

DAY 1 - TUESDAY 28 NOVEMBER 2017				
07:30-08:45	Exhibitor set up			
09:00	Registration and drinks			
10:00	Opening address Welcome from Dr Keith Tolfrey FBASES, Chair of BASES and Dr Anne-Marie Elbe, FEPSAC President		Conference Theatre	
10:10-11:10	Invited keynote: Developing a high performance culture: recommendations for research and practice Dr Angus Mugford, Head of Performance Services, Toronto Blue Jays, Canada <i>Chair: Prof Chris Harwood FBASES</i> This keynote will draw upon insights and experience of developing a high performance culture in North American professional sport, focusing on the challenges and opportunities that impact academics and practitioners in the field of applied sport science, particularly around interdisciplinary work in the context of professional environments.			
	D1.S1. Conference Theatre			
11:10-11:30	Poster viewing, exhibition and refreshments			
	Banqueting and Exhibition Suite/Suite 2			
11:30-12:45	Parallel invited symposia			
	<p>Physical activity and sedentary behaviour: measurement, interpretation and implementation</p> <p>Prof Adrian Bauman, The University of Sydney, Australia and Prof Dylan Thompson, University of Bath <i>Chair: Prof Mike Duncan FBASES</i></p> <p>In this session Prof Dylan Thompson will explain the multidimensional nature of physical activity and discuss some new techniques and approaches for physical activity monitoring. Prof Adrian Bauman will critically evaluate the evidence relating to sitting behaviour and health outcomes and will assess the challenges inherent in translating research into practice.</p> <p style="text-align: right;">D1.S2.1. Suite 1</p>	<p>Performance at the extremes: high, hot and cold</p> <p>BASES expert statement highlight session Prof Greg Whyte OBE, FBASES, Dr Jo Corbett, University of Portsmouth, Prof Mike Tipton, University of Portsmouth and Mark Homer, British Rowing <i>Chair: Prof Greg Whyte OBE, FBASES</i></p> <p>The ability to cope with the challenges of extreme environments is crucial for performance and health. Our understanding of the complex interaction of the human body in extreme environments has continued to evolve, leading to athletes pushing the limits of human performance. This session is a roundtable discussion of the BASES expert statement on performance and health in high, hot and cold environments.</p> <p style="text-align: right;">D1.S2.2. Suite 3</p>	<p>Mental health problems in elite athletes: systems, challenges and recommendations for practice</p> <p>Prof Jens Kleinert, German Sport University, Cologne, Dr Göran Kenttä, Swedish School of Sport and Health Sciences, Cédric Quignon-Fleuret, Institute of Sport, France and Dr Kate Goodger, Chimp Management <i>Chair: Dr Karin Moesch</i></p> <p>This roundtable focuses on mental health problems in elite athletes. Participants from different countries will provide insight into how elite athletes with mental health problems can be supported, with a focus on prevention, detection and treatment of mental health problems in this specific population. Recommendations will be discussed to further enhance clinically oriented sport psychology services.</p> <p style="text-align: right;">D1.S2.3. Conference Theatre</p>	
12:45	Lunch			
13:15-14:15	Poster discussions and exhibition			
	Banqueting and Exhibition Suite/Suite 2			
14:15-15:45	Parallel free communication sessions		D1.S3	
15:45-16:05	Exhibition and refreshments			
	Banqueting and Exhibition Suite/Suite 2			
16:05-17:20	Parallel invited symposia			
	<p>The adaptive response of human skeletal muscle to physical (in)activity: considerations for nutritional optimisation</p> <p>Dr Benjamin Wall, University of Exeter and Dr Oliver Witard, University of Stirling <i>Chair: Prof Emma Stevenson</i></p> <p>Skeletal muscle tissue exhibits great plasticity depending on the mechanical strain imposed upon it. This session will discuss the physiological mechanisms underlying the adaptive response to increased, and decreased, physical activity; and address how the adaptive response to structured exercise training can be optimised via considerations relating to dietary protein. The session's conclusions will aim to provide up-to-date recommendations for dietary protein intake in endurance and resistance trained athletes.</p> <p style="text-align: right;">D1.S4.1. Suite 1</p>	<p>Biomechanical and neuromuscular challenges during ageing and disuse</p> <p>Dr Ramona Ritzmann, University of Freiburg, Germany and Dr Claudine Lamothe, University of Groningen, Netherlands <i>Chair: Dr Florentina Hettinga</i></p> <p>This session will provide an insight into adaptations in response to ageing, with a particular focus on biomechanical and neuromuscular changes. Data obtained about the mechanisms underlying degradations in response to inactivity during bed rest and immobilisation will be systematically reviewed and various countermeasures designed to reduce these effects will be discussed.</p> <p style="text-align: right;">D1.S4.2. Suite 4</p>	<p>Challenges in the provision of psychology support for performance excellence during the Rio Olympic and Paralympic Games</p> <p>Prof Paul Wylleman, Vrije Universiteit Brussel, Belgium and Dr Kristoffer Henriksen, University of Southern Denmark <i>Chair: Dr Rachel Arnold</i></p> <p>This session will highlight the contrasting challenges regarding the content, organisation and quality of support provided to Olympic and Paralympic athletes by team psychologists at Rio 2016. Drawing from their experiences, critical insights will be offered on support provision; the organisation and effects of a solid performance culture; and on the competency profiles of practitioners working with elite athletes.</p> <p style="text-align: right;">D1.S4.3. Conference Theatre</p>	<p>Interdisciplinary research on physical activity interventions targeting obesity and smoking cessation</p> <p>Prof Antonis Hatzigeorgiadis, University of Thessaly, Greece and Dr Anne-Marie Elbe, University of Copenhagen, Denmark <i>Chair: Dr Anne-Marie Elbe</i></p> <p>This session will cover interdisciplinary research conducted on two physical activity interventions. The first targets smoking cessation and the collection of psychological and biochemical data. The second investigates the effects of an intense lifestyle intervention for individuals with obesity, combining a physiological, psychological and sociological research perspective. Advantages and challenges of interdisciplinary physical activity research will be outlined.</p> <p style="text-align: right;">D1.S4.4. Suite 3</p>
17:30-18:30	BASES Annual General Meeting	FEPSAC Annual General Meeting		
	Suite 1		Gallery Suite	
19:00	Gala drinks reception			
	Atrium			
19:30	Conference dinner			
	Banqueting and Exhibition Suite			

