



Hybrid Via Zoom

International Congress: 2024

3rd Edition

**Exercise,
Biomechanics
and Nutrition**

**ORAL
PRESENTATIONS
SCHEDULE**

DATE | 4 and 5 of June

LOCATION | Auditorium ESE

Creditation for IPDJ TPTD & TPTEF: 3.2 UC



EDUCAÇÃO

POLITÉCNICO SETÚBAL
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JUNE 4

17H00 – 20H00



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**3rd
Exercise, Biomechanics
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**4 of June
17h00 – 20h00**

Oral Presentations	Authors
1. Physiological and biomechanical effects of carrying vests with different weights during an incremental test in amateur trail runners.	Mayo-Nieto, C., ; Jaén-Carrillo, D., ; Díez-Martínez, P., ; Roche-Seruendo, LE., ; Cartón-Llorente, A.,.
2. Relationship between asymmetries and performance in adult female soccer players	Alberto Roso-Moliner, Demetrio Lozano, Hadi Nobari,,, Oscar Villanueva-Guerrero & Elena Mainer-Pardos
3. Effectiveness of carbohydrate mouth rinse on CrossFit performance in trained athletes	Sánchez-Gómez A, Alburquerque-Sendín F, Domínguez R
4. Effects of Isometric Training on Professional Basketball Players	; Luis Miguel Fernandez Galvan., ; Carlos Enrique Lopez Nuevo., ; Rodrigo Fernandez Viñes
5. Analysis of the Internal Consistency of Four Methods for Evaluating Vertical Countermovement Jump in Healthy Adults	Viana, I. S. A.; Silva, L. S. G.; Oliveira, L. G. D.; Melo, P. G. S.; Oliveira, C. E. P.; Moreira, O. C.;
6. Influence of contextual factors on physical demands and technical-tactical actions regarding playing position in professional soccer players	Díez, A., ; Lozano, D., ; Arjol-Serrano, JL., ; Mainer-Pardos, E., ; Castillo, D., ; Torrontegui-Duarte, M., ; Nobari, H., ; Jaén-Carrillo, D., ; and Lampre, M., .
7. Prolonged Pauses Influence on Soccer Players	Atici, A, R., ; Kamis, O., ; Edriss, S., ; Bonaiuto, V., ; Nobari, H .
8. Injury Prevention Strategies in Tennis: A Systematic Review According to PRISMA Guidelines	Luis Miguel Fernández-Galván --; Carlos Enrique López Nuevo ; Ignacio Laborda Delgado.
9. Sports injuries in swimming and their injury frequency: A systematic review according to PRISMA guidelines	Fernández-Galván, LM., -Sánchez-Infantes, J., ; Alcain, J.,
10. Validation of a new instrument for measuring lower limb muscle power using countermovement jump.	Leonardo Silveira Goulart Silva ¹ , Italo Santiago Alves Viana ¹ , Lorena Gonçalves de Oliveira ¹ , Philippe Gabriel Silva Melo ¹ , Cláudia Eliza Patrocínio de Oliveira ² , Osvaldo Costa Moreira ¹ .
11. COMPARISON BETWEEN ISOLATED RESISTANCE TRAINING VERSUS CONCURRENT TRAINING ON LEG STRENGTH GAINS, ENDURANCE CAPACITY AND VERTICAL JUMP PERFORMANCE	Sánchez-Valdepeñas, J., ; Tundidor-Duque, R., ; Cioccarì, M.S., ; Márquez-González, C.A., ; Montenegro-Cuello, E., ; Delgado-Salas, A., ; Gómez-Iglesias, C., ; Asín-Izquierdo, I., ; Pareja-Blanco, F., .
12. Adherence to the Mediterranean diet of young elite athletes	Antonio E. Vélez-Alcázar , Juan Alfonso García-Roca , and Raquel Vaquero-Cristóbal ,
13. Acute caffeine intake effect on countermovement jump performance in young adults.	Mozo-Rojo, P. ; del Val-Manzano, M. ; Montalvo-Alonso, J.J. ; Pérez-López, A. .

