



THE ATHENS INSTITUTE FOR EDUCATION AND RESEARCH

Abstract Book

**21st Annual International Conference on
Sport & Exercise Science
28-31 July 2025 Athens, Greece**

**Edited by
Maria Kosma & Afrodete Papanikou**

2025

Abstracts
21st Annual International
Conference on Sport & Exercise
Science
28-31 July 2025, Athens, Greece

Edited by
Maria Kosma & Afrodete Papanikou

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Preface

This book includes the abstracts of all the papers presented at the 21st *Annual International Conference on Sport & Exercise Science* (28-31 July 2025), organized by the Athens Institute.

A full conference program can be found before the relevant abstracts. In accordance with Athens Institute's Publication Policy, the papers presented during this conference will be considered for inclusion in one of Athens Institute's many publications only after a blind peer review process.

The purpose of this abstract book is to provide members of Athens Institute and other academics around the world with a resource through which they can discover colleagues and additional research relevant to their own work. This purpose is in congruence with the overall mission of the association. Athens Institute was established in 1995 as an independent academic organization with the mission to become a forum where academics and researchers from all over the world can meet to exchange ideas on their research and consider the future developments of their fields of study.

To facilitate the communication, a new references section includes all the abstract books published as part of this conference (Table 1). I invite the readers to access these abstract books -these are available for free- and compare how the themes of the conference have evolved over the years. According to Athens Institute's mission, the presenters in these conferences are coming from many different countries, presenting various topics.

Table 1. *Publication of Books of Abstracts of Proceedings, 2011-2025*

Year	Papers	Countries	References
2025	23	17	Kosma and Papanikou (2025)
2024	51	19	Kosma and Gkounta (2024)
2023	24	14	Kosma and Gkounta (2023)
2022	36	22	Konstantaki and Gkounta (2022)
2021	27	15	Papanikos (2021)
2020	16	12	Papanikos (2020)
2019	18	10	Papanikos (2019)
2018	14	10	Papanikos (2018)
2017	16	7	Papanikos (2017)
2016	13	10	Papanikos (2016)
2015	19	9	Papanikos (2015)
2014	22	12	Papanikos (2014)
2013	21	12	Papanikos (2013)
2012	26	12	Papanikos (2012)
2011	38	13	Papanikos (2011)

It is our hope that through Athens Institute's conferences and publications, Athens will become a place where academics and researchers from all over the world can regularly meet to discuss the developments of their disciplines and present their work. Since 1995, Athens Institute has organized more than 400 international conferences and has published over 200 books. Academically, the institute is organized into 6 divisions and 37 units. Each unit organizes at least one annual conference and undertakes various small and large research projects.

For each of these events, the involvement of multiple parties is crucial. I would like to thank all the participants, the members of the organizing and academic committees, and most importantly the administration staff of Athens Institute for putting this symposium and its subsequent publications together.

Gregory T. Papanikos
President

Editors' Note

These abstracts provide a vital means to the dissemination of scholarly inquiry in the field of Sport & Exercise Science. The breadth and depth of research approaches and topics represented in this book underscores the diversity of the conference.

Athens Institute's mission is to bring together academics from all corners of the world in order to engage with each other, brainstorm, exchange ideas, be inspired by one another, and once they are back in their institutions and countries to implement what they have acquired. The 21st Annual International Conference on Sport & Exercise Science accomplished this goal by bringing together academics and scholars from 17 different countries (Canada, China, Colombia, Costa Rica, Croatia, Finland, Hungary, Jordan, Panama, Poland, Singapore, South Africa, Taiwan, The Netherlands, Türkiye, UK, USA), which brought in the conference the perspectives of many different country approaches and realities in the field.

Publishing this book can help that spirit of engaged scholarship continue into the future. With our joint efforts, the next editions of this conference will be even better. We hope that this abstract book as a whole will be both of interest and of value to the reading audience.

Maria Kosma & Afrodete Papanikou
Editors

21st Annual International Conference on Sport & Exercise Science, 28-31 July 2025, Athens, Greece

Organizing & Scientific Committee

All Athens Institute's conferences are organized by the Academic Council. This conference has been organized with the assistance of the following academic members of Athens Institute, who contributed by reviewing the submitted abstracts and papers.

1. Dr. Gregory T. Papanikos, President, Athens Institute.
2. Dr. Philip G. Cerny, Director, Social Sciences Division, Athens Institute & Professor Emeritus, University of Manchester (UK) and Rutgers University (USA).
3. Dr. Nicholas Pappas, Vice President of Academic Conferences and Meetings, Athens Institute & Professor of History, Sam Houston University, USA.
4. Dr. Maria Kosma, Head, Sports Unit & Associate Professor, Louisiana State University, USA.
5. Dr. Maria Konstantaki, Research Fellow, Athens Institute.
6. Dr. Nikolaos I. Liodakis, Associate Professor, Wilfrid Laurier University, Canada.

FINAL CONFERENCE PROGRAM

**21st Annual International Conference on Sport & Exercise Science,
29-31 July & 1 August 2025, Athens, Greece**

PROGRAM

Monday 28 July 2025

09:00-09:30

Registration

09:30-10:00

Opening and Welcoming Remarks:

- **Gregory T. Papanikos, President, Athens Institute.**

10:00-11:30 Session 1

Moderator: Ingrid Brenner, Associate Professor, Trent University, Canada.

1. Spiro Doukas, Associate Professor, American Public University, USA.
Han (John) Yang, Student, University of Stirling, UK / Chengdu University, China.
Title: The Health Promotion Impact of Sport Mega-Events on Host City Residents.
2. Jeannette Ziady, Lecturer, Tshwane University of Technology, South Africa.
Terry Ellapen, Lecturer, Tshwane University of Technology, South Africa.
Title: The Musculoskeletal Injury and Fitness Profiles of Vocational Dancers.
3. Johanna Gerken, Researcher, German Sports University Cologne, Germany.
Tariq Koch, Student Assistant, German Sports University Cologne, Germany.
Susen Werner, Researcher, German Sports University Cologne, Germany.
Title: Visuomotor Adaptation of Martial Arts Specific Movements in Virtual Reality.
4. Robert Scales, Director of Cardiac Rehabilitation and Wellness, Mayo Clinic, USA.
Title: Exercise Physiology for Clinical Populations: Lessons learned from Mayo Clinic.

11:30-13:00 Session 2

Moderator: Spiro Doukas, Associate Professor, American Public University, USA.