DAY 2 - WEDNESDAY 29 NOVEMBER 2017							
08:00-09:00	Registration and drinks						
08:15-09:10	Parallel 5 slides in 5 minutes free communication sessions		D2.S1				
09:15-10:10	<p>Invited keynote: Virtual reality technology: what use can it have in sport? Prof Cathy Craig, Queen's University Belfast, N. Ireland <i>Chair: Prof Markus Raab</i></p> <p>This keynote will show how immersive, interactive virtual reality technology is used to study decision-making in sport. The versatility of this technology means it can be easily applied to many sports and allows for the accurate recording of players' movement responses. By manipulating the visual information presented to players in the virtual world and subsequently measuring when and how they respond, new insights into players' decision-making abilities can be obtained.</p> <p style="text-align: right;">D2.S2. Conference Theatre</p>						
10.15-11:10	<p>Parallel invited symposia</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%; vertical-align: top;"> <p>Exercise in older adults Prof Steve Harridge, Kings College London and Dr Katherine Brooke-Wavell, Loughborough University <i>Chair: Dr Miranda Armstrong</i></p> <p>In this session Prof Steve Harridge will examine the decline in physiological systems that occur with ageing and discuss studies in master's athletes to assess the extent to which declines in functional capacity are due to ageing <i>per se</i> versus physical inactivity. Dr Katherine Brooke-Wavell will then share her knowledge on the potential for exercise to increase bone strength and reduce the risk of falls and osteoporotic fractures in older adults. This will include an examination of the different types and intensities of exercise for increasing bone density.</p> <p style="text-align: right;">D2.S3.1. Suite 1</p> </td> <td style="width: 33%; vertical-align: top;"> <p>Inadvertent doping in sport: protecting the athlete, the practitioner and the profession BASES expert statement highlight session</p> <p>Prof Susan Backhouse FBASES, Leeds Beckett University, Dr Ian Boardley, University of Birmingham and Mike Stow, English Institute of Sport</p> <p><i>Chair: Prof Susan Backhouse FBASES</i></p> <p>This session will consider the controversial issue of doping in sport, and in particular, the unintentional use of prohibited substances or methods. This session will use collaborative technology to activate the BASES community and gauge their stance on the BASES expert statement on inadvertent doping in sport.</p> <p style="text-align: right;">D2.S3.2. Suite 3</p> </td> <td style="width: 33%; vertical-align: top;"> <p>Sport psychophysiology Dr Maurizio Bertollo, University of Chieti-Pescara, Italy, Prof Lorenza Colzato, Leiden University, Netherlands and Prof Christopher Ring, University of Birmingham</p> <p><i>Chair: Dr Maurizio Bertollo</i></p> <p>This session will provide an overview of the psychophysiological features of optimal and suboptimal performance in sport. Presenters will discuss the neural markers underlying performance experience and the effect of non-invasive brain stimulation on performance. The conclusion of this synthesis is applicable within performance enhancement and mental training programmes, providing a comprehensive perspective on psychophysiological intervention in sport.</p> <p style="text-align: right;">D2.S3.3. Conference Theatre</p> </td> </tr> </table>			<p>Exercise in older adults Prof Steve Harridge, Kings College London and Dr Katherine Brooke-Wavell, Loughborough University <i>Chair: Dr Miranda Armstrong</i></p> <p>In this session Prof Steve Harridge will examine the decline in physiological systems that occur with ageing and discuss studies in master's athletes to assess the extent to which declines in functional capacity are due to ageing <i>per se</i> versus physical inactivity. Dr Katherine Brooke-Wavell will then share her knowledge on the potential for exercise to increase bone strength and reduce the risk of falls and osteoporotic fractures in older adults. This will include an examination of the different types and intensities of exercise for increasing bone density.</p> <p style="text-align: right;">D2.S3.1. Suite 1</p>	<p>Inadvertent doping in sport: protecting the athlete, the practitioner and the profession BASES expert statement highlight session</p> <p>Prof Susan Backhouse FBASES, Leeds Beckett University, Dr Ian Boardley, University of Birmingham and Mike Stow, English Institute of Sport</p> <p><i>Chair: Prof Susan Backhouse FBASES</i></p> <p>This session will consider the controversial issue of doping in sport, and in particular, the unintentional use of prohibited substances or methods. This session will use collaborative technology to activate the BASES community and gauge their stance on the BASES expert statement on inadvertent doping in sport.</p> <p style="text-align: right;">D2.S3.2. Suite 3</p>	<p>Sport psychophysiology Dr Maurizio Bertollo, University of Chieti-Pescara, Italy, Prof Lorenza Colzato, Leiden University, Netherlands and Prof Christopher Ring, University of Birmingham</p> <p><i>Chair: Dr Maurizio Bertollo</i></p> <p>This session will provide an overview of the psychophysiological features of optimal and suboptimal performance in sport. Presenters will discuss the neural markers underlying performance experience and the effect of non-invasive brain stimulation on performance. The conclusion of this synthesis is applicable within performance enhancement and mental training programmes, providing a comprehensive perspective on psychophysiological intervention in sport.</p> <p style="text-align: right;">D2.S3.3. Conference Theatre</p>	
<p>Exercise in older adults Prof Steve Harridge, Kings College London and Dr Katherine Brooke-Wavell, Loughborough University <i>Chair: Dr Miranda Armstrong</i></p> <p>In this session Prof Steve Harridge will examine the decline in physiological systems that occur with ageing and discuss studies in master's athletes to assess the extent to which declines in functional capacity are due to ageing <i>per se</i> versus physical inactivity. Dr Katherine Brooke-Wavell will then share her knowledge on the potential for exercise to increase bone strength and reduce the risk of falls and osteoporotic fractures in older adults. This will include an examination of the different types and intensities of exercise for increasing bone density.</p> <p style="text-align: right;">D2.S3.1. Suite 1</p>	<p>Inadvertent doping in sport: protecting the athlete, the practitioner and the profession BASES expert statement highlight session</p> <p>Prof Susan Backhouse FBASES, Leeds Beckett University, Dr Ian Boardley, University of Birmingham and Mike Stow, English Institute of Sport</p> <p><i>Chair: Prof Susan Backhouse FBASES</i></p> <p>This session will consider the controversial issue of doping in sport, and in particular, the unintentional use of prohibited substances or methods. This session will use collaborative technology to activate the BASES community and gauge their stance on the BASES expert statement on inadvertent doping in sport.</p> <p style="text-align: right;">D2.S3.2. Suite 3</p>	<p>Sport psychophysiology Dr Maurizio Bertollo, University of Chieti-Pescara, Italy, Prof Lorenza Colzato, Leiden University, Netherlands and Prof Christopher Ring, University of Birmingham</p> <p><i>Chair: Dr Maurizio Bertollo</i></p> <p>This session will provide an overview of the psychophysiological features of optimal and suboptimal performance in sport. Presenters will discuss the neural markers underlying performance experience and the effect of non-invasive brain stimulation on performance. The conclusion of this synthesis is applicable within performance enhancement and mental training programmes, providing a comprehensive perspective on psychophysiological intervention in sport.</p> <p style="text-align: right;">D2.S3.3. Conference Theatre</p>					
11:10-11:30	Poster viewing, exhibition and refreshments		Banqueting and Exhibition Suite/Suite 2				
11:30-12:45	Parallel free communication sessions		D2.S4				
12:45	Lunch						
12:50-13:45	Poster discussions and exhibition		Banqueting and Exhibition Suite/Suite 2				