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14. Validity of a new tracking device for futsal match	Gadea, H., ; Lago-Fuentes, C., ; Bores, A., ; López, S., ; Ibañez, E., ; Serrano, C., ; Mainer-Pardos, E.,
15. Analysis of the differences between different new technology spike shoes and their interaction with the running surface.	Alda Blanco, A., ; González Mohíno, F., ; Rodrigo Carranza, V., ,
16. Update on load quantification in elite futsal: A systematic review	Albalad-Aiguabella, R., ; Mainer-Pardos, E., ; Casajús, J.A.; Vicente-Rodríguez, G., ; Muniz-Pardos, B., ,
17. Correlations between the performance in the Senior Fitness test battery and difficulties in mobility, self-care, activities of daily living, pain/discomfort and anxiety/depression assessed with the EuroQol-D questionnaire in women over 0 years of age.	Pereira-Payo, Damián, ; Pérez-Gómez, Jorge, .
18. "Validity of the Polar OH Heart Rate Monitor Based on Photoplethysmography for Monitoring Heart Rate During Exercise"	Oropesa-Monreal, P., ; Higuera-Liéba, E., ; Franco-López, F., ; Romero-Borrego, E., ; López-Bueno, J., ; Hernández-Belmonte, A., ; Sánchez-Pay, A., ; Pallarés, J.G., ; López-Sandoval, A., ; Martínez-Cava, A.,
19. PERFORMANCE ANALYSIS IN THE WORLD TRIATHLON PARA SERIES PTS	Paixão, R.C.,; Arriel, R.A.,; Marocolo, M.,
20. Effects of Different Aerobic Exercise Programs and a Dietary Intervention on Mitochondrial Function in Adults with Type Diabetes Mellitus	Costilla, M., ; Rodríguez-Tizón, M.J., ; Corral-Pérez, J., ; Marín-Galindo, A., ; Montes-de-Oca-García, A., ; González-Mariscal, A., ; Larsen, S., ; Ponce-González, J.G., ; Casals, C.,
21. Sports Supplements use in Federated Master-0 Road Cyclists	García-Durán, J., ; González-Jurado, J.A., ; Bianchi, P., ; Sánchez-Oliver, A.J.,
22. Use of Dietary Supplements in Federated Female Cyclists: Preliminary Data	García-Durán, J., ; González-Jurado, J.A., ; Bianchi, P., ; Sánchez-Oliver, A.J.,
23. Quantification of Performance in Competition of Under- Basketball Athletes	Rocha, J., ; López-Sierra, P., ; Serrano, J., ; Ibañez, S.
24. Effects of weekly unilateral countermovement jump training in elite female youth footballers	Fahey, J., , Comfort, P., , Jones, P., Ripley, N
25. Analysis of the consumption of sports supplements in swimmers according to sex, age and competitive level.	Nahar, N. , Gonzalez-Jurado,JA. , Sanchez-Oliver, Antonio Jesús.
26. Validity and Agreement between Dual-energy X-ray Absorptiometry, Anthropometry and Bioelectrical Impedance in the estimation of fat mass in young female adults.	Mecherques Carini, M. ; Albaladejo Saura, M. ; Vaquero Cristóbal, R. ; Esparza Roz, F.
27. Association between perceived physical literacy and physical fitness in children and adolescents	Pastor Cisneros, R., ; Mendoza Muñoz, M., ; Carlos Vivas, J., ; Adsuar Sala, J.C.,
28. Time to exhaustion at main physiological Maximum Lactate Steady State in runners. Inter and intra-subject reliability.	Higuera-Liéba, E., Hernández-Belmonte, A., Martínez-Cava, A., Franco-López F., Buendía-Romero, A., García-Pallarés, J.

