

| EBN 2025 - Oral Presentations - May 30, 2025 |    |                                                                                                                                                                                  |                                                                                                                                                                                                                                     |
|----------------------------------------------|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Time                                         | ID | Title                                                                                                                                                                            | Authors                                                                                                                                                                                                                             |
| 9h00 - 10h00                                 | 24 | New Anthropometric Equations for Segmental Estimation of Fat-Free Mass in Physically Active Men                                                                                  | Baglietto, N., Albaladejo-Saura, M., Esparza-Ros, F., Mecherques-Carini, M., & Vaquero-Cristóbal, R.                                                                                                                                |
|                                              | 25 | Comparison of DXA and BIA in the Estimation of Fat-Free Mass in Physically Active Young Adults                                                                                   | Baglietto, N., Vaquero-Cristóbal, R., Albaladejo-Saura, M., Mecherques-Carini, M., & Esparza-Ros, F.                                                                                                                                |
|                                              | 26 | Impact of Body Composition on Physical Performance in Elite Female Soccer Players                                                                                                | Roso-Moliner, A., Lozano, D., Albalad-Aiguabella, R., Villanueva-Guerrero, O., Cartón-Llorente, A., & Mainer-Pardos, E.                                                                                                             |
|                                              | 27 | Objective Evaluation of Padel Performance: Comparison Between Result-Based Rankings and Computer Vision Systems                                                                  | Sanchez-Trigo, H.                                                                                                                                                                                                                   |
|                                              | 28 | Validity of BIA for Segmental Fat Mass Analysis in Young Men and Development of Predictive Models Using Anthropometry                                                            | Mecherques-Carini, M., Albaladejo-Saura, M., Vaquero-Cristóbal, R., Esparza-Ros, F., & Baglietto, N.                                                                                                                                |
|                                              | 29 | Boosting Confidence in Beginners: The Role of Instruction Type in Exercise Self-Efficacy During Lifting Tasks                                                                    | Carnero-Díaz, Á., Pecci, J., & Kaplánová, A.                                                                                                                                                                                        |
|                                              | 30 | Linking Physical Literacy to Mental Health                                                                                                                                       | Pastor Cisneros, R.                                                                                                                                                                                                                 |
|                                              | 31 | Correlation Between Strength Manifestations and Functional Capacity in Older Women Undergoing Traditional Resistance Training                                                    | Agostinho, P. A. G., Bedoya, É. A. P., Cota, A. R., Chaves, S. F. N., Leite, L. B., Costa, S. F. F., Benjamim, M. S., Santos, M. L. C., Barbosa, T. L., Vaz, A. R. C., Oliveira, C. E. P., Carneiro-Júnior, M. A., & Moreira, O. C. |
|                                              | 32 | Creatine as an Ergogenic Aid for Returning to Play in Athletes with Patellar Tendinopathy                                                                                        | Sánchez-Gómez, A., Malaguti, M., Sañudo, B., López-Samanes, A., San Juan, A. F., & Domínguez, R.                                                                                                                                    |
|                                              | 33 | Influence of Triathlon Segments and Transitions on Elite Performance by Distance and Sex                                                                                         | Martínez-Sobrino, J., del Cerro, J. S., González-Ravé, J. M., & Veiga, S.                                                                                                                                                           |
|                                              | 34 | Safe or Dangerous? Evaluating Group A Sports Supplements in the Context of the Epithelial Barrier Hypothesis                                                                     | Sadık, M., Aladağ, E., Bayraktar, B., Sanchez-Oliver, A. J., & Günelan, E.                                                                                                                                                          |
|                                              | 35 | Sports Drinks May Affect Salivary Parameters in Adolescent Footballers                                                                                                           | Bakdım, K., Yılmaz, Ş., Kement, S., Küçük, F. B., Sücüllülü, B. N., Yalvaç, S., Vural, Y., Saygılı, S., Özipek, G., Özgün, M., Keskin, M., Özen, B., & Günelan, E.                                                                  |
|                                              | 36 | Physical and Performance Profiles by Playing Position in Elite Youth Futsal Players                                                                                              | Villanueva-Guerrero, O., Gonzalo-Skok, O., Roso-Moliner, A., Lozano, D., Albalad-Aiguabella, R., & Mainer-Pardos, E.                                                                                                                |