1. Malgorzata Morawska-Tota, Professor, University School of Physical Education in Kraków, Poland.
Małgorzata Bagińska, PhD Student, University School of Physical Education in Kraków, Poland.
Tomasz Pałka, Professor, University School of Physical Education in Kraków, Poland.
Lukasz Tota, Professor, University School of Physical Education in Kraków, Poland.
Title: Influence of the Original Training Program in Conditions of Normobaric Hypoxia on Body Mass and Composition of Women Aged 50-59.
2. Lukasz Tota, Professor, University School of Physical Education in Kraków, Poland.
Malgorzata Morawska-Tota, Professor, University School of Physical Education in Kraków, Poland.
Title: Effect of Endurance-Resistance Training in Conditions of Normobaric Hypoxia on Hunger and Satiety Hormones.
3. Ruta Dadelienė, Associate Professor, Vilnius University, Lithuania.
Ricardas Nekrišius, PhD Student, Lithuanian Sports University, Lithuania.
Stanislav Dadelo, Professor, Vilnius Gediminas Technical University, Lithuania.
Title: Application of Muscle Oxygenation Measure Methods in a World-class Kayak Athlete – Case Study.

13:00-14:00 Session 3 Microsymposium on Foresight

Moderator: Lampros Pyrgiotis, Research Fellow, Athens Institute.

1. Andras Marton, Assistant Professor, Corvinus University of Budapest, Hungary.
Éva Hideg, Professor Emeritus, Corvinus University of Budapest, Hungary.
Judit Gáspár, Associate Professor, Corvinus University of Budapest, Hungary.

<p>Gabriella Kiss, Associate Professor, Corvinus University of Budapest, Hungary. Alexandra Köves, Associate Professor, Corvinus, University of Budapest, Hungary. Jing Ding, PhD Student, Tampere University, Finland. Máté Fischer, PhD Student, Corvinus University of Budapest, Hungary. Zsombor Csúport, Student, Corvinus University of Budapest, Hungary. <i>Title: Technology for Multidisciplinary Futures Research: The Online Integral Foresight Methodology.</i></p> <p>2. Samira Yaghouti, Doctoral Researcher, Finland Futures Research Centre, University of Turku, Finland. <i>Title: Reimagining Language Teaching in Europe: A Causal Layered Analysis of Educators' Professional Discourse.</i></p>
<p>14:00-15:00 Session 4 – A Public Lecture on “A Critical Look at Indigenization of Canadian Universities” Sponsored by the <i>Canadian University Alumni in Greece</i> (www.cuag.gr/) Moderator: Gregory T. Papanikos, President, Athens Institute.</p>
<p>Speaker: Jim Clark, Head, Psychology Unit, Athens Institute & Professor, University of Winnipeg, Canada.</p>

15:00-16:00 Lunch

20:30-22:30 Athenian Early Evening Symposium (Sequence of Events: Ongoing Academic Discussions, Dinner, Wine and Water, Music, Dance)

Tuesday 29 July 2025

<p>09:30-11:00 Session 5 – Microsymposium on “The Fundamentals & Future of Social-Behavioural Health Across the Lifespan” Moderator: Nkhangweni Mahwasane, Information Librarian, University of Venda, South Africa.</p>
<p>1. Josh Firth, Associate Professor, University of Leeds; Oxford University, UK. <i>Title: Understanding Social Behaviour Across the Life-course in Real-World Populations: Fundamental Patterns, Trade-Offs, and Digital Solutions.</i></p> <p>2. Joseph Firth, UKRI Fellow, University of Manchester, UK. <i>Title: Healthier Interactions in the Online World: Emergent Findings & Future Challenges.</i></p> <p>3. Alex Qian, Associate Professor, Singapore University of Social Sciences, Singapore. <i>Title: Physician Dual Practice, Public Waiting Time and Patient Welfare.</i></p> <p>4. Libby Hubbard, Independent Scholar, Lovolution Studios, USA. <i>Title: The Moshich, Madness, and Future Studies.</i></p>
<p>11:00-12:30 Session 6 Moderator: Johanna Gerken, Researcher, German Sports University Cologne, Germany.</p>
<p>1. Qi Si, Professor, Zhejiang University, China. <i>Title: LLM for Mental and Physical Health Promotion Application: A Comprehensive Review.</i></p> <p>2. Ingrid Brenner, Associate Professor, Trent University, Canada. Sai Gayathri Chakraborty, Student, Trent University, Canada. Holly Bates, Assistant Professor, Trent University, Canada. <i>Title: The Cardiovascular Effects of Passive Exercise: A Comparative Study.</i></p> <p>3. Norliza Binti Mohd Salleh, PhD Student, Liverpool John Moores University, UK. <i>Title: Acute Effect of Sitting on Cardiometabolic Outcomes in Healthy Pregnant Females.</i></p>
<p>12:30-14:00 Session 7 Moderator: Chi-Yo Huang, Professor, National Taiwan University of Science and Technology, Taiwan.</p>
<p>1. Ayla Ogus Binatli, Professor, Izmir University of Economics, Türkiye. Emre Can, Adjunct Professor / CFO Göztepe Football Club, Izmir University of Economics, Türkiye. <i>Title: A Professional Sports Team as a Medium-sized Enterprise: The Case of Göztepe FC.</i></p>

2. Ting-Ling Lin, Professor, National Taipei University, Taiwan.
Mei-Chen Hsieh, Assistant Professor, Vanung University, Taiwan.
Heng-Yih Liu, Associate Professor, Yuan Ze University, Taiwan.
Title: Bottlenecks, Coopetition, and Evolution of Travel Experience Service Ecosystem: A Case Study of Local-Based Industry.
3. Nkosingiphile Trevor Mchunu, Graduate Student, Durban University of Technology South Africa.
Title: Heritage Management and Community Empowerment: The Role of Ecotourism in Livelihoods Sustainability and Heritage Conservation. The Case of Ushaka Marine World, Kwazulu Natal.

14:00-15:00 Lunch

15:00-17:00 Session 8

Moderator: Qi Si, Professor, Zhejiang University, China.

1. Codruta Stoica, Professor, "Aurel Vlaicu" University of Arad, Romania.
Title: Beyond Statistics: Comprehending Gender Parity and Gender Equality.
2. Angelo Nicolaides, Professor, University of Zululand, South Africa.
Title: Ethical Business Conduct in an Ultra Capitalistic World.
3. Joan Miguel Tejedor Estupinan, Professor, Areandina University Foundation, Colombia.
Carlos Bejarano Chacón, Professor, San Marcos University, Costa Rica.
Ramses Moreno, Professor, University of the Isthmus, Panama.
Title: A Model for Integrating Climate Sustainability into MSME Management: Analysis in Colombia, Panama, and Costa Rica.
4. Maria Kosma, Associate Professor, Louisiana State University, USA.
Title: Techne in Performing Arts is Key to the Love of Movement and Long-lasting Physical Activity Participation.
5. Judy Porter, Professor, Rochester Institute of Technology, USA.
LaVerne McQuiller Williams, Associate Provost Rochester Institute of Technology USA.
Title: Unpacking Campus Victimization: A Quantitative Study of Gender Identity and Sexual Orientation.
6. Alexia Georgakopoulos, Professor, Nova South University, USA.
Title: Cultivating a Culture of Peace in Higher Education: Empowering Students as Agents of Change in a Global Society.