13:45-14:45	<p>Parallel invited symposia</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 25%; vertical-align: top;"> <p>Nutrition, exercise and appetite: hungry for more? Prof Emma Stevenson, Newcastle University and Dr Lewis James, Loughborough University <i>Chair: Dr Mike Price FBASES</i></p> <p>This session will focus on the impact of alterations in energy balance through energy restriction and exercise on appetite and energy balance regulation. There will be particular focus on novel dietary strategies to attenuate energy balance, including intermittent severe energy restriction and time restricted feeding.</p> <p style="text-align: right;">D2.S5.1. Suite 3</p> </td> <td style="width: 25%; vertical-align: top;"> <p>Analysing, modelling and improving Olympic performance Prof Gareth Irwin, Cardiff Metropolitan University and Prof Bert Otten, University of Groningen, Netherlands <i>Chair: Adam Hawkey</i></p> <p>Many aspects of Olympic performance can be analysed with motion capture and simulated with custom models. Drawing on current research examples from amputee sprinting, gymnastics, track cycling and speed skating, this session will demonstrate how ecologically valid research in biomechanics, aerodynamics and motor control can enhance the performance of Olympic athletes.</p> <p style="text-align: right;">D2.S5.2. Suite 4</p> </td> <td style="width: 25%; vertical-align: top;"> <p>Uncovering the process of a strength-based approach to mental skills training with young people Dr Jennifer Cumming, University of Birmingham and Dr Camilla Knight, Swansea University <i>Chair: Prof Zoe Knowles FBASES</i></p> <p>This session will explore the delivery and evaluation of strength-based approaches to mental skills training in elite sport and hard to reach populations. Strategies and activities will be shared which have facilitated the application of mental skills training across various settings, as well as insights into the successes and challenges encountered in delivering strength-based mental skills training programmes.</p> <p style="text-align: right;">D2.S5.3. Conference Theatre</p> </td> <td style="width: 25%; vertical-align: top;"> <p>Direct perception in applied contexts Prof Cathy Craig, Queen's University Belfast, N. Ireland, Prof Rita Cordovil, University of Lisbon, Portugal, Dr Rita de Oliveira, London South Bank University and Prof Keith Davids, Sheffield Hallam University <i>Chair: Dr Rita De Oliveira</i></p> <p>The direct perception approach posits that perception is unmediated by cognition, with consequences to how we organise both research and practice. Talks in this symposium will explain how key concepts from this approach can be used to guide research methodology and practical applications in exercise and sport.</p> <p style="text-align: right;">D2.S5.4. Suite 1</p> </td> </tr> </table>			<p>Nutrition, exercise and appetite: hungry for more? Prof Emma Stevenson, Newcastle University and Dr Lewis James, Loughborough University <i>Chair: Dr Mike Price FBASES</i></p> <p>This session will focus on the impact of alterations in energy balance through energy restriction and exercise on appetite and energy balance regulation. There will be particular focus on novel dietary strategies to attenuate energy balance, including intermittent severe energy restriction and time restricted feeding.</p> <p style="text-align: right;">D2.S5.1. Suite 3</p>	<p>Analysing, modelling and improving Olympic performance Prof Gareth Irwin, Cardiff Metropolitan University and Prof Bert Otten, University of Groningen, Netherlands <i>Chair: Adam Hawkey</i></p> <p>Many aspects of Olympic performance can be analysed with motion capture and simulated with custom models. Drawing on current research examples from amputee sprinting, gymnastics, track cycling and speed skating, this session will demonstrate how ecologically valid research in biomechanics, aerodynamics and motor control can enhance the performance of Olympic athletes.</p> <p style="text-align: right;">D2.S5.2. Suite 4</p>	<p>Uncovering the process of a strength-based approach to mental skills training with young people Dr Jennifer Cumming, University of Birmingham and Dr Camilla Knight, Swansea University <i>Chair: Prof Zoe Knowles FBASES</i></p> <p>This session will explore the delivery and evaluation of strength-based approaches to mental skills training in elite sport and hard to reach populations. Strategies and activities will be shared which have facilitated the application of mental skills training across various settings, as well as insights into the successes and challenges encountered in delivering strength-based mental skills training programmes.</p> <p style="text-align: right;">D2.S5.3. Conference Theatre</p>	<p>Direct perception in applied contexts Prof Cathy Craig, Queen's University Belfast, N. Ireland, Prof Rita Cordovil, University of Lisbon, Portugal, Dr Rita de Oliveira, London South Bank University and Prof Keith Davids, Sheffield Hallam University <i>Chair: Dr Rita De Oliveira</i></p> <p>The direct perception approach posits that perception is unmediated by cognition, with consequences to how we organise both research and practice. Talks in this symposium will explain how key concepts from this approach can be used to guide research methodology and practical applications in exercise and sport.</p> <p style="text-align: right;">D2.S5.4. Suite 1</p>
<p>Nutrition, exercise and appetite: hungry for more? Prof Emma Stevenson, Newcastle University and Dr Lewis James, Loughborough University <i>Chair: Dr Mike Price FBASES</i></p> <p>This session will focus on the impact of alterations in energy balance through energy restriction and exercise on appetite and energy balance regulation. There will be particular focus on novel dietary strategies to attenuate energy balance, including intermittent severe energy restriction and time restricted feeding.</p> <p style="text-align: right;">D2.S5.1. Suite 3</p>	<p>Analysing, modelling and improving Olympic performance Prof Gareth Irwin, Cardiff Metropolitan University and Prof Bert Otten, University of Groningen, Netherlands <i>Chair: Adam Hawkey</i></p> <p>Many aspects of Olympic performance can be analysed with motion capture and simulated with custom models. Drawing on current research examples from amputee sprinting, gymnastics, track cycling and speed skating, this session will demonstrate how ecologically valid research in biomechanics, aerodynamics and motor control can enhance the performance of Olympic athletes.</p> <p style="text-align: right;">D2.S5.2. Suite 4</p>	<p>Uncovering the process of a strength-based approach to mental skills training with young people Dr Jennifer Cumming, University of Birmingham and Dr Camilla Knight, Swansea University <i>Chair: Prof Zoe Knowles FBASES</i></p> <p>This session will explore the delivery and evaluation of strength-based approaches to mental skills training in elite sport and hard to reach populations. Strategies and activities will be shared which have facilitated the application of mental skills training across various settings, as well as insights into the successes and challenges encountered in delivering strength-based mental skills training programmes.</p> <p style="text-align: right;">D2.S5.3. Conference Theatre</p>	<p>Direct perception in applied contexts Prof Cathy Craig, Queen's University Belfast, N. Ireland, Prof Rita Cordovil, University of Lisbon, Portugal, Dr Rita de Oliveira, London South Bank University and Prof Keith Davids, Sheffield Hallam University <i>Chair: Dr Rita De Oliveira</i></p> <p>The direct perception approach posits that perception is unmediated by cognition, with consequences to how we organise both research and practice. Talks in this symposium will explain how key concepts from this approach can be used to guide research methodology and practical applications in exercise and sport.</p> <p style="text-align: right;">D2.S5.4. Suite 1</p>				
14:55-15:45	<p>Invited keynote: Exercise versus pharma: what is the future of healthcare? Prof Sir Muir Gray CBE, Nuffield Department of Surgical Sciences, University of Oxford <i>Chair: Prof Greg Whyte OBE, FBASES</i></p> <p>Prof Greg Whyte OBE, FBASES will host a discussion with Prof Sir Muir Gray CBE on the role of exercise in health and primary care. Expect stimulating debate and audience participation on the role of exercise in the prevention, treatment and management of disease and views on how the health service can move forward.</p> <p style="text-align: right;">D2.S6. Conference Theatre</p>						
15:45	Awards announcement and closing address Dr Keith Tolfrey FBASES, Chair of BASES and Dr Anne-Marie Elbe, FEPSAC President		Conference Theatre				