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29. Mitochondrial Respiratory Capacity is Associated with Gut Microbiota Diversity in Type Diabetes Mellitus Patients	Juan Corral-Pérez, Manuel Costilla, Laura Ávila-Cabeza-de-Vaca, Andrea González-Mariscal, Alberto Marín-Galindo, Julio Plaza-Díaz,, Steen Larsen, Cristina Casals, Jesus G. Ponce-Gonzalez
30. Bridging Science and Technology: App Use Among Brazilian Cyclists, Sports Professionals and Researchers	Arriel, R.A. ; Clemente, D.C. ; Oliveira, G.M. ; Souza, H.L.R. ; Meireles, A. ; Pereira, M.R. ; Marocolo, M.,
31. Functional capacity assessment in oncology patients: A narrative review on techniques and methodological approaches	Franco-López, F.;; Hernández-Belmonte, A.;; Romero-Borrego, E. ; ; Martínez-Cava, A. ; Higuera-Liébana, E. ; López-Bueno, J. ; Courel-Ibáñez, J. ; Pallarés, J.G. ; Buendía-Romero, Á.,
32. Neuromuscular training as a tool for jump enhancement in highly trained young tennis players.	Nagore Moreno Apellániz, Óscar Villanueva Guerrero, Alejandra Gutiérrez-Logroño, Elena Mainer Pardos
33. Tele-Rehabilitation in oncology patients: optimization of prehabilitation and rehabilitation in colorectal surgery. Randomized Clinical Trial	Burgos-Bragado, J.M.;; Jiménez-Sánchez, C. ; Brandín-de la Cruz N.;; Carpallo-Porcar B. ; Le Roux, L. ; Calvo, S.,
34. Adherence to step tracker mobile apps: differences by weight status in adolescents	Mateo-Orcajada, A. ; Abenza-Cano, L. ; Ponce-Ramírez, C. M. ; and Vaquero-Cristóbal, R.
35. Enhancement Through Exercise and Diet of Relative VOmax Correlates with Increased Plasma Exosomal cargo of miR-0a in Type Diabetes	Ávila-Cabeza-de-Vaca, L.;; Sánchez-Pérez, S.;; Sánchez-Delgado, A.;; Costilla, M.;; Marín-Galindo, A.;; Montes-de-Oca-García, A.;; Rebollo-Ramos, M. , ; Calderon-Dominguez M. ; Ponce-González J.G.;; Casals C.
36. Hormone levels, Physical fitness, skeletal age, and minutes of play in under- elite football players	Ebrahim Eskandarifard. ; Hadi Nobari. ; Hugo Sarmento. ; Rafael Franco Soares Oliveira. ; Antonio Figueredo.,
37. Strength training vs speed training: Effects on velocity variables in young futsal players	Villanueva-Guerrero, Ó. ; Roso-Moliner, A. ; Nobari, H. ; ; Lozano, D. ; ; Moreno-Apellaniz, N. ; Mainer-Pardos, E.
38. Isolated or combined effect of aerobic exercise and diet on cortisol levels in patients with type diabetes: preliminary results from a randomized control trial.	González-Mariscal, A.;; Santotoribio, JD. ; Ezomo Gervilla, E. ; Corral-Pérez, J. ; Ávila-Cabeza-de-Vaca, L. ; ; Rebollo-Ramos, M. ; ; Montes-de-Oca-García, A. ; ; Casals, C. ; ; Ponce-Gonzalez, J.,
39. ANKLE INJURIES IN MALE AND FEMALE YOUTH TEAM SPORT ATHLETES: ARE EFFECTIVE MEASURES AVAILABLE TO REDUCE THEIR INCIDENCE?	Francisco Javier Robles-Palazón, , Francisco Ayala, , Alejandro López-Valenciano, , Pilar Sainz de Baranda,
40. Resistance training and blueberry extract prevent pathological remodeling and redox dysfunction in the left ventricle of rats with experimental pulmonary arterial hypertension	Luciano Bernardes Leite ; Leôncio Lopes Soares ; Sebastião Felipe Ferreira Costa ; Sara Caco dos Lúcio Generoso ; Mirielly Alexia Miranda Xavier ; Matheus Soares Faria ; Arthur Eduardo de Carvalho Quintão ; Luiz Otávio

