN THE SYSTEM OF ACADEMIC SPORTS
17:10 - 17:20	Dražen Rastovski, Damir Tomić: THE ROLE OF ICT IN POPULARIZING STUDENT SPORTS
17:20 - 17:30	Dražen Maleš: VARIOUS ASPECTS OF MEDIA RELATIONS PRACTICES IN CROATIAN NATIONAL FEDERATION OF OLIMPIC SPORTS: A SIZE - BASED COMPARATIVE PERSPECTIVE
17:30 - 17:40	Domenico Crognale: CAN A NEW STRATEGY IMPROVE EMPLOYMENT OPPORTUNITIES AND SPORTS EVENT QUALITY IN EUROPE?
17:40 - 18:00	Brief feedback from chairman's

ROOM 2 Anthropological features of university students

Chairman: Assoc. Prof. Sanja Ćurković, Assist.prof. Aleksandar Selmanović

16:30 - 16:40	Ivona Kelić, Tomislav Pranjić: PHYSICAL ACTIVITY AND ITS PREDICTORS AMONG STUDENTS OF THE UNIVERSITY OF SPLIT
16:40 - 16:50	Beneddine Kamel: DETERMINE THE LEVEL OF MOTIVATION FOR PHYSICAL ACTIVITY AMONG RESIDENT FEMALE STUDENTS AT THE UNIVERSITY OF MOSTAGANEM
16:50 - 17:00	Josip Cvenić, Lucija Faj, Klara Findrik: MAIN MOTIVES FOR EXERCISE AND EXCESSIVE EXERCISE ACTIVITY COMPARING KINESIOLOGY STUDENTS AND RECREATIONAL ATHLETES
17:10 - 17:20	Gordana Ivković, Dinko Jadrešić, Tonči Jerak: QUANTATIVE CHANGES OF STUDENT ANTHROPOLOGICAL STATUS FOLLOWING THREE MONTHS OF EXERCISE
17:20 - 17:30	Davor Pavlović, Marko Čule, Marko Lepoglavec: COMPARATIVE ANALYSIS OF MORPHOLOGICAL CHARACTERISTICS OF TWO GROUPS OF STUDENTS
17:30 - 17:40	Bartol Vukelić, Klara Šiljeg, Perina Šiljeg: CORRELATIONS BETWEEN STROKE RATE AND NUMBER OF STROKES WITH RESULT IN FIRST AND SECOND 25 METERS OF 50 METERS FREESTYLE
17:40 - 17:50	Marko Kunac, Vesna Šeper, Nebojša Nešić, Erna Davidović Cvetko: DIFFERENCES BETWEEN BODY CHARACTERISTICS, MOTOR SKILLS AND FUNCTIONAL CAPACITIES AMONG YOUNG MALE AND FEMALE ROWERS
17:50 - 18:00	Neven Gladović, Dino Bartoluci, Marina Vuglovečki: STUDENT ATTITUDE TOWARDS SPORTS AND RECREATIONAL ACTIVITIES AT EDWARD BERNAYS UNIVERSITY
18:00 - 18:10	Nikola Hrbud, Jadranka Vlašić, Maja Horvatin: THE IMPORTANCE OF PREPARATION PROTOCOLS BEFORE DANCE TRAINING IN AMATEUR FOLK DANCE GROUPS
18:10 - 18:30	Brief feedback from chairman's
18:30	End of first day

9TH JUNE 2023

11.00 - 12.00	Round table: How to improve position of student-athletes at the University: dual career, healthy career and evaluation of sports engagement and results?
13.00	Lunch

Abstracts



ASSOCIATION BETWEEN SEDENTARY BEHAVIOR AND BODY COMPOSITION IN PHYSIOTHERAPY STUDENTS

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ABSTRACT

This study aimed to determine how much time students of physiotherapy spend in different sedentary activities, and to investigate the association of weight status and body composition with the sedentary behavior. Sixty students (35 women and 25 men) were involved in a cross-sectional survey. Body height was measured by stadiometer. Body mass and body composition were assessed by bioelectric impedance analysis. Involvement in sedentary behavior during leisure time was assessed by self-administered questionnaire. Results showed that students spend a total of 6,4 h/day of their leisure time in sedentary activities. Athletes spend on average 1 h less in sedentary activities than non-athletes. Correlation between the time spent in sedentary activities and body composition was statistically significant only in overweight group, where % body fat correlated with total sedentary time ($r=0,859$, $p=0,013$), watching TV ($r=0,782$, $p=0,038$), doing paperwork or computer work ($r=0,758$, $p=0,014$) and reading books ($p=0,791$, $p=0,034$). BMI correlated with total sedentary time only in group of overweight ($r=0,776$, $p=0,04$), while in group of normal weight and underweight tested correlations were not statistically significant. These results indicate that students spend great amount of their leisure time in sedentary behavior, and that there is an association between sedentary behavior and body composition in overweight students. Students who are involved in sports are less sedentary than those who do not practice sports. Evidence supports a need for additional education of students on adverse effects of sedentary behavior on their health and appearance.

