

## EBN 2026 - June 5 - 17h00 - 20h30

Nº	Title	Authors
1	In- and Out-of-Possession Running and Technical-Tactical Performance in Soccer	Norbert Banooey Daniel López-López Domingo Jesús Ramos Campos Miguel Angel Saavedra García Hadi Nobari
2	Supervised Treadmill-Based Gait Rehabilitation Improves Mobility and Fatigue in Adults with Multiple Sclerosis: Findings from a 12-Week Pilot Study	Santamaría Gómez, G.; Seco Casares, M.; Bello Corral, L.; Fernández-Lázaro, D.
3	Dose-Dependent Effects of Aerobic Exercise on Immune Responses During Herpes Simplex Virus Infection	Celorrío San Miguel, A.M.; Mielgo Ayuso, J.; Santamaría Gómez, G.; Fernández-Lázaro, D.,
4	Dry or Humid Heat? Thermoregulatory Differences and Exercise Tolerance in Athletes Under Constant WBGT (28°C)	Fernández-Lázaro, D.,
5	Exercise-Based Prehabilitation and Postoperative Physical Recovery: Preliminary Results from a Prospective Clinical Trial	Gil, J.L.; Sánchez, A.; Sañudo, B.
6	Chronic Effects of Combined Quercetin and Cocoa Flavonols Supplementation on Cognitive Processing Speed and Visual-Spatial Function in Elite Young Footballers	Jalali, P.; Izadi, M.A.; Mohammadi, A.; Chmura, P.; Nobari, H.
7	Differences in body composition and physical fitness among older adults based on physical activity level and sex	María Sonsoles Tornero Ramirez; Adrián Mateo-Orcajada; Raquel Vaquero-Cristóbal; José Arturo Abraldes Valeiras .
8	The effect of a minimal-equipment resistance priming protocol on 24-hour neuromuscular performance in U19 male soccer players: a randomized crossover trial.	Enrique Cañadas-García, Carlos García-Sánchez, Raúl Nieto-Acevedo, Jaime González-García, Verónica Giraldez-Costas, Alfonso de la Rubia
9	Respiratory Adaptation, Hematological Responses, and Performance Recovery in CrossFit® Athletes Using Respiratory Resistance Training Following SARS-CoV-2 Infection	López Llorente, A., Jerves Donoso, D., Pascual Aragones, R., Fernández-Lázaro, D.
10	Influence of competitive anxiety in athletes of the Honduras men's national volleyball team 2025	Duarte, E.; Altamirano, G.; Borrega, S.; Campos, A.; García, J.
11	Effects of Post-Exercise Protein Timing on Lower-Body Adaptations Following Resistance Training in Trained Women	Aida Mohammadi, Parham Jalali, Alireza Shirin, Navid Moravej, Pawel Chmura, Hadi Nobari
12	Effects of a Multimodal Exercise on Cognitive and Physical Function in Women with Fibromyalgia: A Randomized Controlled Trial Protocol	Maria Melo-Alonso
13	Do playing positions respond differently to acute chronic workload ratio? Evidence from elite soccer players	Vampola, J.; Kokštein, J.; Mutušinš, M.; Škastný, P.
14	Exercise-Induced Myokines Attenuate Brain Insulin Resistance: Uncovering Muscle-Central Nervous System Metabolic Communication	Samadian, Z.; Samadian, L.; Arabzadeh, E.
15	Validity between Dual-Energy X-Ray Absorptiometry and Bioelectrical Impedance for segmental Fat analysis, and Anthropometric predictive models in young adult males	Mecherques-Carini, M.; Albaladejo-Saura, M.; Esparza-Ros, F.; Baglietto, N.; Vaquero-Cristóbal, R.
17	Correlational Analysis between Lower Limb Power, Speed and Agility in Sports Students	Almeida, D.
18	EFFECT OF A PHYSICAL ACTIVITY PROGRAM ON NEUROMUSCULAR RESPONSES AND RISK FACTORS FOR FALLS IN OLDER ADULTS: A NON-RANDOMIZED PRE-POST STUDY	Felix, B. P., Meirelles A.G., Bodell n., Novaes, J.S., Laett C.T., Carvalho T.L, Monteiro E.R.
19	Does Rest-Interval Order Matter During High-Intensity Interval Training (HIIT) in Male Soccer Players?	Abedinpour, R.; Nobari, H.
21	Age-Related Differences in Counter movement and Horizontal Jump Asymmetry Among Female Football Players	Alberto Roso Moliner1, Elena Pardos-Mainer1, Rafael Albalad-Alguabellá1, Nera Estrada-Marcén2, Oscar Villanueva-Guerrero1 & Demetrio Lozano Jarque1
22	Analysis of perceived barriers in fixed-bench rowing	Ranero deRegil, G., Alberdi-Alberdi, I., Leunda-Goñi, L., Olasagasti-Ibargotien, J., Castañeda-Babarro, A., León-Guereño, P.
23	Leisure, values and barriers in university students' sport participation: an exploratory approach in the context of Jesuit institutions	Ranero deRegil, G., Alberdi-Alberdi, I., del Arco, A., Aguirre-Elordui, S., Castañeda-Babarro, A., León-Guereño, P.
24	Nutritional Optimization in the Rehabilitation of Musculoskeletal Injuries in Female Athletes	Sánchez-Gómez A.; Carnero-Díaz A.; Moreno-Lara J.; López Baena M.A.