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	Guimarães-Ervilha ; Thainá Lasbik Lima ; Leandro Licursi de Oliveira ; Pedro Forte ,; Mariana Machado Neves ; Sara Elis Bianchi ; Valquíria Linck Bassani ; Flavio Gilberto Herter ; Patrick Turck ; Alex Sander da Rosa Araujo ; Emily Correna Carlo Reis ; Antônio José Natali
41. Analysis of Worst-Case Scenarios in professional women's basketball	Pablo López-Sierra, Joao Rocha,, Sergio José Ibáñez
42. Effects of strength training on fatigue levels in people undergoing hemodialysis treatment: Preliminary Results	Caetano, A.F.C. ; Passos, W.T.B., ; Silva, A.W., ; Sousa-Cirilo, M.S.,; Oliveira; M.J.C,
43. Effects of Caffeine Mouth Rinsing on the performance of competitive swimmers in a high-intensity test	López-León, I., ; Rico, E., ; Jácome-Rodríguez, P., ; Moreno-Lara, J.,
44. Diet of basketball athletes during recovery	Diogo Rocha, Íris Gonçalves, Tamára Salgado, Luis Leitão,
45. Electrolytes consumption during endurance sports	Alexandre Martins, Rafael Silva, Rui Domingos, Luis Leitão,
46. Sports nutrition in injury prevention	Bruna Gouveia, Gonçalo Grenho, Maria Silva, Luis Leitão
47. Nutrition during a cycling race	Edgar Martins, Gonçalo Faustino Santos, João Almeirante, Luís Leitão,
48. Diet Analysis of an Endurance Athlete and a Sprinter	David Oliveira, Pedro Mestre, Rafael Carvalho, Luís Leitão
49. Post-training recovery: Food and supplementation to promote muscle recovery and adaptation to training	Beatriz Sebastião, Sofia Madaleno, Luís Leitão
50. Vegetarian Diet Effects on Strength Training	Guilherme Mantas , Pedro Coutinho, Rodrigo Jacinto, Luís Leitão
51. Supplementation for high performance and athlete health	Afonso Rodrigues, Diogo Henriques, Diogo Meireles, Luís Leitão
52. The Impact of Creatine on Muscle Development	Gonçalo Julião, Gonçalo Nuno Santos, Filipe Almeida, Luis Leitão
53. Diet and physical exercise in the fight against obesity	Diogo Martins, Diogo Pedro, Francisco Bento, Luis Leitão
54. Importance and hydration habits in athletes who play football	Tiago Fonseca, André Flor, Marco Lopes Luis Leitão
55. Diet and pre-training in aerobic endurance athletes	Apolo Nobre; Pedro Frias; Xavier Silva Luis Leitão
56. The Importance of Hydration in Football	Alexandre Magalhães , Luis Leitão
57. Difference in nutrition between individual sports athletes and team sports athletes	Alexandre Pereira, Diogo Timóteo, Luis Leitão
58. Genomics applied to sport: perspectives and implications of precision nutrition	Élida Naiane Sousa Machado,, Angela Adamski da Silva Reis, Rodrigo da Silva Santos, Luis Leitão
59. Exercise to regulate and/or improve hypertension	João Pinto,, Ricardo Lopes , Rodrigo Viriato, Luís Leitão

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60. The importance of physical exercise in children	André Costa, Diogo Pinela, Tiago Rodrigues, Luís Leitão
61. Physical Exercise and Childhood Obesity	João Cobra, Afonso Campeão, Ruben Moita, Afonso Castelino & Luis Leitão
62. Physical exercise and physical assessment in a high-performance football athlete in the pre-season	Diogo Graça, Diogo Pereira, Miguel Leitão, Luís Leitão
63. ACTIVIDAD FISICA EN LA TERCERA EDAD	Maria Serrano, Julian Guuillen, ruben Personat
64. Physical exercise and physical evaluation at muscular hypertrophy	André Quendera ¹ ; André Bernardo ² ; Henrique Quintas ³ ; Paulo Fonseca ⁴ ; Luís Leitão
65. Physical Exercise and Osteoporosis	Diogo Labego, Diogo Gomes, Gonçalo Semião, Luís Leitão
66. Physical exercise and the lower limb amputee	Filipe Pinto, Gonçalo Madeira, João Maló, Luís Leitão
67. Physical exercise as a key factor for individuals with Diabetes Mellitus Type	Inês Granado, Ana Rita Pereira, Diogo Rocha, João Bombaça, Luís Leitão
68. Strength training for better health in older adults	David Oliveira, Pedro Mestre, Rafael Carvalho, Luís Leitão
69. Physical exercise during work label to prevent work injuries	Pedro Galamba,, João Santos, Igor Catarino, André Baioa, Luís Leitão





