



13TH ANNUAL MEETING AND 8TH 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

Co-sponsored by:



REGIONAL OFFICE FOR EUROPE

Publication

13th annual meeting and 8th conference of HEPA Europe,
15 – 17 November 2017, Zagreb, Croatia
Modern approaches to physical activity promotion and measurement
final programme and book of abstracts

For the Publisher

Tomislav Krističević, Dean

Editors

Danijel Jurakić
Marija Rakovac

Secretary

Đurđica Kamenarić

Graphic design

Ivo Mađor

Publisher

UNIVERSITY OF ZAGREB
FACULTY OF KINESIOLOGY
Zagreb, 2017.

ISBN 978-953-317-054-1

13th annual meeting and 8th conference of HEPA Europe,
15 – 17 November 2017, Zagreb, Croatia

Modern approaches to physical activity promotion and measurement

FINAL PROGRAMME AND BOOK OF ABSTRACTS

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,
MD, PhD



Danijel Jurakić,
PhD

114. Regular exercise as a protective factor of the health risk behaviours in adolescents

Lukács, A.¹, Sasvári, P.², Kiss-Tóth, E.¹

¹Faculty of Health Care, University of Miskolc, Hungary

²Faculty of Mechanical Engineering and Informatics, University of Miskolc, Hungary

Introduction: This study aimed to evaluate the adolescents' health-related behaviour and find relationships with regular exercise and physical fitness. **Methods:** The total sample included 422 young people (16.33 ± 1.66 y/o) (212 males) from an elite secondary grammar school in an urban area of North-Eastern Hungary in 2017. The response rate was 88%. Well-being (WHO-5 Well-being Index), overall life satisfaction (Cantril ladder on a scale of 1 to 10), depression (Kutcher Adolescent Depression Scale), perceived health status (Visual Analogue Scale of 0 to 100), eating disorder (SCOFF questionnaire), sleepiness (Cleveland Adolescent Sleepiness Questionnaire), physical fitness (International Fitness Scale), regular exercise (≥ 5 days/week for at least an hour), self-reported substance use, BMI z-score and socioeconomic status were measured. For data analysis we used SPSS 24.0 version, $p \leq .05$ was considered statistically significant. **Results:** 42.4% of the students exercised at least 5 times a week. Boys were more active than girls ($X^2(1)=24.376$, $p < .001$). Regular exercise had relationships with age ($F(1,421)=11.703$, $p = .001$), well-being ($F(1,416)=9.299$, $p = .002$), perceived health status ($F(1,415)=28.514$, $p < .001$), life satisfaction ($F(1,417)=13.755$, $p < .001$), depression ($F(1,415)=6.967$, $p = .009$), and physical fitness ($F(1,17)=87.025$, $p < .001$). Students exercising at least 5 days a week were younger and had more favourable results than their less active peers. There was a significant relationship between regular exercise and the frequency of alcohol consumption ($F(1,410)=5.028$, $p = .025$) and some tendency could be observed in tobacco use ($X^2(1)=3.291$, $p = .070$). Fewer students smoke and drink alcohol in active group. Analysing the relationship between fitness and the other investigated parameters, we found a significant correlation with well-being ($r = .259$, $p < .001$), life satisfaction ($r = .267$, $p < .001$), perceived health status ($r = .399$, $p < .001$), depression ($r = -.314$, $p < .001$), sleepiness ($r = -.137$, $p = .005$), gender ($F(1,417)=20.843$, $p < .001$), and alcohol consumption ($F=2.638$, $p = 0.016$). There was a significant difference in fitness scores by socioeconomic background ($F(2,405)=7.642$, $p = .001$). Students with wealthier background were fitter. **Conclusions:** This study suggests that appropriate regular exercise and consequently being physically fit can play a protective role with regard to health impairing behaviors in adolescents. Educational institutes can serve the most suitable location for providing sport facilities and encouraging young people to be involved in sports and regular exercise.