

# Nordic Conference Health, Participation and Effects of Sport and Exercise

## Scientific Program

Thursday October 2, 2008

11.00 – Registration

13.00 – Introduction

Chair: Urban Johnson (Sweden)

Room: Malcussalen

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13.45 – 14.45 – **Public Health Keynote Lecture**

**Peter Währborg (Sweden): Mental stress and physical activity.**

Chair: Maria Nyholm (Sweden)

Room: Malcussalen

14.45 – 15.15 – coffee break

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15.15 – 16.45 – **Interdisciplinary symposium 1: Health, Participation and Effects of Exercise**

Moderators: Finn Rasmussen (Sweden) and Magnus Lindwall (Sweden)

Room: Malcussalen

Panel presenters:

**Finn Rasmussen (Sweden):** Physical activity, fitness and fatness: Long-term risks for cardiovascular diseases and type-2 diabetes.

**Magnus Lindwall (Sweden):** The relation between exercise and psychological health for older adults: Dose-response and gender differences.

**Karen Sogaard (Denmark):** Effects of physical exercise on musculoskeletal health from a biomechanical perspective.

**Lars Kristén (Sweden):** Adapted physical activity: Active healthy lifestyle for all.

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16.45 – 19.00 – **Physical activities in the sports centre and labs**

Q-building

Rasmus Wallin-Tornberg (Sweden)	- Sport psychology lab
Lina Lundgren (Sweden)	- Physiology and biomechanics lab
David Lindberg (Sweden)	- Adapted physical activity

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19.30 – Welcome reception

Kåren

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**Friday October 3, 2008**

09.00 – 10.00 – **Adapted Physical Activity Keynote Lecture**

**Pauli Rintala (Finland): Physical activity and reasons to move in children and adolescents with disabilities.**

Chair: Lars Kristén

Room: Malcussalen

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10.00 – 10.30 – Coffee break

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*Parallel sessions*

10.30 – 11.30 – **Adapted Physical Activity Workshop 1.**

**Good practice in adapted physical activity. Inger Johansson and Lena Hammar (Sweden).**

Place: Sports arena

11.30 – 12.30 – **Adapted Physical Activity Workshop 2.**

**Inclusion of children and adolescents with disabilities in physical activity. Peter Pettersson, Ulla and Ronny Thorstensson (Sweden).**

Place: Sports arena

10.30 – 12-30 – **Sport Psychology Symposium 1.**

**To what extent is there reciprocity between psychology and sport & exercise psychology?**

Chair: David Lavalley (United Kingdom)

Discussant: Mark B. Andersen (Australia)

Room: Wigforssalen

**David Lavallee (United Kingdom):** The symposium introduction.

**Sally Akehurst (United Kingdom):** Exploring narcissism: Adoption, application, reciprocity and development from mainstream to sport psychology.

**David Lavallee (United Kingdom):** The labour pains of sport and exercise psychology: An examination of the relationship between sport and exercise psychology and psychology.

**Joanne Thatcher (United Kingdom):** Reversing the trend: Reversal theory and sport and exercise psychology

**David Tod (United Kingdom):** Is it my fault Daddy doesn't love me? Contributing to mainstream psychology training and development literature from a sport psychology perspective.

**Mark B. Andersen (Australia):** Who is your daddy?: Tension, acceptance, and coming home to sport psychology's grandparent discipline.

## **10.30 –12-30 – Sport Psychology Symposium 2.**

### **Perceived health and sport/exercise participation**

Chair: Natalia Stambulova (Sweden)

Room: Haldasalen

**Natalia Stambulova (Sweden):** The symposium introduction.

**Natalia Stambulova (Sweden):** Perceived health and sport/exercise participation: A summary of the 3-year Halmstad project.

**Ingela Alvmeyren (Sweden):** Athletes' perception of health and factors influencing their satisfaction with sport participation

**Jenna Gestranus (Sweden):** Factors influencing athletes' tendencies towards healthy vs. unhealthy sport participation.

**Afshin Shakiba (Sweden):** Exercisers' perceived health, goal orientation, physical self-perception and exercise satisfaction.

**Ines Pfeffer & Cathleen Illig (Germany):** Exercise and its effects on motor skills, cognitive functioning and mental health in the elderly.

