



NOVEMBER 17-20, 2004

**The 10th ICHPER • SD EUROPE
CONGRESS**

&

**The TSSA 8th INTERNATIONAL
SPORTS SCIENCE CONGRESS**

PROCEEDING CD

*" IMPROVING THE STANDARDS OF LIFE
IN TECHNICAL AGE THROUGH HPERSD "*

www.eurocong2004.org

MIRAGE PARK RESORT • ANTALYA • TURKEY

SCIENTIFIC SECRETARIAT



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ANI AGOPYAN
FİGEN ALTAY

Fitness and Wellness

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ÖZBAY GÜVEN

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Nutrition and Physical Activity

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Physical Education at the Primary Level

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Physical Education at the Secondary Level

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Recognition, Welcome and Appreciation:

In a Spirit of Celebration with the Congress Theme (Improving the Standards of Life in the Technical Age through HPERSD) of the 10th ICHPER·SD Europe Congress Held jointly with the Turkish Sport Sciences Association's 8th International Sports Science Congress in Antalya, Turkey and in the Pursuit of Excellence through the Mission of ICHPER·SD in Antalya, Turkey, November 17-20, 2004

By

Dong Ja YANG, Ph.D., ICHPER·SD President

Distinguished President Dr. Hasan Kasap of the 10th ICHPER·SD Europe Congress and of the TSSA 8th International Sports Sciences Congress; President & CEO Mustafa Gurbuz of SERENAS Tourism and Congress Organizing Co.; members of the Organizing Committee, guest speakers, presenters, professors and scholars, participating professors, teachers and students, ladies and gentlemen...

It is indeed a very special honor for me to extend our sincere recognition, welcome and appreciation to all, each and every one of you, at this great assembly of the Opening Ceremony of the 10th ICHPER·SD Europe Congress and the TSSA 8th International Sports Sciences Congress in Antalya, Turkey. As you know, our organization, ICHPER·SD, which was founded in 1958 in Rome, Italy, is one of the oldest and largest HPERSD professionals' international umbrella organizations and has organized and delivered numerous prestigious world and regional congresses, like this great congress, throughout the world.

What a wonderful gathering this is! What a magnificent facility! We are truly blessed to have an opportunity to take part in this great joint Congress in Antalya, one of the most beautiful and interesting cities in the world. It enjoys a beautiful Turkish cultural uniqueness and a heritage imbued with the Mediterranean flavor. I have met so many people here with warm hearts filled with generosity, peace and love.

May we especially pay the most sincere tribute to all contributing organizations and colleges and universities in Turkey: the Turkish Sports Sciences Association, the Marmara University, the Hacettepe University, the Akdeniz University, the Bolu Abant İzzet Baysal University, the Ankara University, the Gazi University and many other universities as well as local, state and national governments for their cooperation and support of this Congress.

Through this congress, we, once again, reaffirm our commitment and reiterate the academic and social values and importance of HPERSD as an integral and indivisible element of education as a whole – throughout one's life span. Our purpose here is to share and disseminate the most current scientific and pragmatic discoveries, thereby leading to the formulation of the most advanced theories and methodologies, and create innovative new directions

for a peaceful 21st century. Through this process, our dimension of knowledge will be highlighted and expanded, our search for wisdom advanced, our level of understanding deepened, and our inquiries in science answered – ultimately we will be in a better position to serve our profession, and to establish programs to include and benefit all global citizens – the citizens of Antalya, of Turkey, of Europe and the world.

On behalf of ICHPER·SD, I as President wish to present a Distinguished Special Commendation Award to Dr. Hasan Kasap, President of the Organizing Committee for his outstanding leadership and contribution; and President & CEO Mustafa Gurbuz of SERENAS Tourism and Congress Organizing Co., for his sponsorship of the Congress and his distinguished service and support of ICHPER·SD. Without their commitment, leadership excellence and contribution, this successful academic and science based congress could not have been actualized.

In addition, we would like to present the Plaque of Appreciation to: Prof. Dr. Sami Mengutay, Dean, School of Physical Education and Sport, Marmara University for his invaluable support of the Congress; Dr. Kamil Ozer and Dr. Umit Kesim, Vice Presidents for the Organizing Committee; Dr. Salih Pinar, Secretary General of the Organizing Committee; Prof. Dr. Hasan Kasap, President of the Turkish Sports Sciences Association (TSSA), and Dr. Caner Acikada, Chair of the Scientific Committee; Mrs. Bikem Inanc, Special Project Director of SERENAS for the Journal of ICHPER·SD; in recognition of their extraordinary contribution – making it possible to actualize this congress as an outstanding academic and scientific forum.

