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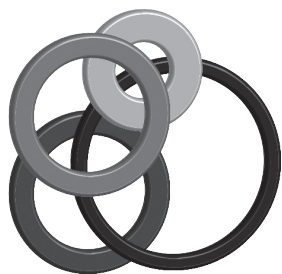


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2019 editions of the WRCS with the population, Gross Domestic Product and scientific research output rankings of the same years. Results have shown that performance in elite sport has a weak correlation with population's size, a strong one with the Gross Domestic Product and a very strong one with research output. The universities, cradle of scientific research, have therefore a determinant role in countries' success in elite sport. Universities are the principal providers of the skills needed by coaches, medics, managers and physical education teachers, which are leading actors in the sport movement. They therefore have a major impact at all the levels of the sport pyramid: grassroots, youth and elite.

### O3

#### **NUTRITIONAL ASSESSMENT OF FEMALE YOGA PRACTITIONERS WITH DIFFERENT LEVELS OF EXPERIENCE**

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Yoga includes many components for a healthy lifestyle such as physical exercises, abstaining from tobacco, stress management and a low-fat diet. The aim of this study was to assess the nutrition of yoga practitioners and to compare it with international guidelines for a healthy diet. This study comprised 89 female yoga practitioners from Bulgaria. The nutrient intake was assessed by using a food frequency questionnaire based on the USDA National Nutrient Database. The relative intake of proteins, carbohydrates, fats, energy contribution of each nutrient, and the total daily energy intake and relative energy intake were calculated. The BMI of the yoga practitioners was near the lower normal limit (18.5 kg/m<sup>2</sup>). Only 3 practitioners were overweight. The yoga practitioners consumed small amounts of pork and beef and ~60% did not consume any meat at all. They consumed an average of 600 g of fruits and vegetables per day, which complies with the 400 g recommended by the WHO. Practicing yoga helps to maintain normal weight which is one of the prerequisites for a healthy lifestyle. The nutritional assessment of the yoga participants corresponded with the recommendations of the WHO and the American Cancer Society Guidelines for a healthy diet.

### O4

#### **ASSOCIATION BETWEEN SEDENTARISM AND EMOTIONAL WELL-BEING ON CHILEANS DURING CONFINEMENT DUE TO COVID-19 PANDEMIC**

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Studies have shown that sedentarism is a risk factor to physical and mental health. Confinement due to the COVID-19 pandemic has had a significant impact on the increase in a sedentary lifestyle. This study aims to analyze whether sedentarism due to confinement in Chileans is related to levels of anxiety, depression, and self-perception of health 98 men and 184 women (age=36.2±12.3) participate. International Physical Activity Questionnaire (IPAQ-short form), an ad-hoc questionnaire with a Likert-type scale, was asked to evaluate how good they considered their health, and the Spanish version of the Hospital Anxiety and Depression Scale (HADS) were

applied. The Spearman Rho coefficient was calculated to determine the relationship between the people's sedentarism and well-being, and self-perception of health. A significant correlation was found between people who spent more time sitting weekly with higher levels of anxiety ( $p = .015$ ), depression ( $p < .001$ ), and lower self-perception of health ( $p = .024$ ). The findings suggest that sedentarism could affect people's well-being and self-perception of health. Thus, it is necessary to promote strategies that reduce sedentarism during the pandemic to avoid mental health problems.

### O5

#### **MODERN TRENDS IN STUDENTS' COGNITIVE HEALTH INDICATORS DURING THE EDUCATIONAL PERIOD**

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Maintaining high indicators of students' cognitive health during their studies in higher education institutions is an important scientific problem, some aspects of which, unfortunately, remain insufficiently studied in our time. The purpose of this research was to study the dynamics of changes in the main indicators of the cognitive health, which are typical for most students, who are trained in institutions of higher education. In the course of research, the methods of pedagogical observation, medical control of health condition, interviews, questionnaires, and statistical processing of the obtained data were applied. This study involved 428 students from institutions of higher education in Kiev. During this study two groups of students (main and experimental) were formed. The process of teaching students of the main group was carried out in improved conditions and with the programs adapted to the individual cognitive abilities of students. The students of the control group were trained in normal conditions and with the use of standard curricula. As a result, all indicators of cognitive and mental health of students in the main group were higher than those of students in the control group. The data obtained during this study indicate that the level of mental and cognitive health of students who are trained in higher education institutions depends on the conditions, nature and intensity of the educational process.

### O6

#### **JOB SATISFACTION OF PHYSICAL EDUCATION TEACHERS IN SLOVAKIA**

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Many studies have confirmed that job satisfaction is one of the important factors that maintain a high level of performance. The aim of this study was to analyze job satisfaction among physical education teachers in Slovakia. This was a cross-sectional intraindividual ex post facto research. 139 male and 173 female Slovak physical education teachers participated in this study, 165 of them were employed at primary schools and 147 of them worked at secondary schools. To get the empirical data, the method of questionnaire and interview was used. It has been shown that job satisfaction of physical education teachers in Slovakia are differentiated in terms of gender, but are not differentiated from the point of view of age and of the type of school. The analysis of data shows that male physical teachers working in schools have better job satisfaction than their female counterpart. The findings suggest that job satisfaction of physical education in Slovak teachers is low. This research was realized out within the proj-



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# 18th Annual Scientific Conference and 16th FIEP European Congress Sport, Physical Education, Physical Activity and Health: Contemporary perspectives

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8<sup>th</sup> - 11<sup>th</sup> April 2021,  
Dubrovnik - Croatia