**Mattias Johansson & Peter Hassmén (Sweden):** Qigong exercise is associated with enhanced pleasant affect.

**10.30 – 12.30 – Physiology and Biomechanics Oral Session 1.**

Chair: Marianne Magnusson (Sweden)

Room: Q 318

**Sofia Olandersson, Marita Hilliges, Christer Sollerman & Anna Nilsson (Sweden):**

Six-week hand exercise significantly improved the hand strength and function in rheumatoid arthritis patients.

**Ellinor Olander & Frank Eves (United Kingdom):** The comparison of two stair climbing interventions: Less is more.

**Marcus Stålbom (Sweden/New Zealand):** Jump assessment for sports including sprint running.

**Alan Pearce, Dawson Kidgell, J. Zois & J. Carlson (Australia):** Effects of secondary warm-up following a bout of stretching.

**Dawson Kidgell & Alan Pearce (Australia):** Acute upper-body-vibration exercise enhances corticomotor excitability.

**Hazem Hussein (Egypt):** Enzymatic responses to anaerobic training in sprinter swimmers.

**10.30 – 12.30 – Adapted Physical Activity Oral Session 1**

Chair: Marit Sørensen (Norway)

Room: Q 319

**Tarja Levonen-Javanainen, Marita Poskipartu, & Pauli Rintala (Finland):** Finnish public health nurses as physical activity promoters in child health clinics.

**Eva Gåve (Sweden):** Motivating physical exercises.

**Kristian Jensen (Denmark):** Reflections on thirteen years experiences with Handivid.

**Anne-Merete Kissow (Denmark):** Adapted physical activity in a municipality in Denmark.

**Chatrine Nøttingnes (Norway):** Activities at the Beitostølen Healthsports Centre (BHC) as represented by the “Local Environment Model” (LEM) program.

**Merete Skadal (Norway):** The benefits of a training assistant in the work with people with disabilities.

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12.30 – 13.30 – Lunch

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### 13.30 – 15.00 – **Poster Presentations**

Place: Lobby of the Q-building

**Charlotte Ahlberg & Anna Mörstam (Sweden):** Testing of a self-esteem program on young athletes.

**Malin Boltorp (Sweden):** Exercise dependence in relation to other psychological factors.

**Daniel Chow & Malcolm Pope (Hong Kong):** Schoolchildren's backpack – good or bad?

**Johan Ericsson (Sweden):** Physical education for students diagnosed with autism.

**Josef Fahlén (Sweden):** Promoting physical activity by redesigning the school environment.

**Běla Hátlová, Radka Kulhánková & Tereza Louková (Czech Republic):** Psychomotor therapy as support method in asthma.

**Anders Henriksson & Mats Salo (Sweden):** Adapted integration? A study about the integration of pupils with disabilities in the subject Physical Education and Health.

**Joakim Ingrell (Sweden):** Motivation and motivational climate in golf.

**Urban Johnson & Fredrik Weibull (Sweden):** Development of sport psychology in Europe: Through enhanced collaboration between FEPSAC and ENYSSP.

**Maria Jönsson (Sweden):** Perspectives of participation – A qualitative study concerning pupils' reasons for refraining from the education in the subject Physical Education and Health.

**Jiří Kirchner (Czech Republic):** The analysis of the present state in outdoor education in Czech Republic: New bachelor degree in outdoor activities and its use in special need youth education.

**Jiří Kirchner, Tereza Louková, & Běla Hátlová (Czech Republic):** Analysis of fragments in BSC/BA outdoor studies in St-Martin's College (UK) and the Czech setting with a focus on psychosocial aspects.

**Camilla Lindholm (Sweden):** Sport psychological factors' importance for peak performance in adventure racing.

**Lina Lundgren, Sofia Olandersson, Marita Hilliges, & Anna-Lisa Osvalder (Sweden):** Pilot study: Injuries and body stress within kite surfing.

**Rasmus Wallin-Tornberg (Sweden):** Swimmers' emotions before a competition race – relation to goal orientation and opponents.

**Katherine Wiklund (Sweden):** To live with ADHD - How is it in reality?

**Linn Eriksson (Sweden):** Ambition of a perfect body – a risk factor of body dissatisfaction

*Young Investigators Award poster presentations:*

**Sally Akehurst, Tim Woodman & Lew Hardy (United Kingdom)**: Two studies investigating the interactive effects of narcissism and trait self-consciousness upon dispositional choking, and the role of confidence.

**Markus Gerber (Switzerland)**: Development and validation of an inventory to assess chronic stress in physical education classes.