25	Mental Health and Eating Disorders in Athletes	Abdul Miguel, Mateus dos Santos Silva, Nuno Monteiro, Tiago Barão, Luis Leitão
26	Motor Competence and Fitness in Portuguese Children: The Role of Sex, Age, and Socioeconomic Status in a Portuguese Sample	Paulino Gomes Rosa1, Guilherme Eustáquio Furtado2, Luís Pedro Inácio Coelho1, Sérgio José Ibañez6, João Serrano2
27	Nutritional Intake in Middle-Distance Duathlon	Jiménez-Alfageme, R.; Castillo-Martínez, M.; Martín-Hernández, S.; Iulian Lupu, R.; Martínez-Sánchez, S.M.; Galarza-Cuesta, I.; Romero-García, D.; Martínez-Sanz, J.M.,
28	Prácticas de nutrición, hidratación y suplementación en nadadores de aguas abiertas: análisis transversal.	Sergio Martín-Hernández, José Miguel Martínez-Sanz, Rubén Jiménez-Alfageme, Néstor Benítez-Brito, Amado Rivero-Santana
29	Nutrition, hydration and supplementation practices in open-water swimmers: a cross-sectional analysis	Sergio Martín-Hernández, Nathalia Medina Ardila, Rubén Jiménez-Alfageme, Amado Rivero-Santana, Néstor Benítez-Brito, José Miguel Martínez-Sanz.
34	Analysis of the Reliability of K-AI Devices (K-Sport®) for Monitoring Total Distance and Maximum Speed during Training and Competition in Football	Royo Sierra, J., Gómez-Carmona, C.D., Savoia, C., Beato, M., Luaces Carreño, J., Pradas de la Fuente, F., & Asín-Izquierdo, I.
35	Phase angle is associated with adaptive postural control strategies and neuromuscular performance in military personnel	Rafael M. Carlos1, Hugo Borges2, Talita M. Fernandes2, Margarida L. Cavaca1, Dalia Curtoti, Manuel Nicolaou1, José
36	External Load Demands During Official Competition in Youth Padel: Implications for Training Prescription	Albalad-Alguabellá, R., Gutiérrez-Logroño, A., Roso-Moliner, A., Villanueva-Guerrero, O., and Mainer-Pardos, E.,
37	Interlimb Asymmetry Across Playing Positions in Elite Youth Male Futsal Players	Villanueva-Guerrero, O.; Roso-Moliner, A.; Albalad-Alguabellá, R.; Mainer-Pardos, E.,
38	Wearable accelerometer for monitoring osteogenic impact loading in postmenopausal women	Reverte-Pagola, G., Ortiz Sánchez, J.A., Ballesteros Peraita, P.
39	Spatiotemporal Stability Analysis Based on Amplitude in Professional Football: A Study in LaLigaTM EA Sports	Luaces Carreño, Jose1, López Del Campo, Roberto2, Nevado Garrosa, Favi2, Bores Arce, Ainhoa1, Royo Sierra, Isaac3, Bores Cerezal, Antonio1, Asín-Izquierdo, Iván3
40	Relationship between Eating Disorders behavioural risk and the development of Relative Energy Deficiency in sport (REDs) symptoms in female Spanish climbing athletes.	Mora-Fernández, A.; Conde-Piñó, J.; Mariscal-Arcas, M.,
41	Design and expert consensus validation of a water rescue knowledge questionnaire	Miranda, M.J., y Abraldes, J.A.,
42	Keyword analysis in the scientific literature on basketball injuries	Hurtado-Ollero, J.M.; López-Sierra, P.; López-Araya, S.; y Ibañez, S.J.,
43	Influence of exogenous factors related to nutrition, hydration and climatological aspects on the fatigue in endurance sports: systematic review with meta-analysis.	Pellicer-Callar R., Vaquero-Cristóbal R., González-Gálvez N., Abenza-Cano L., de la Vega-Marcos R.
44	Literature review on preventing the impact of fibromyalgia in physically active women and sedentary women	Fernández Luque A.D., López-Baena M.A., Sánchez-Gómez A.
45	Repetitions to Failure Across Three Relative Intensities in the Chest Press Exercise in Female Breast Cancer Survivors	Anjos, L.; Esteves, D.; Madeira, R.; Maia, A.; Neiva, H.
46	Dietary supplement and medication use in professional and pre-professional dancers: widespread use but limited evidence of benefit – a systematic review	Vela-Andreu, M.; Montalvo-Alonso, J.A.; del Val-Manzano, M.; Martínez-Hortelano, J.A.; Pérez-López, A.
47	Biological maturation affects kicking velocity but not kinematic organisation in academy footballers	Ebrahim Eskandarifar2; Beatriz Gomez; Hadi Nobari; Siamak Takesh; Antonio Figueiredo
48	Lower-body isometric force-time characteristics discriminate team ranking in U18 basketball players better than jump performance	Nieto-Acevedo, R.1., Cañadas-García3, E.; García-Sánchez, C.
49	Acute Effects of Caffeine Gum Use on Volleyball Performance: A Randomized, Placebo-Controlled Crossover Trial Comparing Single and Partial-Dose Administration	Akinci, D.; Arslan, H.; Rudari, G.
50	Effects of two advanced footwear technology shoes on stability in trained male runners	Jara Camará, Rodrigo Costa, Catarina Prates, Debora silveira, Luis Leitão
51	The Relationship Between Oromotor Profile and Mealtime Behavior in Children with Autism Spectrum Disorder	Opjún, M.; Izkhar, H.; Günalan, E.
52	Effects of Micronia albicans supplementation on biomechanical variables and body temperature in Paralympic powerlifting athletes	Saueira,N.K, Aidar, F. Oliveira,D
53	Effects of Micronia albicans supplementation on biomechanical variables and body temperature in Paralympic powerlifting athletes	Saueira,K, Ádria F, Oliveira,D
54	Interoception, Nutrition, and Physical Activity: A Dynamic Feedback Loop	Oz, E.; Tartici, G.; Günalan, E.
55	Influence of Plantaris Muscle Morphology on Plantar Flexor Muscle Strength	Sánchez-García, A., Climent-Pedrosa, A., Molina-Molina, A., Rubio-Pelotón, A.