STUDENT-LED HEALTH-ENHANCING PHYSICAL ACTIVITY FOR ELDERLY- EVIDENCE BASED RESEARCH

Nives Vujnović, Elena Delač, Jana Zrinski Petrović, Kristijan Zulle, Lovorka Bilajac

ABSTRACT

Physical activity is an essential part of a healthy lifestyle, and it is important for people of all ages to exercise regularly. For students and the elderly, physical activity can be of great benefit to physical and mental health. Therefore, student-led group exercise can be an effective means of promoting health-enhancing physical activity in all populations by creating a stimulating and motivating environment. Data were collected using standardized questionnaires and tests, as well as interviews.

This combined quantitative-qualitative study was conducted to compare the quality of life of older people while participating in group exercise led by physiotherapy students, as well as the improved quality of life and physical condition of the students.

Results showed significant improvement in functional abilities and quality of life, as well as the acquisition of healthy habits after two years of participation in group exercise. Participants reported reduced pain, improved ability to perform daily activities, and improved social interaction. Participants expressed satisfaction with the exercise program and emphasized the importance of the guidance and motivation they received from physiotherapy students.

Keywords: elderly, quality of life, exercise, physical activity, students.

COMPARING SELF-RATED HEALTH IN STUDENTS: REGULAR PHYSICAL EDUCATION CLASSES VS. STUDENT ATHLETES

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ABSTRACT

The aim of this work is to investigate the differences in self-rated health between students who participate in student sports and those who participate in regular physical education classes. The present study included 125 students (91 females and 34 males) from the Faculty of Economics, University of Zagreb, with an average age of 20.21 ± 1.54 years. Participants were randomly selected and consisted of 71 students who participated in regular physical education classes and 54 students who were members of sports teams participating in the University Championship of the University of Zagreb. Self-rated health was assessed by using single-item question: "How would you rate your health?" with five responses: (1) very poor, (2) poor, (3) fair, (4) good and (5) excellent. We categorized the outcome as "poor" health (responses very poor and poor) and "good". The differences between the two groups were analyzed by using the Man-Whitney U-test. The significance level was set up at $p < 0.05$. The results show that student athletes reported a significantly better ($p < 0.000$) self-rated health (4.31) than students from regular physical education classes (3.44). Moreover, it is evident that athletes have a lower body weight ($p < 0.006$) and BMI ($p < 0.005$) compared to their non-athlete counterparts, with statistically significant differences between the two groups. Given these findings, it is imperative to raise awareness about the importance of sports participation among students, along with other recreational programs that complement physical education.

Keywords: Health, Student sports, Physical Education

THE POWER OF MINDSET AND ITS ROLE IN THE PSYCHOLOGICAL WELL-BEING OF STUDENT-ATHLETES, STUDENT-EXERCISERS, AND NON-ACTIVE STUDENTS

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ABSTRACT

This research aimed to explore the psychological well-being of students who rarely or never engage in physical activity, recreational student-exercisers and active student-athletes and the influence of their belief in benefits of physical activity (PA) on psychological well-being. A sample of 387 students (N female = 279) aged between 18 and 27 years (M age = 21.56, SD = 2.06) took part in the study. We measured psychological well-being using a shortened version of Riff's psychological well-being scale. Based on their rate to the questions on their belief in the positive impact of PA on their PH on a scale from 1 to 7 (with a larger number indicating firmer beliefs on the more substantial impact of PA), we categorized participants as a group with lower, moderate, and firmer belief in the positive impact of PA on PH. The results showed that belief in the positive impact of PA on PH moderated the impact of different levels of PA on psychological on autonomy, personal growth, and self-acceptance. Specifically, if their belief in positive impact of PA on PH was lower or moderate student-athletes showed lower autonomy. Furthermore, student-athletes and student-exercisers with lower belief in positive impact of PA on PH exhibited lower personal growth and self-acceptance, while self-acceptance was highest among student-athletes with firmer belief in positive impact of PA on PH. We discuss these findings within the Growth mindset theory emphasizing the possible moderating role of sets of beliefs in the assumed beneficial effect of PA on students' psychological well-being and suggest the practical relevance of the positive effect of belief in the mentally beneficial effect of PA.