**Jenna Gestranus (Sweden)**: Factors influencing exercisers' tendencies towards healthy versus unhealthy exercise participation.

**Henrik Gustafsson, Helena Ragnarsson, Peter Hassmén, & Nathalie Hassmén (Sweden)**: Perfectionism, goal orientation and the risk of athlete burnout.

**Kajsa Jerlinder (Sweden)**: Swedish physical educators' attitudes toward teaching pupils with physical disabilities in inclusive settings.

**Daniel Jorlén (Sweden)**: Career transitions for Swedish golf juniors - from regional to national junior elite competitions.

**Karin Josefsson (Sweden)**: Motivation to exercise and perceived barriers - Men and women's exercise habits.

**Magnus Kraft, Anna Brännberg, Peter Kriborg and Pierre Mathisson (Sweden)**: Effects of whole body vibration on strength development, and self-efficacy in strength performance.

**Erik Lundkvist, Sören Hjälml, Henrik Gustafsson, Peter Hassmén (Sweden)**: Perceived causes of burnout among elite soccer coaches.

**Tobias Richard (Sweden)**: Personal identity in adolescent football players: An explorative study.

**Fredrik Weibull (Sweden)**: Idiosyncratic imagery experiences in tennis: Using imagery patterns as an analytic framework.

**Johan Wikman (Sweden)**: Development of the volitional components questionnaire-exercise.

### *Parallel sessions*

15.00 –16.00 – **Sport Psychology Workshop 1.**

**Health coaching as a community psychological intervention. Reinhard Stelter (Denmark).**

Room: Q 318

**16.00 –17.00 – Sport Psychology Symposium 3:  
Injury prevention and rehabilitation.**

Chair: Urban Johnson (Sweden).

Room: Q 318

**Urban Johnson (Sweden):** The symposium introduction.

**Urban Johnson (Sweden):** Content analysis of a connection between psychosocial antecedents and occurrence of sport injury among 16 athletes.

**Ulrika Tranaeus & Urban Johnson (Sweden):** A case study: An injured athlete's way back from board room to sports ground.

**Andreas Ivarsson (Sweden):** The relationship between psychological life stress and the occurrence of sport injuries – A study on soccer players.

**Andreas Claesson & Urban Johnson (Sweden):** Psychological risk factors on rehabilitation after major soccer injuries.

**15.00 – 17.00 – Sport Psychology Symposium 4:**

**Talent development in sports.**

Chair: Mette Christensen (Denmark)

Room: Q 319

**Mette Krogh Christensen (Denmark):** The symposium introduction.

**Mette Krogh Christensen (Denmark):** Young football talents' way to the top – Evolutionary or strategic talent development?

**Mette Krogh Christensen & Jan Sørensen (Denmark):** Balancing the demands of education and training in young male football talents.

**Malin Carlsson, Björn Ekmark, & Hansi Hinic (Sweden):** Reasons of 18-19 year old male football players' drop out from sport.

**Johan Wikman (Sweden):** Development of an evidence-based sport psychological training program for young elite athletes.

**Sverker Bengtsson (Sweden):** Athlete's transition to high achievement sport (within a career program)

**Kristoffer Henrikssen, Kaya Roessler & Natalia Stambulova (Denmark/Sweden):** Athletic talent development environment: An explorative case study.

### 15.00 – 17.00 – **Sport Psychology Oral Session 1**

Chair: Chris Harwood (United Kingdom).

Room: Wigforssalen

**James Rumbold, David Fletcher & Kevin O'Connor (United Kingdom):** Organizational stress in sport coaches: A comparative study of amateur and professional coaches' experiences.

**David Fletcher, James Rumbold, Matthew Coombes, Robert Tester (United Kingdom):** Practice what you preach: Reflecting on sport psychologists' experiences of occupational stress.

**Marcus Gerber & Tim Hartmann (Switzerland):** Physical activity as a moderator of chronic stress, sleep disturbances and health in two at-risk populations.

**David Tod, James Hardy, Aisa Niven & David Lavalley (United Kingdom):** Helping athletes talk the walk: Consultants' experiences in using self-talk with athletes.

**Justin Heke (New Zealand):** Cultural psychology with indigenous maori youth: Life skills programming.

**Chris Harwood, David Fletcher, James Rumbold, & Tim Wild (United Kingdom):** Revisiting psychological skills training in sport: The importance and implications of multidimensionality.