Before closing out this part of the Opening Ceremony, ICHPER·SD would like to award a Plaque of Commendation to Dr. İlhan Odabas, who has helped so much to build the bridge of program partnership between ICHPER·SD and TSSA with its HPERSD professionals in Turkey. We truly recognize her intuitive role for highlighting the importance of international cooperation and organizational solidarity for the sake of our profession and professional beliefs.

May your participation in this Congress be one of the most rewarding and memorable scholarly experiences in your journey and pursuit of professional excellence!

I thank you, thank you and thank you.

Dear Colleague,

On behalf of the organizing committee, it is a pleasure to extend my greetings and an honor to invite you and your colleagues to participate in The 10th ICHPER•SD European Congress and the TSSA 8th International Sports Science Congress which will be organized jointly during 17th - 20th of November 2004 at the Mirage Park Resort, Antalya, TURKEY.

The mutual theme of both congresses will be, "Improving the Standards of Life in Technical Age Through HPER•SD". Our hope and objective is to prepare an atmosphere in which the contemporary developments in the field of health, physical education, recreation, sports and dance will be discuss thoroughly. Discussions will be related especially to the influences on the living standards of individuals in Europe and the World.

We are hoping that the well known academicians, technicians, and those who are interested to our field will be gathered in Antalya, next to the eternal flame of Olympus Mountain, by the endless natural beauties of Mediterranean Coast and covering the world's historical heritage. We believe that it will be an unforgettable experience for everyone.

Let us meet to gather and share the current social and scientific developments in our field, and combine them with the historical and cultural richness of Antalya.

Hasan KASAP, Ph. D.

*Vice President ICHPER•SD Europe,
President, Sports Sciences Association of Turkey*

VERY SPECIAL THANKS TO:

- GENÇLİK VE SPOR GENEL MÜDÜRLÜĞÜ
- SPOR TOTO
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* according the alphabetical order.

GENERAL INFORMATION

CONGRESS DATE & LOCATION

The congress will be held between November 17–20, 2004 in Kemer, Antalya.

VENUE

Mirage Park Resort Hotel

CONGRESS LANGUAGE

Official language of the congress will be Turkish and English. Translation service will be provided in main meeting halls.

IN SERVICE TRAINING SEMINARS

Seminars will be held on November 17–18, 2004 at the congress venue.

PRESENTATIONS

Oral and poster presentations will be made for participants during the congress period.

CERTIFICATE OF ATTENDANCE

A certificate of attendance will be given to participants on request at the registration desk at the end of seminars and congress.

AWARDS

Two rewards are placed on for the presented announcement and research for the “10th ICHPER SD Europe Congress & The TSSA 8th International Sports Science Congress”.

1. **Best study on health and sports will be rewarded as “Sports Health Sciences Kut Sarpyener Price” in the name of Prof. Dr. Kut Sarpyener: Sports Health Sciences Price will be given to the candidates by the evaluation of the jury.**
 - a) Best Oral Presentation
 - b) Best Poster Presentation
2. **The traditional prize of the “Turkish Sports Sciences Association” will be given to the all candidates that are relevant to the sport sciences, by the evaluation of the jury.**
 - a) Best Oral Presentation
 - b) Best Poster Presentation
 - c) Young Researcher Encouragement

**THE 10TH INTERNATIONAL COUNCIL FOR HEALTH, PHYSICAL EDUCATION,
RECREATION, SPORT, AND DANCE (ICHPER·SD) EUROPE CONGRESS
&
THE TSSA 8TH INTERNATIONAL SPORTS SCIENCE CONGRESS**

IN SERVICE TRAINING SEMINARS

- Sports Culture and Olympic Education Seminar - Seminar Hall 1
 - * 17 November - 9:00–17:00
 - * 18 November - 9:00–17:00
- Fitness Leadership Seminar - Seminar Hall 2
 - * 17 November - 9:00–17:15
 - * 18 November - 9:00–17:15
- Movement Analysis Seminar - Seminar Hall 3
 - * 17 November - 9:00–17:30
 - * 18 November - 9:00–17:30

