



SZKOŁA DOKTORSKA



GDAŃSK



GDANSK UNIVERSITY OF PHYSICAL
EDUCATION AND SPORT

HUMAN MOVEMENT AS COMPETITIVE SPORT AND HEALTH ENHANCING PHYSICAL ACTIVITY - II EDITION OF THE CONFERENCE



PLAN GODZINOWY

- 8:30 - 9:00** Rejestracja prelegentów oraz odbiór certyfikatów uczestnictwa.
9:00 - 9:15 Uroczyste rozpoczęcie konferencji, przywitanie gości, przedstawienie harmonogramu dnia.

SESJA PLAKATOWA (9:20 – 10:50) 5 min prezentacja + 5 min pytania
– Hol przed Biurem Rektora

- 9:20 - 9:30** The effect of whole-body vibration on postural stability, muscle flexibility, and lower limb power in young basketball players with generalized joint hypermobility. **Mgr Oskar Formella**
- 9:30 - 9:40** Differences in body balance between children with idiopathic scoliosis and non-affected children. **Mgr Kacper Tuptanowski**
- 9:40 - 9:50** Gastrointestinal symptoms during long distance running: etiology, dietary - training relations. **Mgr Izabela Murawiec**
- 9:50 - 10:00** Smartphone motion analysis – the potential of artificial intelligence in sports and physiotherapy. Preliminary study based on the knee joint. **Mgr Łukasz Poniatowski**
- 10:00 - 10:10** Changes in pelvic floor neuromuscular activity in men before and after a 6-week training program for this muscle group. **Mgr Justyna Labun**
- 10:10 - 10:20** Changes in pelvic floor neuromuscular activity, self-assessment of sexual functions and body image in postmenopausal women after participation in a targeted exercise program – research work plan. **Mgr Dagmara Damps**
- 10:20 - 10:30** Ashwagandha supplementation: from mechanisms of action to application. **Mgr Mateusz Sprengel**
- 10:30 - 10:40** Social isolation as a stressor in extreme environment, based on the analog space mission. **Mgr Jakub Hinca**
- 10:40 - 10:50** Polymorphisms of DRD2 and DAT1 genes as potential genetic markers in esports. **Mgr Natalia Majchrzak**
- 10:50 - 11:30** PRZERWA KAWOWA

SESJA PREZENTACYJNA (11:30 – 12:30)
10 min prezentacja + 5 minut pytania – Sala Senacka

- 11:30 - 11:45** Effect of aerobic and resistance interval training on pro-inflammatory and anti-inflammatory cytokines and cognitive function. **Mgr Marta Skurewicz-Palicka**
- 11:45 - 12:00** The status of omega-3 fatty acids and their impact on physical performance and cognitive functions in athletes. **Mgr Marta Kluczek**
- 12:00 - 12:15** Modern measurement methods used in the research project: Changes in activity and morphology of skeletal muscles and ligaments of the shoulder joint in ultrasound images as result of specialised training in judo athletes. **Mgr Bartłomiej Bogdański**
- 12:15 - 12:30** Exercise addiction and eating attitudes - a pilot study among Polish adolescents. **Mgr Magdalena Jaroch-Lidzbarska**
- 12:45 - 13:45** PRZERWA OBIADOWA
Bufet Bistro Przewaga
(piętro 0 – wejście naprzeciwko sali kongresowej)

SESJA PREZENTACYJNA (14:00 – 15:30)
10 min prezentacja + 5 minut pytania – Sala Senacka

- 14:00 - 14:15** Identification and analysis of cybersecurity threats in sports with particular emphasis on the effectiveness of strategies for protecting sporting events. **Mgr Robert Mruczyk**
- 14:15 - 14:30** Effectiveness of citrulline supplementation in the modulation of post-exercise inflammatory response in semi-professional long-distance runners. **Mgr Katarzyna Grześkiewicz**
- 14:30 - 14:45** Effects of short term n-3 polyunsaturated fatty acids supplementation on physical performance and n-6 polyunsaturated fatty acid levels. **Mgr Magdalena Konert**
- 14:45 - 15:30** Podsumowanie konferencji połączone z przerwą kawową.

ZAKOŃCZENIE KONFERENCJI (15:30)

17 STYCZNIA 2025
KONFERENCJA DOKTORANTÓW