17:15-20:30 Session 9

Old and New-An Educational Urban Walk

The urban walk ticket is not included as part of your registration fee. It includes professional tour guide and the cost to enter the Parthenon and the other monuments on the Acropolis Hill. The urban walk tour includes the broader area of Athens. Among other sites, it includes: Zappeion, Syntagma Square, Temple of Olympian Zeus, Ancient Roman Agora and on Acropolis Hill: the Propylaea, the Temple of Athena Nike, the Erechtheion, and the Parthenon. The program of the tour may be adjusted, if there is a need beyond our control. This is a private event organized by the Athens Institute exclusively for the conference participants.

21:00-23:00

[An Ancient Athenian Symposium: Continuous Dialogues, Timeless Flavors](#) (featuring authentic ancient Athenian dishes, local wine, and sweet delicacies from ancient Athens)

Wednesday 30 July 2025

**An Educational Visit to Selected Islands
or Nafplio & Mycenae Visit**

Thursday 31 July 2025

Visiting the Oracle of Delphi

Friday 1 August 2025

Visiting the Ancient Corinth and Cape Sounion

Ayla Ogus Binatli

Professor, Izmir University of Economics, Türkiye

&

Emre Can

Adjunct Professor / CFO Göztepe Football Club, Izmir University of
Economics, Türkiye

A Professional Sports Team as a Medium-sized Enterprise: The Case of Göztepe FC

The literature on the economic impact of professional sports teams establishes that their impact on full-time jobs generated is similar to a medium-sized enterprise although it also acknowledges that their broader impact, such as impact on tourism and city branding, is much greater than a typical medium-sized enterprise. In this paper, a case study of the Göztepe Football Club will be undertaken to highlight the impact of the football club on the neighbourhood in which it resides as well as the city of İzmir to highlight how the club is similar to other medium-sized enterprises of its size and how it differs from them. Göztepe FC is the first FC to attract a foreign investor in Turkey and boasts a new stadium, Gürsel Aksel Stadium, which was rebuilt during and opened on January 26, 2020 in the midst of the Covid-19 pandemic. Sport Republic, the owner of Premier League club Southampton, purchased 70% of the shares in August 2022. The team was competing in the second-tier league at the time of purchase having been demoted at the end of the 2021-2022 Season. This paper aims to investigate the strengths of Göztepe FC as a FC as well as a medium-sized enterprise to attract a foreign investor and become the first football club in Turkey to do so even though it is not a particularly successful team at the national scale.

Ruta Dadelienė

Associate Professor, Vilnius University, Lithuania

Ricardas Nekriosius

PhD Student, Lithuanian Sports University, Lithuania

&

Stanislav Dadelo

Professor, Vilnius Gediminas Technical University, Lithuania

Application of Muscle Oxygenation Measure Methods in a World-class Kayak Athlete – Case Study

The work aimed to investigate the changes in oxygen levels (SmO_2) in the muscles of World-class kayak athletes during special physical exercises.

Organisation and methods of the research. One elite kayak athlete, a prize winner in World and European championships and Olympic games in a 1000 m kayak flat water race event, aged 30 (height of 184.5 cm, body mass of 89 kg.), participated in the study. Two physically different loads while working on an ergometer (Dansprint PRO, KE001) were applied: the high-intensity interval method (the 60s, 200W during the working phase and 60s, 40 during the rest phase) (HIIT) and the high-intensity short-distance sprint interval (10s, 30W during working phase and 30s, 40W during rest phase) (HIST) method. A total of six repeated series were performed. NIRS monitors were placed on the left (dominant) Vastus Lateralis, Pectoralis Major, and Latissimus Dorsi muscles. The heart rate (b./min.) and lactate in the blood (mmol/l) were also measured.

Results: Studies showed that two different training sessions significantly affect oxygenation processes in active muscles. During HIST, SmO_2 decreased 10% more than during HIIT. During the 6-minute recovery phase, SmO_2 returns to baseline level before exercise in both cases. Muscle oxygenation had the greatest variations in the Pectoralis Major muscle and the smallest 7% variations in the Vastus Lateralis muscle. Lactate concentration in blood was lower after HIST than in HIIT.

Conclusion. Muscle oxygenation responding to training stimuli can provide valuable insights as internal predictors of hemodynamic and metabolic changes. Data regarding oxygenation across different muscles can help us gain insights into the internal load of kayak movements. However, this area requires further research.

Spiro Doukas

Associate Professor, American Public University, USA

&

Han (John) Yang

Student, University of Stirling, UK / Chengdu University, China

The Health Promotion Impact of Sport Mega-Events on Host City Residents

This study critically will examine the health promotion promises of sport mega-events and their actual long-term impacts on host city residents. Anchored in the Ottawa Charter's pillars—policy development, supportive environments, and community engagement—the research investigates whether sport event “health legacies” are genuine, sustainable contributions or rhetorical instruments to justify large-scale investments. While events such as the Paris 2024 Olympics and the 2010 FIFA World Cup in South Africa showcased potential health benefits, numerous others—like Rio 2016 and Qatar 2022—exhibited resource misallocations, exclusion of marginalized populations, and short-term programming collapses.

The project will use a mixed methods approach. Qualitatively, it will draw on interviews with IOC officials, community stakeholders, and urban planners, alongside focus groups. Quantitatively, it will analyze survey data from residents and reviews government health infrastructure investment records spanning 2010 to 2023. Findings indicate systemic gaps, including power asymmetries, temporal mismatches in impact measurement, and lack of community inclusion. For instance, only 12% of studies evaluate health legacies beyond five years, despite evidence that behavioral change requires 15–20 years.

This research advocates for institutional mandates and inclusive planning mechanisms that prioritize equity and intergenerational health outcomes. Policy recommendations include integrating culturally sensitive metrics, extending monitoring cycles, and enforcing transparency in budget allocations. Ultimately, the study underscores that unless legacy planning shifts from rhetorical justification to evidence-based, community-anchored health interventions, sport mega-events risk entrenching inequality rather than promoting well-being.