56	Impact of the menstrual cycle phases in the metabolic rate in physically active women	García AM1, Moreno-Lara J1, Gómez-Uríos C2, Juan C2, Larrosa M3, Malaguti M4, Dominguez R1
57	Chronic Effects of Ischemic Preconditioning on Performance: A Systematic Review	Reis, N. R.; Novaes, J. S.; Coimbra, D. R.; Vilaça-Alves, J. M.; Moreira, J. V. S.; Silva, A. C. Nascimento, G.J.; Ribeiro, A.A.S.; Vianna, J.M.
58	Acute effect of ischemic preconditioning on Fran performance time and hemodynamic responses in cross-training practitioners.	Reis, N.R.; Moreira, L.; Sant'Ana, L.; Novaes, J.S.; Leitão, L.; Ribeiro, A.A.S.; Vianna, M.,
59	ANTHROPOMETRIC CHARACTERISTICS AND RACE SPEED IN A 16-KM OFF-ROAD RUNNING RACE	Paixão, R. C.; De Agostini, G. G.; Mota, G. R.; Marocolo, M.
60	Influence of Match Location on Technical-Tactical Performance in La Liga Santander (2022–2023)	Sofia López-Araya1, Darío Guisado Guisado1, José Manuel Huerado-Ollero1 & Sergio J. Ibañez1
168	Squat (agachamento)	Silveiro, M., Paciência, B.; Silva, V.; Cardoso, J
169	Kinematic analysis of the jump smash in volleyball: dominant versus non-dominant hand analysis	Daniela Marques, Manuel Mendes, Rita Coelho
177	Remate Rasteiro: Pé Dominante VS Pé Não Dominante	Francisco Piedade, Carlos Ferreira, Tomás Conde, Tiago Wanzeller, Vasco Wanzeller
179	Cinematic Analysis of Standing Overhead Volleyball Serve	Neves, M; Simões, N; Marques, N; Silva, A
181	Kinematic Analysis of Lat Pull Down Exercise with 80% Load	Bernardo Lobo, Santiago Rodrigues, Rui Praxedes, Tomás Praxedes
183	Weight training, "Bicep Curl" exercise	Xavier Duarte, Rodrigo Machado, Rúben Serraó, Mateus Silva
185	Shot and Jump Shot in Basketball	Jara Camará, Rodrigo Costa, Catarina Prates, Debora silveira, Luis Leitão
190	Maximal Strength Training: Physiological Foundations, Application Methods, and Impacts on Performance	Diogo Paixão, Lucas Ribeiro1, Marta Costa1, Rafael Aguiar1, Santiago Dias1 e Luis Leitão
191	Scientific Foundations of Muscular Hypertrophy: A Review of Training Variables and Adaptation Strategies	Adrian Moutinho, André Garcia, Artem Yakushechko, Manuel Pinto, Tiago Soares e Luis Leitão
200	Physical Exercise and Health in Young Adults: Development and Prescription of a 12-Week Training Program for Hypertrophy, Physical Fitness and Well-Being	David Clemente, David Dinis, Leonardo Amorim, Luis Leitão
201	Scientific Foundations of Maximal Strength Training: Practical Applications for Exercise Prescription in Beginner Adults	Dinis Alegria, Filipe Oliveira, Ricardo Oliveira, Luis Leitão
202	Muscular Hypertrophy and Strength Development: Applying Periodization Principles to Exercise Prescription	Duarte Carnide, Gabriel Ladeira, Marcos Ramos, Pedro Cruz, Luis Leitão
203	Strength and Hypertrophy Periodization: Application of Load Monitoring and Progressive Training Principles in Intermediate Practitioners	Nuno Gouveia, Rodrigo Borbinha, Sérgio Rodrigues, Luis Leitão
204	Hybrid Training for Hyrox Competition: Application of Periodization and Exercise Prescription Principles	Diogo Leal, João Lopes, Miguel Barquinha, Tomás Domingos, Luis Leitão
205	Physical Exercise and Hypertension: Application of Exercise Prescription Principles for Cardiovascular Health Promotion	Filipe José Faria de Almeida, João Pedro Lavado Silva, Rafael Jesus da Encarnação Santos, Rodrigo Amorim Soares Duarte, Luis Leitão
206	Physical Exercise and Nutrition: An Integrated Approach to Health Promotion and Quality of Life	Miguel Silva, Rodrigo Santos, Tiago Ferreira, Luis Leitão
207	Strength, Power, and Anaerobic Capacity Development: Individualized Exercise Prescription for Physical Performance Optimization	Pedro Gomez, Laura Gonzalez, Pedro Madhadas, Luis Leitão
208	Physical Exercise and Hypertension: Application of Exercise Prescription Principles for Cardiovascular Health Promotion	Bernardo Dias, Daniel Tomás, Henrique Reis, Luis Leitão
209	Exercise Prescription for Healthy Adults: Development of Strength and Cardiorespiratory Fitness through a 12-Week Periodized Training Program	Lense Vliemcxk, Sep Tavernier, Janne Van Hooydonk, Luis Leitão
162	Kinematic analysis of movement – Straight Punch in Boxing	Afonso Correia, Maria Henriques, Ryan Vasconcelos, Sara de Deus, Luis Leitão
158	Analysis of the soccer kick with the dominant and non-dominant leg.	Filipe Figueira, Tomás Fernandes, Santiago Oliveira and Rodrigo Matias
149	Análise cinemática do lançamento em suspensão no Basquetebol	João Ferreira e Mauro Spencer
30	How can nutrition contribute to athletic performance in pubertal athletes-Diogo Gouveia, Diogo Dias João Tiago Santos e Miguel Rojão	Diogo Gouveia, Diogo Dias, Miguel Rodrigues, João Tiago Santos, Luis Leitão
31	Effect of Caffeine Supplementation on Physical Performance and Fatigue	Bregiario, A.; Nascimento, M.; Pedrosa, R.; Rajões, V.; Leitão, L.