Day 1. Parallel free communication sessions

Physical Activity for Health

Chair: Prof David Stensel

14:15-15:45, DI.S3.1. Suite 4

14:15	DI.S3.1(1)	Cardiometabolic responses to interrupting prolonged sitting with high-intensity physical activity versus a continuous moderate-intensity physical activity bout Daniel Bailey, Benjamin Maylor, Charlie Orton & Julia Zakrzewski-Fruer
14:30	DI.S3.1(2)	The utility of the Supine to Stand test as a measure of functional motor competence in children aged 5-9 years old Michael Duncan, Chelsey Lawson, Leanne Walker, David Stodden & Emma Eyre
14:45	DI.S3.1(3)	The effect of a shortened sprint, reduced exertion high-intensity interval training (REHIT) protocol on affective response and peak oxygen uptake Matthew Haines
15:00	DI.S3.1(4)	Walking in short bouts throughout the day reduces postprandial triglycerides in older women with elevated fasting triglycerides Kyoko Kashiwabara, Tetsuhiro Kidokoro, Takuma Yanaoka, Stephen F. Burns, David J. Stensel & Masashi Miyashita
15:15	DI.S3.1(5)	Comparative study of the effect of aquatic plyometric training versus land-based exercises on bone mineral density in physically active women Manuel A. Riveros, Jose I. Garcia, Adriana R. Gutierrez, Carlos A. Collazos & Oscar F. Rubiano
15:30	DI.S3.1(6)	Association between breakfast frequency and physical activity and sedentary time during different times of the day in children from 12 countries Julia K. Zakrzewski-Fruer, Fiona B. Gillison, Sean Cumming, Peter T. Katzmarzyk, Stephanie T. Broyles, Catherine M. Champagne, Jean-Philippe Chaput, Kara D. Denstel, Mikael Fogelholm, Gang Hu, Kuriyan Rebecca, Anura V. Kurpad, Estelle V. Lambert, Carol Maher, José Maia, Victor Matsudo, Emily F. Mire, Tim Olds, Vincent Onywera, Olga L. Sarmiento, Mark S. Tremblay, Catrine Tudor-Locke, Pei Zhao & Martyn Standage

Physiology and Nutrition

Chair: Dr Caroline Sunderland FBASES

14:15-15:45, DI.S3.2. Gallery Suite

14:15	DI.S3.2(1)	A comparison of neural adaptations after twelve weeks and four years of resistance training Thomas G. Balshaw, Garry J. Massey, Thomas M. Maden-Wilkinson, Marcel B. Lanza & Jonathan P. Folland
14:30	DI.S3.2(2)	Exercise-induced muscle damage and time-course of recovery in young and middle-aged males John F. T. Fernandes, Kevin L. Lamb & Craig Twist
14:45	DI.S3.2(3)	Elevated baseline work-rate slows pulmonary oxygen uptake kinetics, decreases critical power and increases W' during supine cycle exercise Richie Goulding, Denise Roche & Simon Marwood
15:00	DI.S3.2(4)	Catecholamines, but not the sit-up tilt test, are predictive of the inflammatory response to a wheelchair half-marathon Sven Hoekstra, Yoshi Kamijo, Tokio Kinoshita, Ben Stephenson, Nicolette Bishop, Christof Leicht, Vicky Tolfrey & Fumihito Tajima
15:15	DI.S3.2(5)	Acute effects of low-load systemic and localised hypoxic resistance training on skeletal muscle morphology, metabolic stress and muscle tissue oxygenation Ryan Marshall, William D. Sheldon & Elizabeth M. Board
15:30	DI.S3.2(6)	The effects of crank rate on the physiological and perceptual responses to high intensity intermittent upper body exercise Mike Price, Paul Smith & Gabriel Gennuso

Psychology (Session 1)

Chair: Prof Chris Harwood FBASES

14:15-15:45, DI.S3.3. Conference Theatre

14:15	DI.S3.3(1)	The motivation of elite athletes: a mental health perspective Rachel B. Sheehan, Matthew P. Herring & Mark J. Campbell
14:30	DI.S3.3(2)	"You have to be mental to jump off a board any way": elite divers' conceptualizations and perceptions of mental health Melissa Coyle, Paul Gorczynski & Kass Gibson
14:45	DI.S3.3(3)	Wellbeing of practitioners travelling with athletes: balancing between sanity and insanity Kotryna Fraser & Moji Shahvail

Psychology (Session 1 - continued)

Chair: Prof Chris Harwood FBASES

14:15-15:45, DI.S3.3. Conference Theatre

15:00	DI.S3.3(4)	A brief sports-based mental health literacy programme to increase help-seeking among adolescent male athletes: a cluster-randomised controlled trial Sarah Liddle, Frank Deane & Stewart Vella
15:15	DI.S3.3(5)	Development and qualitative evaluation of a website and mobile-app supported intervention to increase resilience and wellbeing in youth sport Christian Swann, Michael Noetel, Andrea Fogarty, Richard Keegan, Katherine Tamminen, Mustafa Sarkar, Helen Ferguson & Matthew Schweickle
15:30	DI.S3.3(6)	I am great and I want to dominate: narcissism and performance under stress Shuge Zhang, Ross Roberts, Andrew Cooke & Tim Woodman

Psychology (Session 2)

Chair: Prof Zoe Knowles FBASES

14:15-15:45, DI.S3.4. Suite 3

14:15	DI.S3.4(1)	Attentional focus and metacognitive processes in recreational endurance runners: exploring the impact of cognitive strategies on longer-term activity adherence Noel Brick, Mark Campbell, Rachel Sheehan & Tadhg MacIntyre
14:30	DI.S3.4(2)	The psychological characteristics of developing excellence: academy coaches' reflections on elite youth athletes, practical implications and actions two years on Matthew Cullen & Jonathan Glynn
14:45	DI.S3.4(3)	Is every type of choice equal for youth rope skippers: the role of order and equally (un)attractive options in promoting task perception, engagement and intended perseverance Gert-Jan De Muynck, Bart Soenens, Lotte Degraeuwe & Maarten Vansteenkiste
15:00	DI.S3.4(4)	The influence of music and music-video on self-selected exercise intensity and psychological response to treadmill exercise Jasmin Hutchinson & Jessica Ballister
15:15	DI.S3.4(5)	Music hath charms to soothe the savage beast but what of the savage workout? Psychological and psychophysiological effects of recuperative music Costas Karageorghis, Andrew Bruce, Suzanne Pottratz, Rebecca Stevens, Marcelo Bigliassi & Mark Hamer
15:30	DI.S3.4(6)	Community level rugby union players' concussion experiences Paul Sellars, Stephen Mellalieu & Sharief Hendricks

Sport and Performance

Chair: Prof Colin Boreham FBASES

14:15-15:45, DI.S3.5. Suite 1

14:15	DI.S3.5(1)	Which measures of training load explain the change in neuromuscular strength post-game in soccer players? Ibrahim Akubat, Chris Wilcox, Lee Taylor, Steve Barrett, Daniel Peart, Chris Towlson, James Bray, Manuel Lapuente Sagarra, Tony Myers & Grant Abt
14:30	DI.S3.5(2)	Effects of brain endurance training on endurance exercise performance Neil Dallaway, Sam Lucas & Christopher Ring
14:45	DI.S3.5(3)	Pacing and performance in head-to-head competition: external cues as invitations for actions Marco Konings & Florentina Hettinga
15:00	DI.S3.5(4)	Exploring the barriers and enablers to implementing organizational-level change within Olympic sport programmes Conor Molan, Seamus Kelly, Rachel Arnold & James Matthews
15:15	DI.S3.5(5)	The anaerobic power reserve and its predictive ability of short duration maximal power output in professional road cyclists Dajo Sanders & Mathieu Heijboer
15:30	DI.S3.5(6)	The effects of post-activation potentiation on Counter Movement Jump in developmental swimming athletes Kirsten Grant, Mark Murray & Jed McKernie