Keywords: Mindset, physical activity, psychological well-being, students

STUDENTS MENTAL HEALTH ATTRIBUTES IN RELATION TO ENGAGEMENT IN PHYSICAL ACTIVITY

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ABSTRACT

The aim of this study was to investigate the mental health features of university students according to their involvement in physical activities. The research included 368 first year students at the University of Dubrovnik. The results show a high correlation between mental health characteristics and physical activity, proving that students who are more active have significantly fewer problems with self-esteem and fewer symptoms of depression. On the other hand, the level of physical activity could not be a determinant to differentiate students by their self-image. The study contributes to a better understanding of the reciprocal relationship between mental health and physical activity. The authors suggest better collaboration between mental health services and higher education institutions and recommend the most appropriate type of exercise to improve mental health.

Keywords: mental health, students, exercise, physical activity

THE RELATIONSHIP BETWEEN KINESIOLOGICAL ACTIVITIES AND POSITIVE EMOTIONAL STATES OF STUDENTS

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ABSTRACT

The aim of this study was to investigate the relationship between time spent in kinesiological activities with the intensity of positive emotional states among the student population of the University of Zagreb during the COVID-19 pandemic. In this research the International Physical Activity Questionnaire (IPAQ-SF) and Questionnaire of the former engagement in kinesiological activities (KINAKT), were used to assess the frequency and duration of kinesiological activities. The intensity of positive/pleasant emotions among students was estimated with Positive and Negative Affect Schedule questionnaire (PANAS). Univariate and multivariate methods were used. The connections between the variables were estimated using the Pearson coefficient of correlation. The main study was conducted in the 2020/2021 academic year, on a final sample of respondents of the University of Zagreb (N=1000, M=48% and F=52%). A significant difference by gender was observed. The results show that male students are more active compared to female students and they are achieving better results and more values for pleasant affective experiences in the PANAS questionnaire. The research results show that less and less students are involved in any form of kinesiological activity. Positive affective experiences have been shown to develop in students engaged in any form of kinesiology activity.

Keywords: kinesiology activity, students, positive/pleasant affective experiences

DIFFERENCES IN THE LEVEL OF DEPRESSIVE SYMPTOMS OF FEMALE STUDENTS BASED ON DIFFERENT PHYSICAL ACTIVITY CATEGORIES

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ABSTRACT

Aim: To determine physical activity levels among female students attending Faculty of Education in University of Osijek and to determine the differences in the level of depressive symptoms between the students with low, moderate and high levels of physical activity. **Methods:** The data was collected using self-administered questionnaires on a sample of 121 female students by using the short version of the International Physical Activity Questionnaire (IPAQ) and Depression, Anxiety and Stress Scale (DASS) of which only the depression subscale was used. **Results:** Median total physical activity of the whole sample was 51,1 MET-hour/week. Students achieved the highest level of physical activity in the category of walking (23,1 MET-hour/week). There are no differences in levels of depressive symptoms between the students of low, moderate and high levels of physical activity ($p=0,6522$). **Conclusion:** Mental health benefits can be sustained even below the public health recommended levels of physical activity. For future interventions, it is necessary to identify factors that lead to depressive disorders in this population and enable early detection of those at increased risk of mental disorders and provide them with adequate help. Furthermore, future studies should include physical activity in domains of work, transport, domestic and garden and leisure time for more detailed results.

Keywords: physical activity, female students, depressive symptoms

DIFFERENCES IN THE PHYSICAL ACTIVITY LEVEL OF FEMALE STUDENTS FROM ZADAR UNIVERSITY REGARDING THEIR NICOTINE CIGARETTE SMOKING

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ABSTRACT

The prevalence of physical activity (PA) and smoking nicotine cigarettes (SNC) are a big public health issue in Croatia. The aim of the present research is to establish the level of PA and smoking habits with female students of the University of Zadar and do research on whether there are differences in the level of PA between smokers and non-smokers.

The research consisted of a total of 312 female students of the University of Zadar $AS=21.68$ years of age and $SD=1.54$. The level of PA was evaluated by the Croatian version of the Questionnaire for Physical Activity Evaluation–IPAQ (Craig et al., 2003). Four domains of PA, total physical activity and type of PA were calculated on the basis of the questionnaire items. A type of question with offered answers was used to examine the habits related to cigarette consumption. Based on the answers of the respondents on smoking habits two subsamples were formed; female students who do not smoke and female students who smoke cigarettes. In the total sample, 65.06% of female students were non-smokers while 34.94% female students were classified in the group of smokers.

The research results indicate that female students who do not smoke have a higher level of physical activities in the domain of free time. (Me/RQ nonsmokers= 16.50/30.40 and $MeR-Q$ smokers=11.55/25.90, with significance level $p<0.05$) even in high intensity activities (Me/RQ nonsmokers= 00.00/184.8 and $MeRQ$ smokers=00.00/8.00, with level of significance $p<0.05$) with reference to female students who smoke.

Interventions aimed at increasing the level of PA and reducing the frequency of smoking in the student population are necessary in the planning of student sports at all universities in Croatia, which will result in a better psychophysical status of students.

