



Proceedings

Nordic
Conference

Health,
Participation
and Effects
of Sport
and Exercise

October 2-4th, 2008
Halmstad University,
Sweden

Title: Proceedings of the Nordic Conference: Health, participation and effects of sport and exercise

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Welcome

On behalf of the organising committee I am proud to welcome you to the Nordic Conference – Health, Participation and Effects of Sport and Exercise, at Halmstad University, Sweden, October 2- 4, 2008. Halmstad University is a modern and dynamic university in Sweden. About 10 000 students follow our programs and courses. The university recruits students in the area of sport and health from the whole of Scandinavia and also hosts many foreign exchange students. As a student at a small university it is easy to make contact with other students and with teachers and staff. Channels of communication are short and the atmosphere is intimate. The Conference will be held in modern facilities in the Visionen building and in the sports arena Högskolehallen (2006), which also include a behavioural and physiological/biomechanics laboratory. This provides the participants with a fresh and dynamic environment for lecture, presentations and practical workshops. We expect the Conference to provide an excellent possibility to discuss interdisciplinary perspectives on health and sport, focusing on keywords such as adapted physical activity, inclusion, promotion, prevention, treatment and evaluation. A blend of leading expert key-note speakers representing most of the Nordic countries, and experts in the fields of adapted physical activity, traumatology, sport psychology and public health will stimulate critical thinking and provide the basis for enhanced discussion about health, participation and effects of sport and exercise.

With generous contribution in terms of experience and knowledge from those working in the science and practical world of health and sport attending the Conference may prove a memorable event. Meeting new colleagues, exchanging ideas and establishing professional networks across formal and international borders, will enhance opportunities to share new findings. Although we have taken great care in choosing the key-note speakers and leaders for the interdisciplinary sessions, it is our hope that the main contributor will be the participants themselves.

Your participation in the discussions, your poster presentation and overall contribution to the Conference will determine its success.

A handwritten signature in black ink that reads "Urban Johnson". The signature is written in a cursive style with a large, looping initial "U".

PhD. Urban Johnson
Director Centre for Sport and Health Research

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Purpose of the Conference

A. To promote Nordic research and applied work related to health, adapted physical activity, sport and exercise

B. To facilitate interdisciplinary perspectives in research and applied work related to health, adapted physical activity, sport and exercise

C. To stimulate cooperation and networks between the Nordic countries in research and applied work related to health, adapted physical activity, sport and exercise

Main topics of the Conference

- Sport and Exercise Psychology
- Adapted Physical Activity for Children and Adolescents.
- Public Health
- Sport and Exercise Physiology and Biomechanics

Sub-topics of the Conference

1. Psychological aspects of physical activity and health
2. Psychological aspects of athletes' performance, development and health
3. Good practice in adapted physical activity
4. Inclusion of children and adolescents with disabilities in physical activity
5. Obesity and exercise
6. Exercise and well-being in a life span perspective
7. Physiological and biomechanical assessment in sport and exercise
8. Injury prevention and rehabilitation in sport and exercise

The official language of the Conference is English.

Scientific committee

Chair: Natalia Stambulova, Prof.
Urban Johnson, PhD., Ulrika Hallberg, PhD.,
Lars Kristén, PhD., Magnus Lindwall PhD.,
Taru Lintunen, Prof., Elisabeth Ljunggren, Prof.,
Marianne Magnusson, PhD., Tomas Moser,
Prof., Gun Paulsson, PhD., Reinhard Stelter,
PhD.

Organizing committee

Secretary General: Karin Josefsson,
Björn Carlsson, Solgun Folke, Hansi Hinic, Gunvi
Johansson, Urban Johnson, Lars Kristén, Lina
Lundgren, Maria Nyholm, Sofia Olandersson.

Centre for Sport and Health Research (CIHF)

CIHF is a research department at Halmstad University whose main object is to further develop the science area of Sport and Health through research, education and network in the sport/health area. The scientific expertise of CIHF is internationally recognized, e.g. through research regarding career transitions in sport and psychological perspectives on sporting injuries. Parallel with its present research activities CIHF runs thematically-oriented research in leadership, group dynamics, exercise and mental health, health promotion as well as neuro- and muscle physiology and biomechanics.

The research centre is situated in brand new facilities containing both a sports centre with gym and other sport related services as well as modern laboratories where empirical as well as applied sport science research is put in to practice.

Today the research centre represents the disciplines Public Health Science, Sport Pedagogy, Sport Psychology, Physical Education & Health, Physiology & Biomechanics and Adapted Physical Activity for Children and Adolescents.



