



**CHANGE THE GAME – A MODERN WAY BACK TO THE ROOTS
SPREMENIMO IGRO – S SODOBNIMI PRISTOPI NAZAJ K OSNOVAM**

**Zbornik povzetkov
The Book of Abstracts**

12. mednarodna znanstvena in strokovna konferenca
“Otrok v gibanju”

The 12th International Scientific and Professional Conference
“A Child in Motion”



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Kaja TERAŽ
Saša PIŠOT



KOPER 2023

SPREMEMIMO IGRO – S SODOBNIMI PRISTOPI NAZAJ K OSNOVAM CHANGE THE GAME – A MODERN WAY BACK TO THE ROOTS

12. Mednarodna znanstvena in strokovna konferenca "Otrok v gibanju", Portorož, 2.–4. Oktober 2023
The 12th International Scientific and Professional Conference "A Child in Motion", Portorož, 2.–4. October 2023

Zbornik povzetkov The Book of Abstracts

Urednici/Editors: Kaja Teraž, Saša Pišot

Tehnični urednici/Technical editors: Kaja Teraž, Alenka Obid

Oblikovanje in prelom/Design and Typesetting: Kaja Teraž

Izdajatelj/Publisher: Znanstveno-raziskovalno središče Koper, Slovenija/Science and research centre Koper, Slovenia

Za izdajatelja/Publisher represented by: Rado Pišot

Založnik/Publishing house: Znanstveno-raziskovalno središče Koper, Annales ZRS Slovenija/Science and research centre Koper, Annales ZRS, Slovenia

Za založnika/Publishing house represented by: Rado Pišot

Sedež/Address: Garibaldijeva 1, 6000 Koper, Slovenia

Spletna publikacija dostopna na naslovu / Online publication, available at:
<http://www.zrs-kp.si/index.php/research-2/zalozba/monografije/>

Publikacija je zaščitena ©2023 Znanstveno-raziskovalno središče Koper, Annales ZRS./This publication is copyrighted © 2023 Science and research centre Koper, Annales ZRS.

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Kataložni zapis o publikaciji (CIP) pripravili v Narodni in univerzitetni knjižnici v Ljubljani

[COBISS.SI-ID 171320835](#)

ISBN 978-961-7195-28-6 (PDF)

ORGANIZATOR/ORGANIZER

Znanstveno-raziskovalno središče Koper / Science and Research Centre Koper



V sodelovanju z / in cooperation with:

Združenje za pediatrijo/Slovenian Paediatric Society

Zdravstveni dom dr. Adolf Drolca Maribor/Healthcare Centre Dr. Adolf Drolc Maribor

Univerza v Ljubljani, Fakulteta za šport/University of Ljubljana, Faculty of sport

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RECENZIJA/REVIEW

Vsi povzetki prispevkov so bili predhodno pregledani in recenzirani.

All abstracts were pre-screened and reviewed.

Recenzenti/Reviewers: Boštjan Šimunič, Luka Šlosar, Manca Peskar, Stojan Puhalj, Kaja Teraž, Črtomir Matejek, Saša Pišot, Uroš Marušič, Jurij Planinšec, Damir Zubac, Tadeja Volmut, Nataša Dolenc, Barbara Kopačin, Miloš Kalc, Katarina Puš

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Spoštovane vabljene predavateljice/-i , drage/-i sodelavke/-ci, udeleženke/-ci konference!

