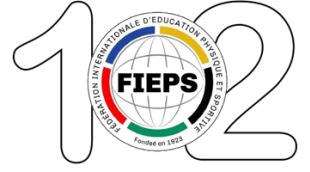




SHAPING THE FUTURE OF



PHYSICAL EDUCATION

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19th FIEPS EUROPEAN CONGRESS

**24th– 27th April, 2025
Antalya, Türkiye**

Final Announcement

Dear friends and colleagues,

We are delighted to welcome you to the 19th FIEPS European Congress, which will take place in the stunning city of Antalya, Türkiye, from April 24–27, 2025. Known for its breathtaking scenery, rich history, and cultural legacy, Antalya is a thriving center for innovation, research, and sports.

A wide variety of oral and poster presentations are included in the program, in addition to invited talks by well-known worldwide specialists who will discuss the most recent developments and perspectives in physical education and sports. A couple of important activities will be held during the congress, like the FIEPS delegates meeting, the celebration of different FIEPS awards as well as the FIEPS New Leaders Program that has been implemented since 2015, with an intention to enable prominent young scholars to interact with a broader scientific community.

Together, we are shaping the future of physical education and sports.

We are looking forward to welcoming you in Antalya!

President of the Congress

Prof. F. Neşe ŞAHİN, Ph.D.

Title: 19th European FIEPS Congress

Congress dates: 24th – 27th April, 2025, Antalya, Türkiye

Congress venue: Limak&Limra Hotel Resort in Kemer, Antalya

Congress organizers:

- Eurasian Sports Sciences Association
- Sport Sciences Association Türkiye

FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

FIEPS 2025 Conference – Kemer-Antalya/ TÜRKİYE

24 April 2025, Thursday

Registration

09:00 – 14:00

Opening Ceremony

14:00-15:15

Aspendos – VI

Keynote Speaker: Dr. Jorge Mota

School Physical Education Reduces Sedentary Lifestyle and Improves Behavioral and Metabolic Indicators

Keynote Speaker: Dr. Magni Mohr

Evidence-based Sports Concept for Health - From School-Children to Elderly

Chairperson: Dr. Ali Selman Özdemir

15:30-16:30

Aspendos – VI

Aspendos –II	24 April 2025, Thursday	16.45-18.00	Session Chairperson: Damir Knjaz	1. The Challenges and Strategies for School Physical Education Curriculum and Instruction Under Low Fertility Rates in Taiwan – Andy Lin 2. Creative Problem-Solving Teaching Strategy in Sport Instruction: Creativity is Unstoppable – Meiyao Huang 3. Physical Literacy and Leisure Engagement in Adults: Insights from a Study in Istanbul – Hakan Guclu 4. How to Integrate Physical Activities in Teaching of all Curriculum's Subjects in Whole-Day School: The Review of Evidence from Existing European Projects Outcomes – Josip Burusic 5. What is Metabolically Healthy Obesity? – Guner Cicek
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FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

Aspendos –IV	24 April 2025, Thursday	16.45-18.00	Session Chairperson: Emilija Petković 1. Assessing Graduate Satisfaction: Improving the Physical Education Teacher Training Program – Ketevan Kobalia 2. Classroom Management Strategies Used by Physical Education Teachers in Georgia – Mariam Papiashvili 3. Active Mobility in Childhood: Factors Influencing Bicycle Ownership and Use – Ioannis Papanikolaou 4. Exploring the Relationship Between Pen Grip and Physical Activity Frequency in Preservice Teachers – Stefania Cazzoli 5. Leisure and Aging: Exploring Differences in Activity Engagement and Participation Motives – Biljana Popeska
Aspendos –VI	24 April 2025, Thursday	16.45-18.00	Symposium The FitBack Toolkit: Missing Piece between Fitness Monitoring and Physical Literacy 1. The Scientific Background of FitBack Platform – Gregor Jurak 2. From Assessment to Empowerment: The FitBack Toolkit's Role in Enhancing Physical Literacy– Gregor Jurak 3. Application of the FitBack Toolkit for Improving the Physical Literacy of Students in Physical Education Classes – Serbian Teachers' Experiences – Snežana Radisavljević Janić 4. Monitoring Physical Fitness to Enhance the Development of Physical Literacy in Children and Adolescents - Estonian Example – Maret Pihu
Aspendos –II	24 April 2025, Thursday	18.00-19.30	FNL Session 1 Closed session for FNL participants Information on the FNL program and Ice-breaking activities
Aspendos –IV	24 April 2025, Thursday	18.00-19.30	SPORAK National Meeting

FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

Aspendos –VI	24 April 2025, Thursday	18.15–19.30	Session Chairperson: Ivan Ćuk 1. Efficacy of Creatine Supplementation with Carbohydrate Restriction on Long Jump Performance – Stefan Kolimechkov 2. Accelerometer-Measured Physical Activity on 5th Grade Students During School – Petar Mihaylov 3. Comparison of the Effects of Aerobic and Resistance Exercises on Cardiovascular Biomarkers on Sedentary Women – Niloufar Ghadamyari 4. Differences Between Water and Dry-Land Sports Athletes in Muscle Contractile Properties and Functional Asymmetry of the Knee Joint Muscles Measured by the Method of Tensiomyography (TMG) Lazar Toskić 5. Exploring Peer Teaching and Living the Curriculum as Experiential Pedagogies in the First Year of Initial Teacher Education in the Luxembourgish Context – Biljana Popeska
Aspendos –II	25 April 2025, Friday	10.00 – 12.00	FNL Session 2 1. The Role of Eastern Martial Arts (TAEKWON-DO) in the Formation and Development of Motor Skills in School-Age Children – Hayk Hakobyan 2. Motivational Characteristics of Students Participating in Non-Formal Education and Their Relationship with Age and Sports Achievements – Rūta Augūnaitė 3. Preservation of National Values for Future Generations: The Importance of Azerbaijani National Wrestling in Physical Education – Farhad Jalalov 4. Assessment for Learning in Secondary Physical Education: A Gymnastics Intervention Study – Marek Lazar 5. Perceived Changes in Quality Physical Education: Impact of Specialized Physical Education Teachers on Childhood and Primary Education Trainee – Sara Pasero 6. Evaluating PE Instruction Models in Primary Education – Gabriela Luptakova
Aspendos –IV	25 April 2025, Friday	10.00 – 11.15	Session Chairperson: Kadir Keskin 1. Effects of Six-Week of High Intensity Resistance-Based Aerobic Exercise on Computerized Dynamic Posturography, Functional Head Impulse Test, and Body Composition Scores in Adult Sedentary Women – Dicle Aras 2. Acute Effect of Yo-Yo Intermittent Recovery Test (Level-1) Performed at Different Times of the Day on Inflammation Parameters – Aysegul Yapici 3. The Relationship Between Personality Types and Exercise Preferences – Hilal Bahcecioglu 4. The Influence of The 2d:4d Finger Length Ratio on Swimming Performance – Esin Cagla Caglar 5. Psychological Reflections of Wearable Technologies in Young Elite Football Players: A Phenomenological Study – Serdar Solmaz

FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

Aspendos –VI	25 April 2025, Friday	10.00 – 11.15	Session Chairperson: Snežana Radisavljević Janić - Beyond Playgrounds: Equipping Educators and Coaches as Agents of Physical Activtiy Through Edupass Modular Upskilling – Manolis Adamakis - Factors Influencing the Development of PETE Student’s Self-Efficacy During Practicum – Efstathios Agiasotelis - The Effect of the Implementation of Hellison Model in Primary School – Maria Vastaki - Parental Involvement in Youth Sports: An Interpretive Phenomenological Analysis of Young Athletes' Experiences. – Kallirroï Ntalachani - The Role of Different Warm-Ups Depending on The Proposed Training Theme Before a Youth Football Tournament – Gabriel Marian Manolache
Aspendos –VI	25 April 2025, Friday	11.30 – 12.00	Invited Speakers: Kubilay Cengiz and Mehmet Emin Tuna The model of Talent Identification in Türkiye
Aspendos –VI	25 April 2025, Friday	13.00 – 13.30	Keynote Speaker: Nenad Stojiljković Winning on Both Fronts: The Science of Success in Sport and Education

FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

Aspendos –II	25 April 2025, Friday	13.45-15.00	Session Chairperson: Özgün Parasız 1. The Effect of Family Harmony on Academic Grit in University Students – Tebessum Ayyildiz Durhan 2. Understanding Motivational Dynamics in Personal Training Studios and Open Gyms: A Self-Determination Theory Perspective – Ali Eraslan 3. Self-Talk and Motivation as Predictors of Dispositional Flow State in Athletes – Melek Makaraci 4. Determining the Importance Levels of Recruitment Criteria for Health and Fitness Centers – Ali Eraslan 5. Mega Sporting Events and Their Socio-Environmental Sustainability Legacy: A Critical Review of the Olympics and the FIFA World Cup – Sevda Yildirim
Aspendos –IV	25 April 2025, Friday	13.45-15.00	Session Chairperson: Nektarios Stavrou 1. Specificities of Metabolic and Cardiovascular Response as a Function of Performance in a Specific Wrestling Test – Milan Marković 2. Anthropometric Characteristics and Physical Development of Track and Field Athletes: A Morphological and Functional Analysis – Ogelnabat Nobatova 3. The Effect of Walking on Akhalteke Horses on the Recovery of Athlete's Training Fatigue – Yangibay Charyev 4. Monitoring Internal Training Load, Recovery, Neuromuscular Performance, and Muscle Fatigue During a 4-Week Football Preseason – Josip Maleš 5. Doping Through the Lens of Mythology – Ayla Nese Soykan
Aspendos –VI	25 April 2025, Friday	13.45-15.00	Session Chairperson: Frane Zuvela 1. Evaluating the Impact of Body Fat Percentage on On-Field Performance in Elite Football – Ivan Belcic 2. The Influence of Body Composition on Handgrip Strength in Young Athletes – Nikola Utvić 3. The Influence of Ball Handling and Fatigue on Cognitive Reactive Agility Performance in Basketball Players – Mateja Očić 4. The Role of Set Structure in Preserving Performance Outcomes During Vertical Jumping Sessions – Radenko Arsenijević 5. The Relationship Between Motor Fitness Test Complexity and Executive Functions in Preadolescents – Vladimir Milošević

FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

Front of Aspendos –VI	25 April 2025, Friday	13.45-16.00	Session Chairperson: Damir Pekas – Lazar Toskić Poster Session - 1 1. Health-Behavior Predictors of Physical Endurance Among School Students – Arunas Emeljanovas 2. Accelerometer-Measured Physical Activity on Bulgarian Students – Korneliya Naydenova 3. Analysis Of the Forehand Topspin Shot in Table Tennis: A Systematic Literature Review (2020–2024) – Petar Barbaros 4. Gender Differences in Physical Activity and Sedentary Behavior Among Students Aged 9 To 11 Years – Jana Karsakovska 5. Can Beach Soccer Supplement Training on Conventional Surface in Young Soccer Players? – Italo Sannicandro 6. Acute Effects of Repeated Sprint Ability on Landing Technique in Young Female Soccer Players – Nicola Trotta 7. Aerobic Capacity and Somatotype in Relationships with the Playing Position on Female Football Players – Iveta Bonova 8. The Effects of Additional Recreational Football Program in Serbia Primary School – Stevan Stamenković 9. Application of Software for Measurement of Coordination in a Virtual Environment – Milena Kuleva
Aspendos –II	25 April 2025, Friday	15.15 – 16.30	Session Chairperson: Hamza Küçük 1. Reasons for Participation in Sports: A Qualitative Research on Athletes with Visual Impairments – Nurcan Engil 2. Team Practices and Coaching Behaviours in Professional Women's Soccer Players: 7-Day Microcycle Reporting in Midseason – Burak Caglar Yasli 3. Physical Education in Primary Education in Forming a Lifelong Physical Activity Habit – Soner Tuzcuoglu 4. Examination of Nutritional Awareness Levels of High School Students Engaged in Team Sports and Individual Sports in Terms of Various Variables – Suleyman Karadag 5. Evaluating Paris 2024: Insights from Sports Management Sciences Academics - Berkay Ayverdi

FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

Aspendos –IV	25 April 2025, Friday	15.00 – 16.30	SPORAK International Meeting	
Aspendos –VI	25 April 2025, Friday	15.15 – 16.30	Session Chairperson: Stefan Kolimechkov	1. Physical Literacy Development in Lithuania: Trends and Challenges in Pre-School Education – Vilija Gerasimoviciene 2. Posture in Relation to BMI Index among 10-year-old Elementary School Students – Robert ROZIM 3. It's Not Just About Winning or Losing: Participation in Holistic Sport Programs Can Contribute to Girls' Physical Literacy Development – Vasiliki Kaioglou 4. Increasing the Inclusion of Young People with Special Educational Needs Through Adapted Sports Activities Carried Out on Snow – Camelia Plasto 5. Turkish Validation of The Adult Physical Literacy Scale: Psychometric Properties – Hakan Guclu
Aspendos –II	25 April 2025, Friday	16.45 – 18.00	Session Chairperson: Serkan Kurtipek	1. Perceptions of Sports Science Students Regarding the Concept of Nutrition – Zeynep Hazal Ates 2. Examination of The Concepts in The Context of Free Time and Physical Activity in The Curriculum Teaching Programs – Bahar Istik 3. Comparison of Sports Supplement Beliefs of Exercise and Sport Sciences and Nutrition and Dietetics Students – Gulseren Yurekli 4. E-Learning Attitudes of Talented Pre-Service Teachers: An Empirical Study on SARS-Cov-2 (COVID-19) Period – Zeynep Hazal Ates 5. The Effects of Digital Fatigue Levels of Fitness Center Employees on Their Job Performance – Neslisah Unver

FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

Aspendos –IV	25 April 2025, Friday	16.45 – 18.00	Session Chairperson: Dong-Jhy Hwang 1. Modern Learning Process: Teaching Gymnastics with the Application of Kinematic Modelling – Emilija Petkovic 2. Design of An Inventory for the Evaluation of Attitudes and Teaching Practices on Sustainable Development in Physical Education – Alexandra Tassi 3. The Relationship Between Motor Competence and Executive Functions in School Aged Children – Martha Spanou 4. Teacher Training for Motor Development and the Prevention of Sedentary Behavior: Active Breaks in the Primary School Curriculum – Sabrina Annoscia 5. Effects of Teaching Styles on Motor Competencies Learning at School. Preliminary Study. – Sara Ladiana
Aspendos –VI	25 April 2025, Friday	16.30 – 18.00	FIEPS Delegates Meeting
Aspendos –II	25 April 2025, Friday	18.15 – 19.30	Session Chairperson: Hakan Güçlü 1. Effects of Neuromuscular Exercise Strategies on Injury Risk Profile – Gunes Atabas 2. The Therapeutic Power of Swimming: Multidimensional Development in Babies with Special Needs – Erengul Ozbugutu 3. Post-activation Performance Enhancement in Multi- vs Single-joint Movements: A Comparative Study of BFR and EMS in Well-Trained Volleyball Players – Neslihan Akcay 4. Positional Demands of Small-Sided Games: Impacts on External Load in Professional Footballers – Serkan Eyupoglu 5. The Effect of Soccer-Specific Training on Functional Movement Screen Scores in Male Adolescents – Ferhat Altikatoglu

FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

Aspendos –IV	25 April 2025, Friday	18.15 – 19.30	Session Chairperson: Ali Eraslan 1. The Effect of Recreational Therapy-Based Yoga Practice on Depression, Leisure Satisfaction and Heart Rate Variation in Individuals Age 65 and Over – Cagla Aras 2. Examining Stress Management, Social Support and Life Satisfaction in Running Groups – Ezgi Kursun 3. Perceived Barriers to Movement Education Among Turkish Preschool Teachers: Examining the Impact of Gender, School Type, and Location – Ahmet Yapar 4. Effect of Recreational Physical Activity on Academic Self-Efficacy and Stress Management in Universities – Volkan Cindemir 5. Investigation of University Students' Views on Recreational Sports and Factors Affecting Their Participation in Recreational Sports – Ali Ender Uluc
Aspendos –II	26 April 2025 Saturday	10.00 – 11.15	Session Chairperson: Güner Çiçek 1. Physical Activity Barriers Perceived as A Predictor of The Level of Nomophobia in The Students of The Faculty of Sports Sciences – Melek Guler 2. Investigation of Youth Soccer Coaches' Teaching Behaviors – Ahmet Yapar 3. The Role of Physical Activity in Active Aging – Fatma Yilmaz 4. Intrinsic and Extrinsic Factors in Success and Failure: A Study on Elite Trampoline Athletes – Hüseyin Engin Yontucu 5. The Effect of Physical Education and Sports Course Value and Self-Esteem on Well-Being in High School Students – Tugba Yeni
Aspendos –IV	26 April 2025 Saturday	10.00 – 11.15	Session Chairperson: Gregor Jurak 1. The Impact of Sedentary Behavior and Organized Physical Activities on the Development of Fundamental Motor Skills in Eight-Year-Old Children: Application of the TGMD-2 Test – Frane Zuvela 2. Physical Activity and Body Composition of Primary School Students in Three Southeastern European Countries – Ivana Milanović 3. Health-Promoting Universities in Italy: Exploring Physical Activity, Lifestyles, and Well-Being in Higher Education – Domenico Monacis 4. Motor Development and Related Factors of Children. Effects of An Experimental Teaching Intervention with Different Teaching Styles – Giacomo Pascali 5. Pupils' Feedback on Tandem Teaching of Physical and Sport Education in Primary Schools in Slovakia – Miroslav Sližik

FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

Aspendos –VI	26 April 2025 Saturday	10.00 – 11.15	Session Chairperson: Dario Colella 1. Sufism, The Enneagram and Fair Play in Sports: Exploring Moral Norms and Spiritual Forms of Sportsmanship – Milan Hosta 2. Comparing the Acquisition of Fundamental Movement Skills in Half-Day Schooling and Extended School Program – Frane Zuvela 3. Exploring the Link Between Parent-Child Physical Activity, Parental Beliefs, and Childhood Obesity in Taiwanese Preschoolers – Rui-Yu Chang 4. Primary School Teachers' Feedback and Experiences from Tandem Teaching of Physical and Sports Education in Slovakia – Tibor Balga 5. An Active School Supporting the Dynamic Function of The Spine in Pupils – Elena Bendíková
Aspendos –VI	26 April 2025 Saturday	11.30 – 12.00	Invited Speaker: Dr. Junhyoung (Paul) Kim Technology Applications and Health Promotion
Aspendos –VI	26 April 2025 Saturday	13.00 – 13.30	Invited Speaker: Dr. Laurentiu-Gabriel Talaghir Cluster Analysis of Balance Scorecard Structural Components Applied in Sport Management
Aspendos –II	26 April 2025 Saturday	13:45-15:00	Session Chairperson: Ayşegül Yapıcı 1. Investigation of Foot Biomechanics and Plantar Pressure in Soccer Players with Unilateral Chronic Foot Instability – Sinan Seyhan 2. The Effect of TecnoBody and Cyberdyne Combined Exercises on The Return to Sport in A Football Player with Mosaic Knee Plasty Surgical Procedure - A Case Report – Sinan Seyhan 3. New Era in Sports Management Education in Türkiye: Central Placement Decision – Yusuf Aydın 4. The Effect of Yoga Exercise on Sleep Quality, Pulmonary Function, Some Physical and Psychological Fitness Parameters in Women – Fatma Yilmaz 5. Transcending Cognitive Training Through Spiritual Leisure – Melih Deniz Iscen

FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

Aspendos –IV	26 April 2025 Saturday	13:45-15:00	SPORAK International Meeting	
Aspendos –VI	26 April 2025 Saturday	13:45-15:00	Session Chairperson: Gül Tiryaki Sönmez	1. The Relationship Between Physical Activity Levels and Fear of Falling in Older Adults – Cen-Yi Lin 2. Gender and Age-Related Differences in Flexibility among Albanian First and Fourth Graders (2013–2024) – Juel Jarani 3. Physical Education Interventions to Improve Physical Fitness in Youth. A Systematic Review – Matteo Bibba 4. A Study on Future Anxiety Among Students of the Faculty of Sports Sciences Based on Various Variables – Zulbiye Kacay 5. Quality Physical Education and Sport in Africa: Introducing Artificial Intelligence into The Teaching and Training of PES Instructors in National Institutes of Youth Sport – Djibril Seck
Front of Aspendos –VI	26 April 2025 Saturday	13:45-16:30	Session Chairperson: Stefania Cazzoli – Tibor Balga	Poster Session - 2 1. Differences in Dimensions of Competitive Anxiety in Football Players of Various Biological Acceleration – Šimun Caktaš 2. Pedagogical Practices and Communication When Working with Students with Special Educational Needs – Ina Vladova 3. The Impact of Resuming Physical Education Classes on The Physical Capacity of School-Aged Girls in The Post-Pandemic Context – VioREL Dorgan 4. Beijing 2022 Winter Olympics: A Multi-Dimensional Analysis of Impact and Legacy – Arman Avetisyan 5. Sports Development in the Commonwealth of Independent States (CIS) with The Use of Various Activities Effectiveness Measure – Victoria Kudinova 6. Designing and Testing an Assessment Tool for Physical Literacy in Southeastern European Schools – Aleksandar Pajkić 7. Definition and Assessment of Proprioception: A Literature Review – Ionuț Danțiș 8. Tuvan Competitive Game "DASH KODURERI" – Inga Mendot 9. The Evolution of Women's Olympic Fencing from Paris, 1924 to Paris, 2024 – Krasimir Petkov

FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

Aspendos –II	26 April 2025 Saturday	15:15-18:00	Session Chairperson: Gabriela Luptakova FNL Session 3 1. Exploring Physical Literacy Promotion from Childhood to Adulthood in Serbia: Key Agents, Attitudes and Actions – Ivan Curovic 2. Analysis of Self-Perception in The Learning Process Using Metacognitive Strategies in Physical Education Among 2nd Year Highschoolers – Lea Lopez Blanco 3. Investigation of the Relationship Between the Degree of Pes Planus, Balance, and Agility Performance in Rugby Athletes – Semra Yatak 4. Inspiring Excellence: Empowering the Future of Physical and Sport Education – Lilit Mkrtchyan 5. Can Muscular Fitness Components Predict Cardiorespiratory Endurance of Elementary School Students? – Petra Gumbarević 6. Lifestyle Scan as an Indicator of Healthy Lifestyle Behaviors – Gabriela Luptakova
Aspendos –IV	26 April 2025 Saturday	15.15 -17.00	Session Chairperson: Milan Hosta 1. Game Intelligence in Sport. An Exploratory Sequential Mixed Methods Design for Rugby. – Daniel Orwin 2. Assessing Concurrent Validity and Reliability of Burnout Measurement Tools in Basketball Referees – Theodoros Rachiotis 3. Examining The Effect of Professional Bodybuilders' Social Media Use on Body Satisfaction and Narcissism Levels – Gul Tiryaki-Sonmez 4. Sex Differences in Students' Motivation for Running – Ivan Ćuk 5. Enhancing Bodily Awareness in Preservice Teachers Through Analogic and Digital Heart Rate Monitoring for Better Physical Activity Promotion in Primary Schools – Stefania Cazzoli 6. The Invisible Physical Literacy in North Macedonia Physical Education– Ilija Klincarov 7. Migration and Asylum in the World of Sports: Humanitarian Challenges and the Role of National and International Institutions – Nadhim Al-Wattar

FIEPS 2025 CONGRESS

DETAILED FINAL PROGRAM

Aspendos –VI	26 April 2025 Saturday	15.15 -17.00	Session Chairperson: Mario Baić	1. Comparison of Grip Strength Results in Children Aged 11-13 Years – Damir Pekas 2. Gross Motor Coordination in Elementary School Children: A Gender Comparison Across Key Movement Tasks – Juel Jarani 3. Assessment of Physical Fitness of The National Wrestling Athletes Through the Functional Tests – Charyyarguly Mammetgulyev 4. A Holistic View of the Athlete's Personality Lighted Up with a Spark – Nenad Zivanovic 5. Leisure Experience Preferences, Consumption Styles and Life Satisfaction of the Recreation Participants – Cemal Faruk Rize 6. Physiological Intensity of Physical Workouts Taking into Account the Individual Profile and Model Characteristics of Physical Fitness in Belt Wrestling Classes – Zinaida Kuznetsova 7. Finding Flow in Nature: Examining the Relationship Between Eco-recreational Attitude, Connectedness to Nature, and Flow Experience – Busra Isik
Aspendos –II	27 April 2025 Sunday	10.00 – 11.15		FNL Session 4 Closed session for FNL participants Group discussions (Roundtables)
Aspendos –IV	27 April 2025 Sunday	10.00 – 11.15	Session Chairperson: Yavuz Öntürk	1. Investigation of the Effect of Communication Skill Levels of Sport Management Department Students on Entrepreneurship – Samet Zengin 2. Investigation of Leisure Time Management and Internet Use in Leisure Time of Sport Sciences Students – Akin Celik 3. Psychological Factors in Recreational Sport Participation: The Relationship Between Anxiety and Well-Being – Enis Sahin 4. The Relationship between Academic Focus Levels and Self-Efficacy of Sport Sciences Students – Selim Akman 5. The Impact of Positive Self-Perception on Psychological Distress, Empathy, and Mental Resilience in Individuals Engaged in Sports – Sermin Ağralı Ermis
Aspendos –VI	27 April 2025 Sunday	10.00– 10.30	Session Chairperson: Laurentiu-Gabriel Talaghir	Invited Speaker: Dr. Badriya K. Al-Hadabi The effectiveness of physical education classes in achieving the World Health Organization's recommendation for physical activity for children and adolescents
Aspendos –VI	27 April 2025 Sunday	11.30 – 12.00		Closing Ceremony