Keywords: differences; cigarette smoking; physical activity, university students

DIFFERENCES IN PHYSICAL ACTIVITIES AND NUTRITION OF BIOMEDICINE AND HEALTH STUDENTS IN COMPARE OF STUDENTS FROM OTHER SCIENCE FIELD OF UNIVERSITY RIJEKA

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ABSTRACT

The aim of the article is to determine the differences between physical activities and nutrition between students of biomedical and health sciences and students from other scientific fields at the University of Rijeka. The study included 1170 bachelor and master students of the University of Rijeka enrolled in the academic year 2017/18, from all scientific fields, of which 274 were biomedical students (Faculty of Medicine n=151, 44 male and 107 female students and from the Faculty of Health Studies n=123, 33 male and 90 female students). Descriptive parameters expressed by relative frequencies were calculated and a one-way ANOVA was calculated to test differences between science fields. Statistically significant differences in physical activity engagement were found: engineering and bioengineering science students are more active than students from other science fields. For biomedical and health studies students, the most important factors for motivation in food choices were: food sensory experience, price and accessibility of food. The need for further engagement of academic society in educating students about importance and relationship of physical activity and food quality to health is confirmed.

Keywords: fields of sciences; physical activity; nutrition; students

PHYSICAL ACTIVITY OF STUDENTS WITH DISABILITIES

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ABSTRACT

Physical activity contributes to psychological and social well-being in both healthy and disabled people. This work aims to determine through which communication channels students with disabilities learned about sports activities at four universities in the Republic of Croatia and whether they are willing to attend physical education and health education classes if adapted contents are implemented in the classes.

Keywords: students, people with disabilities, physical activity

CLUB'S EXPERT TEAM CARE FOR PREVENTION AND REHABILITATION OF PROFESSIONAL ATHLETE'S INJURIES: QUALITY OF TEAMS'S ORGANISATION

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ABSTRACT

Introduction: Sports injuries make up the majority of sports injuries in modern western society. Their treatment is demanding, expensive and takes a lot of time, therefore preventive measures have a notable role in sports, both for medical and economic reasons. Most injuries occur during training (60% of injuries), while the largest number of traumatic injuries occur during matches. Injuries cannot be completely prevented, but thanks to preventive measures, the risk of their occurrence can be reduced. According to the latest research by the International Handball Federation from the World Championship in Doha, the most injuries were sustained by outside players (36%), followed by wing players (25.4%), circle players (25.4%) and goalkeepers (7.3%). The most common injuries were sprained ligaments, sprained joints, contusions and hematomas (64%).

Methods: With this paper, we wanted to examine club's care for athletes from 1 Croatian and 2 Macedonian handball clubs. Using the method of interviews of handball players and the professional team and an insight into the club's database, it was investigated whether the mentioned clubs use preventive programs and in what way, the frequency of injuries, their relation to the body part and time of occurrence.

Results: The obtained results were compared with each other and with the results of research by the European and International Handball Federation. The highest number of injuries within the examined clubs affects the lower limb (ankle joint) 47.3%, as shown by the data of EHF and IHF.

Conclusion: Keeping in mind that a large number of injuries occur during training, attention should be focused on educating the professional team to include preventive measures in daily training, and as for matches, the education of handball players should encourage their care and awareness of injuries.

Keywords: expert's team; handball; injuries; prevention

A STUDY OF ATHLETES' CAREER CENTRE: WHAT WE HAVE AND WHAT WE NEED

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ABSTRACT

The purpose of this study is to determine the current status of categorized athletes in the education system, athletes' knowledge of the special terms and support of dual career and status in employment, and interest in education and employment in the future. For this study, we used an online questionnaire created by the Athletes' Career Centre. The online questionnaire was created in Google Forms and was divided into 4 parts. The study involved 536 (52.4% female and 47.6% male) athletes, most of whom, 48.9%, are between 19 and 29 years old; 24.1% are younger than 18 years, which means that most of the participants in this study are of secondary and higher education age. The results indicate that the Croatian athletes who participated in this study perceive dual career as an important factor and that they are very well informed about the special conditions and support adopted by the Ministry and Croatian Olympic Committee at the national level. Participating athletes were well informed (69.8%) about the special conditions for categorized athletes in the educational system. Most athletes (33.4%) are unemployed and a high percentage (25.9%) have a permanent job. For the athletes who are employed, a high percentage of them (36.9%) are employed in the private sector. Most athletes want a good education, sometimes they just need an understanding person to support them on their way to achieving their goals, in education as well as on the sports field.