Veseli me, da ste se tudi letos tako številčno odzvali in z velikimi pričakovanji pričenjam letošnjo mednarodno znanstveno in strokovno konferenco, že 12-to po vrsti. Velika mednarodna udeležba v znanstvenih sekcijah kaže na večjo potrebo po predajanju novih, ob strokovnih tudi znanstvenih dognanj, katerim smo bili priča v preteklih dveh letih. Koronsko obdobje je za nami, niso pa še "izzvenele" vse negativne posledice, kjer prevladuje predvsem neuravnoteženost med zaslonskim in gibalno aktivnim časom v dnevnem ritmu otrok in mladostnikov. K iskanju rešitev, kako in na kakšne načine lahko to uravnotežimo, pa udeležence nagovarja tudi letošnji delovni naslov konference »SPREMENIMO IGRO – S SODOBNIMI PRISTOPI NAZAJ K OSNOVAM". Priznana plenarna predavatelja prof. dr. Marcela Gonzales Gross, Fakulteta za športne znanosti-INEF iz Madrixa (Španija), in prof. dr. Romain Meeusen iz Vrije Univerze v Bruslju (Belgia) bosta zbrane udeležence seznanila z izzivi, kako otroke vrniti k osnovam mediteranske prehrane in gibalni /športni aktivnosti ter igri, ki predstavlja odlično vadbo za možgane. Njima bo sledilo še pet uvodnih predavanj s predstavitvijo aktualne problematike celostnega razvoja otrok in mladostnikov skozi medicinsko, pedagoško, kineziološko in fiziološko perspektivo.

"Zbornik prispevkov" vsebuje prispevke in prvič tudi strokovne referate več kot 200 avtorjev in soavtorjev iz enajstih držav. Ta mednarodna barvitost je zagotovo zasluga uspešnega večletnega partnerstva domačih in tujih univerz ter poklicnih združenj in podpornikov kongresa. Ponosni smo, da letošnja konferenca poteka pod častnim pokroviteljstvom Predsednice državnega zbora RS mag. Urške Klakočar Zupančič, ki je prepoznala naš trud in podpira naše poslanstvo.

Verjamem, da bo v dneh konference vsak našel nekaj navdiha zase, zato si želim tudi (in verjetno tudi vsi vi), da bi zaključki in ugotovitve konference ne ostali le na izpostavljenih problemih in pomanjkljivostih, temveč da bi našli oprijemljive rešitve v praksi. Vse premnogokrat namreč dobre ideje zaradi tisočerih razlogov ali slabih izgovorov ostanejo le izgovorjene ali na papirjih. Naj bo cilj letošnje konference zato usmerjen v refleksijo realizacije oblikovanih idej in v postavitev dosegljivega cilja, na katerega izpolnitev se bomo na naslednji konferenci s ponosom ozrli. S takimi, čeprav malimi koraki bomo zmogli premagati večje ovire predvsem tam, kje je zavedanje o pomenu gibalne (ne)aktivnosti zdaj še na precej nizki ravni.

Vsem želimo uspešno in kreativno delo, predvsem pa izkoristite pristen stik, ki ga nosijo tudi družabni dogodki in odmori za povezovanje, izmenjavo dobrih praks in nova znanstva.

dr. Saša Pišot
predsednica Organizacijskega odbora

Dear invited speakers, dear colleagues, dear conference participants!

I am delighted that you have come in such large numbers this year and that we begin this year's international scientific and professional conference, the 12th in a row, with great expectations. The large international participation in the scientific sessions indicates a greater need to share new professional and scientific knowledge, as we have experienced in the last two years. The "COVID-19" period is behind us, but not all of the negative consequences have "subsided," with the imbalance between screen time and physical activity being prevalent in the daily rhythms of children and adolescents. This year's working title of the conference "CHANGE THE GAME – A MODERN WAY BACK TO ROOTS" is a call to action to find solutions on how and in what way to balance this. Renowned plenary speakers Prof. Dr. Marcela Gonzales Gross, Faculty of Sports Sciences-INEF, Madrid (Spain), and Prof. Dr. Romain Meeusen, Vrije Universiteit Brussel (Belgium), will inform participants about the challenges of bringing children back to the basics of Mediterranean diet and physical/sports activity and play, a great training for the brain. Five other keynote presentations follow, addressing current issues in holistic child and adolescent development from medical, educational, kinesiological, and physiological perspectives.

The Book of Abstracts contains contributions and, for the first time, professional referats from more than 200 authors and co-authors from eleven countries. This international colourfulness is certainly the result of the successful multi-year partnership of national and international universities and professional associations and supporters of the Congress. We are proud that this year's conference is under the honourable patronage of the President of the National Assembly of the Republic of Slovenia, Mrs. Urška Klakočar Zupančič, who has recognised our efforts and supports our mission.

