

XXV

International
Scientific
Conference

FIS COMMUNICATIONS
2025 in Physical Education, sport and recreation

Scientific Program



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The international scientific conference FIS COMMUNICATIONS 2025 is organized under the auspices of the Ministry of Science, Innovation and Technological Development.

THURSDAY

Thursday, 16th October, 2025

Faculty of sport and physical education

SESSION – ACHIEVEMENTS AND PERSPECTIVES OF WOMEN IN SPORTS

17:00	INTRODUCTORY LECTURE Maja Pajek
17:30	PROTOCOL FOR A GLOBAL ANNUAL REPORT ON GENDER EQUALITY IN SPORT AND LEADERSHIP STRUCTURES: THE CASE OF MONTENEGRO Borko Katanić, Bojan Mašanović, Aleksandra Aleksić-Veljković
17:40	A GENDER-BASED ANALYSIS OF COACHING DECISION MAKING Edvard Kolar, Filip Biro, Dušan Đorđević, Saša Veličković
17:50	QUALITY OF LIFE AMONG PHYSICALLY ACTIVE AND INACTIVE OLDER WOMEN: A CASE STUDY FROM NOVI SAD Anja Obradović, Mila Vukadinović Jurišić, Marko Manojlović, Roberto Roklicer, Andrea Marković, Jelena Obradović
18:00	EVOLVING ECONOMICS OF WOMEN'S FOOTBALL FROM 2015 TO 2025: GENDER PAY GAPS, PROGRESS, AND REMAINING BARRIERS: A CRITICAL REVIEW Branislav Majkić, Doroteja Rančić
18:10	RULE CHANGES IN RHYTHMIC GYMNASTICS AND THEIR IMPACT ON PERFORMANCE Doroteja Rančić, Branislav Majkić, Ana Đorđević, Andrea Marković
18:20	IMPACT OF FALLING IN COURT DEFENCE ON MATCH OUTCOMES IN ELITE FEMALE VOLLEYBALL Katarina Nejić, Dragan Nejić, Vladana Vujisić, Andrijana Zafirovska, Vlatko Nedelkovski, Joško Milenkoski
18:30	DEVELOPMENT OF MOTOR ABILITIES IN YOUTH BASKETBALL PLAYERS: A REVIEW OF CONTEMPORARY RESEARCH Vladana Vujisić, Katarina Nejić, Petar Koprivica
18:40	DIFFERENCES IN SPEED, COD AND AEROBIC FITNESS BETWEEN SUPER LEAGUE AND FIRST LEAGUE FEMALE FOOTBALL PLAYERS Žaklina Filipović, Dejan Volaš

FRIDAY

Friday, 17th October, 2025

Science and Technology Park Niš

PLENARY SESSION

12:00	SWIMMING WARM-UP AND PAPE: FUNDAMENTALS AND CONSIDERATIONS FOR YOUNG & ADULTS Francisco Cuenca-Fernández
12:45	APPLICATION OF ARTIFICIAL INTELLIGENCE ALGORITHMS IN BIOMEDICAL DATA ANALYSIS Tijana Geroski

Friday, 17th October, 2025

Science and Technology Park Niš

SESSION - SPORT

14:00	PERFORMANCE INDICATORS OF ELITE EUROPEAN MEN'S SPRINTERS IN THE 100M FREESTYLE Milivoj Dopsaj, Klara Šiljeg
14:10	LEAD ROPE SOLO CLIMBING AND INNOVATION IN SLACK MANAGEMENT Daniel Stanković
14:20	THE INFLUENCE OF SPORT AND COMPETITIVE LEVEL ON THE MUSCLE-FAT PROFILE OF JUDOKAS AND WRESTLERS Milan Marković, Štajer Valdemar, Lazar Toskić, Nikola Utvić, Radenko Arsenijević, Veroljub Stanković
14:30	YO-YO INTERMITTENT RECOVERY TEST AND ITS RELATIONSHIP TO OTHER PHYSICAL FITNESS TESTS IN MALE COLLEGIATE SOCCER PLAYERS Zhiyuan Tan, Dejan Suzovic
14: 40	SYMMETRY INDEX OF TMG PARAMETERS IN SERBIAN ELITE YOUTH FOOTBALL PLAYERS Boris Brkić, Miloslav Fabok, Zoran Pajić
14:50	DIFFERENCES IN ERRORS ON COMPLEX OBSTACLES IN SHOW JUMPING IN RELATION TO RIDER CATEGORY AND OBSTACLE HEIGHT Predrag Ilić, Nemanja Stanković, Nenad Stojiljković
15:00	EFFECTS OF THREE-WEEK MAXIMAL ISOMETRIC TRAINING ON NEUROMECHANICAL CHARACTERISTICS OF HANDGRIP Radoš Stefanović, Nevena Vukadinović, David Nikolić, Zdravko Aničić
15:10	DYNAMIC STRENGTH INDEX IN ATHLETIC PERFORMANCE: A COMPREHENSIVE REVIEW OF THEORY, MEASUREMENT AND PRACTICAL APPLICATION Marko Joksimović, Vladimir Koprivica, Ratko Pavlović, Matej Plevnik
15:20	RELATIVE AGE AND PLAYER SELECTION IN CROATIAN YOUTH HANDBALL NATIONAL TEAMS Josip Cveniċ, Josip Źulj