|                                              | 37 | Impact of Resistance Training Volume on Strength Deficit                                                                                                                         | Páez-Maldonado, J. A., Cano-Castillo, C., Cornejo-Daza, P. J., Sánchez-Valdepeñas, J., Rodiles-Guerrero, L., Wernbom, M., Ortega-Becerra, M., & Pareja-Blanco, F.                                                                   |
|                                              | 38 | Larger Achilles and Plantar Fascia Induce Lower Duty Factor During Barefoot Running                                                                                              | Rubio-Peiotén, A., Cartón-Llorente, A., Roche-Seruendo, L. E., & Jaén-Carrillo, D.                                                                                                                                                  |
|                                              | 39 | Assessment of Inspiratory Muscle Training in Patients with Multiple Sclerosis: A Systematic Review                                                                               | Santamaría, G., Fernandez-Lazaro, C. I., López-Llorente, A., & Fernández-Lázaro, D.                                                                                                                                                 |
|                                              | 40 | Respiratory Muscle Training in Patients with Chronic Obstructive Pulmonary Disease: A Systematic Review                                                                          | Santamaría, G., Fernandez-Lazaro, C. I., López-Llorente, A., & Fernández-Lázaro, D.                                                                                                                                                 |
|                                              | 41 | Effects of Resistance Training on Strength Manifestations in University Men                                                                                                      | Benjamim, M., Chaves, S., Agostinho, P. A., Leite, L., de Oliveira, C., & Moreira, O.                                                                                                                                               |
| 10h00-11h00                                  | 42 | Training on Outdoor Fitness Equipment: Protocol and Progression for Adults and Seniors                                                                                           | Abelleira-Lamela, T., Marcos-Pardo, P.-J., González-Gálvez, N., Esparza-Ros, F., Espeso-García, A., & Vaquero-Cristóbal, R.                                                                                                         |
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|                                              | 48 | Enhancing Aerobic Capacity in Young Soccer Players: Impact of Combined Intermittent, Interval, and Small-Sided Games Training in a Periodized 3:1 Micro-Cycle                    | Gorouhi, A., Edriss, S., López-López, D., Saavedra García, M. Á., Bonaiuto, V., & Nobari, H.                                                                                                                                        |
|                                              | 49 | Exploring the Impact of Functional Exercise Rehabilitation on Neuroplastic Biomarker Changes in Cardiovascular Disorders                                                         | Gorouhi, A., Clement Olaide, A., López-López, D., Iellamo, F., & Nobari, H.                                                                                                                                                         |
|                                              | 50 | Effect of Resistance Training on Resting Metabolic Rate in Young and Older Adults: Pilot Study                                                                                   | Martín-Rivas, I., Montalvo-Alonso, J. J., Del Val-Manzano, M., & Pérez-López, A.                                                                                                                                                    |
|                                              | 51 | Impact of Physical Aquatic Therapy Rehabilitation in Active Patients After Surgical Anterior Cruciate Ligament Reconstruction: A Systematic Review of Controlled Clinical Trials | López Llorente, A., Santamaría Gómez, G., Lantarón Caeiro, E. M., Díaz López, J., Herranz, A., & Fernández-Lázaro, D.                                                                                                               |
|                                              | 52 | Efficacy of a Virtual Reality Rehabilitation Program in Post-Stroke Patients: A Systematic Review of Controlled Clinical Trials                                                  | López Llorente, A., Santamaría Gómez, G., Garrosa, E., Díaz López, J., Herranz, A., & Fernández-Lázaro, D.                                                                                                                          |
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|                                              | 54 | Effect of Intermittent Normobaric Hypoxia on Visuospatial Working Memory in Healthy Young Adults                                                                                 | Rochel-Vera, C., Vaquero-Cristóbal, R., & Martínez-Nicolás, A.                                                                                                                                                                      |
|                                              | 55 | Effect of an Intermittent Normobaric Hypoxia Session on Sustained Attention in Healthy Young Adults                                                                              | Rochel-Vera, C., Martínez-Nicolás, A., & Vaquero-Cristóbal, R.                                                                                                                                                                      |
|                                              | 56 | The Influence of Training on the Use of the Extendable Police Baton in Military Police Interventions                                                                             | Vargas Rodriguez, A.                                                                                                                                                                                                                |
|                                              | 57 | Quality of Life and Chronic Kidney Disease: What Are the Changes in Different Strength Training Loads? (Preliminary Study)                                                       | Caetano, A. F. P., Oliveira, J. A., Silva, A. W., Rego Junior, C. C., Oliveira, M. J. C., & Cirilo-Sousa, M. S.                                                                                                                     |