JUNE 5

8H30 – 9H30



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8h30 – 9h30

Oral Presentations	Authors
70. Comparison between explicit or analogy instruction during weightlifting.	Carnero-Diaz, A., ; Pecci, J.,
71. Total distance and Player Load are interchangeable metrics in semi-professional women's handball?	García-Sánchez, C., ; Navarro, R.M., ; Nieto-Acevedo, R., ; de la Rubia, A.,
72. Effects of Manual Therapies and Resistance Exercise on Post-Exercise Hypotension in Women with Normal Blood Pressure	Monteiro, E.R., ; Pescatello, L.S., ; Winchester, J.B., ; Corrêa Neto, V.G., ; Marchetti, P. H., ; Silva, J. G., ; Novaes, J. S., , .
73. Physical activity decreases the differences found between male and female adolescents in adiposity variables	Vaquero-Cristóbal, R., ; Mateo-Orcajada, A., ; Abenza-Cano, L.,
74. Active and Passive Massage Techniques Enhances the FMS™ Overhead Deep Squat Performance: A Cross-Over Trial	Monteiro, E.R., ; Reis, B.M.L., ; Gomes, S.P.G., ; Rúa-Alonso, M., ; Corrêa Neto, V.G., ; Ferreira, A.S., ; Hoogenboom, B.J., ; Novaes, J.S., ; , de Jesus, I.R.T., .
75. SEX COMPARASION IN THE VALIDITY AND RELIABILITY OF THE LOAD-VELOCITY RELATIONSHIP IN DEADLIFT	Nieto-Acevedo, R. , García-Sánchez, C., Mon-López, D.
76. Influencia de factores exógenos relacionados con aspectos nutricionales, de hidratación y climatológicos en la aparición de fatiga en deportes de min a h de duración: revisión sistemática con meta-análisis.	Pellicer-Caller R., Vaquero-Cristóbal R.,González-Gálvez N., Abenza-Cano L., de la Vega-Marcos R.
77. Goal! Analysis of the mechanical response before and after a goal scored with reference to the average activity of the match.	Asín-Izquierdo, I., ; Asían-Clemente, J., ; Nakamura, F.Y., ; & Galiano, C.,,
78. Analysis of acute cardiovascular responses of full-squat training with different volumes isolating the effect of fatigue	Páez Maldonado, J., Ortega-Becerra, M., ; Pareja-Blanco, F.,)
79. Positioning defenders parallel or behind attackers increases the demands for high-speed and sprinting in transition games.	Asían-Clemente, J. ; Galiano, C. , Asín-Izquierdo, I. ,
80. The external and internal load of transition games are affected by the presence of the defender and their position at the beginning of the task.	Asían-Clemente, J., , Asín-Izquierdo, I. , Galiano, C. ,
81. Treinamento resistido com volante inercial, funcionalidade e risco de quedas em idosas: um ensaio randomizado controlado	Agostinho, P. A. G., ;Cota, A. R., ; Pérez Bedoya, E. A., ; Oliveira, C. E. P., ; Carneiro Júnior, M. A., ; Moreira, O. C.,
82. Comparison of Muscle Tissue Estimation between Anthropometric Formulas and Dual X-Ray Absorptiometry (DXA): Analysis by Gender and Overall Sample.	Baglietto, N., ; Vaquero-Cristóbal, R., ; Albaladejo-Saura, M., ; ; Mecherques-Carini, M., ; Esparza-Ros, F., .