15:30 – 16:00h BREAK

Friday, 17th October, 2025

Science and Technology Park Niš

SESSION – INTERDISCIPLINARY TOPICS IN SPORTS AND PHYSICAL EDUCATION

14:00	THE SPORTS ETHOS IN YOUTH SPORTS SUBCULTURES: THE CASE OF CONTEMPORARY BULGARIAN WINDSURFERS Boryana Angelova-Igova, Eleonora Mileva, Krasimira Petkova, Aleksandra Gencheva
14:10	IMPROVING THE LIVES OF HEMODIALYSIS PATIENTS Maja Pajek, Špela Bogataj, Jernej Pajek
14:20	EVALUATING SIDE-TO-SIDE CHANGE-OF-DIRECTION DEFICITS IN YOUNG BASKETBALL ATHLETES: A KINOVEA-BASED APPROACH Lucija Faj, Jelena Aleksić, Olivera M. Knežević, Marin Marinović, Danijela Kuna, Dragan M. Mirkov
14:30	RELIABILITY OF VIDEO-BASED ANALYSIS USING KINOVEA FOR HAMSTRING AND ANKLE FLEXIBILITY ASSESSMENT Jelena Aleksić, Lucija Faj, Olivera M. Knežević, Anastasija Kocić, Ana Ristovski, Dragan M. Mirkov
14: 40	THE IMPACT OF AMALGAMATION RULE SELECTION IN HIERARCHICAL CLUSTER ANALYSIS: A METHODOLOGICAL NOTE FOR KINESIOLOGY RESEARCH Igor Jelaska, Goran Kuvačić , Sunčica Delaš
14:50	A COMPARATIVE ANALYSIS OF LABORATORY TEST RESULTS FOR VO₂max MEASUREMENT AND FIELD TEST ASSESSMENTS OF VO₂max Strahinja Petrović, Marko Dimitrijević, Stanimir Stojiljković, Goran Prebeg
15:00	COMPARATIVE ANALYSIS OF SCIENTIFIC RESEARCH RESULTS AT SPORTS FACULTIES IN SERBIA Ratko Stanković
15:10	SPORT AND MEDIA Ivan Govedarica
15:20	RELATIVE AND ABSOLUTE RELIABILITY OF MODIFIED AGILITY T-TEST IN YOUNG VOLLEYBALL PLAYERS Miloš Ignjatović, Rade Jovanović, Marko Kesić, Nebojša Trajković

15:30 – 16:00h BREAK

Friday, 17th October, 2025

Science and Technology Park Niš

SESSION – PHYSICAL EXERCISE AND HEALTH

16:00	THE IMPORTANCE AND HEALTH BENEFITS OF NATURE EXPOSURE: A SYSTEMATIC REVIEW Zvezdan Savić, Nikola Stojanović, Petar Mitić, Goran Prebeg
16:10	EFFECTS OF POSTPRANDIAL EXERCISE ON TIME ABOVE RANGE IN INDIVIDUALS WITH TYPE 2 DIABETES MELLITUS - SYSTEMATIC REVIEW AND META ANALYSIS Anja Lazić, Lidija Marković, Nikolina Pupovac, Stefan Pivač, Nebojša Trajković
16:20	PHYSICAL DEVELOPMENT AND AEROBIC FITNESS OF CHILDREN PRACTICING SPORTS IN THEIR FREE TIME Iveta Bonova, Veneta Petkova
16:30	ENHANCING FLEXIBILITY THROUGH THE MOFIT GROUP FITNESS PROGRAM Nikola Aksović, Lazar Toskić, Nikola Utvić, Milan Zelenović, Ljubiša Lilić, Saša Bubanj
16:40	EXPLORING MEANING AND SOURCES OF MEANING IN LIFE AMONG RECREATIONAL SPORTS PARTICIPANT: A NORMATIVE VALUES COMPARISON Pileva Iveta
16:50	PHYSICAL ACTIVITY AND MENTAL HEALTH RESILIENCE: EVIDENCE FROM WORKING WOMEN AFTER COVID-19 INFECTION Miloš Stamenković