Keywords: career centre, dual career system, interest, skills

ANALYSIS OF THE CURRENT SITUATION AND TRENDS IN COMPETITIVE AND RECREATIVE UNIVERSITY SPORTS

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ABSTRACT

The aim of this paper was to analyze the current situation and trends in competitive and recreational sports at the University of Split. The sample of respondents included students of the University of Split who participated in recreational and competitive activities in the organization of the Split University Sports Association in the academic years 2018/2019, 2019/2020, and 2020/2021. The obtained results indicate a significant decrease in the frequency of physical activity due to the occurrence of a pandemic caused by the Covid 19 virus. There was also a significant difference between male and female students in the variables of recreation and competition, related to the frequency of participation in these activities. Based on the results, it is concluded that it is necessary to continue analyzing trends in university sports and interventions needed in programs that will increase the number of female students in competitive activities and on the other hand the number of male students in recreational activities.

Keywords: sport, recreation, students, physical activity, student standard

WOULD STUDENTS WANT MORE SPORTS AND MORE PARTICIPATION IN SPORTS ACTIVITIES AT THE UNIVERSITY OF RIJEKA?

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ABSTRACT

Students at the University of Rijeka participate in organised sports through the Unisport League programme. It includes tournaments and sports competitions between student sports clubs. According to the available research, a large part of students in Croatia and at the University of Rijeka do not perform regular physical activity. During the study period, the decreasing trend in students' physical fitness is worrying. The Sports Office of the University of Rijeka surveyed students in three academic years from 2020/2021 to 2022/2023. The total number of participants in these three years was 8116 students of the University of Rijeka. Students were surveyed at the beginning of each academic year using structured questionnaires. The aim of this study was to compare the questionnaire results on the participation of students in sports activities in the period of three years, in two years of the pandemic COVID -19 and one year after the pandemic COVID -19. The differences between the three years studied were determined, which showed a significant difference between the number of participants in sports activities at the university ($p=0.0003$), the number of categorised athletes ($p=45.63$) and the number of students who want to participate in university sports competitions ($p=0.001$). The results confirmed previous research showing that only a small number of students participate in sports. Further studies in the coming academic years with more questions about sports activities at the University of Rijeka are guaranteed.

Keywords: participation, sport, students

THE IMPORTANCE OF INFORMATION IN THE SYSTEM OF ACADEMIC SPORTS

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ABSTRACT

The importance of informing students about sports activities is extremely important, and the purpose of this paper is to analyze which communication channels are most preferred by students when it comes to sports. Sport and physical activity includes the organized way of competition through the system of academic sports, but also the unorganized form that refers to sports activities outside the system of academic sports, and recreation of students in their free time. The progress of university sports in the Republic of Croatia in the past years is visible and noticeable, which can be largely attributed to the way of communication with the target audience, namely the students as the bearers of all sports activities. All universities in the Republic of Croatia that are part of the academic sports system approach the organization of sports activities and their promotion in different ways with the support of the Croatian Academic Sports Association. The digital tools that the organizers of sports activities have at their disposal enable easier and more direct communication with students, but with different effects. This paper wants to put an emphasis on informing about student activities in such a way and to determine what are the preferences when we talk about the way of communicating about sports activities among students. The research was conducted on students of the Osijek Faculty of Kinesiology, one of the three kinesiology faculties in the Republic of Croatia, whose activities have the task of being monitors and generators of the further development of academic sports in the Republic of Croatia.

Keywords: academic sports, information, digital tools, sports management

THE ROLE OF ICT IN POPULARIZING STUDENT SPORTS

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ABSTRACT

The research is focused on students' attitudes about the popularization of student sports and the role of information and communication technology (ICT) in that context. The study showed that the majority of respondents are aware of the benefits of student sports for health and socialization and that they are generally satisfied with the state of student sports at the University. However, there was a growing trend of students engaging in independent fitness activities instead of team sports, which may have contributed to the decline in student participation in sports. Regarding the use of ICT, students recognized its importance in promoting student sports, and social networks are the most popular tool. However, there is a high percentage of undecided answers and different opinions about other ICT models such as computer games, online courses and video guides. The research also revealed a positive correlation between students' belief in the University's support for student sports and their perception of the effectiveness of using ICT tools, especially social networks and computer games, for popularization. The need for better information and education about student sports and legal regulations was highlighted. In conclusion, the study suggests that the combination of student sports and ICT can contribute to the popularization of student sports. However, the importance of a balanced use of ICT and the need for additional education and information of students, especially through social networks, in order to encourage their involvement in student sports, is highlighted.