Day 2. Parallel free communication sessions

Biomechanics and Motor Behaviour

Chair: Adam Hawkey

11:30-12:45, D2.S4.1. Suite 4

11:30	D2.S4.1(1)	Footstrike kinematic effects of motor learning strategies to retrain running gait Marianne Gittoes, Kelly Ashford, Charlotte Michelmore & Isabel Moore
11:45	D2.S4.1(2)	Influence of range of motion on muscle activity whilst using the Mujo™ External Shoulder Machine Victoria Jones, Peter Mundy, Neil Clarke & Samuel Oxford
12:00	D2.S4.1(3)	The effect of knee joint angle on quadriceps explosive strength, and underpinning neural and contractile determinants Marcel B. Lanza, Thomas Balshaw & Jonathan Folland
12:15	D2.S4.1(4)	Neural and hypertrophic adaptations to maximal eccentric versus concentric training matched for total work Sumiaki Maeo, Xiyao Shan, Shun Otsuka, Hiroaki Kanehisa & Yasuo Kawakami
12:30	D2.S4.1(5)	Influence of a visual reference point for the hurdle on step regulation and hurdle kinematics in gymnastics handspring vault Apostolos Theodorou & Georgios Ntallas

Physiology and Nutrition

Chair: Dr Keith Tolfrey FBASES

11:30-12:45, D2.S4.2. Gallery Suite

11:30	D2.S4.2(1)	Effects of consuming whey and casein protein post resistance exercise on food intake and fullness in healthy males David Broom, Alex Kerrigan, Elly Bott, Louis Havenhand & James Lewis
11:45	D2.S4.2(2)	Cycling using immersive virtual reality enhances acute exercise tolerance Jamie Highton, Thomas Williams, Gerard Nowlan, Serban Pop & Craig Twist
12:00	D2.S4.2(3)	Reliability of ratings of perceived exertion during combined arm-leg ergometry Mathew Hill, Michael Puddiford, Christopher Talbot & Mike Price
12:15	D2.S4.2(4)	Physiological effects of motor learning strategies to retrain running gait: a pilot study Isabel Moore, Kelly Ashford, Charlotte Bitchell & Marianne Gittoes
12:30	D2.S4.2(5)	Inter-individual variability in the appetite, acylated ghrelin and total peptide YY response to acute exercise in young men: a replicated cross-over study Fernanda Reistenbach-Goltz, Alice Thackray, James King, James Dorling, Greg Atkinson & David Stensel

Psychology (Session 1)

Chair: Dr. Xavier Sanchez

11:30-12:45, D2.S2.3. Conference Theatre

11:30	D2.S4.3(1)	Pupillometry during golf putting: a new window on the cognitive mechanisms underlying Quiet Eye Mark Campbell, Aidan Moran, Sean Surmon, Liz Bressan & Ian Kenny
11:45	D2.S4.3(2)	Coach, athlete, and relational influences on athletes' attitudes, intentions and willingness to dope Paul Freeman, Di Fu, Daniel Madigan & Tim Rees
12:00	D2.S4.3(3)	Attention, heart rate and skilled motor performance: effects of task difficulty Jennifer Henderson & Christopher Ring
12:15	D2.S4.3(4)	Differences in goal-directed self-talk use and functions between individual and team sport athletes and between genders Alexander T. Latinjak, Yago Ramis & Miquel Torregrossa
12:30	D2.S4.3(5)	From Olympic rings to the circus ring: gymnasts' transition experiences into circus Fleur van Rens & Edson Filho

Psychology (Session 2)**Chair: Dr Nadine Debois**11:30-12:45, **D2.S4.4. Suite 3**

11:30	D2.S4.4(1)	An investigation into the sport ethic of equestrian eventing Deborah Brewer & Clare Rhoden
11:45	D2.S4.4(2)	“When do I stop her?” Exploring overuse injuries through the eyes of young gymnasts’ parents Francesca Cavallerio, Ross Wadey & Christopher R. D. Wagstaff
12:00	D2.S4.4(3)	Conceptualizing sporting experiences as romantic attachments: a mixed methods exploration of loving the game Alex Hodge, Emily Oliver & David Eccles
12:15	D2.S4.4(4)	Physical abuse in sport: classifying types & understanding impact Emma Kavanagh, Lorraine Brown & Ian Jones
12:30	D2.S4.4(5)	Experienced sport psychology consultant’s engagement in supervision as a tool to stay ethical Lee-Ann Sharp, Ken Hodge & Steve Danish

Sport and Performance**Chair: Dr Ibrahim Akubat**11:30-12:45, **D2.S4.5. Suite 1**

11:30	D2.S4.5(1)	Match demands in elite women’s English Premiership rugby union Eddie Bradley, Phil Sharpe, Bob Hogg & David Archer
11:45	D2.S4.5(2)	An examination of a modified Yo-Yo test to measure intermittent running performance in rugby players Nick Dobbin, Samantha Moss, Jamie Highton & Craig Twist
12:00	D2.S4.5(3)	Within and between-session reliability of jump performance in elite rugby union players Adam Grainger, Paul Comfort, John McMahon & Paul Jones
12:15	D2.S4.5(4)	Integration of internal and external training load for field based measures of fitness in rugby union Richard Taylor, Dajo Sanders & Ibrahim Akubat
12:30	D2.S4.5(5)	Exercise-induced muscle damage and changes in resting metabolic rate after intermittent running with and without physical contact Craig Twist, Joshua Lee & Jamie Highton

Day 2. 5 slides in 5 minutes free communication sessions

Biomechanics and Motor Behaviour / Physiology and Nutrition

Chair: Dr Mike Price FBASES

08:15-09:10, D2.SI.1. Suite 4

08:15	D2.SI.1(1)	Is relative economy explained by sagittal plane trunk movements in back, back/front and head loading? Sean Hudson, Carlton Cooke, Simeon Davies, Sacha-Jane West, Raaeq Gamielidien, Chris Low & Ray Lloyd
08:23	D2.SI.1(2)	Biomechanical influences in injury rates of United States community rugby-7s: contact versus non-contact injuries Victor Lopez Jr, Richard Ma, Meryle G. Weinstein, Patria A. Hume, Robert C. Cantu, Christian Victoria, Samuel Y. Haleem, Jessica F. Delallo & Answorth A. Allen
08:31	D2.SI.1(3)	Pacing strategy, performance parameters and kinematical analysis of club level adolescent rowers in a simulated rowing ergometer race Apostolos S. Theodorou, Dimitrios Kourbetis, Eleni Dimakopoulou, Vassilios Panoutsakopoulos, Barney Wainwright, Sokratis Kaloupsis & Iraklis A. Kollias
08:39	D2.SI.1(4)	Optimal timing of low dose caffeine ingestion in trained cyclists Andrew D. Davenport, Catherine R. Mikus, Benjamin T. Wall, Nima Alamdari & Francis B. Stephens
08:47	D2.SI.1(5)	One week L-Arginine supplementation did not improve 200m swimming time in trained swimmers Ozcan Esen & Ceri Nicholass
08:55	D2.SI.1(6)	Eccentric hamstring strength: influence on leg stiffness and reactive strength in elite female youth soccer players Damian Harper, Dale Forsdyke & Tom Comyns
09:03	D2.SI.1(7)	The influence of cold water immersion on markers of recovery following resistance exercise Laura Wilson, Lygeri Dimitriou, Frank Hills, Marcela Gondek, Emma Cockburn