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Science and Technology Park Niš

SESSION – PHYSICAL EDUCATION

16:00	CONTRIBUTION OF THE DETERMINANTS OF FAMILY AND PEER RELATIONSHIPS QUALITY IN PREDICTING SELF-ESTEEM IN PREADOLESCENT STUDENTS Miroljub Ivanović, Irina Ćosić
16:10	CONDITIONS FOR DUAL CAREERS OF ATHLETES IN THE HIGHER EDUCATION SYSTEM IN BULGARIA Milena Aleksieva, Stoyan Denev, Svetoslav Stefanov
16:20	CARDIORESPIRATORY FITNESS PROFILES OF OBESE CHILDREN DURING EARLY SCHOOL YEARS Danijela Živković, Nebojša Randelović, Anđela Đošić, Nenad Đokić, Goran Nikovski, Martin Andonovski
16:30	ANTHROPOMETRIC, WEIGHT AND POSTURAL STATUS OF PRESCHOOL CHILDREN IN ČAČAK: INTERRELATIONSHIPS AND DIFFERENCES BY SEX AND PLACE OF RESIDENCE ACROSS TWO CONSECUTIVE GENERATIONS Jovica Peulić, Borko Katanić, Nataša Jovanović, Vladislav Sofronovich, Aleksandra Aleksić-Veljkić
16:40	DEVELOPMENT AND IMPORTANCE OF FLEXIBILITY IN FOOTBALL FOR CHILDREN Ivan Perić, Hrvoje Ajman, Mario Sambol
16:50	PHYSICAL FITNESS AND EXECUTIVE FUNCTIONS IN PRESCHOOL CHILDREN: A SYSTEMATIC REVIEW OF RECENT EVIDENCE Nemanja Lakicević, Marko Manojlović, Elena Chichinina, Apollinaria Chursina, Kristina Tarasova, Ewan Thomas, Yuming Zhong, Antonino Bianco, Patrik Drid

17:00**RECREATIONAL GAMES IN THE CONTEXT OF FOOTBALL CAMPS FOR PRESCHOOL AND SCHOOL-AGED CHILDREN**

Aleksandar Ivanovski, Sreten Srećković

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Science and Technology Park Niš

POSTER SESSION**16:00****ANALYSIS OF PERFORMANCE FACTORS IN FINAL WHEELCHAIR BASKETBALL CUP MATCHES**

Zvonimir Tomac, Zoran Špoljarić, Miodrag Radovanović

16:05**NOT ALL MOVEMENT IS EQUAL: THE IMPACT OF PHYSICAL ACTIVITY CONTEXT ON QUALITY OF LIFE IN WORKING ADULT**

Anđela Došić, Miša Milojević, Romina Herodek, Mladen Živković, Nebojša Randelović, Saša Pantelić

16:10**EFFECTS OF SUPPLEMENTAL TRAINING PROGRAMS ON DANCE FITNESS IN BALLET AND DANCE STUDENTS – SYSTEMATIC REVIEW**

Romina Herodek, Aleksandra Ilić, Saša Jovanović, Slavoljub Uzunović, Danijela Živković, Dragan Marinković

16:15**CHANGES IN OXIDATIVE STRESS MARKERS IN THE 33RD BULGARIAN ANTARCTIC EXPEDITION PARTICIPANTS**

Albena Alexandrova, Lubomir Petrov, Tanya Sheytanova

16:20**ASSESSMENT OF SPEED QUALITY IN PRIMARY SCHOOL STUDENTS WITH FOOT DYSFUNCTION**

Nezabravka Gencheva

16:25**IMPLEMENTATION OF NON-FORMAL SPORTS EDUCATION IN YOUTH SUBCULTURAL COMMUNITIES**

Eleonora Mileva, Boryana Angelova-Igova

16:30**STUDENTS' SATISFACTION WITH AN INNOVATIVE INTERCULTURAL COMPETENCE MODEL**

Aleksandra Gencheva-Vasileva, Vesela Slavova

16:35**EFFECT OF A SPECIALLY DESIGNED TRAINING PROGRAM ON BODY COMPOSITION OF ACTIVE OLDER WOMEN**

Mila Vukadinović Jurišić, Anja Obradović, Stefan Maričić, Damjan Jakšić, Jelena Obradović