SCIENTIFIC PROGRAM

November 17, 2004

- 10:00–17:30 **Registration**
15:00–18:30 **Opening Ceremony**

November 18, 2004

07:00–08:00 **Morning Activities**

09:00–09:30 **HALL A**

The Speech of the President of the ICHPER·SD:

Dong Ja Yang

Over 40 Years Togetherness of the ICHPER·SD and UNESCO

09:30–10:30 **Life Standards in Technological Age**

Walter Tokarski

10:30–11:00 *Coffee Break*

Poster Presentation

11:00–13:00 **Sports Performance**

Moderator: Kamil Özer

- Genetics in Superior Sport Performance, *Vasilis Klissouras*
- Talent Selection: Is it Necessity or Sacrifice?, *Kamil Özer*
- Coaches' Role in Superior Athletes, *Piotr Unierzyski*

HALL B

Physical Activity and Children

Moderator: Chantal Simon

- Obesity Prevalence in Children, *Hüsrev Turnagöl*
- Children Physical Activity and Nutrition, *Carine Klein-Platat*
- New Trends in Physical Activity for Children, *Chantal Simon*

HALL C**Physical Education and Sports***Moderator: Hasan Kasap*

- New Trends in Physical Education, *Susan Capel*
- Physical Education: Is it a necessity or is it a tradition?, *Giyasettin Demirhan*
- Adapted Physical Education in Children, *Dilara Özer*

13:00–14:00 *Lunch*

14:00–15:00 HALL A**Post Evaluation of 2004 Athens Olympics**

- Media Aspects, *Gilad Weingarten*
- Performance Aspects, *Marco De Angelis*

HALL B**Sport, Culture and Society through the Ages: Turkey as a Case in Point***Manfred Laemmer***HALL C****Football and Science Seminar 1***Moderator: Mustafa Ferit Acar*

- Performance Analysis in Football, *Alper Aşçı*
- The Evaluation of The Football Championship, *Hasan Gören*

15:00–15:30 *Coffee Break*

Poster Presentation**15:30–17:30 HALL A****Panel 1: Women in Sports***Moderator: Gül Tiryaki*

- Shokouh Navabinejad
- Nefise Bulgu

Panel 2:*Moderator: Emin Ergen*

- Yeliz Ay
- Lale Orta
- Ceren Uyguner Üstün

HALL B**Evaluation of Athlete's Health***Moderator: A. Turan Aydın*

- The Complete Assessment of Athlete's Health, *Emin Ergen*
- Post Traumatic Sports Injuries, *A. Turan Aydın*
- Integration of Sports Science and Sports Medicine, *Zafer Hasçelik*

HALL C**Psycho-Social Perspectives in Sports***Moderator: Lew Hardy*

- Motivation in Sports and Exercise: A case of Achievement Goal Theory, *Chris Harwood*
- New Trends in Exercise and Sports Psychology, *Lew Hardy*
- Sports and Integration Policies in Local, National and International Level: A Critical Analysis, *Bart Vanreusel*

17:30–18:30 **Tournaments**

November 19, 2004

07:00–08:00 **Morning Activities**

08:30–09:30 **HALL A**

Education in Physical Active Life Style: European Perspective
Alberto Madella

HALL B, C, D: Oral Presentations

09:30–11:30 **HALL A**

The Role of PE in Sports

Moderator: İbrahim Yıldırım

- Fundamental Principles of Olympic Education, *Atilla Erdemli*
- Movement Education, *Mehmet İnan*
- The Role of PE in Fair – Play, *İbrahim Yıldırım*

HALL B

Health Improvement Through Physical Activity and Sports

Moderator: Nezih Hekim

- Exercise and Immune System, *Nezih Hekim*
- Exercise and Diabetes, *Ali Murat Zergerođlu*
- Exercise and Cardiovascular Disease, *Serdar Akgün*

HALL C

Aging (Third Age)

Moderator: Hakan Gür

- Osteoporosis and Exercise, *Gülseren Akyüz*
- Obesity Management and Weight Control, *Jean-Michael Oppert*
- Back Pain and Exercise, *Fusun Toraman*