Joan Miguel Tejedor Estupinan

Professor, Areandina University Foundation, Colombia

Carlos Bejarano Chacón

Professor, San Marcos University, Costa Rica

&

Ramses Moreno

Professor, University of the Isthmus, Panama

A Model for Integrating Climate Sustainability into MSME Management: Analysis in Colombia, Panama, and Costa Rica

This chapter presents a model for integrating climate sustainability into the management of Micro, Small, and Medium-sized Enterprises (MSMEs) in Colombia, Panama, and Costa Rica. The research adopts a parallel convergent mixed-methods approach, structured in four phases: (1) a systematic literature review to identify key components of climate sustainability management models; (2) context analysis through interviews and surveys to understand specific factors influencing the adoption of sustainable practices; (3) participatory design of the management model; and (4) model validation through focus groups and a pilot test.

The proposed model is structured into four interrelated components: strategic, operational, measurement and evaluation, and learning and improvement. It includes specific adaptations for each country and a set of practical tools to facilitate its implementation by MSMEs with varying levels of capacity and resources.

The study contributes to filling a gap in the business sustainability literature by developing a model specifically tailored to the realities of Latin American MSMEs, providing a comprehensive framework that enables them to address climate sustainability strategically and systematically.

Joseph Firth

UKRI Fellow, University of Manchester, UK

Healthier Interactions in the Online World: Emergent Findings & Future Challenges

The rapid adoption of digital technology across the world has presented an entirely new context of human interaction across social, educational, employment and entertainment settings. In this context, this talk will begin by exploring impact of internet usage on population health, particularly with regards to the latest research on how the quality (rather than just quantity) of online interactions shapes mental health outcomes of digital device usage. First, the age- and use-specific risks and benefits of digital engagement will be discussed, drawing on evidence from neuroscience, epidemiology and clinical psychiatric research. Then, actionable, evidence-based recommendations for optimising our interactions with the online world will be provided.

From this, the talk will move onto a systematic overview of current evidence using internet interventions to improve mental health outcomes, examining the top-tier evidence for their efficacy to date, particularly through meta-analyses of RCTs in depression, anxiety, and stress-related conditions. Along with the empirical evidence, the main challenges to their adoption, and strategies for real-world implementation will be discussed. Following the discussion of current evidence and issues, the presentation will explore how emerging artificial intelligence (AI) applications, particularly large language models and AI-driven chatbots, are set to transform mental health interventions in future. Alongside this, the key challenges and concerns around using these powerful technologies will be presented, with “real life” examples for each.

Finally, the presentation will highlight an emergent opportunity for harnessing digital interventions in order to address the vast physical health inequalities associated with mental illness; discussing the latest evidence and early findings from Firth’s “e-PHIT Mental Health” research group; examining on how existing digital tech and online platforms could be used to encourage physical activity, balanced nutrition, and better sleep in youth, to improve physical and mental health outcomes of online time. Following this, some additional insights from our ongoing research on potential synergies between traditional care approaches and digital solutions will be shared, and the talk will conclude with a commentary on the importance of designing the future of digital mental healthcare with the end-user’s priorities and preferences in mind.

Josh Firth

Associate Professor, University of Leeds; Oxford University, UK

**Understanding Social Behaviour Across the Life-course in
Real-World Populations: Fundamental Patterns, Trade-
Offs, and Digital Solutions**

The complex interplay among social behaviour, ageing and contagions is central to various aspects of our current understanding of health and societies, particularly in regard to how digital tools can address these challenges. This presentation synthesizes three interconnected strands of research around these topics, and cumulates in proposing that digital environments can support social engagement among ageing individuals while reducing the typical costs (such as disease) associated with conventional social interactions.

First, drawing on a recently commissioned Royal Society conference and Special Issue on ageing and sociality (Firth et al. 2024 Royal Society Phil Trans B), the talk will present how analyses of social networks in real-world populations reveal a common pattern of social ageing across species. In this context, the talk will discuss how a decrease in social interactions with age can be seen as a fundamental, natural process in diverse social systems, particularly when considering individuals that begin life with relatively robust immune systems and limited access to social information then develop weakening immune systems (and a reduced need for social information) as they age (Woodman et al & Firth 2024 Royal Society Phil Trans B).

Next, the talk will illustrate how new technologies, particularly the fine-scale tracking of human social interactions, have elucidated the relationship between disease risk and social networks. It will draw upon examples using GPS (Firth et al 2020 Nature Medicine) and Bluetooth devices (Pung & Firth et al 2022 Nature Communications) for monitoring human social connections, and demonstrate how social trends may hold across various real-world contexts (Pung & Firth et al 2024 Royal Society Interface) and how these can be used to inform disease control (Firth et al 2020 Nature Medicine).

Finally, the third part of the talk integrate these discussions with the latest research on how the online world is affecting human behaviour across the life-course (Firth et al & Firth 2024 World Psychiatry). It will conclude by highlighting how recent advances present a unique opportunity for ageing individuals to engage in beneficial social interactions while avoiding typical costs (such as infectious disease), which may offer a potential framework for addressing key issues related to social ageing and ageing societies.

Alexia Georgakopoulos
Professor, Nova South University, USA

Cultivating a Culture of Peace in Higher Education: Empowering Students as Agents of Change in a Global Society

In today's increasingly fractured world, higher education must embrace its transformative potential to foster a culture of peace. This presentation advocates for integrating peace education and conflict resolution into the curriculum across all academic disciplines, equipping students with the tools to become agents of positive change in their communities and beyond. By training students in the principles of mediation, facilitation, negotiation, and peacebuilding, educators can empower the next generation to engage constructively with conflict and lead efforts to build more just and harmonious societies.

Conflict resolution education should not be viewed as a peripheral or elective area of study—it is as essential, if not more so, than traditional disciplines such as history and mathematics. While the latter provide critical knowledge, peace education offers practical strategies to address the existential challenges of violence, war, and systemic injustice. When students learn to embody peace through structured and skill-based learning, they gain the ability to navigate and transform conflict in every domain of life.

The presenter will illustrate how educators can integrate these principles through dynamic and experiential teaching methods such as simulations, role plays, improvisation, and collaborative skill-building sessions. These approaches not only reinforce theoretical knowledge but allow students to practice peacebuilding in real-time scenarios, cultivating empathy, communication, and critical thinking.

To ground the presentation in real-world application, the presenter will share an example of a current training initiative she is leading with a group of peacebuilders and member of Mediators Beyond Borders involving university students in Ukraine—a region deeply affected by ongoing conflict and war. This program integrates conflict resolution and peace education into the academic experience, preparing students to serve as mediators and peacebuilders within their communities. Through this case study, attendees will see how higher education can play a powerful role in transforming societies even amid active conflict, as students learn to shift mindsets from division to reconciliation, and from reactive conflict to proactive peace.