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| 11h00-12h30 | 59 | Interactions Between Citrulline Malate Supplementation and High-Intensity Interval Training in Enhancing Athletic Performance: A Narrative Review                            | Samadian, L., Saedmocheshi, S., Prieto-González, P., MacDonald, C., & Nobari, H.                                                                                                                                                             |
|             | 60 | Effects of Different Plyometric Approaches on Speed and Agility in Football Players                                                                                          | Fernandez-Galvan, L. M., & Romero-Santias, J.                                                                                                                                                                                                |
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|             | 62 | Impact of Small-Sided Games with Distraction Models on Soccer Players' Performance and Behavior                                                                              | Beik, S., & Nobari, H.                                                                                                                                                                                                                       |
|             | 63 | Optimization of Cycling Performance Through a New Telemetry System for the Study of Tire Inflation Pressure                                                                  | Diez-Martínez, P., Barneto-Magen, V. J., Cartón-Llorente, A., Molina-Molina, A., Jaen-Carrillo, D., Roso-Moliner, A., García-Cebadera Gómez, C., & Fontan-Puig, J.                                                                           |
|             | 64 | Dietary Supplement Use Among Amateur Bodybuilders in Türkiye: A Preliminary Report                                                                                           | Arslan, U., Sanchez-Oliver, A. J., & Günelan, E.                                                                                                                                                                                             |
|             | 65 | Exploring Nutritional Supplement Use by Turkish Handball Players: A Pilot Study                                                                                              | Mor, Ö., Bayraktar, B., Sanchez-Oliver, A. J., & Günelan, E.                                                                                                                                                                                 |
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|             | 67 | Preventive Strategies for Bone Mineral Density Loss in Women: A Systematic Review                                                                                            | Gisbert Guinart, A., Cecilia-Gallego, P., & Fernández-Galván, L. M.                                                                                                                                                                          |
|             | 68 | Use of Smart Templates to Analyze Gait in Single and Dual Task Conditions in Women with Fibromyalgia                                                                         | Melo-Alonso, M., Leon-Llamas, J. L., Domínguez-Muñoz, F. J., Gusi, N., Mayordomo-Pinilla, N., Martínez-Sánchez, A., & Villafaina, S.                                                                                                         |
|             | 69 | The Hidden Impact of Pelvic Floor Dysfunction on Female Athletes' Participation, Performance, and Well-Being – An Umbrella Review                                            | Domínguez-Pérez, N., Sevilla-Arrabal, I., & Courel-Ibáñez, J.                                                                                                                                                                                |
|             | 70 | Nutrition and Taekwondo: Mapping Scientific Trends                                                                                                                           | Parnian-Khajehdizaj, N., Nobari, H., & Hazar, S.                                                                                                                                                                                             |
|             | 71 | The Effects of Warm-Up in Resistance Training: A Systematic Review                                                                                                           | Fraqueiro, M. A. L., & Neiva, H. P.                                                                                                                                                                                                          |
|             | 72 | Impact of Week Training Load, Match Load on Next Day Neuromuscular Fatigue on Professional Football Players                                                                  | Banoocy, N., Lopez Lopez, D., & Nobari, H.                                                                                                                                                                                                   |
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|             | 74 | Study of the Goals Scored During the 2023 FIFA Women's World Cup                                                                                                             | López-Araya, S., López-Sierra, P., Ugalde-Ramírez, J. A., & Ibáñez, S. J.                                                                                                                                                                    |
|             | 75 | Prevalence of Urinary Incontinence in Female Athletes: A Systematic Review                                                                                                   | Salmerón Rodríguez, A., Cecilia-Gallado, P., Negulici, V. A., & Martí Sansaloni, C.                                                                                                                                                          |
|             | 76 | Analysis of Gender Differences in the Perception and Satisfaction With the Use of Edpuzzle for Strength-Resistance Training in Adolescents in Compulsory Secondary Education | Mateo-Orcajada, A., Abenza-Cano, L., & Vaquero-Cristóbal, R.                                                                                                                                                                                 |
|             | 77 | Impact of the Use of Edpuzzle for Strength-Resistance Training on Psychological Variables in Adolescents in Compulsory Secondary Education                                   | Mateo-Orcajada, A., Abenza-Cano, L., & Vaquero-Cristóbal, R.                                                                                                                                                                                 |