I believe that everyone will find some inspiration for themselves during the conference days, and I (and probably all of you) would like that conclusions and findings of the conference to not only address the problems and shortcomings pointed out, but also to find concrete solutions for practise. Because all too often, good ideas remain just words or paper for a thousand reasons or poor excuses. The aim of this year's conference should therefore be to reflect on the implementation of the new ideas and to set ourselves an achievable goal, the fulfilment of which we will look back on with pride at the next conference. With such steps, no matter how small, we can overcome major obstacles, especially where awareness of the importance of physical (in)activity is currently still at a rather low level.

We wish you all successful and creative work, and above all, take advantage of the genuine contact that the only social events and breaks offer for networking, sharing best practises and making new acquaintances.

Saša Pišot, PhD
The president of the Organising Committee

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EFFECTIVENESS OF NEUROMUSCULAR TRAINING FOR PHYSICAL ACTIVITY RELATED INJURIES IN ADOLESCENT BASKETBALL PLAYERS

UČINKOVITOST ŽIVČNO-MIŠIČNEGA TRENINGA ZA PREVENTIVO PRED POŠKODBAMI POVEZANIH Z GIBANJEM MLADIH KOŠAKRAKJEV

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INTRODUCTION: Appropriate physical and sporting activity has no harmful effects, but there is an increased risk of injury during exercise, especially in high-intensity sports. No less than 47% of children are injured at least once a year, with 50 % of injuries occurring in sports clubs, 30 % in recreational activities and 20 % at school. Therefore, the prevention of physical activity and sport-related injuries (PARI) and the identification of risk factors must be an integral part of the promotion of physical activity and sport. Neuromuscular training (NMT) is widely recognized as an effective PARI preventive program (Emery et al., 2015). NMT programs are typically coach or trainer led programs that are designed to improve balance, strength, agility, coordination, and movement control. The aim of this study is to evaluate adherence, maintenance, and acceptance of 3-month NMT with 3-month follow-up in adolescent basketball and football teams. Furthermore, we were interested in physiological benefits of NMT.

METHODS: Altogether 20 adolescent male basketball teams were divided in control (CG) and experimental group (EG). Therefore, 275 basketball players (12-15 years) were recruited after parents gave their written consent. For the next three months, the control group ($N = 146$) maintained their regular basketball training, while the experimental group ($N = 129$) performed a 15-minute NMT instead of classical warm-up. After the 3-month intervention period all teams received results on the effectiveness of NMT intervention and were left to perform NMT intervention as they like, until the end of the next 3-month follow-up period. Pre and post 3-month intervention period an anthropometry, morphology (bioimpedance), and Tensiomyography (TMG) of vastus lateralis (VL), biceps femoris (BF) and gastrocnemius medialis (GM) of both legs were measured. NMT adherence, acceptance, and maintenance were assessed using interviews

post 3-month intervention period in EG and after 3-month follow-up period in both groups.

RESULTS: Prevalence of PARI was lower in EG than in CG in the intervention period (10 % vs. 14 %) and in the follow-up period (1 % vs 9 %). EG lost 1.7% body mass while CG gained 2.2% and this was explained by fat mass loss in the EG. TMG delay time in all three muscles declined (VL) or stayed the same (GM, BF) in EG while increased (GM, BF) in the CG. Similarly, contraction time of GM remained the same in EG while increased in CG. There was no interaction effect on TMG amplitude and radial velocity of contraction. During intervention period an EG achieved high adherence to NMT, being 91 % and 23 % during training and match sessions, respectively. Whild CG achieved 41 % during follow-up period in training sessions and 0 % during match sessions. Seventy-five percent of EG clubs and 100 % of CG clubs will use PARI of any kind for the prevention in the future.

CONCLUSIONS: We have provided evidence for the effectiveness of NMT as an intervention for PARI. Furthermore, we have reported high adherence to NMT as well as high awareness for PARI prevention programs that need to be incorporated in adolescents' basketball training.

Key words: Sport injuries, Adolescents, Tensiomyography, Neuromuscular training

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