



# 13<sup>TH</sup> ANNUAL MEETING AND 8<sup>TH</sup> CONFERENCE OF HEPA EUROPE

15 – 17 NOVEMBER 2017, ZAGREB, CROATIA

Conference theme:  
**MODERN APPROACHES TO  
PHYSICAL ACTIVITY PROMOTION  
AND MEASUREMENT**



## FINAL PROGRAMME AND BOOK OF ABSTRACTS



University of Zagreb, Faculty of Kinesiology

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## Modern approaches to physical activity promotion and measurement

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Editors:

Danijel Jurakić and Marija Rakovac



**University of Zagreb, Faculty of Kinesiology**

Zagreb, 2017.



# WELCOME NOTE

Dear friends and colleagues,

It is our utmost pleasure, on behalf of the organizer, the University of Zagreb, Faculty of Kinesiology, to warmly welcome you in Zagreb for the 13th Annual Meeting and 8th Conference of HEPA Europe. We are very pleased to inform you that with more than 200 abstracts and more than 300 registered participants this year's conference will be the best attended HEPA Europe conference so far.

The main topic of the conference is "Modern approaches to physical activity promotion and measurement". We are confident the conference will provide a great platform for exchanging knowledge and experiences between researchers and practitioners and, most importantly, for dissemination of emerging ideas in these areas.

Undoubtedly, many interesting new findings will be presented as part of the four cutting-edge keynote lectures, 21 parallel oral sessions, 9 symposia, poster sessions, two workshops, and a number of other conference events. We hope participation at the conference will be an intellectually enriching and fruitful experience for all attendees.

Our social programme will include an evening walking sightseeing tour, followed by a welcome reception at a venue with a panoramic view on the entire city of Zagreb, a morning sightseeing run, and the conference dinner at a famous club located at the central city square. Make sure not to miss the colourful autumn atmosphere in the old Zagreb's Upper Town and the busy downtown area.

We wish you to enjoy your stay in Zagreb and to have a great conference!



Marija Rakovac,  
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## 95. Regular exercise decreases problematic internet use in children

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**Introduction:** In the last decades, Internet use among children has steadily increased. The problematic Internet use is detrimental to both physical and mental health. The purpose of the study was to investigate the profile of children using the Internet as well as their correlation with regular exercise. CES-DC), perceived health status (Visual Analogue Scale of 0 to 100), regular exercise ( $\geq 5$  days/week for at least an hour), BMI z-score, school performance and socioeconomic status were measured. Data were analysed using the SPSS 24.0 statistical package,  $p \leq .05$  was considered statistically significant. **Methods:** A total of 189 children between the age of 10 to 15 (47.6% males) took part in this study from a primary school in an urban area of North-Eastern Hungary in 2017. The response rate was 86.7%. Internet use (Internet Addiction Test), well-being (WHO-5 Well-being Index), life satisfaction (Cantril ladder on a scale of 1 to 10), depression (Center for Epidemiological Studies Depression Scale for Children **Results:** 51.1% of children exercised at least 5 times a week for an hour without gender difference. There was association between regular exercise and socioeconomic background ( $X^2(2)=6.750$ ,  $p < .034$ ) as well as perceived health status ( $F(1,184)=6.225$ ,  $p = .013$ ). Children with wealthier background exercised more, and the more active children had better health status. 14.3% of children were identified as problematic Internet users dominated by boys (Boys:  $39.20 \pm 13.08$  vs. Girls:  $33.18 \pm 10.37$ ;  $p = .001$ ). There was significant correlation between internet use and regular exercise ( $F(1,186)=4.477$ ,  $p = .036$ ). That is, those with appropriate regular exercise had more favourable scores ( $34.14 \pm 11.19$ ) than their less active counterparts ( $37.85 \pm 12.83$ ,  $p = .036$ ). In the regression model, predictors of internet use were gender ( $t = -3.326$ ,  $p = .001$ ), school performance ( $t = -3.302$ ,  $p = .001$ ), life satisfaction ( $t = 2.728$ ,  $p = .007$ ) and regular exercise ( $t = -2.187$ ,  $p = .030$ ). **Conclusions:** Our study suggests that the prevalence of problematic Internet use is high among children in the age group of 10 and 15. Problematic Internet use is predicted by male gender, worse achievement at school, unfavourable life satisfaction and less exercise in children. Encouraging children to be physically active and offer different sport opportunities in school settings seems an achievable goal for prevention.