The session will also highlight the crucial role of educators in leading this transformation. To effectively teach peace, educators must themselves be trained in conflict resolution and peace pedagogy. Professional development and institutional support are necessary to help faculty confidently and meaningfully integrate peace principles into their teaching, regardless of discipline.

Importantly, all students—whether studying business, engineering, law, medicine, or the arts—stand to benefit from learning how to navigate conflict constructively and lead with compassion. When embedded within the core of higher education, peace education fosters global citizens who are not only academically competent but socially and ethically grounded. These individuals are more likely to contribute to inclusive leadership, restorative practices, and cross-cultural understanding throughout their careers.

This presentation provides both a compelling vision and actionable framework for transforming higher education into a foundation for peace. It calls upon educators to recognize their unique power to inspire change and prepare students to carry peacebuilding values into every setting they touch. In doing so, education becomes not only a means of personal advancement but a catalyst for global healing and long-term cultural transformation.

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Visuomotor Adaptation of Martial Arts Specific Movements in Virtual Reality

Precise execution and adaptation of movements are critical motor skills essential in everyday tasks, sports, and rehabilitation. This study investigates visuomotor adaptation of combat sport-specific movements in immersive virtual reality (VR). The primary aim was to determine whether an immersive VR environment can elicit visuomotor adaptation during a realistic multi-joint striking movement (straight punch) and a comparable reaching movement, and to examine any differences between these movements. Twenty-eight healthy adults (18–30 years old) were divided into two groups (punch vs. reach). Participants practiced their respective movement in a VR setup with accurate hand tracking. A 45° visual rotation of the hand's movement trajectory was introduced to create a visuomotor discordance and trigger adaptation. Movement accuracy (directional error) was measured across baseline, adaptation, and post-adaptation phases. The results show a significant reduction in the movement error over repeated trials under the perturbation, indicating successful visuomotor adaptation in both punching and reaching tasks. Upon removal of the visual rotation, both groups exhibited short-term aftereffects (transient biased errors opposite to the perturbation), confirming implicit adaptation. No significant differences in adaptation rate or aftereffect magnitude were found between the punch and reach tasks. In conclusion, the findings demonstrate that immersive VR can effectively induce visuomotor adaptation in complex 3D movements. This highlights the potential of VR for motor learning research and suggests the adaptability of motor control across similar movement types.

Libby Hubbard

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The Moshiach, Madness, and Future Studies

The talk that I would like to present is a true story about Tucson, AZ's HaMoshiach (Tzaddik Greenberg), who recently committed suicide in Washington, DC. HaMoshiach is translated as the The Messiah. The talk is about prophetic ideologies in individual lives and how they can lead to despair and madness when not fulfilled. On a national level, they have led to wars and militarization to protect religious mythos.

Is idealistic thinking about Messianic leadership and its promise of creating Heaven on Earth good for the world? Or has the myth of the King Messiah—the anointed one-- perpetuated delusional thinking over millennia? If so, to save the world from war and climate change, must the concept of Moshiach be immediately abandoned? Could the End of Days refer to the end of the anticipation of the Moshiach? In the 21st Century, with our scientific discoveries and technological inventions, is the promise of the Messianic Age an unrealistic, idealistic illusion, or can it lead the world to sanity, wholeness, and a sustainable relationship human/nature relationship?

We will look at the myth of the Moshiach and consider the role a King Messiah could play in bringing about a global renaissance. If the Moshiach has a universal message and global plan of action, what kind of renaissance could s/he create?

How would the Moshiach—the spiritual/political leader of the Jews—relate to Israel's war on Gaza? So far, international law and the World Court of Justice have not been a force to stop Israel's genocide of Palestinians in Gaza. How could the Moshiach stop the genocide?

What if the student activists are the collective Moshiach dwelling within the heart of the student movement to end war, genocide, and climate change? What if they are the chosen generation to create radical transformation by taking back the global commons and making it into a democratic space? What is the Moshiach's strategy to create Heaven on Earth?

Maria Kosma

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Techne in Performing Arts is Key to the Love of Movement and Long-lasting Physical Activity Participation

Although the healthcare costs in the USA far exceed those of its peers, the US life expectancy at birth is the lowest (77.5 years) of all similar, large, wealthy countries (82.2 years), and this disparity continues at older ages (Rakshit et al., 2024; Xu et al., 2022). Obesity rates in the USA have also significantly increased over the last 20 years, whereby about 44.3% of young adults are classified as obese. Even though regular exercise is key to longevity and can curb high obesity rates and its underlying conditions (e.g., heart disease, stroke, type II diabetes and certain types of cancer) (CDC, 2022; Lee et al., 2022), long-lasting participation in physical activity is a significant challenge. Therefore, the purpose of this concept-based paper is to showcase how the artistic (techne) element in performing arts like aerial dancing, dancing, and physical theater can lead to the love of movement and thus long-term exercise participation. Drawing on Aristotle's *Nicomachean Ethics* (350 B.C.E/1999), techne is art (craft) and it is practical to a certain task like painting and dancing. In performing arts such as aerial dancing and physical theater, not only does the performer master meaningful and physically demanding movement skills, but also, he/she experiences sensations of play, flow, creativity, and expression that tend to be immensely enjoyable and lead to the love of movement and long-lasting physical activity participation (Kosma, in review). Creating arty pieces like choreographies and dynamic shapes and sequences while sharing a story and expressing before an audience is lively and highly pleasant with positive consequences to lifestyle, health, and well-being (Kosma, 2024a, 2024b; in review; Kosma et al., 2023a, 2023b; Kosma et al., 2021a, 2021b). Such artistic expressions are highly valued in society, leading to wise decisions about living the good life like following an active lifestyle and a healthy diet (Kosma 2024a, in review; Kosma & Buchanan, 2018). Wisdom in decision making – derived from meaningful and valued life experiences like movement-central artistic expression (techne) – reflects phronesis (moral wisdom or reasoning), which, like techne, is practical knowledge (Aristotle, 1999/350 BCE; Kosma, 2024a, 2024b). In other words, when people engage in the techne of movement, such as performing arts, they find joy in the accomplishment of skills, creativity, and physical expression leading to the love of movement and long-lasting physical activity participation – link between techne and phronesis (Kosma 2024a, 2024b, in review).