32	VELOCITY-BASED TRAINING (VBT): Fundamentals, Methodology, and Application in Strength Training	Vinagreiro, A.; Balks, B.; Oliveira, M.; Nave, M.; Leitão, L.,
33	Effects of Fasted vs. Fed Training on Physical Performance, Perceived Exertion, Fatigue, and Exercise Tolerance in CrossFit Practitioners	Vinagreiro, A.; Clemente, D.; Dinis, D.; Santos, R.; Leitão, L.,

## EBN 2026 - June 6 - 8h30 - 13h30

Nº	Title	Authors
61	Influence of the menstrual cycle in the metabolic and cardiorespiratory response to submaximal exercise in physically active women	Moreno-Lara J., ; Martínez García A., ; Blesa J., ; Sánchez-Gómez A., ; Fernández da Silva S., ; García C.J.
62	The Potential Role of D-Ribose as an Athlete Supplement in the Management of Fibromyalgia	Cengizhan, Z., ; Ozgün, M., ; Bajbek, E., ; Günalan, E.
63	Bone mineral density and associated factors in physically active adults with Down syndrome	Sánchez-Esteban, A., ; Abia, A., ; Alvarez-Pardo, S., ; Mielgo-Ayuso, J., ; Martínez-Ferrán, M.,
64	Ergogenic Supplementation in Female Soccer Players: A Scoping Review of Caffeine, Creatine, and Beta-Alanine	Sánchez-Esteban, A., ; Martínez-Ferrán, M., ; Fernández-Lázaro, D., ; Mielgo-Ayuso, J.
65	Effects of Isolated L-Leucine Supplementation on Strength and Power Outcomes in Physically Active Adults: A Systematic Review and Meta-Analysis	Sánchez-Esteban, A., ; Martínez-Ferrán, M., ; Moreno-Villanueva, A., ; Fernández-Lázaro, D., ; Mielgo-Ayuso, J.
66	"Correlational Analysis between Lower Limb Power, Speed and Agility in Sports Students"	Almeida D., ; Espada M
67	Analysing the impact of the menstrual cycle in a gradual incremental test in physically active women	Quaddi, M., ; Esteve, M.J., ; Gil-Izquierdo, A., ; Sánchez-Pozo, M.C., ; Cabra Rodríguez, R., ; Bachero-Mena, B., ; Fernández Echeverría, C.
68	Hormonal impact on anterior cruciate ligament injury risk in female athletes: biochemical mechanisms, current evidence and clinical perspectives	López Baena, M.A., ; Carnero Díaz, A., ; Fernández Luque, A.D., ; Sánchez Gómez, A.
69	Assessment of Psychosocial Indicators Related to Gender in Paralympic Powerlifting Athletes	ALVES, R. C. SOUZA, A. A. AIDAR, F. J.
70	The influence of the menstrual cycle on fatigue during a full squat resistance-training protocol.	Martínez-Martínez Jaime1, Aragón-González Jorge1, Sánchez-Gómez Ángela2, Moreno-Lara Javier1
71	Influencia del ciclo menstrual en la fuerza isométrica máxima y la tasa de desarrollo de la fuerza tras una sesión de entrenamiento de sentadillas en mujeres jóvenes	(Aragón-González, Jorge , ; Martínez-Martínez, Jaime; Moreno-Lara, Javier; Rodiles-Guerrero, Luis, )
72	Maturation explains ball speed but not accuracy in youth football: implications for talent identification	Ebrahim Eskandarifar1; Beatriz Gomez; Hadi Nobari; Antonio Figueredo
73	Kinematic analysis of the Squat Snatch in CrossFit: experienced athletes versus inexperienced individuals analysis	Martins, D., ; Silva, D., ; Ventura, S., ; Vicente, V.
74	The Impact of Ramadan on Muslim Athletes in the Sports Context and Strategies to Minimize Performance Loss	Lourenço Vicente; Rafael Carvalho; Magnus Oliveira
75	The impact of sodium supplementation and regulation on endurance athletes	Amaral, D., ; Pais, D., ; Silva, S., ; Alves, T.
76	Comparative analysis of defensive performance between two 2-1-3 tactical systems in developmental women's volleyball	Afán, C.
77	Relationship between healthy habits and physical exercise in young people: A literature review.	Beatriz Balhé, Carolina Chainho, Mariana Nave, Luis Leitão.
78	Physiological changes following a supervised exercise programme in cardiac patients: a retrospective observational study	Cruz Ortíz, M.; Montoya Miñano, J.J.; Miguel Tobal, F.
79	Effects of a multicomponent training program on functional capacity in older adults over 70 years old.	José Antonio Ortiz-Sánchez, ; Pablo Ballesteros Peralta, ; Gonzalo Reverte-Pagola, .
80	A comparison of control versus explicit instruction in inspiratory training	Villa Pérez, Jordi; Camero Díaz, Ángel; Monterrubio Fernández, Germán
81	Does a 10-Day Detraining Period Affect Stretch Shortening Cycle Performance in Elite Female Volleyball Players?	García Sánchez, C., ; Suárez Rodríguez, D., ; Cañadas-García, E., ; Nieto-Acevedo R.
82	Relative Handgrip Strength Is Associated with Physical Function and Physical Health in Community-Dwelling Older Adults	Javier Conde Pijo, Francisco Alvarez Salvago, Maria Leire Lavilla Lerma, Alexander Achalandabaso Ochoa, Antonio Martínez Amat
83	Acute changes in regional bioelectrical impedance after foam rolling: A randomized controlled trial	Serafini, S., ; Vaquero-Cristóbal, R., ; Izicicupo P.
84	Differences between vegan and omnivorous diets in athletes: impact on performance, recovery, and body composition.	Diogo Silva; Nuno Simões; Mathis Casagrande
85	The influence of eccentric velocity in the load-velocity profile in the Bench Press exercise	Copeda-Sánchez, C., ; Sánchez-Sixto, A., ; Salazar-Martínez, E.