### 15.00 – 17.00 – **Public Health Oral Session 1**

Chair: Solgun Folke (Sweden) and Eja Pedersen (Sweden)

Room: Haldasalen

**Hansi Hinic, Kerstin Grönvall & Eivor Sjöholm (Sweden):** Relation between overweight, physical activity, perceived health and living with overweight among youth: A halftime study.

**Svetlana Khasnutdinova (Russia) & Andrei Grjibovski (Norway):** Prevalence of overweight and obesity in adolescents in Northwest Russia: A cross-sectional study.

**Maria Nyholm (Sweden):** Prevalence of overweight and obesity among preschool children in a Swedish rural area. The Skaraborg Evaluation Child Obesity Prevention Project (SECOPP).

**Lena Ljungkrona-Falk, Hilde Brekke & Maria Nyholm (Sweden):** Nurses' barriers when promoting healthy habits to parents.

**Marie Alricsson, B.J. Landstad, U. Romild, & K.T. Gundersen (Sweden):** Physical activity, health, BMI, and body complains in high school students.

**Mari Törne & Hanna Touminen (Finland):** Health-enhancing physical activity – counselling protocol in public health sector.

**15.00 – 17.00 – Adapted Physical Activity Oral Session 2**

Chair: Anne-Merete Kissow (Denmark)

Room: R1105

**Ylva Dalén (Sweden):** Dynamic loading with vibration through playful activity seem to increase bone density in four children with severe cerebral palsy.

**Tarja Javanainen-Levonen & Anne Kärki (Finland):** A case study from sport pedagogical perspective in bachelor level training of physiotherapists in Finland.

**Aija Klavina (Lithuania):** Reliability and validity of the computerized evaluation protocol of interaction in physical education.

**Marit Sørensen & Anne Marie Lannem (Norway):** Psychological aspects of physical activity of individuals with spinal cord injury (SCI).

**Anne Marie Lannem & Marit Sørensen (Norway):** Physical exercise as a stress coping resource for people with Spinal Cord Injury (SCI).

**Martin Saebu (Norway):** Physical activity and motivation in young adults with a disability.

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17.00 – 17.30 – Coffee break

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**17.30 – 18.30 – Physiology and Biomechanics Keynote Lecture**

**Harald Roos (Sweden): Is participation in sports good or bad for the joints?**

Chair: Marianne Magnusson (Sweden)

Room: Malcussalen

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20.00 – The Conference Banquet.

Place: Restaurant “Svea”

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**Saturday October 4, 2008****9.00 – 10.00 – Sport Psychology Keynote Lecture**

**Anne-Marte Pensgaard (Norway): Coping in sport and exercise: A strategy or an expectancy?**

Chair: Natalia Stambulova (Sweden)

Room: Malcussalen

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10.00 – 10.30 – Coffee break

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### *Parallel sessions*

#### 10.30 – 12.00 – **Interdisciplinary symposium 2:**

##### **Health, participation and effects of competitive sports.**

Moderators: Mark B. Andersen (Australia) and Roland Thomeé (Sweden).

Room: Malcussalen

**Roland Thomeé (Sweden):** Return to sports – Is it a strength if the strength is recovered?

**Mark B. Andersen (Australia):** Health, participation and effects of competitive sport: A psychosocial perspective.

**Marie Alricsson (Sweden):** Self-related health, physical activity and musculoskeletal complains in Swedish high school students.

**Kim Wickman (Sweden):** Bending mainstream definitions of sport, gender and ability. Representations of wheelchair athletes.

#### 10.30 – 12.00 – **Doctoral Students Seminar:**

##### **Entrepreneurship and Health.**

Chair: Åsa Lindholm-Dahlstrand (Sweden)

Room: Wigforssalen

**Inger Flemme, Ulrika Hallberg & Anna Strömberg (Sweden):** Striving to resume command of one's life – Voices from individuals living with an ICD.

**Annette Michelsen la Cour (Denmark):** Welfare, health and the inclusion of socially weak children in the athletic associations.

**Torbjörn Josefsson (Sweden):** Theories of mindfulness.

**Wagner Ourique de Morais (Sweden):** Promoting physical activity through intelligent and embedded systems.

**Anita Sant'Anna (Sweden):** Gait unsteadiness analysis from motion primitives.

**Eva Berggren & Åsa Lindholm-Dahlstrand (Sweden):** Indirect effects of commercializing academic R&D in health-technology.

12.00 – 12.30 – Conclusions and Closing of the Conference.

Room: Malcussalen

Lunch.