Centre for Sport and Health Research

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SWEDEN



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PROGRAM OVERVIEW		
THURSDAY 2nd	FRIDAY 3rd	SATURDAY 4th
Arrivals	09.00–10.00 <i>Adapted Physical Activity</i> Keynote Lecture -Pauli Rintala (Finland): Physical activity and reasons to move in children and adolescents with disabilities. Room: Malcus	9.00-10.00 <i>Sport Psychology</i> Keynote Lecture -Anne-Marthe Pensgaard (Norway): Coping in sport and exercise: A strategy or an expectancy? Room: Malcus
11.00 Registration At Visionen building	10.00–10.30 Coffee break	10.00–10.30 Coffee break
13.00 Opening session Room: Malcus	<i>Parallel sessions</i>	<i>Parallel sessions</i>
13.45–14.45 <i>Public Health</i> Keynote Lecture -Peter Währborg (Sweden): Mental stress and physical activity. Room: Malcus	10.30–11.30 <i>Adapted Physical Activity Workshop 1:</i> Good practice in adapted physical activity.	10.30–12.00 <i>Interdisciplinary symposium</i> 2: Health, participation and effects of competitive sports. Room: Malcus
14.45–15.15 Coffee break	10.30–12.30 <i>Sport Psychology Symposium 1:</i> To what extent is there reciprocity between psychology and sport & exercise psychology? Room: Wigfors	10.30–12.00 <i>Doctoral Students Seminar:</i> Entrepreneurship and Health. Room: Wigfors
15.15–16.45 <i>Interdisciplinary symposium 1:</i> Health, Participation and Effects of Exercise Room: Malcus	10.30–12.30 <i>Physiology and Biomechanics Oral Session 1</i> Room: Q318	12.00–12.30 Closing session Room: Malcus
16.45–19.00 Physical activities in the sports centre and labs I building	10.30–12.30 <i>Sport Psychology Symposium 2:</i> Perceived health and sport/exercise participation Room: Halda	12.30-13.30 Lunch
19.30 Welcome reception, Kårhuset	10.30–11.30 <i>Adapted Physical Activity Workshop 1:</i> Good practice in adapted physical activity.	12.30-13.30 Lunch
	11.30–12.30 <i>APA Workshop 2:</i> Inclusion of children and adolescents with disabilities in physical activity. P: Sports arena	12.30-13.30 Lunch
	11.30–12.30 <i>Sport Psychology Symposium 1:</i> To what extent is there reciprocity between psychology and sport & exercise psychology? Room: Wigfors	12.30-13.30 Lunch
	13.30–15.00 Poster Presentations Place: Lobby of the Q-building	12.30-13.30 Lunch
	15.00–16.00 <i>Sport Psych. Workshop 1:</i> Health coaching as a community psychological intervention. Room: I 203	15.00–17.00 <i>Sport Psych. Symposium 4:</i> Talent development in sports. Room: Q319
	15.00–17.00 <i>Sport Psych. Symposium 3:</i> Injury prevention and rehabilitation. Room: Q318	15.00–17.00 <i>Public Health Oral Sess. 1</i> Room: RHalda
	15.00–17.00 <i>Sport Psych. Symposium 4:</i> Talent development in sports. Room: Q319	15.00–17.00 <i>Adapted Physical Activity Oral Sess.2</i> Room: Q121
	17.00–17.30 – Coffee break	17.00–17.30 – Coffee break
	17.30–18.30 Physiology and Biomechanics Keynote Lecture -Harald Roos (Sweden): Is participation in sports good or bad for the joints? Room: Malcus	17.30–18.30 Physiology and Biomechanics Keynote Lecture -Harald Roos (Sweden): Is participation in sports good or bad for the joints? Room: Malcus
	20.00 The Conference Banquet. Place: Restaurant "Svea"	20.00 The Conference Banquet. Place: Restaurant "Svea"
	Departures	Departures

Scientific Program

Thursday October 2, 2008

11.00 **Registration.**

13.00 **Opening session.**

Chair: Urban Johnson (Sweden) Room: Malcus

13.45–14.45 **Public Health Keynote Lecture**

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

Chair: Maria Nyholm (Sweden) Room: Malcus

14.45–15.15 Coffee break

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

Moderators: Finn Rasmussen (Sweden) and
Magnus Lindwall (Sweden). Room: Malcus

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

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

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

Place: I building

Rasmus Wallin-Tornberg (Sweden)
- Sport psychology lab

Lina Lundgren (Sweden)
- Physiology and biomechanics lab

David Lindberg (Sweden)
- Adapted physical activity in the sports centre

🔑 **19.30 Welcome reception**
Kårrestaurangen

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: Malcus

10.00–10.30 Coffee break

Parallel sessions

10.30–11.30 **Adapted Physical Activity
Workshop 1: Good practice in adapted
physical activity.**

Inger Johansson and Lena Hammar (Sweden)
Chair: Lars Kristén 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). Chair: Lars Kristén Place: Sports arena

10.30 –12.30 **Sport Psychology
Symposium 1: To what extent is there
reciprocity between psychology and
sport & exercise psychology?**

Chair: Sally Akehurst (United Kingdom) Room:
Discussant: Mark B. Andersen (Australia) Wigfors

Sally Akehurst (United Kingdom): The symposium
introduction.

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

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

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 Gestranius (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.

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

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.

Markus Ståhlbom (Sweden/New Zealand): Jump assessment for sports including sprint running.

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

Chair: Marit Sørensen (Norway) Room: Q 319

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

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

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

Cathrine 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.

Kennet Fröjd, Anders Olsson, Sven Blomqvist (Sweden) Paralympic School Day

12.30–13.30 Lunch

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.