Physical Activity For Health

Chair: Dr David Broom FBASES

08:15-09:10, D2.SI.2. Gallery Suite

08:15	D2.SI.2(1)	The validity and reliability of a smartphone pedometer and the effects of the body characteristics of the user on validity James Hazelwood
08:23	D2.SI.2(2)	The effects of pool swimming training on maximal oxygen uptake in recreational swimming or untrained participants: a systematic review and meta-analysis Ian Lahart & George Metsios
08:31	D2.SI.2(3)	An exploration of the meaning of physical activity for working adults and their reluctance to reduce sedentary behaviour Kiara Lewis & Nicola Eccles
08:39	D2.SI.2(4)	The effects of circuit resistance exercise with added upper quadrant training on postural sway and functional fitness in older adults Samuel Oxford, Christopher Ross & Michael Duncan
08:47	D2.SI.2(5)	The application of mental skills training for improving health in homeless young people: a qualitative case study of MST4Life™ Benjamin Parry, Sam Cooley, Mary Quinton, Mark Holland, Janice Thompson & Jennifer Cumming
08:55	D2.SI.2(6)	Accelerometer based physical activity levels, fundamental movement skills and weight status in British preschool children Clare Roscoe, Rob James & Michael Duncan
09:03	D2.SI.2(7)	Association of active commuting (walking and cycling) with incident cardiovascular disease, cancer and mortality: findings from the UK Biobank prospective cohort study Anne Sillars, Hui Li, Fanny Petermann, Naveed Sattar, Jill Pell, Stuart Gray, Jason Gill & Carlos Celis-Morales

Psychology I

Chair: Prof Chris Harwood FBASES

08:15-09:10, D2.SI.3. Conference Theatre

08:15	D2.SI.3(1)	Linking coaches' recovery, well-being and athletic performance: a day-level study on antecedents and consequences of autonomy support in elite sport Yannick Balk, Jan de Jonge, Wido Oerlemans & Sabine Geurts
-------	------------	---

08:23	D2.S1.3(2)	Can young athletes differentiate between conditional and unconditional social influence from significant others? An answer from exploratory structural equation modeling Derwin King Chung Chan
08:31	D2.S1.3(3)	Situational antecedents of outward emotional reactions in table tennis Julian Fritsch, Diana Zerdila, Anne-Marie Elbe, Antonis Hatzigeorgiadis
08:39	D2.S4.4(4)	Two case studies of decision-making under stress Anne-Claire Macquet & Héloïse Lacouche
08:47	D2.S4.4(5)	The relationship between personality, gender, mental toughness and athletic coping skills in fencers Gerard Madden & Mike Westgate
08:55	D2.S4.4(6)	Psychological resilience, challenge and threat states, and sports performance under pressure Lee Moore, Tom Young & Mustafa Sarkar
09:03	D2.S4.4(7)	The relationship between anxiety and depression symptoms and help-seeking intentions in individual sport athletes and university students: the moderating role of gender and participant status Richard Taehtinen & Hafrun Kristjansdottir

Psychology 2

Chair: Lina Vaisetaite (FEPSAC)

08:15-09:10, D2.S1.4. Suite 3

08:15	D2.S1.4(1)	Examination of factors influencing sport-enjoyment in physical education in adolescents Eliane Stephanie Engels, Philipp Alexander Freund
08:23	D2.S1.4(2)	A case study focusing on the delivery and evaluation of a motivation programme for youth sport coaches Helen Ferguson, Michael Noetel, Chris Lonsdale
08:31	D2.S1.4(3)	Methodology goes wild: advocating the advancement of cognitive ethnography in physical activity research Danny Golding, Gail Kinman & Steve Kozub
08:39	D2.S1.4(4)	Mental skills support within elite professional tennis: Reflections on a 5-year programme of delivery John Mathers
08:47	D2.S1.4(5)	The effects of achievement goals and motivational context on psychological functioning and sport performance: An experimental investigation Mairi Mulvenna, James W. Adie, Luke Sage, Nigel Wilson & Douglas Howat
08:55	D2.S1.4(4)	A neophyte practitioner's reflections on providing sport psychology support to an injured footballer Rachael Newport, David Shearer, Camilla Knight
09:03	D2.S1.4(5)	Student-athlete academic performance at university: a mixed-method case study Olivier Rouquette, Philippe Godin, Guy Lories, Anne-Sophie Leurquin

Sport and Performance

Chair: Adam Grainger

08:15-09:10, D2.S1.5. Suite 1

08:15	D2.S1.5(1)	Implicit and explicit coordination mechanisms in youth football: temporal adaptations in team cognition and correlations to team performance Marc Blaser & Roland Seiler
08:23	D2.S1.5(2)	Breast support implications for an elite female rower: a multi-disciplinary case study Jenny Burbage, Mitch Lomax & Chris Mills
08:31	D2.S1.5(3)	Interday reliability and usefulness of reactive strength index derived from the ten to five repeated jump test Thomas Comyns, Eamonn Flanagan, Damian Harper, Sean Fleming & Evan Fitzgerald
08:39	D2.S1.5(4)	A comparison of the hormonal and performance profiles of male Greco-Roman and Freestyle wrestlers during maximal exercise testing Blair Crewther, Zbigniew Obminski & Lech Borkowski
08:47	D2.S1.5(5)	Influence of stochastic movement patterns on external and internal load measures during simulated rugby league match play Thomas Mullen, Craig Twist & Jamie Highton
08:55	D2.S1.5(6)	The reliability of integrated external:internal load ratios for field based measures of fitness in rugby union Richard Taylor, Dajo Sanders, Tony Myers & Ibrahim Akubat
09:03	D2.S1.5(6)	The effects of β-alanine on indoor bouldering performance Daniel Wood

Day 1. Posters

Biomechanics and Motor Behaviour	D1.P1	Andrew Barnes	Multi-segment synergies during the tennis serve in expert performers
Biomechanics and Motor Behaviour	D1.P2	Becky Conway	Comparing visual search strategies in successful and unsuccessful one-on-one defensive situations in soccer
Biomechanics and Motor Behaviour	D1.P3	Adam Hawkey	Investigating the effects of vibration on mechanical efficiency during cycling
Biomechanics and Motor Behaviour	D1.P4	Mathew Hill	Effects of backpack load on dual-task postural stability in children
Physical Activity for Health	D1.P5.	Nurul-Fadhilah Abdullah	Influence of fed vs. overnight-fasted state exercise on whole-body and skeletal muscle substrate utilisation in obese or overweight/centrally obese men
Physical Activity for Health	D1.P6.	Ruth Ashton	Effects of short-, medium- and long-term resistance exercise programmes on measures of cardiometabolic health in adults: a systematic review and meta-analysis
Physical Activity for Health	D1.P7.	Alison Connaughton	Identifying barriers to physical activity and exercise for type 2 diabetes patients
Physical Activity for Health	D1.P8.	Marlize De Vivo	A mixed methods approach to advance the understanding of physical activity behaviour during pregnancy
Physical Activity for Health	D1.P9.	Audrey Duncan	Physical activity and mental wellbeing levels of university student nurses
Physical Activity for Health	D1.P10.	Emma Eyre	The impact of exercise on postural sway in middle-aged overweight and obese women
Physical Activity for Health	D1.P11.	Kathryn Holloway	The effects of acute high intensity exercise on pulse wave velocity and wave reflection characteristics in females
Physical Activity for Health	D1.P12.	Richard Johnston	Comparing the validity of two aerobic capacity field tests for use with obese Emirati males enrolled in National Service
Physical Activity for Health	D1.P13.	Ailsa Niven	Individual differences in affective responses to and intention to repeat low volume high intensity interval exercise
Physical Activity for Health	D1.P14.	Anne Sillars	Associations of cardiorespiratory fitness with cardiovascular disease, respiratory disease and cancer and all-cause mortality: findings from the UK Biobank prospective cohort study
Physiology and Nutrition	D1.P15.	Elisabeth Board	Physiological impact of hot fire training on fire-fighters in the United Kingdom: implications for the ageing fire-fighter
Physiology and Nutrition	D1.P16.	Noelia Bonfanti	Changes in the internal load training and fatigue of young athletes taking carbohydrate and protein 2 hours before training
Physiology and Nutrition	D1.P17.	Emma Cockburn	The effect of plasma volume on changes in biomarkers of muscle damage, inflammation, oxidative stress and leukocyte differential following a 42.2 km trail run, and the efficacy of recovery interventions
Physiology and Nutrition	D1.P18.	James Dorling	Effect of exercise on appetite and total peptide YY in men with variants of the obesity-related gastrin-releasing peptide gene rs7243357 polymorphism
Physiology and Nutrition	D1.P19.	Matthew Ellis	Low doses of caffeine produce individual and task-dependent responses in elite adolescent male soccer players

