

Oral Presentations Session 2

Active Children, a Healthy Future - From Scientific Evidence to National Action

SATURDAY, 19 SEPTEMBER 2026 | 09:30-12:30 | UKIM CONGRESS CENTRE, OHRID

Format: 7-minute oral presentations | Joint discussion and questions: 11:50-12:30

TIME	NO.	PRESENTATION
09:30-09:37	1	Children's Games in Gymnastics Curricula in Serbia During the 19th Century Aleksandra Ilić Rajković
09:37-09:44	2	Analysis of the Internal and External Environment of School Sports in Brčko District BiH Vladimir Ivanek, Miroslav Gavrić, Borislav Vujanović, Branimir Mikić
09:44-09:51	3	Comparative Changes in Trunk Muscular Endurance and Isometric Knee Extension Strength Following Interval and Repetition-Based Training Danijela Kuna, Klara Šoja, Davor Kuna
09:51-09:58	4	The Relationship Between Experience of Working With Students With Disabilities and Physical Education Teachers' Self-Perceived Preparedness for Inclusive Teaching Tena Meštrović, Zvonimir Tomac, Zoran Špoljarić
09:58-10:05	5	Short-Term Changes in Body Composition Following a Seven-Day Alpine Skiing Course in Physical Education and Sport Students Nikola Utvić, Radenko Arsenijević, Bogdan Trikoš, Ljubiša Lilić, Veroljub Stanković
10:05-10:12	6	Aerobic Adaptation During High-Volume Periodised Marathon Training: A Six-Month Longitudinal Case Study Using the Bruce Treadmill Protocol Natasa Nikolovska Stankovikj, Slobodan Nikolic, Sanja Sazdovska, Ivanka Karagjozova, Antonio Pandovski
10:12-10:19	7	Differences in Achievement Among Students Under the Influence of Inclusive Education Vladimir Ivanek, Miroslav Gavrić, Stanislav Dragutinović, Branimir Mikić, Jasminko Dugonjić
10:19-10:26	8	Classification of Somatotypes and Their Relationship With Dance and Speed Performance in Elite Athletes in the Republic of North Macedonia Sedat Baftiu, Sufijan Ismaili, Fatmir Pireva, Blerim Saiti
10:26-10:33	9	Maksimir 1990: Sports Violence, Political Myth, and Collective Memory in the Disintegration of Yugoslavia Darko Donev, Goran Nikovski, Muamed Redzepi
10:33-10:40	10	Body Composition in Young Kickboxers From Republic of Macedonia Adam Gligoroski, Miodrag Todorovic, Martin Hristov
10:40-10:47	11	Perceived Exertion and Heart Rate-Derived Training Load During High-Intensity Interval Training and Step Aerobics in Recreationally Active Women Kostadin Kodjoman, Vladimir Vuksanovikj, Aleksandar Aceski

TIME	NO.	PRESENTATION
10:47-10:54	12	Kinematic and Segmental Coordination Characteristics of the Floor Back Handspring: An Exploratory Multiple-Case Study Kristijan Buchevski, Aleksandar Aceski
10:54-11:01	13	Association Between Organized Sports Participation and Motor Competence in Children Aged 6-8 Years Martin Andonovski, Goran Nikovski, Darko Donev, Matej Majeric
11:01-11:08	14	Normal-Weight Obesity in Schoolchildren Aged 6 to 11 Years: Definition-Dependent Prevalence Estimates and Physical Fitness Profile Slavica Novachevska, Jana K. Dimitrioska, Sasho Todorovski, Risto Stamenov
11:08-11:15	15	The Effects of Weight Training on Performance in 5 and 10 Kilometer Runners Aleksandar Simeonov, Kiril Stojanovski
11:15-11:22	16	Predictive Value of Anthropometric and Motor Variables on Swimming Performance in Adolescent Swimmers Natasha Meshkovska, Daniel Trbogazov
11:22-11:29	17	Sports-Related Injuries in Children Aged 6-14 Years: Epidemiology, Prevention, and Return-to-Sport Implications Miodrag Todorovic, Sanja Gjoric, Natalija Soklevska, Adam Gligorovski, Martina Kitanovska
11:29-11:36	18	Effects of Combined Technical and Mental Training on Shooting Accuracy in Adolescent Basketball Players Sasho Todorovski, Slavica Novachevska, Jana K. Dimitrioska, Risto Stamenov
11:36-11:43	19	Age and Menstrual Bleeding Volume as Predictors of the Presence and Severity of Primary Dysmenorrhea Iva Rrugia, Daniela Shukova Stojmanovska, Serjoza Gontarev
11:43-11:50	20	Effects of Two Innovative School Recess Models on School Violence Silvija Kermeci
11:50-12:30	Q&A	Joint Discussion and Questions All presenters and participants

Presentation timing: Each paper is allocated 7 minutes. The final 40 minutes are reserved for joint discussion and questions.