86	EFFECTS OF A DETRAINING PERIOD AFTER A RESISTANCE TRAINING INTERVENTION WITH DIFFERENT VELOCITY LOSS THRESHOLDS ON MUSCLE HYPERTROPHY	Merino-Pérez, J., ; Rodiles-Guerrero, L., ; Cornejo-Daza, P.I., ; Ortega-Becerra, MA., ; Pareja-Blanco, F.
87	A escassez na prática de exercícios físicos e o impacto no desempenho ocupacional de idosos institucionais.	Gonçalves, A., ; Freitas, A., ; Yukari, P., ; Sampaio, R.,
88	The Impact of Training-Induced Fatigue on the Speed of U-17 Soccer Players	Dias, B., ; Espada, M.
89	PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION VERSUS CONVENTIONAL EXERCISES IN ROTATOR CUFF TENDINOPATHY: A RANDOMIZED CLINICAL TRIAL	Flávio Martins do Nascimento Filho; Gabriel Silveira Doria; Pedro Machado Menezes; Talita Santos Andrade; Walderi Monteiro Silva Júnior
90	Effects of Acute Nitrate Supplementation on Neuromuscular Recovery Following Resistance Exercise to Failure in Trained Women	Teodoro, R. C., ; Cristina-Souza, G., ; Abreu, W. C., ; Silva, S. F.
91	Differences in the knowledge acquired and consolidated by university students regarding first aid, depending on the level of interest and importance they demonstrate	García-Blaya, J. A.; Mateo-Orcajada, A.; Vaquero-Cristóbal, R.; Abrales, J. A.
92	Differences in Maximum Isometric Force according to the menstrual cycle phase	Zapata-Otero, Rubén; Sánchez-Gómez, Ángela; Fernández-Echeverría, Carmen; Moreno-Lara, Javier
93	Mechanical and Metabolic Responses to Different Bench Press Loading Conditions Using the Same Absolute Velocity Loss Threshold	Eva Montenegro-Cuello1, Juan Sánchez-Valdepeñas1, María Cornejo-Daza1, Javier Merino-Pérez1, Gonzalo Mariscal-Campón1, Fernando Pareja-Blanco1,.
94	Relationship between extracurricular sports participation and flexibility and speed levels in adolescents.	Reis, H., ; Espada, M.
95	The Influence of Caffeine on Anaerobic Training	Alexandre Santos, Bárbara Caramba, Guilherme Mestre, Leonor Ferreira, Luis Leitão2.
96	Relation between Flexibility and Performance in Leg Press (1RM)	Alexandre Santos, Bárbara Caramba, Guilherme Mestre, Leonor Ferreira, Luis Leitão2.
97	The impact of strength production on agility in youth soccer players (U12 and U15 age categories)	Santana, C., ; Espada, M.
98	Effects of Two Multimodal Educational Programs (Online vs. In-Person) on Quality of Life in People with Multiple Sclerosis: A Randomized Controlled Trial	Serrão, G., ; Luis Andreu-Caravaca, Lydia González-Mingorance, Vicente Awla-Gandía, Alejandro Martínez-Rodríguez,
99	Nonlinear Characterization of Speed Dynamics During a Continuous 4x4x4 Basketball Task: Spectral, Entropy and Change-Point Analysis	Pablo López-Sierra, Jorge Arede, José M. Hurtado-Ollero and Sergio J. Ibañez
100	Menstrual cycle affects psycho-emotional readiness and session rating of perceived exertion in resistance-trained women with premenstrual syndrome	Gabriela C. de Lima, Brandel José Pacheco Lopes Filho, Paulo Ricardo Prado Nunes, Lúcio Marques Vieira Souza, Adriano E. Lima-Silva, Gislaíne Cristina-Souza
101	Role of Structured Physical Activity in Managing Musculoskeletal Pain and Improving Pregnancy-Related Health Outcomes: A Review of Evidence	Ali Sharif neshad, ; Sahar Beik, ; Ebrahim Shaabani Ezdini
102	Relationship Between Maturational Status and Quantitative Biometric Indicators in Elementary and Secondary School Students	Tomás, D., ; Espada, M.
103	Isometric Strength-Based Assessments and Physical Interventions in Cancer Patients: A Systematic Review	Aciliona-Beraza, U., ; Santos-Arriaran, A., ; Agirre-Eldordi, S., ; Castañeda-Babarro, A., ; del Arco, A.
104	Physical Activity, Hardiness, and Life Expectancy as Correlates of Life Satisfaction	Jalal Jahan panah, ; Sahar Beik , ; fatemeh Sadat Hosseini , ; Arsanan Rahmannedjad , ; Vaseh jahan panah
105	Analysis of the Influence of the Menstrual Cycle on Physiological Stress in Professional Female Footballers	Alberdi-Alberdi, I., ; León-Gueroño, P., ; Muriel, X., ; Zabala-Domínguez, O., ; del Arco, A., ; Castañeda-Babarro, A.,
106	Influence of Menstrual Bleeding on Muscle Oxygenation During Squat Tasks in Physically Active Women	Amalia Campos Redondo, María Reina, Elena Caso Fontán, Javier García Rubio
107	Análisis de lesiones e factores de riesgo en nadadores que compiten al menos en dos estilos diferentes de natación, utilizando el test OSTR-02 y OSTR-H2.	Nahar, N., ; Gonzalez-Jurado, JA., ; Sanchez-Oliver, Antonio Jesús.
108	200-meter sprint as a practical and low-cost tool to estimate muscle power in recreational runners.	Vinicius Barbosa de Lima1, Fernando Jamile Semão de Lima1, Vinicius Antony da Silva1, Lucas Ribamar Paixão1, Ramon Cruz2, Lima-Silva1
109	The Influence of Supplements Used During the Menstrual Cycle	Andrea Jesus, Iara Ribeiro, Marta Costa, Thiago Luis Leitão
110	ANALYSIS OF INJURIES AMONG THE BRAZILIAN DELEGATION AT THE SOUTH AMERICAN SCHOOL GAMES – A CROSS-SECTIONAL STUDY	I. S. Tavares1, I. B. Silva1; A. K. A. Souza2; S. S. Caduadi1; D. C. Júnior3; J. A. A. Garcez3; A. V. B. Borges2; A. H. Filho4; J. A. Araújo5; W. M. S. Junior6
111	Impacto da atividade física no controle inibitório de crianças de 8 a 11 anos diagnosticadas com TDAH.	SANTOS, H. F. A.