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Bottlenecks, Coopetition, and Evolution of Travel Experience Service Ecosystem: A Case Study of Local-Based Industry

Most of existing researches about ecosystems have focused on sectors such as information technology, electronics, and renewable energy, often emphasizing how dominant firms (e.g., Google, Apple, Microsoft) lead, coordinate, and navigate industrial innovation and transformation. The emergence and evolution of ecosystems frequently involve complex interactions among local stakeholders and broader institutions, where actors must align divergent goals and interests, often encountering goal conflicts and competition (Fligstein & McAdam, 2015). However, limited attention has been given to local travel experience service ecosystems comprised of numerous small-scale enterprises. This study investigates how such ecosystems are formed, how firms overcome bottlenecks in local travel development, and how they collaborate under conditions of simultaneous competition and cooperation to conquer resource constraints and enhance the visibility of local value to domestic and international visitors. This research aims to unveil the successful development, evolving process, cooperative patterns and competitive landscape of this travel experience ecosystem. Employing a multi-case study approach centered on a single locale, this research examines six second-generation ceramic entrepreneurs in Yingge District, New Taipei City, Taiwan, who, having received higher education (university level or above), chose to return to their hometown and continue their family businesses. In-depth interviews were also conducted with other local stakeholders to enrich the empirical base. Our research findings reveal both external and internal problems. Externally, these young entrepreneurs face several challenges, including industry decline, difficulty in attracting educated talents, limited financial resources, misalignment between product design and consumer needs, a lack of innovation beyond technical refinement, and the disruptive impact of the COVID-19 pandemic. Within the firm, communication barriers between generations lead to prolonged decision-making processes, and many elder business owners are reluctant to see their

children invest in a declining industry –representing key external and internal bottlenecks. However, these second-generation entrepreneurs participated in government-sponsored initiatives –specifically the T22 Program promoted by the Taiwan Design Research Institute –and leveraged their professional expertise and personal interests to transform former industry competitors into resource-complementary collaborators. Together, they restructured travel experience routes and progressively get more local stakeholders involved in each event. This strategy not only mitigated local resistance but also enriched the diversity and depth of the travel offerings. Through collaborations with universities introducing 3D AR animation technologies, they embed Taiwanese aesthetics and cultural imagery into their products. Moreover, in response to ESG initiatives, they worked with government agencies to develop “recycled porcelain” by repurposing ceramic waste into environmentally sustainable and aesthetically appealing products, thereby advancing circular economy practices. The evolution of this travel experience service ecosystem demonstrates how these young entrepreneurs reintegrate their educational backgrounds and other industry experiences into local revitalization efforts. By synthesizing geographic characteristics, industrial heritage, and cultural narratives, they amplify local travel value through digital transformation to a broader audience. Adopting AI technologies, they reduce the limitations imposed by scarce resources, realize more of precision marketing activities enabling personalized visitor experience, and thus enhance the overall attractiveness and competitiveness of the local travel industry.

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&

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Financial Markets Reaction to Banking Brand Value Announcements

In this study, we propose to evaluate the financial markets' reaction to the announcement of the American banks' brand value. The study will concentrate on the top 500 American banks' brand value for the period between 2008 and 2023. We will also investigate the determinants influencing these banks' brand value. The findings are expected to provide insights for banks to increase their market valuation.

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**Technology for Multidisciplinary Futures Research:
The Online Integral Foresight Methodology**

Exploring the mid-term or farther futures of sustainable development in the European Union requires a detailed and complex foresight methodology. To outline the qualitatively different future alternatives, futurists often apply foresight methods which detect elements and patterns of the future on a broad spectrum and involve a variety of stakeholders to gain a large pool of visions and expectations. Our research aimed to collect experts' ideas on post-growth solutions and options in the EU, for which we chose to conduct the horizon scanning (HS), scenario building (BG), and e-Delphi techniques, implementing them into an integral foresight discovery process. Due to the colorful multinational group of participants and our intention to minimize environmental impact, we decided to organize the research activities in an online format as workshops. This is accepted and widely used for the e-Delphi survey but innovative and exploratory for complete HS and BG assessments. The research group used either freely available or institutionally licensed software. Artificial intelligence was also applied during scenario building to refine and uniform in style the different narratives before finalizing by the experts. Our results show that most of the workshop activities worked well and led to a similarly rich collection of insights as former (offline) HS studies. Some advantages were that conversations were easy to record and transcript,

online whiteboards could be used simultaneously, and the inputs were easier to process since only a minor transformation was needed. However, occasional problems with internet access, the slower pace of interactions, and the varying skills in using the online tools caused difficulties to an extent. Team dynamics could be handled similarly, and the number of participants was not higher than at in-person workshops. We conclude that the integral foresight process was successfully accomplished using only online tools, a multinational range of stakeholders could be involved in a series of workshops, but the overall effectiveness was approximately the same as with personal participation.

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**Heritage Management and Community Empowerment:
The Role of Ecotourism in Livelihoods Sustainability and
Heritage Conservation. The Case of Ushaka Marine World,
Kwazulu Natal**

Maritime tourist centres in Durban are many and they constitute an economic base, a livelihood source for locals and the government itself. However, the cultural heritage and biodiversity in the Global South face unprecedented and escalating threats from multiple factors, including unmonitored urban expansion, large-scale infrastructure projects, and the vicissitudes of climate change. This paper intends to examine how the U Shaka Marine World is managed and conserved as a bio-cultural heritage. Bio-cultural heritage, as a concept, has gained popularity over the past 15 years, fueled by a growing interest in conserving cultural landscapes, whose values are viewed as eroding away rapidly. The concept captures the profound interrelation between biodiversity and cultural diversity, making its role critical in sustainable development and environmental conservation, especially in indigenous societies. The consideration of bio-cultural heritage paradigm for U Shaka Marine World has significance in ecotourism, ecosystem management and biodiversity conservation discourses. This is an inclusive framework in heritage management that incorporates indigenous perspectives to the natural world. The environmental dimension of cultural heritage management is increasingly significant, with climate change and natural disasters posing threats to cultural sites and artifacts. Recognizing this interplay is crucial for developing adaptive strategies that ensure the longevity and resilience of cultural heritage in the face of environmental challenges.

The components of bio-cultural heritage are embedded in indigenous people's daily lives and worldviews and passed down through generations. In most cases, communities ascribe spiritual or sacred values to landscapes which enhance the conservation of bio-cultural resources to benefit indigenous communities. These spiritual attributes manifest themselves through features such as rocks, caves, pools, trees, and animals, especially lions and eagles. The ascription of spiritual and sacred values to landscapes inculcates a sense of individual and collective responsibility in resource utilisation and conservation. Thus, societies with a long-term evolutionary association with a specific environment are better placed to manage their future sustainability. The

concept of bio-cultural heritage is yet to be fully adopted in South Africa, both in policy and practice. The richness of indigenous knowledge significantly enhances heritage conservation strategies, ensuring that preservation efforts are effective, sustainable, and culturally respectful. Indigenous knowledge represents a comprehensive repository of wisdom closely connected to the land and its resources. The research findings offer a profound understanding of the environment's interconnectedness, including flora, fauna, and natural resources. The researcher employed multivariate methodologies which include, existing literature on e-tourism, surveys, interviews and observations.