Keywords: computer games, social network, kinesiology

VARIOUS ASPECTS OF MEDIA RELATIONS PRACTICES IN CROATIAN NATIONAL FEDERATIONS OF OLYMPIC SPORTS: A SIZE-BASED COMPARATIVE PERSPECTIVE

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ABSTRACT

This study investigated various aspects of media relations activities conducted by fifteen Croatian umbrella national federations of Olympic sports categorized by their official number of registered athletes in groups of small (up to 2 000, N=6), medium (2000-10000, N=5) and large (more than 10 000, N=4). Key deciding individuals holding prominent positions within each federation participated in qualitative online questionnaire survey and the answers that comprised two sections were rated on a 5-point Likert scale, enabling the expression of level of engagement, agreement or satisfaction. The results indicate significant variations among different categories of Croatian umbrella national federations of Olympic sports with larger federations, which represent all four most popular team ball sports, demonstrating higher engagement in various aspects of media relations activities, with multiple dedicated staff engaged in large-scale production of media material, including extensive improvements of digital communication infrastructure during the COVID-19 pandemic. Smaller federations predominantly rely on existing staff and prioritize social media and internal communication. On the other hand, federations as whole expressed high satisfaction with both the media-image, and communication efforts on official digital channels, while also highly emphasizing its organizational accessibility regarding media inquiries.

Keywords: media relations, sports organizations, digital communications, COVID-19 pandemic

CAN A NEW STRATEGY IMPROVE EMPLOYMENT OPPORTUNITIES AND SPORTS EVENT QUALITY IN EUROPE?

Domenico Crognale

ABSTRACT

Olympic sports are usually the most popular and established organizations in Europe and worldwide. Although Olympic teams, sports clubs and their respective federations/governing bodies offer employment opportunities for sport management and coaching science graduates, not all sports receive the same level of financial support and interest in different European countries. This country-specific difference creates an obstacle to the full development and expansion of several Olympic sports and it represents a greater difficulty for small to medium sized countries, with reduced participation in several Olympic sports. As a result, employment within some Olympic sports and their Federation is only possible in certain nations and very difficult (or nearly impossible) in others according to the popularity of the sport in question. Furthermore, the overall quality of European sports events (both standard and academic) is often affected by this lack of strategy and some events/competitions are only valued, organised and followed by a limited number of European nations, universities and institutions.

We designed a specific questionnaire (26 questions) to assess the knowledge and awareness of major European competitions (for teams and nations) in well-established Olympic sports to identify sports with the highest potential of growth in Ireland. The questionnaire was administered to Irish sport science university students ($n = 89$) since we hypothesized they had a higher level of interest in sports in general and job opportunities in this field. The questions on competitions included popular European competitions (example: UEFA Champions League, Rugby, Cricket etc.) and less popular competitions in Ireland in the United Kingdom (UK) (example: Euroleague Basketball, Handball, Volleyball etc.)

Knowledge and awareness of main European competitions were high (85-90% of correct answers) in sports popular in Ireland, sports only prevalent in Ireland and UK and in some non-Olympic sports. Surprisingly, knowledge and awareness were low (13-25% of correct answers) in Olympic sports very popular in Europe but not in Ireland and the UK. This significant difference was also reflected by the number of available jobs in women's and men's sports in sports popular and less popular in Ireland and the UK.

A new sport management and development strategy is required in Ireland to facilitate the expansion of well-established Olympic sports in Europe and to identify sports with the highest potential of growth. This enhanced support will be beneficial to European championships and competitions due to increased number of participating nations/athletes, following/spectators, financial income, and employment opportunities in Europe.

PHYSICAL ACTIVITY AND ITS PREDICTORS AMONG STUDENTS OF THE UNIVERSITY OF SPLIT

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ABSTRACT

The importance of physical activity at all ages is a well-known fact all over the world. Despite the knowledge about its positive effect, today's global problem is precisely the reduced level of physical activity. The main goal of this research is to examine the level of physical activity among the student population at the University of Split, predictors of physical exercise, gender differences in the frequency of physical activity and factors that influence the level of physical exercise. For the purpose of data collection, a survey was conducted among 263 students for the academic year 2021/2022. A computer statistical program STATISTICA version 13.0 was used for data processing. The results showed that university students in Split regularly or occasionally carry out some form of physical activity, with male students being more active than female students. A significant difference was observed in the regularity of exercise and leisure activities. In carrying out physical activity, the majority of respondents are most motivated by the positive effect of physical exercise on health. Many students are as well motivated by the effect of reducing stress and improving physical appearance. Socialization is the least important factor of motivation.

Keywords: physical activity, students, predictors, motivation

DETERMINE THE LEVEL OF MOTIVATION FOR PHYSICAL ACTIVITY AMONG RESIDENT FEMALE STUDENTS AT THE UNIVERSITY OF MOSTAGANEM.

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ABSTRACT

The ultimate goal of engaging in physical activity and sports in general is to develop abilities, skills, experiences, and knowledge that will influence students' participation in physical activity and sports in university neighborhoods, helping them to achieve their goals and be an effective means of communication. It directly affects those who engage in it because, in addition to the benefits that come from achieving educational, recreational, and health goals, engaging in physical activity is still the best way to assess and change behavior, hone one's personality, and boost one's confidence; Additionally, someone who investigates the social history of man learns that throughout his life, he always used his free time to engage in a variety of artistic and recreational pursuits. This had a positive impact on his society because man had plenty of time to engage in a variety of recreational sports activities.