Physiology and Nutrition	D1.P20.	Stefan Kolimechkov	Effect of elbow position on grip strength in children: validity and reliability of TKK 5101 and DynX dynamometers
Physiology and Nutrition	D1.P21.	David J Muggeridge	A mixed-methods assessment of a multi-sensor wearable band during normoxia and hypoxia
Psychology	D1.P22.	Diana Avans	Patient motivation while completing physical therapy
Psychology	D1.P23.	Boris Balent	Sport mindset and attitude toward dieting among kinesiology students
Psychology	D1.P24.	Suzan Blijlevens	Preparing talented and elite gymnasts for within-career challenges
Psychology	D1.P25.	Mariette Boal	The effects of motor imagery on tennis serve performance
Psychology	D1.P26.	Ruth Boat	Effects of exercise intensity on anticipation timing performance during a cycling task in children aged 7-10 years
Psychology	D1.P27.	Chris Bradley	An interdisciplinary approach to problem solving: a case study of a professional football academy
Psychology	D1.P28.	Pedro Bruno	The effects of media feedback on soccer players' motivation across gender
Psychology	D1.P29.	Liz Carlin	A cross cultural analysis of the management policies and the motives of volunteers within Special Olympics
Psychology	D1.P30.	Lewis Charnock	Development of a psychological development programme to support youth professional footballers in a Premier League football academy
Psychology	D1.P31.	Adam Coussens	Exploring athletes' perceptions of group flow in team performance
Psychology	D1.P32.	Lorcan Cronin	The importance of life skills for sports degree students: how they contribute to students' academic performance, health-related quality of life and flourishing
Psychology	D1.P33.	Koen De Brandt	Investigating the factor structure of the Dual Career Competency Questionnaire for Athletes in European student-athletes
Psychology	D1.P34.	Simon Defruyt	Ethical guidelines for dual career stakeholders: a focus group study with European dual career experts
Psychology	D1.P35.	Kotryna Fraser	Providing services to youth athletes: when does parental involvement become an issue?
Psychology	D1.P36.	Carolina Freitas Silva	Biochemical variations and erythrocyte membrane stability after resistance training session
Psychology	D1.P37.	Maita Furusa	The relationship between young club swimmers' perception of task and ego orientated parental feedback and motivation
Psychology	D1.P38.	Danny Golding	Working on the edge: an ethnographic study of stress, coping and expedition leadership
Psychology	D1.P39.	Vicky Goltsi	Team cohesion and coping strategies in professional basketball teams in Greece
Psychology	D1.P40.	Andrew Heyes	Psychosocial factors facilitating use of cognitive enhancing drugs in education: a qualitative investigation of moral disengagement and associated processes
Psychology	D1.P41.	Tanja Kajtna	The role of sport psychology in helping athletes deal with increased media exposure
Psychology	D1.P42.	Jolan Kegelaers	The influence of self-regulated learning and coping styles on psychological resilience in sports

Psychology	D1.P43.	Alfred Sing Yeung Lee	Autonomy support, controlling behaviours and other forms of social influences from significant others in youth sport
Psychology	D1.P44.	Ioannis Morres	Motivating adult outpatients with major depressive disorder towards physical activity: a self-determination approach
Psychology	D1.P45.	Christina Plath	Analysis of individual perceptual differences of potentially relevant trust components in sports teams
Psychology	D1.P46.	Jon Radcliffe	Is giving up good for you? Goal adjustment capacities as a mediating link between hope theory, sport enjoyment and life satisfaction
Psychology	D1.P47.	Simon Defruyt	Career support services in Europe: current status and future challenges
Sport and Performance	D1.P48.	Sally Akehurst	Categorising symptoms and types of yips in athletes
Sport and Performance	D1.P49.	Glenn Björklund	Performance analysis of trail running in undulating terrain
Sport and Performance	D1.P50.	Jack Brimmell	Do challenge and threat states predict attentional control and performance during a pressurised soccer penalty task?
Sport and Performance	D1.P51.	Scott Burnet	Quantitative skill provision in undergraduate sport and exercise science programmes
Sport and Performance	D1.P52.	Sarah Catlow	Acute effects of kinesiology tape application on skin blood flow: considerations in the management of athletic performance
Sport and Performance	D1.P53.	Neil Clarke	A Christmas break temporarily improves the perception of well-being in academy soccer players
Sport and Performance	D1.P54.	Danielle Flood	The physiological demands of riding for horse riders
Sport and Performance	D1.P55.	Fernando González-Mohíno	Effect of uphill and level high intensity exercises on energy cost of running, blood lactate and respiratory exchange ratio
Sport and Performance	D1.P56.	Mark Horne	Relation of race discipline to overall performance in draft-legal, and draft-illegal world amateur sprint triathlon
Sport and Performance	D1.P57.	Chelsey Lawson	Is there an optimal load for the development of muscular power in the straight bar deadlift?
Sport and Performance	D1.P58.	Victor Lopez Jr	Injury rate differences among genders in U.S. community rugby-7s
Sport and Performance	D1.P59.	Kelly Murray	The validity and reliability of bilateral torque measured using Garmin Vector pedals
Sport and Performance	D1.P60.	Joshua Rice	Is there a correlation between GPS and Tracab outputs for physical performance markers within soccer?