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**Influence of the Original Training Program in Conditions
of Normobaric Hypoxia on Body Mass and Composition of
Women Aged 50-59**

According to a report by the World Health Organization, in 2022, 43% of people above the age of 18 were overweight and 16% were obese. The largest percentage (67%) concerned people living in the Americas, and 31% in the Southeast region of Asia. This situation entails not only serious health consequences but also economic ones. The World Obesity Federation predicts that the global cost of overweightness and obesity will reach 3 trillion US dollars per year by 2030 and over 18 trillion by 2060. Until recently, this problem was only associated with high-income countries, meanwhile, obesity rates are increasing in low- and middle-income countries, including among groups with lower socioeconomic status. This contributes to globalization of the problem. Therefore, it seems justified to search for new therapeutic approaches. In recent years, there have been reports indicating weight loss after being in high altitudes. Thus, it appeared justified to test the effect of the author's training program in conditions of normobaric hypoxia on the body mass and composition of women aged 50-59, who had previously demonstrated low physical activity. The study included 60 women who were randomly assigned to one of four groups (n=15): HT (training in normobaric hypoxia), NT (training in normoxia), P (passive exposure to normobaric hypoxia), C (control group). The intervention included a four-week progressive training program (endurance and resistance), carried out three times a week for 60 minutes, the intensity individualized. The simulated altitude was 2,500 m asl in the HT and P groups and 223 m asl in the NT group. Measurements were taken twice: I - before beginning the program (pre-test) and II - after its completion (post-test). The scope of the assessment included somatic indices assessed using dual energy X-ray absorptiometry (DXA).

A significant decrease in adipose tissue and a significant increase in lean body mass were noted in the study group for measurement II compared to I. A trend change was also observed in body mass, which was lower in the second measurement compared to the first. However, no main effects were found for the experimental training conditions or interaction effects between the training conditions and the time of variable measurements.

The planned intervention did not allow for considering high-altitude conditions or training in such conditions as an effective therapeutic approach in reducing body mass or the level of adipose tissue. It would be possible to consider repeating the protocol at higher altitudes and with longer exposure duration.

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Ethical Business Conduct in an Ultra Capitalistic World

This paper will hopefully help to ensure that professional executives, business leaders, ethics officers and public officials understand the importance of ethical conduct. Although ethics is the key focus, the paper promotes awareness of inter alia, ethical responsibilities, corporate social responsibility, professional conduct of executives, business leaders and public officials and these aspects are critical to consider if they wish to be positioned to identify and resolve ethical issues or conflicts that may arise in the workplace and beyond.

By understanding the role of ethics-in-practice in driving organizational sustainability and enhancing social and environmental performance toward stakeholder inclusivity, leaders and managers must be positioned to make a sound business case for implementing ethical policies and adhering to regulatory frameworks of corporate governance. Business ethics has moved from a philosophical study in institutions of higher learning to the executive boardrooms and is incorporated into virtually every aspect of business strategy and decision making and is essential for the sustainability of organizations. Consequently, ethics is undoubtedly a core component of the knowledge and skills set required of today's professional executives, business leaders, ethics officers and public officials. As key business decision makers, they need to be proficient in dealing with ethical dilemmas and moral mazes which arise, regulatory frameworks, compliance requirements, legal requirements and effective governance mechanisms to ensure that what they do is lawful and ethically correct and effective in terms of corporate behaviour and operations. Ethics are important not only in business but in every aspect of life because it is a fundamental part of the foundation on which of a civilized society is built. Any business or society that lacks ethical principles is unsustainable and bound to fail sooner or later.

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&

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Unpacking Campus Victimization: A Quantitative Study of Gender Identity and Sexual Orientation

This study explores the intersection of gender identity and sexual orientation in shaping the experiences of threatening behaviors and sexual abuse on university campuses. It highlights how cisgender women and LGBTQ+ individuals report significantly higher rates of verbal threats, sexual harassment, stalking, and sexual violence compared to their male or heterosexual peers. The findings emphasize the compounded vulnerabilities faced by LGBTQ+ individuals, especially LGBTQ+ women, who experience heightened risks of severe violence due to both gender-based and sexual orientation-based marginalization. These results support the importance of an intersectional approach in understanding victimization and advocate for tailored sexual violence prevention strategies in university settings. The study calls for comprehensive policies that address the unique needs of marginalized groups, with a focus on creating inclusive and supportive environments for all students.

Alex Qian

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Physician Dual Practice, Public Waiting Time and Patient Welfare

Motivated by Manitoba cataract surgery evidence, we use a stylized model to investigate the waiting time difference between dual-practice physicians and public-only physicians. We study the impact of physician dual practice on patient's waiting time and welfare. We show that in equilibrium, patients of health providers with higher service qualities have longer waiting times. Patients with lowest time costs have to endure a longer waiting time if physician dual practice is allowed. However, some of these patients may benefit from allowing physician dual practice as they could self-select dual-practice physicians and enjoy a service of higher quality. We show that the number of patients who would benefit from allowing physician dual practice increases in price.

Robert Scales

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**Exercise Physiology for Clinical Populations:
Lessons learned from Mayo Clinic**

Physicians are partnering with exercise professionals (EPs) to practice team-based medicine and deliver the American College of Sports Medicine's Exercise is Medicine (EIM) global initiative. This includes the option of clinic-based exercise physiology consultations to promote self-regulated physical activity in special populations, including individuals living with Metabolic Syndrome, neurological disorders, long-haul COVID-19, heart disease and cancer. ACSM also endorses the International Confederation of Registers for Exercise Professionals (ICREPS) to encourage community-based EPs to acquire the skills needed to counsel and prescribe individualized exercise to clinical populations after they leave the clinic. In this presentation, examples from clinical practice and the related research will demonstrate how Mayo Clinic is combining a patient-centered method of communication called motivational interviewing with emerging technologies to enhance patient engagement. This includes standardized physical function screening with portable movement sensor technology to quantify objective metrics of muscular performance and balance. Participants will also hear how EPs can use innovative technology-based shared communication platforms, including institution approved mobile-Health applications, to stay connected with patients and keep them healthy between medical visits. This presentation underlines the importance of effective interpersonal communication to promote EIM during in-person consultations and/or through a technology supported platform.

By the end of presentation participants will be able to:

1. Describe how physicians are partnering with clinic and community-based exercise professionals to promote the ACSM's EIM global initiative.
2. Identify key components of motivational interviewing and how they can be used to promote EIM in clinical populations.
3. Describe clinical applications of technology to enhance patient engagement and deliver healthcare services remotely with mobile-Health.