Despite the important role that physical and sporting activities play, attitudes toward their participation vary from society to society. The phenomenon of college students refusing to participate in this activity has assumed significant dimensions. Today's issue with resistance has detrimental repercussions on many spheres of society and education, as well as the reality of collegiate athletics. Feminism is insufficient for this goal. Given that women's university sports serve as the foundation for national sports, our research came to investigate and take into consideration the influencing variables and true motivations for this issue.

MAIN MOTIVES FOR EXERCISE AND EXCESSIVE EXERCISE ACTIVITY COMPARING KINESIOLOGY STUDENTS AND RECREATIONAL ATHLETES

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ABSTRACT

The aim of this study was to examine the relation between the main motives for exercise and excessive exercise activity. Data were collected on a sample of 233 young adults comprising of 124 kinesiology students (from the three faculties of kinesiology – Osijek, Zagreb and Split - 53.2%) and 109 recreational athletes (46.8%). There were 107 males (45.9%) and 126 females (54.1%). The socio-demographic data questionnaire and The Obligatory Exercise Questionnaire (OEQ) were used in the research. This study is to understand whether there are correlations between main motives for exercising such as positive health, body image, challenge and enjoyment, socializing with friends, competition, other and any of three dimensions of OEQ (Exercise frequency and commitment, Exercise preoccupation and intensity, Exercise emotionality). The correlations between observed variables were generally low ($r = -.28$ to $.30$), but some results show significance. Respondents who exercise more often and are more dedicated chose competition as the main motive for exercising ($r = .30$), while other reasons such as help in overcoming stress, increasing strength, endurance ($r = -.17$) are less important for them. In terms of gender relations, men exercise more often and are more dedicated ($r = -.24$), they are more focused and exercise more intensely ($r = -.15$). They generally scored higher values on the exercise dependence scale (overall score, $r = -.18$). The findings suggest that male respondents who chosen competition as the main motive for exercising are more committed to exercise, exercise more often and more intensely.

Keywords: kinesiology students, recreational athletes, OEQ, motives for exercising, obligatory exercise

QUANTATIVE CHANGES OF STUDENT ANTHROPOLOGICAL STATUS FOLLOWING THREE MONTHS OF EXERCISE

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ABSTRACT

A group of 25 students practiced intensive circuit training regularly for two hours a week and ran for one hour a week. Before starting the exercises, body composition, motor and functional abilities were measured, nutritional knowledge and dietary habits were checked, as well as values of satisfaction with one's own appearance and the level of self-confidence. Once the practice program and the performance of outdoor activities were over, body composition, motor and functional abilities were measured, and an improvement in all variables was established. Research showed statistically significant changes in the test to assess repetitive trunk strength, test for the assessment of functional abilities (running at 3200 meters) and resting heart rates. There was an improvement in all anthropological measures but it was not statistically significant. Students with higher knowledge on nutrition were at the same time satisfied with their own general appearance. Students with less improvement in the results between the first and second measurement were satisfied with their general appearance for they had fulfilled the questionnaire on general appearance prior to starting exercise and it was presumed that they had satisfying results of anthropological characteristics. The research results indicate that intensive circuit training can change positively the anthropological status of an individual and that carrying out such programs is recommended and offered to students during their studies.

Keywords: anthropological characteristics; physical activity, university students

COMPARATIVE ANALYSIS OF MORPHOLOGICAL CHARACTERISTICS OF TWO GROUPS OF STUDENTS

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ABSTRACT

In this paper, we wanted to see if there is a difference in morphological characteristics between two groups of students of the same study program. The research was conducted in different time periods on different groups. Seven skin folds were measured on the first group of 30 students in 2012, and their composition was determined based on the results, while the same research was conducted on the second group of students in 2023. The authors' goal was to see to what extent the development of society and the standard of living affects the lifestyle and morphological status of the student population. Comparative, descriptive statistics and t-test were made on the variables of skin folds and body composition of students who were measured in 2012 and students who were measured in 2023. Only one variable of the skin fold of the upper arm showed a statistically significant difference, while in the total percentage of subcutaneous fat, i.e. body composition, these two groups did not statistically differ. We found that according to the anthropometric tables, both groups are within the average for the male population that you have provided.

CORRELATIONS BETWEEN STROKE RATE AND NUMBER OF STROKES WITH RESULT IN FIRST AND SECOND 25 METERS OF 50 METERS FREESTYLE

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ABSTRACT

This research was carried out at the beginning of the summer semester in March and was conducted on 76 third year students of the Faculty of Kinesiology, University of Zagreb. The goal was to determine correlations between stroke rate and stroke number with each 25 meters of 50 meters freestyle. Although the results in all variables showed statistically significant differences for each 25 meters of 50 meters freestyle, the stroke rate and stroke number of the first 25 meters and stroke rate and stroke number of the second 25 meters were also statistically significant correlated with times of first and second 25 meters of 50 meters freestyle. The conclusion is that swimmers who scored better times in 50 meters freestyle had a higher stroke rate but a lesser number of strokes. That can be mostly explained by the quality and efficiency of kick, stroke, and coordination while swimming.