HALL D: Oral Presentations

11:30- 12:00 *Coffee Break*

Poster Presentation

12:00 – 13:00 **HALL A**

Sports Law and Organization

Kismet Erkiner

HALL B

Sports, Peace and Human Rights: From Olympic Medal to Nobel Peace Medal

- Don Anthony
- Şamil Erdoğan

HALL C

Distance Learning

Carlo Di Benedetta- Giuseppe Gibelli

HALL D

Tennis and Science

Moderator: Ümit Kesim

- Osman Kermen
-

13:00–14:00 *Lunch*

14:00–15:30 **HALL A**

Panel: **Sports Culture and Media**

- Atilla Gökçe
- Onur Belge
- Zeki Çol

HALL B

Panel 1: **Adventure Education in PE**

- Fritz Seewald

Panel 2: **Extreme Sports**

Moderator: Giyasettin Demirhan

- Yılmaz Sevgül
- Gökhan Türe

HALL C

Skeletal Muscle Plasticity and Underlying Mechanisms

Moderator: Haydar Demirel

- Transitions of Skeletal Muscle Fiber Phenotypic Profiles, *Haydar Demirel*
- Mechanism of Disuse Muscle Atrophy, *Scott Powers*

HALL D: Oral Presentations

15:30–16:00 *Coffee Break*

Poster Presentation

16:00–17:30 **HALL A**

Workshop: **Play, Music, Dance**

- Wolfgang Tiedt
- Ak Devrim Sırmalı

HALL B

16:00–16:45 Workshop: **Bandaging for Sports Injuries**, *Mustafa Karahan*

16:45–17:30 INTERFARMA Workshop

Bandaging for Sports Injuries, *Michel Bosch (INTERFARMA)*

HALL C

Football and Science Seminar 2

Moderator: Asaf Özkara, Ali Kızılet

- Physiological Approaches to Training, *Rüştü Güner*
- An Approach to Football Training Practises, *Ersun Yanal*
- An Approach to Technical and Tactical Practises in Football, *Ersun Yanal, Özcan Bizati*

HALL D: Oral Presentations

17:30–18:30 **MEDİ – KİM FIRM PROMOTION MEETING**

17:30–18:30 Outdoor- Workshop: **Golf**

- Yusuf Güllüer

17:30–18:30 **Tournaments**

November 20, 2004

07:00–08:00 **Morning Activities**

08:30–09:30 **HALL A**

Quality Assurance and Accreditation in Flanders, *Ignace Van Dingenen*

HALL B

The Impact of Religion on Sports and Sports Medicine, *Wahit Al Kharushi*

HALL C,D : *Oral Presentations*

09:30–10:00 *Coffee Break*

Poster Presentation

10:00–12:00 **HALL A**

Technology in Sports

Moderator: Fehmi Tuncel

- Sports Informatics – Computer Tech, *Alberto Madella*
- Sports Equipment Technology 1-2, *Serdar Arıtan, İtila Tümer*

HALL B

Recreation

- Sport and Tourism, *Bekir Akkaş*
- Corporate Recreation, *Ümit Kesim*
- Sports and Law, *Miroslav Cerar*

HALL C

Training Science

Moderator: Kemal Tamer

- Monitoring Training Load in Sport, *Piotr Unierzyski*
- Testing Endurance Capacity: How Valid and Reliable, *Ulrich Hartmann*
- Testing Anaerobic Power and Capacity in Sports: How Relevant?, *Marco De Angelis*

HALL D: *Oral Presentations*

12:00–13:00 *Lunch*

13:00–15:00 **HALL A**

With The Assistance of “POWERADE Sport Drink”

New Trends in Performance Analysis

Moderator: Birol Çotuk

- Performance Analysis, *Ulrich Hartmann*
- Biomechanics Analysis of Shoes, *Mustafa Karahan*
- Sport Drinks: Do They Help?, *Scott Powers*

HALL B

Sports Management and Administration

Moderator: Gazanfer Doğu

- Sports Economy, *Ahmet Gülüm*
- Sports Marketing, *Hasan Birol Yalçın*
- Sports Sponsorship
- *Kaan Ark (BJK Sponsorluk Komitesi Üyesi)*

HALL C, D: *Oral Presentations*

15:30–16:30 **Tournaments**

17:00–18:30 **Closing Ceremony**