112	The Influence of Body Composition on the Performance and Asymmetry of the Single-Leg Hop in Sports Sciences Students	Picarra, M., ; Espada, M.
113	Muscle Mechanical Properties and Clinical Laterality in People with Multiple Sclerosis: An Exploratory Analysis Using Myotonometry in the ADVICE Project	González-Mingorance, L., ; Villena-Molina, S., ; Rubio-Arias, J.A., ; Pérez-Sendino, M., ; Andreu-Caravaca, L.
114	Influence of Specific Warm-up on the Outcome of the Two-Legged Jump	Leal, D., ; Espada, M.
115	Epidemiology and Anatomical Distribution of Overuse Running Injuries in Recreational Half-Marathon Athletes	Patxi León-Gueroño, Josu Barrenetxea-García1, Jon Herrero-Fonseca1, Asier del Arco1, Arkaitz Castañeda-Babarro1, Jurgi Olasagasti-Ibargoinen
116	Epidemiology of Musculoskeletal Injuries and Training Load in Fixed-Seat Rowing (Trainers): A Cross-Sectional Study	Patxi León-Gueroño, Guillermo Ranero-deRegil1, Behat Larrinaga1, Julien Urtizberea-Puy1, Ander Makazaga-González1, Arkaitz Castañeda-Babarro1
117	Fatigue and Anatomical Distribution of Multisegmental Kinematics in Traditional Rowing: Catch and Finish Phase Analysis	Patxi León-Gueroño, Alfonso Penichet-Tomás, Guillermo Ranero-deRegil, Asier del Arco1, Oihane Ciriuelos-Eraso1 Arkaitz Castañeda-Babarro1
118	Influence of the menstrual cycle on performance in jumping ability and muscular strength	Calvo-López, Paula; López-Fernandez, José; Fernandez-Echeverria, Carmen; Bachero-Mena, Beatriz
119	Motivations and Sociodemographic Distribution of Amateur Silver Runners: Health Status, Professional Life, and Leisure Influences	Patxi León-Gueroño, Jurgi Olasagasti-Ibargoinen, Saioa Agirre-Eldordi1, Jon Herrero-Fonseca1, Asier del Arco1, Arkaitz Castañeda-Babarro1
120	Impact of a Lifestyle Educational Intervention on Frailty Risk Assessed by Relative Sit-to-Stand Muscle Power in Older Adults: A Multicenter Randomized Controlled Trial.	Laura Avila-Cabeza-de-Vaca1, Manuel Costilla1, Alba Mier1, Andrea González Mariscal1, Elvira Zamorano1, Celia Olivai, Cristina Casals1, Juan Corral-Pérez1
121	Effect of whole-body electromyostimulation on post-exercise recovery following repeated sprint ability (RSA), assessing creatine kinase and range of motion	Pablo Ballesteros-Peralta1, Gonzalo Reverte-Pagola1, José Antonio Ortiz-Sánchez1
122	Test-Retest Reproducibility of Maximum Voluntary Isometric Contraction of the Knee Extensor and Flexor Muscles in Healthy Young Adults	Italo Santiago Alves Viana., Wanderson Mathues Lopes Machado , Leonardo Silveira Goulart Silva1, ; Claudia Eliza Patrocínio de Oliveira1., Osvaldo Costa Moreira1.,
123	Kinematic Analysis of the Movement-Supported Finish	António, L., ; Andreia, V. L., ; Mauro, G. L., ; Rodrigo, P. L.
124	Impact of the Mediterranean diet (MD) on the prevention of relative energy deficiency in sports in adolescent girls: a pilot study	Giménez-Blañ, N., ; García-Barroso, C., ; Mora-Fernández, A.
125	Relationship Between Strength Training and Body Fat Percentage and BMI	Cruz, T., ; Espada, M., .
126	Nutritional Knowledge Level and Dietary Supplement Consumption in Turkish Wrestlers: A Preliminary Data Analysis	Ayar, M., ; Özgün, M., ; Günalan, E.
127	Vitamin D3 Supplementation Attenuates Inflammation and Muscle Damage While Improving Overall Ironman 70.3 Performance	Méndez del Canto, R.A., ; Almeida Alves Filho E.M., ; Santana Prata, P., ; de Souza, R.F., ; Aidar Martins, F.J., .
128	Effects of a cycling training programme using balance bikes in children with suspected DCD: study protocol	Bernardino, M., ; Ibañez, S., ; García-Ceberino, J., ; Mercé, C.
129	Intervention programmes to teach independent cycling to children and young people at risk or with DCD: a systematic review protocol	Bernardino, M., ; Ibañez, S., ; García-Ceberino, J., ; Mercé, C.
130	Post-Race Neutrophilia Is Associated with Poorer Ironman 70.3 Performance in Endurance Triathletes	Méndez del Canto, R.A., ; Almeida Alves Filho E.M., ; Santana Prata, P., ; de Souza, R.F., ; Aidar Martins, F.J., .
131	Functional performance in women with breast cancer: a comparative study with healthy women	Guerrero, C. (Candela Guerrero-Torrico)
132	Assessment of General and Specific Motor Coordination in Youth Football: Analysis of the 4M-Test and Single-Leg Jumps in Traquinas and Benjamins	Rodríguez, S., ; Espada
133	Inter- and Intra-rater reliability of pressure pain threshold in the quadriceps femoris 48 hours after flywheel exercise in young women	Machado, W., ; Silva, L., ; Santos, M., ; Leite, I., ; Oliveira, C., ; Moreira, O.