Keywords: swimming, students, race parameters

DIFFERENCES BETWEEN BODY CHARACTERISTICS, MOTOR SKILLS AND FUNCTIONAL CAPACITIES AMONG YOUNG MALE AND FEMALE ROWERS

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ABSTRACT

Rowing is a sport that involves propelling a boat through water using one or more oars. Examining the contrasting traits of male and female rowers, identifying variances and commonalities in anthropometric attributes that can impact not only training protocols but also serve as cues for talent identification programs, holds significant significance in the realm of rowing. The participants were members of the Croatian Rowing Club Vukovar from Vukovar. The sample consisted of 19 rowers (11 boys, 8 girls). Statistically significant differences by gender were found only for forced expiratory volume in 1 second (FEV1) and maximal voluntary ventilation (MVV) values. Male participants had significantly higher FEV1 values compared to female participants (mean difference (MD) = +0.84; $p = 0.045$). MVV values were also significantly higher in males compared to females (MD = +36.22; $p = 0.01$). There were no statistically significant differences between male and female participants in the results obtained by bioelectrical impedance ($p > 0.05$). There were statistically significant differences between male and female participants on flexibility and strength tests. Male participants had significantly lower values on the flexibility test (MD = -9.58; $p = 0.04$), while they had significantly higher values on the number of squats in one minute (MD = +12.70; $p = 0.000$) compared to female participants.

Keywords: rowing, body composition, maximal strength, lung capacity

STUDENT ATTITUDE TOWARDS SPORTS AND RECREATIONAL ACTIVITIES AT EDWARD BERNAYS UNIVERSITY

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ABSTRACT

INTRODUCTION - Some studies indicate that participation in student sports activities is closely related to certain later life habits, i.e. that the freedom of choice to participate in a particular sport at the university is connected with the intrinsic motivation to compete in all fields, which is very important in the later phase life. The main goal of this work was to investigate how active in sports students of the Edward Bernays Faculty are, how much they are involved in competitive activities for the faculty, which sports activities they do in their free time, how active they are daily and what are the main reasons for not playing any sports.

METHODS - 77 students of all years at Edward Bernays University participated in the research. The research was carried out with an anonymous specially composed survey questionnaire, with which we received the most important answers about how often students play sports on a weekly basis, do they participate in competitions for the college, how many steps they do on average per day and what are the main reasons for playing and not playing sports.

RESULTS - The results carried out on students of Edward Bernays University indicate that students most often play sports 2-3 times a week and at a recreational level. The concerning fact is that 23 students do not play any sport. As the most common reason for not playing sports, students cite a lack of time due to university obligations, while 35 students regularly play sports. The daily number of steps students usually take is 5,000-10,000 steps per day.

DISCUSSION and CONCLUSION

Further research in this area is needed to obtain a clearer picture. The author's suggestions is to go in the direction of including a larger sample of students and greater promotion of the importance and benefit of health activities on human health.

Keywords: sport, health, habits, college.

THE IMPORTANCE OF PREPARATION PROTOCOLS BEFORE DANCE TRAINING IN AMATEUR FOLK DANCE GROUPS

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ABSTRACT

The main goal was to examine the warm-up routine prior to physical activity in some amateur folk dance groups. The survey was conducted after receiving the responses of the participants of an anonymous online questionnaire which consisted of 12 questions. 100 female and 39 male respondents aged between 14 and 60 completed it. The respondents were members of 41 different amateur folk dance groups. The results show that 37 groups (87.8%) practice regular warm-up activities prior to dance training. The duration of warm-up is 10 minutes in 17 groups (47.2%), while the other groups practice warm-up in the duration of 5 or 15 minutes. The number of dance training sessions per week also varies. Two sessions per week are held by 27 groups (65.9%), one session by 12 groups (29.2%) and 3 sessions by 2 groups (4.9%). The duration of the sessions varies from 60-120 minutes. 24 groups (58.5%) conduct 120-minute sessions, one group conducts 60-minute sessions, while the rest of the groups conduct 90-minute sessions. 125 respondents believe that a warm-up is important or very important before a dance training. The results have also shown that 29 respondents, (20.9%), got injured during the dance training. The inclusion of a kinesiologist in the amateur folk dance groups to increase the safety of folkdance practitioners is a big step forward.

Keywords: warm-up, dance training preparation, amateur folk dance group, folk dance



Co-funded by
the European Union

The event and publications are part of the ESOM - Enhancing Sport Organisations and Management project, Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.