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

Eva Gäve (Sweden): Motivating physical exercises.

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.

Kaivo Thomson, J. Liukkonen, E. Hiltunen, P. Leinonen, L. Pälvimäki, H. Suomi (all -Finland), **A. Aidla, M. Aidla, K. Soonberg** (all - Estonia): Gender differences of 11-12 year-old pupils in cognitive style as measured by the group embedded figures text.

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

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 Hjälms, 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 (Denmark): 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: I 203

15.00–17.00 **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.

Leslie Podlog & Robert Eklund (USA): Elite athletes' perceptions of success in returning to sport following injury.

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 (Denmark): 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 (U.K). Room: Wigfors

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.

Markus 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, Ailsa Niven & David Lavalley (United Kingdom): Helping athletes talk the walk: Consultants' experiences in using self-talk with athletes.

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: Halda

Svetlana Khasnutdinova (Russia) & Andrei Grjibovski (Norway): Praevalence 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).

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

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

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

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

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

Chair: Anne-Merete Kissow (Denmark) Room: Q 121

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 (Latvia): 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.

17.00–17.30 – Coffee break

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: Malcus

20.00 The Conference Banquet.
Place: Restaurant "Svea"

Saturday October 4, 20089.00–10.00 **Sport Psychology Keynote Lecture**

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

Chair: Natalia Stambulova (Sweden) Room: Malcus

10.00–10.30 Coffee break

Parallel sessions10.30–12.00 **Interdisciplinary symposium 2: Health, participation and effects of competitive sports.**

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

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: Nicholas Wickström (Sweden) Room: Wigfors

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

Torbjörn Josefsson (Sweden): Theories of mindfulness.

Wagner Ourique de Moraes (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 **Closing session.**

Conclusions and prize ceremony of Young Investigators Award, sponsored by Movement.

Room: Malcus

12.30–13.30 Lunch

Departures

The Conference Formats

Keynote lectures

There will be four keynote lectures related to the four major topics of the Conference. Each lecture will last one hour. The speakers are recommended to use 45 minutes for the presentation and 15 minutes for questions and discussion.

Interdisciplinary symposia

There will be two interdisciplinary symposia with one focusing on exercise and health issues and the other one emphasizing competitive sports and health. The speakers for both symposia will be invited by the Organizing Committee. Each symposium will last 90 minutes.

PhD students' seminar "Entrepreneurship & Health"

This 90 minute long seminar will include oral presentations of PhD students. Each speaker will be allotted 15 minutes including presentation and questions/discussion.

Posters

Posters are expected to play a major part in the Conference. Each poster should be clearly structured and include Introduction, Objectives, Method, Results, Discussion/ Conclusions, and basic references. It may occupy a space of 100 cm (height) x 70 cm. The authors should be available for communication during the poster presentation time according to the Conference Program.

Oral papers

There will be several oral sessions related to the sub-topics of the Conference. Oral sessions will last 120 minutes. Each speaker will be allotted 15 minutes for the presentation and 5 minutes for questions.

Workshops

There will be several workshops lasting 60 minutes. Workshops should consist of a theoretical introduction followed by practical activities of the audience. The practical part should cover no less than 60 % of the workshop time. The topic must be relevant to the Conference sub-topics and promote new ideas, techniques and applications.



Keynote lectures



Anne Marte Pensgaard **"Coping in sport and exercise: a strategy or an expectancy?"**

Anne Marte Pensgaard PhD holds a joint position as an Associate Professor at the Norwegian School of Sport Science and head of sport psychology services at Olympiatoppen. Her research has focused primarily on stress, coping and motivation in elite sport. She has published several articles in refereed journals, written four textbooks and produced a Mental Training CD and DVD. She was accredited Sport Psychologist for Norway in Sydney 2000 and Torino 2006.



Peter Währborg **"Mental stress and physical activity"**

Peter Währborg is a sociologist, psychologist and medical doctor. Formerly he worked as a cardiologist and head of the Development Centre at Sahlgrenska University Hospital, and later on as a head of the Institute for Stress Medicine. Today Peter Währborg is a professor in behavioural medicine at the Swedish University of Agriculture Sciences, but is also still working at the Sahlgrenska Academy.



Pauli Rintala **"Physical activity and reasons to move in children and adolescents with disabilities"**

Pauli Rintala is a professor in Adapted Physical Activity at the University of Jyväskylä, Finland. He completed his Doctorate at Oregon State University in 1990, has served as an IFAPA Board member 1991-2003, and EARAPA Secretary 1996-99. Dr. Rintala has presented at some 50 international conferences, published about 40 international publications, and co-authored three textbooks in the field of Adapted Physical Activity.



Harald Roos **"Is participation in sports good or bad for the joints?"**

Harald Roos, associate professor, is an orthopaedic surgeon specializing in sport injuries. His research is mainly focused on sports-related knee injuries, and effects on the tendon after a joint injury. He has ten years' experience as a physician for the Swedish National wrestling team and the Olympic team. He currently holds a position as Head of Division at Lund University and is Chair of SIF, Swedish Sports Medicine Society.



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