|             | 78 | High-Intensity Interval Training (Tabata) and Its Impact on Muscular Strength in Dancers and Sedentary Individuals                                                           | Francés, A., Gómez-Lozano, S., & Quero-Calero, A.                                                                                                                                                                                            |
|             | 79 | Multidimensional Rehabilitation Protocol to Improve Function in Athletes with Patellar Tendinopathy: A Randomized Controlled Trial                                           | Carnero-Díaz, Á., Sánchez-Gómez, Á., & Domínguez, R.                                                                                                                                                                                         |
|             | 80 | Mental and Behavioral Health Indicators in Retired Turkish Athletes: Preliminary Findings                                                                                    | Günelan, E., Demir, K., Koyuncuoglu, B. D., & Bayraktar, B.                                                                                                                                                                                  |
|             | 81 | Effects of Physical Exercise on Insulin in Prostate Cancer                                                                                                                   | Martínez-Sánchez, A., León-Llamas, J. L., Domínguez-Muñoz, F. J., Melo-Alonso, M., & Villafaina, S.                                                                                                                                          |
|             | 82 | Monitoring Training Load: GPS-Based Analysis of Monotony and Strain in Professional Soccer Starters and Non-Starters Throughout a Full Season                                | Nobari, H., Gholizadeh, R., & Alijanpour, N.                                                                                                                                                                                                 |
|             | 83 | When Physiology Also Plays: The Influence of the Menstrual Cycle on Female Athletes' Performance                                                                             | Campos-Redondo, A., Caso-Fontánez, E., Martínez-Sánchez, A., & García-Rubio, J.                                                                                                                                                              |
|             | 84 | Market Value and Sporting Performance in the Saudi Pro League: An Analysis of the Last 10 Years                                                                              | Bernardes Leite, L., Lopes Soares, L., Siqueira Benjamim, M., Forte, P., & Rodrigues, P.                                                                                                                                                     |
|             | 85 | Worst-Case Scenarios in a Professional Men's Basketball Tournament: A Case Study                                                                                             | López-Sierra, P., López-Araya, S., Gómez, M. A., & Ibáñez, S. J.                                                                                                                                                                             |
|             | 86 | Effects on Body Composition of Active and Inactive Adolescents of an Intervention with Mobile Step-Tracking Apps                                                             | Gómez-Cuesta, N., Mateo-Orcajada, A., Meroño, L., Abenza-Cano, L., & Vaquero-Cristóbal, R.                                                                                                                                                   |
|             | 87 | Influence of Adolescents' Level of Physical Activity on the Rating of Mobile Step-Tracking Applications                                                                      | Gómez-Cuesta, N., Mateo-Orcajada, A., Meroño, L., Abenza-Cano, L., & Vaquero-Cristóbal, R.                                                                                                                                                   |
|             | 88 | Correlations Between Physical and Technical Aspects in U10 Futsal Players                                                                                                    | Paixão, R. C., Silva, D., Borba, F. M., Sousa, H. R., & Oliveira, R. F.                                                                                                                                                                      |
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|             | 90 | Maximal Isometric Hip Abduction Strength Assessment: A Systematic Review                                                                                                     | Armada-Zarco, J. M., Sainz de Baranda, P., & Cejudo, A.                                                                                                                                                                                      |
|             | 91 | Descriptive Work on How the Four Menstrual Cycles Affect Strength in Different Athletes                                                                                      | Fernández-Galván, L. M., & Giraldo-Agudelo, N.                                                                                                                                                                                               |
|             | 92 | Exercise Readiness Level in Male Futsal Athletes From a University Tournament (UFV)                                                                                          | Silva, L. S. G., Santos, L. V., de Oliveira Silva, J. C., Milagres Cardoso, C. E., de Azambuja Pussieldi, G., Patrocínio Oliveira, C. E., & Costa Moreira, O.                                                                                |
|             | 93 | Effects of a Detraining Period After a Resistance Training Intervention With Different Velocity Loss Thresholds on the Contractile Properties of the Vastus Lateralis        | Merino, J., Sánchez, J., Asín, I., Paez, J. A., Mariscal, G., Sánchez, M., & Pareja, F.                                                                                                                                                      |
|             | 94 | Readiness Level for Physical Exercise in Female Futsal Athletes From a University Tournament (UFV)                                                                           | Santos, L. V., Silva, L. S. G., de Oliveira Silva, J. C., Milagres Cardoso, C. E., de Azambuja Pussieldi, G., Patrocínio Oliveira, C. E., & Costa Moreira, O.                                                                                |

