



**VENUE:**

**Uniwersytet Kazimierza Wielkiego  
Instytut Kultury Fizycznej  
ul. Sportowa 2, 85-091 Bydgoszcz**

**PARTNERS:**



**MWiK**  
Miejskie Wodociągi i Kanalizacja  
w Bydgoszczy - sp. z o.o.  
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**Matej Bel University in Banská Bystrica, Slovakia**



**University of Debrecen, Hungary**



**Palacký University in Olomouc, Czech Republic**



**National University of Physical Education  
and Sport of Ukraine in Kiev, Ukraine**



**Yanka Kupala State University of Grodno, Belarus**



**Voivodish Children's Hospital in Bydgoszcz, Poland**



**F. D. Roosevelt University Hospital in Banská Bystrica,  
Slovakia**



**ORGANIZERS**



**II International Scientific Conference**

**MORPHO-BIOMECHANICAL  
AND PSYCHO-PHYSICAL  
ASPECTS OF YOUTH LIFESTYLE  
IN V4 COUNTRIES**

10 October 2014

**HONORARY PATRONAGE**



MARSHAL OF KUJAWSKO-POMORSKIE  
WOJEWÓDZKI  
Piotr Ciołbecki



MAYOR OF BYDGOSZCZ  
Rafał Bruski

# CONFERENCE PROGRAMME

08:30-9:45 Registration  
9:40 Opening of the conference

## Hall 105

### PLENARY SESSION

moderators: **prof. dr hab. Sławomir Kaczmarek, dr hab. Radosław Muszkieta prof. nadzw., mgr Jan Mieszkowski**

- 10:10 **prof. PaedDr. Karol Görner PhD**, Banská Bystrica, Slovakia; *Main directions of improvement of high-class sportsmen training system.*
- 10:30 **prof. dr. László Csernoch, Nikolett Kith, Ildikó Balatoni**, Debrecen, Hungary; *Sport habits in North-Eastern Hungary.*
- 10:50 **doc. PaedDr. Štefan Adamčák PhD., prof. PaedDr. Pavol Bartík PhD**, Banská Bystrica, Slovakia; *Attitudes of primary school pupils towards physical education in the city of Žilina and surroundings.*
- 11:10 **doc. PhDr. Ludmila Miklánková Ph.D, Mgr. Petr Reich Ph.D**, Olomouc, Czech Republic; *Substances in the life of children 7-10 years old.*
- 11:30 **dr hab. Włodzimierz Stefan Erdmann, prof. nadzw.,** Gdańsk, Poland; *The distribution of locomotion speed leads to winning or record in sport.*
- 11:50 **prof. dr hab. Alina Borkowska**, Bydgoszcz, Poland; *Impact of physical activity on neuroprotection.*
- 12:10 **mgr inż. Agnieszka Cendrowska-Kociuga**, Bydgoszcz, Poland, *Bydgoszcz Water Quality in the context of health-related aspects of human development*

Coffee break (12:25)

### SESSION I (12:40-14:15)

moderators: **prof. PaedDr. Karol Görner PhD., prof. PaedDr. Pavol Bartík PhD., dr hab. Radosław Muszkieta prof. nadzw.**

- 12:45 **Jiří Michal, Stanislava Stráňavská**, Banská Bystrica, Slovakia; *The using of sports-recreational activities at schools in region of middle Slovakia.*
- 13:00 **Petr Reich, Ludmila Miklánková**, Olomouc, Czech Republic; *Physical activity in the daily regime of adolescents in the Czech Republic.*
- 13:15 **Anna Eksterowicz**, Grodno, Belarus; *Aggressive behavior of teenagers as a form of social activity among young people.*
- 13:30 **Vitali Khramov**, Grodno, Belarus, *Information and Communication Technologies at a Lesson of Physical Culture.*
- 13:45 **Jana Juříková, Danka Maschtovská**, Brno, Czech Republic; *Self-evaluation and relation to physical activity in children from grammar school in Nova Dubnica.*
- 14:00 **František Langer**, Olomouc, Czech Republic; *Dynamic analysis of the Flexisport System.*

Lunch (14:15 -15:10)

### SESSION II 15:10 – 16:45

moderators: **dr hab. Marek Napierała, prof. nadzw., doc. PaedDr. Jiří Michal PhD., dr Mirosława Szark-Eckardt**

- 15:15 **Leszek Tomaczkowski, Iwona Bonisławska, Tomasz Frolowicz, Paweł Drobnik** Gdańsk, Poland; *Physical activity and swimming skills of parents and children.*
- 15:30 **Marta Grabińska, Ewa Barczykowska, Marta Bordon, Bogumiła Malecka, Andrzej Kurylak**, Bydgoszcz, Poland; *Selected aspects of lifestyle junior high school students.*
- 15:45 **Aleksandra Eliza Daniluk, Joanna Ratajczak, Marta Stepien-Slodkowska**, Szczecin, Poland; *Confine the Internet for children.*
- 16:00 **Alicja Kostencka, Andrzej Kostencki** Bydgoszcz, Poland; *Physical activity of students of University of Technology and Life Sciences in Bydgoszcz.*
- 16:15 **Rafał Gotowski**, Bydgoszcz, Poland; *Participation of children and youth in the Polish Cup competition in the Nordic Walking.*
- 16:30 **Katarzyna Chmielewska, Adam Szulc**, Bydgoszcz, Poland; *Statistical tools in public health.*
- 16:45 **Katarzyna Pietkun, Joanna Siminska, Joanna Stocka, Beata Haor, Krystyna Nowacka, Iwona Glowacka, Wojciech Hagner**, Bydgoszcz, Poland; *Back on the market and disability in the years 2009 - 2012 on the basis of the GUS BAEL data.*