134	Inter and intra-rater agreement of endurance knee goniometry after flywheel training in untrained women	Leonardo Silveira Goulart Silva1, Wanderson Mathues Lopes Machado1, Maria Luiza da Cruz Santos1, Isabella Evangelista Leite1, Cláudia Eliza Patrocínio de Oliveira1, Osvaldo Costa Moreira1.,
135	ANALYSIS OF THE IMPACT OF DISTRACTORS ON HEART RATE VARIABILITY IN A HIGH-PERFORMANCE CLIMBER: A TRAINING PROPOSAL	Tinoco, L.
136	INFLUENCE OF MENSTRUAL CYCLE PHASES ON MUSCLE FATIGUE IN YOUNG WOMEN	López-Fernández, José , ; Calvo-López, Paula , ; Rodiles-Guerrero, Luis , ; Bachero-Mena, Beatriz
137	Democratising Human Movement Biomechanical Analysis through Artificial Intelligence and Commercial Cameras: Project methodology	Moya-Antón, R.M.; Ayala-Rodríguez, F.; Sainz de Baranda, P.
138	Impact of dual-task performance on the SPPB in older adults with hypertension	Estévez, D.

139	Relationship Between Maturational Status and Quantitative Biometric Indicators in Elementary and Secondary School Students	Tomás, D.; Espada, M.
140	Relationship between extracurricular sports participation and flexibility and speed levels in adolescents.	Reis, H.; Espada, M.
141	The Impact of Nutrient Timing on Post-Resistance Training Muscle Protein Synthesis and Recovery	António Lopes, Mauro Gusmão, Rodrigo Ponte, Luís Leitão2.
142	Test-retest reliability of motor and cognitive performance during a dual-task Sit-to-Stand test in women undergoing breast cancer treatment	Almudena Martínez-Sánchez
143	Kinematic analysis of the long pass in football: ground ball versus suspended ball analysis	Adina Lazur, João Santos, Gonçalo Francisco, Miguel Cordeiro, Luís Leitão
144	Biomechanical profile of elite vs. recreational runners using wearable sensors	Cartón-Llorente Antonio · Mayo-Nieto Carlos · Cardiel-Sánchez Silvia · Díez-Martínez Pablo · Rubio-Peironet Alberto · Roche-Seruendo Luis Enrique
145	Impact of Fatigue on Decision-Making in Futsal Players During Small-Sided Games	Barquinha, M.; Espada, M.
146	Training patterns among middle-distance runners: Differences between genders, level of competition and event focused.	Antolin-Flores, I.; Agirre-Eldordi, S.; Olasagasti-Ibargoiien, J.; Barrenetxea-García, J.; Castañeda-Babarro, A.; del Arco, A.
147	Substrate Oxidation is associated with Skeletal Muscle Mitochondrial Respiration in Men with Prediabetes and Type 2 Diabetes	Juan Corral-Pérez1, Andrea González-Mariscal1, Laura Ávila-Cabeza-de-Vaca1, María Rebollo-Ramos1, Alba Mier1, Adrián Montes-de-Oca-García1, Cristina Casals1, Manuel Castilla1
148	The Impact of Fatigue on Lower Limb Explosive Power in Senior Football Athletes	Oliveira, F.; Espada, M.
150	Influence of Menopausal Status on Basal Cortisol and Handgrip Strength Following a 12-Week Exercise and Diet Intervention in Women with Type 2 Diabetes.	González-Mariscal, A.; Ávila-Cabeza-de-Vaca, L.; Castilla, M.; Rebollo-Ramos, M.; Mier-Perulero, A.; Marín-Galindo, A.; Montes-de-Oca-García, A.; Casals, C.; Ponce-González, J.C.; Corral-Pérez, J.
151	Effects of undulant or stable velocity loss programming in the bench press exercise on muscle hypertrophy	Mariscal-Campón, G1; Marino Pérez, J1; Cornejo-Daza, P1; Ortega Becerra, M1; Pareja-Blanco, F.
152	Effects of beetroot juice supplementation on rating of perceived exertion in swimmers: a systematic review and meta-analysis	Vega-Monzó, L.; Ranchal-Sánchez, A. Vega-Monzó, J., Jurado-Castro, J.M.
153	Influence of the Foot-Ankle Complex on Dynamic Balance in Youth Football Players	JM Armada-Zarco2, Crudelini E., Riccardo Izzo, and Antonio Cejudo2
154	MARATHON PERFORMANCE PREDICTION TROUGH 1,000-M, 2,000-M, AND 3,000-M RUNNING TIME-TRIALS	SILVA, A. F.; BERTUZZI, R. C. de M.; SOUZA, G. C.; ANDRADE, V. F. S.; OLIVEIRA, A. C. P.; LIMA SILVA, Adriano Eduardo, ..
155	PREDICTION OF 5-KM ROAD RUNNING PERFORMANCE BASED ON FIELD AND ANTHROPOMETRIC VARIABLES	SILVA, A. F.; BERTUZZI, R. C. de M.; SOUZA, G. C.; ANDRADE, V. F. S.; OLIVEIRA, A. C. P.; LIMA SILVA, Adriano Eduardo, ..
156	Differences in Physical Fitness Indicators between Students from the Azores and Mainland Portugal in the 8th and 10th Grades	Amorim, L.; Espada, M.
157	Comparison of Energy Intake, Energy Availability and Macronutrient Adequacy in Team and Individual Sports Athletes	Puchalt-Urbano, X.; Esteve, M.J.; Blesa, J.; López-Grueso, R.
159	Effect of health promotion educational intervention on urinary incontinence in older adults with frailty: The Fragsalud project.	Mier, A.; Corral Pérez, J.; Ávila Cabeza de Vaca, L.; González Mariscal, A.; Oliva Linares, C.; Zamorano Sanromán, E.; Casals, C.; Castilla, M.