Codruta Stoica

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Beyond Statistics: Comprehending Gender Parity and Gender Equality

This article explores the nuanced distinction between gender parity and gender equality, two concepts often used interchangeably in discussions on social justice and equity. Gender parity refers to the statistical representation of men and women, typically used as a measurable benchmark in areas such as education, politics, and the workplace. In contrast, gender equality encompasses a broader vision of fairness, encompassing equal rights, responsibilities, and opportunities regardless of gender. While gender parity can be a useful indicator of progress, it does not inherently guarantee equality.

Gender parity and gender equality, while related, are distinct concepts. Gender parity focuses on achieving equal representation of men and women in specific areas, like education or the workforce. It's a measure of whether equal numbers of men and women participate in a particular field. Gender equality, on the other hand, is a broader concept that encompasses equal rights, opportunities, and treatment for all individuals, regardless of gender. It involves a shift in societal norms and how people perceive gender roles.

We examine how overemphasis on numerical balance can mask deeper structural inequalities and argues for a more holistic approach that prioritizes both parity and substantive equality. By analyzing global trends, policy implications, and real-world case studies, the article advocates for strategies that go beyond surface-level representation to address the cultural and institutional roots of gender-based disparities.

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Effect of Endurance-Resistance Training in Conditions of Normobaric Hypoxia on Hunger and Satiety Hormones

Hypoxia-induced changes may be one of the key mechanisms underlying hormonal appetite modulation. To date, the orexigenic hormone ghrelin and anorexigenic peptides leptin and adiponectin have been investigated as potential modulators of hypoxia-induced appetite changes. Current evidence allows to suggest that hypoxia may lead to a decrease in appetite, most likely by reducing the concentration of acylated ghrelin.

The aim of the study was to assess the effect of a four-week training protocol in normobaric hypoxia on the concentration of hormones associated with appetite regulation.

The study included 60 women aged 50–59 years who had not previously undertaken regular physical activity. Participants were randomly assigned to one of four groups (n=15): HT (training in normobaric hypoxia), NT (training in normoxia), P (passive exposure to normobaric hypoxia), C (control group). The intervention consisted of a four-week progressive training program, performed three times a week. The intensity of exercise was individualized based on maximal heart rate (HR_{max}) and monitored using heart rate monitors. Each session combined endurance training on a cycloergometer with resistance training using rubber bands. The simulated altitude was 2,500 m asl in groups HT and P and 223 m asl in the NT group. Measurements were performed three times: I - before the program (pre-test), II - immediately after its completion (post-test) and III - after 21 days (follow-up). Acylated ghrelin, leptin and adiponectin levels were evaluated. In groups HT, NT and C, an increase in acylated ghrelin levels was noted in the second measurement compared to the first, but it was significant only in the group training in conditions of normoxia ($p=0.043$). A significant decrease in ghrelin in measurement III was observed compared to I ($p=0.013$) and II ($p<0.001$), but only in the HT group. Among the subjects from group P, there was a decrease in ghrelin levels for all measurement points, but these were significant differences only when comparing measurement III with I ($p=0.002$) and II ($p<0.001$). In the case of leptin, an increase was demonstrated between subsequent measurement points in groups HT, NT and P, however, they were not of

statistical significance. In turn, both in groups HT and P, a significant increase in adiponectin was observed in measurement II, but when comparing measurements III and II, a decrease was noted in both groups, which was significant in the HT group ($p=0.001$).

The hormonal changes induced by normobaric hypoxia in the study group seem promising in the context of appetite sensation, especially among those who underwent passive exposure to normobaric hypoxia. It would certainly be worth repeating this protocol at higher altitudes.

The publication is co-financed by the national budget under the "Science for Society II" programme of the Minister of Education and Science, project number: NdS-II/SP/0512/2023/01, funding in the amount of 1,401,144.00 and total project value of 1,401,144.00.

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Reimagining Language Teaching in Europe: A Causal Layered Analysis of Educators' Professional Discourse

This presentation examines how language educators across Europe construct professional discourses around both present challenges and imagined futures in the field of multilingual language education. Drawing on data from a future-oriented qualitative questionnaire, the study applies Causal Layered Analysis (CLA), a critical futures methodology that investigates meaning across four levels: litany, systemic causes, worldview, and myth/metaphor. This analytical framework enables a multidimensional exploration of how teachers articulate their professional realities within broader institutional, cultural, and ideological structures.

Findings reveal a complex interplay between educators' concerns over resource inequities, technological disruption, and policy marginalization, and their deeper beliefs about the role of language in society. Participants invoke symbolic metaphors such as "language as a gateway," "teaching as juggling," and "the dying language" to express layered emotional, pedagogical, and cultural positions. These metaphors function not only as reflections of structural conditions but also as discursive resources through which educators critique the present and envision alternative futures.

The study contributes to interdisciplinary dialogue in discourse and interaction research by demonstrating how futures-oriented methodologies can enrich qualitative inquiry into professional talk. By integrating insights from discourse studies, applied linguistics, and futures thinking, it offers a novel approach to understanding how educators' language both mirrors and reshapes the sociopolitical landscape of language education. The presentation highlights CLA's potential to support more inclusive and forward-looking strategies in multilingual education policy and practice.

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&

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The Musculoskeletal Injury and Fitness Profiles of Vocational Dancers

Background: Dance is an artistic and physically challenging creative activity, which induces injuries. There has been limited South African dance injury surveillance completed to date.

Objectives: To identify dance related musculoskeletal injuries and fitness profiles of 92 dancers affiliated with the Tshwane University of Technology.

Methods: Dancers voluntarily partook in an observational cross-sectional study. An injury questionnaire identified the occurrence of musculoskeletal injuries from February-May 2024 as well as their training history (January-May 2024). Their fitness profiles were quantified via the measurement of a 15m multistage bleep test, agility t-test, Biodex proprioception test, one-minute sit-up test, maximum pull-ups, ankle flexibility (plantar/dorsi-flexion, inversion/eversion), hamstrings and quadriceps flexibility.

Results: Eighty-three dancers sustained musculoskeletal injuries between February-May 2024 ($\chi^2 = 0.01$). The most vulnerable anatomical sites of musculoskeletal injuries were the lower back (17%), ankle (16%), knee (15%), quadriceps (11%), shoulders (11%), upper limb (9%), middle back (8.7%), neck (6%) and groin (3.5%). Injured dancers had greater ankle inversion ROM than non-injured dancers ($p < 0.0001$). Lower-back injured dancers hamstring flexibility differed from the non-injured dancers ($p < 0.05$). Knee-injured dancers left hamstring and quadriceps flexibility differed from the non-injured dancers ($p < 0.05$).

Conclusion: Dancers experience numerous musculoskeletal injuries, with their lower back, ankle and knees being most susceptible.

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