Coffee break (17:00)

### SESSION V 17:15 – 18:45

moderators: **doc. PhDr. Ludmila Miklánková Ph.D, doc. PaedDr. František Langer, CSc. dr hab. Walery Żukow, prof. nadzw.**

- 17:15 **Barbara Zarzecka**, Warszawa, Poland; *Cognitive variables after acute exercise.*
- 17:30 **Ewelina Kamasz**, Bydgoszcz, Poland; *Women and sport.*
- 17:45 **Agata Piasecka, Aleksandra Szulc, Miłosz Motyka**, Bydgoszcz, Poland; *Motivation and anthropometric parameters of soccer players - gender comparison.*
- 18:00 **Martyna Poznachowska**, Bydgoszcz, Poland; *Anxiety in patients undergoing radiotherapy treatment.*
- 18:15 **Hanna Żukowska, Szymon Gręźlikowski, Mirosława Szark-Eckardt**, Bydgoszcz, Poland, *The impact of physical activity on the assessment of quality of life in students of University of the Third Age.*
- 18:30 **Jacek Przybylski, Dagmara Budnik Przybylska**, Gdańsk, Poland; *The use of biofeedback (emWave) in relaxation training.*

## Hall 104

### SESSION III 12:40-14:15

moderators: **dr hab. Włodzimierz Stefan Erdmann, prof. nadzw. dr hab. Marek Napierała, prof. nadzw. dr Hanna Żukowska**

- 12:45 **Dariusz Lenart, Marek Kociuba, Włodzimierz Wiązek, Piotr Gazarkiewicz**, Wrocław, Poland; *Sport activity and the level of selected morphofunctional features and military skills in officer cadets of the Military Academy of Land Forces in Wrocław.*
- 13:00 **Jan Mieszkowski**, Bydgoszcz, Poland; *The impact of self-esteem on the sporting achievements of judo training athletes.*
- 13:15 **Małgorzata Kalwa, Urszula Dębska, Halina Gula-Kubiszewska, Wojciech Starościak**, Wrocław, Poland; *A health training as a life style element in the time of globalization. Studies of training participants in the context of selected psychological indices.*
- 13:30 **Michał Kołodziejczyk**, Bydgoszcz, Poland; *Selected tests used to evaluate the fitness of footballers.*
- 13:45 **Bartosz Kocharński, Krystian Kaluźny, Anna Plaskiewicz, Wojciech Hagner**, Bydgoszcz, Poland; *Outdoor gyms for disabled people.*
- 14:00 **Ewa Waldzińska, Tomasz Waldziński**, Gdańsk, Poland; *Sensomotoric training in the process of sporting training of tennis players.*

Lunch (14:15 -15:10)

### SESSION IV 15:10 – 17:00

moderators: **prof. dr. László Csernoch, doc. PhDr. Vlasta Karásková, CSc., dr hab. Walery Żukow, prof. nadzw.**

- 15:15 **Mariusz Posluszny, Mirosław Mrozkowiak**, Poznań, Bydgoszcz, Poland; *Man – biomachine, considered from the point of view of the theory of tensegrity based on mathematics and fractal geometry.*
- 15:30 **Lubomír Skladaný, Marek Rác**, Banská Bystrica, Nitra, Slovakia; *True causes of liver diseases in region as a keyhole to the main problem of citizens: could it be lifestyle?*
- 15:45 **Olgierd Pilecki**, Bydgoszcz, Poland; *Selected health problems of children and adolescents.*
- 16:00 **Mirosław Mrozkowiak**, Bydgoszcz, Poland; *Some reflections on body posture in the context of genetics and epigenetics*
- 16:15 **Marta Wieczorek, Beata Kuriata**, Wrocław, Poland; *Developmental movement method as a supportive method in therapy of children with autistic spectrum.*
- 16:30 **Joanna Wydra**, Bydgoszcz, Poland; *The influence of Belly Dancing on menstrual pain.*
- 16:45 **Aleksandra Eliza Daniluk, Marta Stepien-Slodkowska, Mariusz Kaczmarczyk**, Szczecin, Poland; *Quality of life the patient with systemic lupus erythematosus.*

Coffee break (17:00)

### SESSION VI 17:15 – 18:45

moderators: **doc. PhDr. Vlasta Karásková, CSc., doc. PaedDr. Štefan Adamčák PhD., dr hab. Walery Żukow, prof. nadzw.**

- 17:15 **Katarzyna Pietkun, Joanna Siminska, Joanna Stocka, Wojciech Hagner, Karol Ogurkowski, Alicja Krakowska, Krystyna Nowacka**, Bydgoszcz Poland; *Cranio - cerebral Injuries sport - analysis of demographic data.*
- 17:30 **Joanna Siminska, Katarzyna Pietkun, Małgorzata Giermakowska, Piotr Porzych, Joanna Stocka, Krystyna Nowacka**, Bydgoszcz Poland; *Injuries cranio - cerebral in the years 2013 - 2014 based on material Epidemiology Department and Clinic of Rehabilitation Medical College in Bydgoszcz.*
- 17:45 **Joanna Siminska, Katarzyna Pietkun, Joanna Stocka, Barbara Stocka, Jolanta Dejewska, Krystyna Nowacka, Wojciech Hagner**, Bydgoszcz, Poland; *Sports career opportunity for people with disabilities.*
- 18:00 **Andrzej Kochanowicz, Kazimierz Kochanowicz** Gdańsk, Poland; *Peak power of the lower limbs, biomechanical indicators of forward handspring vault and the competition result of young gymnasts.*
- 18:15 **Mariusz Klimczyk**, Bydgoszcz, Poland; *Issues relating to special fitness on example pole vault.*

End of the conference (18:45)