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83. Relationship between quality of life and trunk muscle strength in patients with abdominal wall hernia: a preliminary study	; Gil, J.L., ; Sánchez, A., ; Sañudo, B.,
84. Physical activity, sedentarism and sleep time and psychological health in young pediatric cancer survivors. A compositional data analysis from the iBoneFIT Project	Andrea Rodriguez-Solana , Luis Gracia-Marco , Jairo H Migueles , Andres Marmol-Perez , Cristina Cadenas-Sanchez , Jose J Gil-Cosano , Francisco J Llorente-Cantarero , Felix Delgado-Ferro9 Esther Ubago-Guisado
85. Analysis of the effectiveness of compression stockings and runners on sports performance, perceptual parameters, hemostatic and hemodynamic biomarkers, and muscle damage. A systematic review of controlled clinical trials	Fernández-Lázaro, D., ; Garrosa, E., ; Santamaría Gómez, G., ; Magaña, B., ; López-Llorente, A., ; Roche, E., ; Fernandez-Lazaro, C.I., .
86. Aquatic therapy versus land-based therapy in patients with Parkinson Disease: A systematic review	Santamaría Gómez, G.,; Fernandez-Lazaro, C.I., ; Fernández Gorgojo, M.,; Garrosa, E., ; Fernández-Lázaro, D., .
87. Comparative efficacy of EPO-Boost Natural Blood Builder and Blood Booster Active supplementation on hematological biomarkers and athletic performance in CrossFit® athletes. A randomized placebo-controlled trial.	Fernández-Lázaro, D., ; López Llorente, A., ; Celorrio-San Miguel, A.M., ; Mielgo-Ayuso, J.F., ; Gutiérrez-Abejón, E., ; Roche, E., ; Fernandez-Lazaro, C.I., .
88. ANÁLISE NEUROMUSCULAR DA TÉCNICA DE CROL EM ÁGUAS ABERTAS	Gonçalves, C. ; Conceição, A.,; Freitas, J.;Torres,D.; Louro,H., & Šťastný,J.
89. Análise movimento técnico em jovens patinadores - curva	Medeiros, L., Sérgio Ibanez, Jorge Perez, Carmen Galán, Hugo Louro
90. Influence of Relative Age on Children's Agility and Speed	Diogo Labego , Diogo Gomes , André Santos , Ana Fátima Pereira
91. Comparison of performance by gender in physical fitness tests: Study based on Fitnessgram	Costa, A., ; Pinela, D., ; Rodrigues, T., Pereira, A.
92. Comparação da velocidade de 20m entre atletas de sub-10 e sub-12 no futebol	Filipe Pinto, Gonçalo Madeira , Armando Barreiros , João Maló, Ana Fátima Pereira
93. Comparison of the “Sit and Reach” Test between Men and Women aged 40 to 63 years	Quendera, A., ; Bernardo, A.,; Quintas, H., ; Fonseca, P.,
94. Comparison of Flexibility in the Under-14 and Under-15 Teams of União Futebol Clube Moitense	Ana Rita Pereira e Pedro Galamba
95. Comparação do Desempenho no Sprint de 0 metros entre Atletas de Futebol e Basquetebol	Campeão, A. ; Cobra, J. ; Castelinho, A. ; Moita, R. .
96. Analysis of body composition among women aged 45-55 and 55-65	Mafalda Correia, Leonor Monteiro, Mariana Rodrigues, Luís Leitão,
97. The relationship between player positions and pass accuracy percentage in young football players from Vitória FC (Under-) during a precision exercise	Diogo Pereira, Miguel Leitão, Ana Pereira
98. Handgrip differences between men and women aged 40 to 50 years.	Diogo Graça,; Ricardo Lopes,;João Pinto,; Rodrigo Viriato,;

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99. Diferença da potência dos MI através do teste CMJ em atletas de modalidades distintas	Igor Catarino, João Santos, José Ribeiro e Maria Silva
100. Kinematic changes in Clean vs Hang Clean	Diogo Leal, Duarte Carnide, Marcos Ramos, Pedro Cruz, Hugo Louro, Luis Leitão
101. Dominant vs non-dominant arm in paddle service	Duarte Almeida, Joana Matos, João Silva, Rodrigo Duarte, Hugo Louro, Luis Leitão
102. Kinematic analysis of the movement of the lower limbs in the placement of the support foot in the execution of a penalty	Quendera, A., Santana, C., Moreira, I., Louro, H., Leitão, L.
103. Dominant vs non-dominant arm in volleyball service	Dias, B., Tomas, D., Reis, H., Oliveira, R., Louro, H., Leitão, L.
104. Dominant vs non-dominant arm in football short-pass	Oliveira, F., Lopes, J., Barquinha, M., Domingos, T., Louro, H., Leitão, L.
105. Amateurs vs Professional in cartwheel kinematics	Santos, B., Ladeira, G., Cruz, T., Louro, H., Leitão, L.
106. Kinematic Analysis of Lunges	Caldeira, D., Oliveira, J., Malveiro, S., Louro, H., Leitão, L.
107. Kinematic analysis of volleyball service without jump	Yakushchenko, A., Amorim, L., Santos, R., Louro, H., Leitão, L.
108. Flip flap effectiveness	Borbinha, R., Gouveia, N., Alegrias, D., Louro, H., Leitão, L.



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