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EUROPEAN  
CONGRESS  
26-29.09.2018



29th FIEP  
WORLD  
CONGRESS  
ISTANBUL, TURKEY



MARMARA  
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26-29 September 2018, Istanbul

**ABSTRACT BOOK**



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## **ABSTRACT BOOK**



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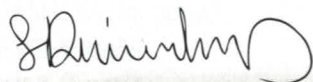


# Preface

Dear Participants,

We thank you all for your participation in 13<sup>th</sup> Europe and the 29<sup>th</sup> World Congress of FIEP. In the Congresses, 2 Keynotes and 8 Invited Speakers will share their studies with us. Besides, there are 4 Symposiums and 4 Workshops in the Congresses. There are also 74 Oral and 48 Poster Presentations coming from you and that are accepted by the Scientific Committee. The Members of the FIEP New Leader Program (FNL) will also attend the Congress with their poster presentations. We are sure that these presentations in these abovementioned different categories will create significant discussion, and lead to international cooperations. Is this not the primary purpose of scientific study results? In order to serve the achievement of this purpose, the Congress Abstract Book, in which all the works presented are included, is shared with you. We wish you a successful scientific activity and enjoyable trips in Istanbul.

Chair

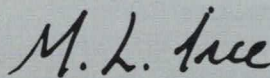


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# Oral Presentations







## Combined Sets of European Physical Fitness Percentile Scores, with Appropriate Interpolations, for Children and Adolescents for the Alpha-Fit Test Battery

**Stefan Kolimechkov, Lubomir Petrov, Albena Alexandrova**  
National Sports Academy, Sofia, Bulgaria

Physical fitness has been shown to be a major health factor in both children and adolescents. One of the most widely applied physical fitness test batteries in Europe is the Alpha-fit. However, there is a reference gap between 9.9 and 12.4 years without percentile scores in the published norms for handgrip strength, standing long jump, and 4x10m shuttle run tests (SRT), which has to be filled in. Percentile scores for the 20m SRT in European children are available for the ages between 6.0 and 9.0, but for the assessment of children above 9 years of age, appropriate international norms should be applied until the missing European percentile scores for VO2max are established. The aim of this study was to propose interpolated physical fitness percentile scores for the main tests in the Alpha-fit test battery, which can be temporarily applied until this gap is filled in by experimental research. The available European normative values for children published by Miguel-Etayo et al., 2014, and for adolescents published by Ortega et al., 2011 were linearly interpolated in order to propose percentile scores to close the gap from 9.9 to 12.4 years of age in relation to the aforementioned tests (handgrip strength, standing long jump, and 4x10m SRT). Moreover, percentiles which were not given with the published values (20th, 30th, 40th, 60th, 70th, 80th, and 100th in children, and the 1st, 3rd, 25th, 75th, 97th, and 99th in adolescents) were also interpolated. With regard to the 20m SRT, we chose to combine the available European normative values supplied by Miguel-Etayo et al., 2014 for children from 6.0 to 9.0 years of age, and international norms in children and adolescents between the ages of 9 and 17, as published by Tomkinson et al., 2016, in order, thereby, to produce a full set of norms with the appropriate interpolations. Results and Discussion: The obtained interpolated percentile scores can be applied to assess the results from the Alpha-fit test battery of children and adolescents from 6 to 17 years of age. The combined percentile curves for handgrip strength, standing long jump, 4x10m SRT, and 20m SRT showed linearity, which sharpens between the ages of 9 and 13, and is probably connected with puberty. The proposed combined and interpolated reference values can be applied in order to evaluate European children and adolescents at all ages until the missing values are established by experimental research.

**Keywords:** Alpha-fit, physical fitness, percentile scores, children and adolescents

## Basic Motor Competencies of Primary School Children in Slovakia

**Dana Masarykova<sup>1</sup>, Jana Labudova<sup>2</sup>**

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Physical education as a part of school curriculum faces curricular strategies to the same extent as the other subjects at schools. Current strategies in education are focusing on the development of competencies in each level of education. One of the important aims of physical education is to develop motor competencies of children. A good level of motor competencies is a determinant for regular physical activity. In our research we used the MOBAK 1 and MOBAK 3 test batteries for evaluation of basic motor competencies in Slovak 1st and 3rd graders. We found interesting relations between the level of motor competencies and regular sports activity of the monitored children. We also found higher impact of BMI on children's performance in the 3rd grade in comparison to the 1st graders. The girls in both groups (1st and 3rd graders) performed better in self-movement and boys in object-movement. Generally, the competencies were better in the 1st grade in comparison to the 3rd grade, what suggests further research focused on the content of PE curriculum or quality of PE lessons in primary education.

**Keywords:** Basic motor competencies, physical education, MOBAK, test battery

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