Day 2. Posters

Biomechanics and Motor Behaviour	D2.P1	Diana Avans	Does blindfolded balance training work?
Biomechanics and Motor Behaviour	D2.P2	Laura Edwards	Controlling the timing of feedback affects performance gains in a maximum power task
Biomechanics and Motor Behaviour	D2.P3	Bradley Marsden	A positional analysis of the optimal drop jump height of amateur level basketball players.
Biomechanics and Motor Behaviour	D2.P4	Matthew Watson	Validation of a linear position transducer for measuring jumping performance
Physical Activity for Health	D2.P5	Michael Duncan	Construct validity of the resistance training skills battery in children aged 7-10 years
Physical Activity for Health	D2.P6	Anne King	Beneficial effects of a modest enhancement of physical activity in pain perception: a preliminary study using quantitative sensory testing and electroencephalography
Physical Activity for Health	D2.P7	John W. D. Lea	Validity of the novel Isometric Exercise Scale (IES) for measuring rating of perceived exertion during isometric exercise training
Physical Activity for Health	D2.P8	Laroche Manon	Health regulatory foci promotion and prevention, selection optimization and compensation strategy and physical activity: a meditational analysis
Physical Activity for Health	D2.P9	Peter Mundy	Test-retest agreement of a novel portable sit-to-stand device in adults aged 20-70 years
Physical Activity for Health	D2.P10	Anna Myers	An aerobic exercise intervention in overweight women decreased fat mass but was partially compensated by increased appetite but not by increased sedentary behaviour or decreased non-exercise physical activity
Physical Activity for Health	D2.P11	Darren Richardson	The acute physiological effects of high and low velocity resistance exercise on older adults
Physical Activity for Health	D2.P12	Manuel Riveros	Biomechanical correlation analysis of capoeira movement "meia lua de compasso", among three different-level practitioners in Bogota
Physical Activity for Health	D2.P13	Olga Roldan-Reoyo	Supervised physical activity and foetal heart rate response in smoking pregnant women
Physical Activity for Health	D2.P14	Anne Sillars	The associations between diabetes and both cardiovascular disease and all-cause mortality are modified by grip strength: evidence from UK Biobank prospective population-based cohort study
Physical Activity for Health	D2.P15	Leanne Walker	Fundamental motor skill proficiency of the UK child population during early childhood and middle childhood, while considering weight status and ethnicity.
Physical Activity for Health	D2.P16	Philip Watkins	The effects of high intensity interval training on body composition for health risk reduction in obese Saudi Arabian male university students
Physical Activity for Health	D2.P17	Abigail Page	Effects of quadriceps strength asymmetry on stair negotiation
Physical Activity for Health	D2.P18	Miranda Weston	Barriers to physical activity for sexual minority women aged 18-25 living in the United Kingdom

Physiology and Nutrition	D2.P19	Blair Crewther	Salivary testosterone and cortisol relationships in healthy adults under stress and non-stress conditions: a within-participant approach
Physiology and Nutrition	D2.P20	Katherine Paice	Influence of cold water immersion and cherry juice on recovery following a 42.2km trail run
Physiology and Nutrition	D2.P21	Justin Roberts	Assessing the impact of dietary protein on recovery indices from resistance exercise when nutrient timing is controlled for
Physiology and Nutrition	D2.P22	Lisa Schäfer	Neuromuscular fatigue following cycling above critical power
Physiology and Nutrition	D2.P23	Parimala Sivaperuman	Lutein and Zeaxanthin: do they influence visual performance in athletes?
Physiology and Nutrition	D2.P24	Caroline Sunderland	Effect of sodium bicarbonate ingestion on intermittent running and hockey specific skill
Physiology and Nutrition	D2.P25	Jason Tallis	The effects of low and moderate dose caffeine supplementation on upper and lower body maximal voluntary concentric and eccentric muscle force
Physiology and Nutrition	D2.P26	Alyx Taylor	Effect of the re-booting cognition technique on blood lactate concentration during the post-exercise period.
Physiology and Nutrition	D2.P27	Nobuaki Tottori	Contributions of knee extensor moment arm and quadriceps femoris volume on knee extensor strength in children
Psychology	D2.P28.	Rachel Arnold	The direct and organisational stress moderating effects of perceived social support on athletic performance in elite sport
Psychology	D2.P29.	Emma Davies	The psychological impact of injury on amateur horse riders
Psychology	D2.P30.	Emma Davies	Psychological and emotional responses of elite riders to the injury of their horses
Psychology	D2.P31.	Charlotte Hinchliffe	Understanding junior to senior level transition experiences: a case study of an elite rugby league academy
Psychology	D2.P32.	Costas I. Karageorghis	Antecedents of competitive state anxiety and self-confidence among deaf male soccer players
Psychology	D2.P33.	Adam Kelly	A holistic case study approach to pre-delivery routines in training and competition.
Psychology	D2.P34.	Kelsey Kendellen	An investigation of athletes' life skills transfer and application experiences
Psychology	D2.P35.	Johannes L. Hatfield	Psychological skills training for musicians
Psychology	D2.P36.	Moira E. Lafferty	Making the team: an exploration of male student athletes' engagement in initiation activities.
Psychology	D2.P37.	Stephen Leckey	Understanding mental toughness in Scottish rugby union: an interpretative phenomenological approach
Psychology	D2.P38.	David Marchant	Individual and combined effects of externally focused instruction and enhanced performance expectancy on motor learning
Psychology	D2.P39.	Emily Martin	We all look but do we see? Evaluating an observation intervention for trainee practitioners
Psychology	D2.P40.	Maxime Mastagli	Preliminary validation of the Exercise Attentional Questionnaire in physical education
Psychology	D2.P41.	Emma Mosley	The contribution of coping related variables and cardiac vagal activity on prone rifle shooting performance under pressure
Psychology	D2.P42.	John K. Parker	Examining the association between mental toughness and metacognition

Psychology	D2.P43.	Christina Plath	Identification of central context-sensitive aspects of trust in volleyball teams via a mixed methods approach
Psychology	D2.P44.	Yago Ramis	Three images not to worry about Worry
Psychology	D2.P45.	Liudmila Rogaleva	Psychological problems in youth sports
Psychology	D2.P46.	Elizabeth Scholefield	The impact of stress on empathic accuracy in coach-athlete dyads participating in elite level individual based sports
Psychology	D2.P47.	Sebastian Sherwood	The role of decision specific reinvestment in pattern recall in rugby union
Psychology	D2.P48.	Christian Swann	How do goals influence subjective experience during performance? An experimental test of the effects of goal types on performance, flow and clutch states, confidence and perceived challenge
Psychology	D2.P49.	Miquel Torregrossa	Career trajectories: the not always easy path to dual career
Psychology	D2.P50.	Nathan Wood	The effects of challenge and threat states on competitive sprint cycling performance
Psychology	D2.P51.	Koji Yamatsu	Associations between physical fitness and academic performance is independent of achievement motivation in Japanese junior high school students
Sport and Performance	D2.P52.	Ian Kenny	Drive performance indicators for able-bodied and disabled golfers
Sport and Performance	D2.P53.	Mark R. Noon	Next day subjective and objective recovery indices following acute low and high training loads in team sport players
Sport and Performance	D2.P54.	Jessica O'Brien	The effect of ego depletion on challenge and threat states and performance under pressure.
Sport and Performance	D2.P55.	Mitsuo Otsuka	Multiple single-subject approach: running pace and step characteristics among 400-m hurdlers
Sport and Performance	D2.P56.	Chelsea Oxendale	Internal and external responses to linear versus multi-directional running
Sport and Performance	D2.P57.	Victoria Penpraze	Within and between-level, cross-seasonal comparison of anthropometric, physical and psychological measures in 4 developmental levels of elite youth rugby union.
Sport and Performance	D2.P58.	Debbie Risius	The effect of 10 weeks of targeted physical training for High Speed Craft Users on physical and cognitive performance
Sport and Performance	D2.P59.	Michael Starkey	The effects of internal versus external attentional focus instructions on muscle activation and movement effectiveness during a barbell back squat
Sport and Performance	D2.P60.	Ben Stephenson	Reliability and validity of Garmin Vector power meter compared to the Cyclus 2 ergometer
Sport and Performance	D2.P61.	Christoph Triska	The order of the predictive runs significantly affects the parameters of the speed-duration relationship
Sport and Performance	D2.P62.	James Welsh	Thinking aloud: an exploration of cognitions in professional snooker
Sport and Performance	D2.P63.	Inmaculada Yustres Amores	Analysis of finalist swimmers in absolute world championships with previous participation in junior category
Sport and Performance	D2.P64.	Nicholas Zuch	The archetypes of masculinity and collective unconscious in elite English football academies