

## EBN 2025 - Oral Presentations - May 29, 2025

Time	ID	Title	Authors
17h30-19h30	1	Dominant vs. non-dominant leg in the Bandal Tchagui kick.	Vinagreiro, A., Couto, N., Caramba, B., Dinis, D., Santos, R., & Leitão, L.
	2	Kinematic analysis of movement in a football kick using the dominant and non-dominant foot.	Amaral, D., Dias, D., Vicente, L., Carvalho, R., & Leitão, L.
	3	Static and jump shooting in basketball.	Santos, A., Couto, N., Mestre, G., Ferreira, L., & Leitão, L.
	4	Kinematic analysis of the inverted facial support movement.	Balhé, B., Chainho, C., Nave, M., Costa, M., & Leitão, L.
	5	Dominant vs. non-dominant arm in dart throwing.	Moutinho, A., Garcia, A., João, M., Soares, T., & Leitão, L.
	6	Kinematic analysis of movement in handball shot using the dominant vs. non-dominant hand.	Bregieiro, A., Pais, D., Oliveira, M., Nascimento, M., & Leitão, L.
	7	Kinematic analysis of volleyball serve with dominant and non-dominant hand.	Gouveia, D., Rojão, M., Alves, T., Santos, J., & Leitão, L.
	8	Kinematic analysis of the “garça” jump with dominant vs. non-dominant leg.	Jesus, A., Couto, N., Ribeiro, I., Faquinha, T., Silva, S., & Leitão, L.
	9	Kinematic analysis of the step throw with dominant vs. non-dominant leg.	Madeira, L., Monteiro, N., Miguel, A., Clemente, D., & Leitão, L.
	10	Kinematic analysis of heading with vs. without jump.	Mike, M., Aguiar, R., Arjones, V., Pedroso, R., & Leitão, L.
	11	Analysis of the frontal tackle using the dominant vs. non-dominant foot in rugby.	Sá, R., Ribeiro, L., Dias, S., Rodrigues, S., & Leitão, L.
	12	Biomechanical and kinesiological analysis of the barbell back squat.	Barão, T., Paixão, G., Gonçalves, T., & Leitão, L.
	13	The influence of pre-workout nutrition on sports performance.	Santos, B., Cruz, T., & Leitão, L.
	14	The importance of hydration: A systematic review.	Malhadas, P., & Leitão, L.
	15	Creatine effects on resistance training and muscular strength.	Yakushchenko, A., Couto, N., Oliveira, F., Dias, S., Domingos, T., & Leitão, L.
	16	Caffeine effects on physical performance and muscular strength.	Borbinha, R., Cruz, P., Gouveia, N., Rodrigues, S., & Leitão, L.
	17	Nutrient timing: When to ingest the main types of nutrients to optimize results.	Leal, D., Carnide, D., Lopes, J., Barquinha, M., & Leitão, L.
	18	Connection between caffeine and physical activity.	Matos, J., Silva, J., Santos, R., Duarte, R., & Leitão, L.
	19	The importance of carbohydrates in athletes' performance.	Dias, B., Tomas, D., Reis, H., & Leitão, L.
	20	The importance of sports nutrition and supplementation for athletes' performance.	Santana, C., Almeida, D., Amorim, L., & Leitão, L.
	21	The importance of nutrition in performance and recovery in physical exercise.	Caldeira, D., Oliveira, J., Malveiro, S., & Leitão, L.
	22	Nutrition and physical activity: Creatine supplementation and its benefits.	Alegrias, D., Oliveira, R., & Leitão, L.
	23	The importance of nutrition in endurance athletes' performance.	Ladeira, G., Rivero, J., Caballero, J., & Leitão, L.