160	Effects of aerobic exercise and diet on DNA oxidative stress in adult women with Type 2 Diabetes Mellitus: a randomized factorial trial.	Costilla, M., Corral-Pérez, J., Ávila-Cabeza-de-Vaca, L., Rebollo-Ramos, M., Mier, A., Marín-Galindo, A., Montes-de-Oca-García, A., Ponce-González, J.G., Casals, C., González-Mariscal, A.
161	Effects of aerobic exercise and diet on DNA oxidative stress in adult women with Type 2 Diabetes Mellitus: a randomized factorial trial.	Costilla, M., Corral-Pérez, J., Ávila-Cabeza-de-Vaca, L., Rebollo-Ramos, M., Mier, A., Marín-Galindo, A., Montes-de-Oca-García, A., Ponce-González, J.G., Casals, C., González-Mariscal, A.
163	Potenciação Pós Ativação	Marcos Ramos
164	"Comparing a gradual incremental test in cycle-ergometer and half squat: A case report"	Belinchón-Matos, A., González-Silva, J., Esteve, M.J., Blesa, J., Moreno-Lara, J., Sánchez-Gómez, A., Fernández Echeverría, C., Domínguez, R.
165	The Effect of Fatigue on Acceleration and Speed in Young Athletes	Gouveia, N.; Espada, M.
166	Effects of an educational intervention on the improvement of the lower body: The Fragsalud Project.	Oliva, C.; Mier, Alba.; Zamorano, E.; González, Mariscal, A., Castilla, M.; Corral, Pérez.; Casals, C.; Ávila, Cabeza de Vaca, L., ..
167	Reliability of the Cutting Movement Assessment Score (CMAS) Score	Moya-Antón, R.M.; Ayala, F.; Sainz de Baranda, P.
170	El complejo tobillo-pietermina el rendimiento del salto en 92 jugadores infantiles de fútbol?	Antonio Cejudo2, JM Armada-Zarco2, and Crudelini E., Riccardo Izzo
171	Análise das Capacidades Físicas de Arbitros de Futebol do Distrito de Setúbal	Duarte, R.; Espada, M.
172	Changes in Lower-Limb Muscle Power Are Associated with Fall Incidence in Frail Older Adults: Findings from the FRAGSALUD Project	Zamorano, E.; Ávila Cabeza de Vaca, L.; Oliva Linares, C.; Castilla M.; González Mariscal, A.; Corral Pérez, J.; Casals, C.; Mier, A.
173	Update on the Influence of Cyclists' Anthropometric Variables on Their Force-Velocity Profile	P. Díez-Martínez, A. Molina-Molina, J. Fontan-Puig, A. García-Gimenez, C. Mayo-Nieto, A. Cartón-Llorente
174	Effect of a strength training session on subsequent performance during a high-intensity interval training in runners	Paixão, L. R.; Pires, C. E. S.; Bertuzzi, R.; Lima-Silva, A. E.
175	INTRA- AND INTER-RATER RELIABILITY AND AGREEMENT OF PRESSURE PAIN THRESHOLD MEASUREMENTS IN THE BICEPS BRACHII FOLLOWING INERTIAL DEVICE TRAINING	Jorman Alexis Londoño Bombó1; Leonardo Silveira Goulart Silva1; Wanderson Matheus Lopes Machado1; Daniela Alejandra Melo López1; Patrocínio de Oliveira1; Osvaldo Costa Moreira1
176	The Influence of Flexibility on Horizontal Jump Performance in Acrobatic Gymnastics Athletes Aged 8 to 10 Years Old	Santos, B.; Espada, M.
178	The Relationship Between Flexibility and Age in Senior Futsal Athletes	Domingos, T.; Espada, M.
180	Comparison between the Flexibility of Athletes and Practitioners of Different Combat Sports	Oliveira, F.; Espada, M.
182	Should be added beetroot juice to caffeine supplementation procedures for increasing neuromuscular performance?	Illescas-Quiroga R., Baeza-Nadal B., Veiga-Herreros P., López-Samanes A., Pérez-López A., Domínguez R.
184	O Impacto da Fadiga na Velocidade de Atletas	Alegrias, D.; Espada, M.
186	Comparison of injury incidence between male and female soccer players from the same club	Silva, J.; Espada, M.
187	Effects of post-activation potentiation on vertical jump after performing a squat.	Carnide, D.; Espada, M.
188	Associação entre desempenho na condução de bola e precisão do passe em jovens futebolistas (7 a 11 Anos)	Borbinha, R.; Espada, M.
189	Flexibility and Agility in Youth Soccer: Examining Their Relationship in Under-19 Players A Correlational Study	Lopes, J.; Espada, M.
192	Athletic race walking: analysis of the difference between a professional and a beginner in technique	Laura de la Torre González, Luis Leitão
193	Effects of Creatine Monohydrate on Endurance Performance in a Trained Population	Iala Camará, Francisco Piedade, Carlos Ferreira
194	Protein Supplement to Increase muscle mass and performance	Rafael Aguiar, Rafael Sá, Lucas Ribeiro, Tiago Gonçalves, Luis Leitão
195	Effects of Dietary Supplements on Athletic Performance in Elite Soccer Players	Adrian Moutinho, Manuel Pinto, Tiago Soares, André Garcia, Luis Leitão
196	Difference in results on the T-Test and Illinois agility tests between soccer players born in the 1st semester and in the 2nd semester, in the Youth category.	Santos, R., ..
197	Competitive model characterization in male SH6 parabadminton athletes	Santos, N.
198	Relationship between level of involvement in the game and performance in soccer players in the children's category.	Ladeira, G.; Espada, M.
199	Inter and Intra-rater agreement of extension knee goniometry after flywheel training in untrained women	Daniela Alejandra Melo Lopez, Leonardo Silveira Goulart Silva1, Jorman Alexis Londoño Bombó1, Wanderson Matheus Lopes Machado1, Maria Luiza da Cruz Santos1, Isabella Evangelista Leite1, Cláudia Eliza Patrocínio de Oliveira