16:40**EFFECTS OF THREE DIFFERENT TRAINING PROGRAMS ON WHEELCHAIR BASKETBALL SKILLS – A PILOT STUDY**

Miljan Hadžović, Marko Aleksandrović, Bojan Jorgić, Vladimir Iskrov, Miodrag Kocić, Borče Daskalovski, Ophelia Kuneva

16:45**EFFECTS OF DIFFERENT TYPES OF EXERCISE IN BREAST CANCER PATIENTS DURING AND AFTER ADJUVANT CHEMOTHERAPY: A SYSTEMATIC REVIEW**

Mila Jovanović, Maša Antonijević, Sonja Antonijević, Dusan Nikolić

16:50**HIGH-INTENSITY INTERVAL TRAINING FOR IMPROVING HEALTH-RELATED AND PHYSICAL FITNESS: A SYSTEMATIC REVIEW**

Marko Đurović, Bojan Aleksić, Dejan Madić, Dorica Šajber, Tomislav Okičić

16:55**A STUDY OF ANGER AND AGGRESSION IN SPORTS SHOOTERS IN BULGARIA**

Aleksandra Haralampieva, Nezabravka Gencheva

17:00**HEALTH ASPECTS OF PHYSICAL ACTIVITY IN INDIVIDUALS WITH ELEVATED BLOOD PRESSURE**

Ana Đorđević, Saša Pantelić, Stefan Đorđević, Matej Majerić, Igor Stanojević, Ljiljana Bjelaković

17:05	PHYSICAL ACTIVITY LEVEL OF ADOLESCENTS Uroš Nikolić
17:10	CHANGES IN EXPLOSIVE POWER OF FEMALE ATHLETES IN THROWING DISCIPLINES AFTER A PLYOMETRIC TRAINING PROGRAM Stefan Mijalković, Ana Petrović, Ana Lilić, Daniel Stanković, Aleksandar Raković
17:15	THE EFFECTS OF A SIX-WEEK ELECTRONIC ARTS DIGITAL TRAINING PROGRAM ON MOTOR ABILITIES OF YOUNG FEMALE SOCCER PLAYERS Ana Lilić, Stefan Mijalković, Danica Gogov Krstović, Nikola Prvulović
17:20	EFFECTS OF LATERAL VS. BILATERAL STRENGTH TRAINING ON PERFORMANCE IN YOUTH SOCCER PLAYERS: A SYSTEMATIC REVIEW Miladin Okičić, Uroš Nikolić
17:25	RELIABILITY OF LOW-COST DIGITAL SCALE FOR BODY COMPOSITION MEASUREMENT Dušan Stanković, Damir Pekas, Nenad Kozomora, Emilija Petković, Saša Bubanj
17:30	THE ROLE OF DISTANCE IN BASKETBALL JUMP SHOT KINEMATICS: A CASE STUDY ON RELEASE ANGLE AND SPEED Dušan Stanković, Jovan Radenković, Miodrag Kocić, Dragana Berić, Mirsad Nurkić
17:35	EFFECTS OF AFTER-SCHOOL PLAY ON FITNESS AND BODY COMPOSITION IN CHILDREN: A SYSTEMATIC REVIEW Stefan Pivač, Anja Lazić, Miljan Hadžović, Petar Veličković, Sotiris Ioannis Gaganas
17:40	COMPARATIVE ANALYSIS OF MOTOR ABILITIES IN TENNIS PLAYERS AGED UNDER 14 AND UNDER 16 Maša Antonijević, Mila Jovanović, Sonja Antonijević, Mima Stanković, Stevan Stamenković, Dušan Nikolić
17:45	A STUDY ON THE INTEGRATED DEVELOPMENT OF SPORTS EVENTS AND RURAL TOURISM Guanwen Zhou
17:50	EFFECTS OF MARTIAL ARTS ON CARDIORESPIRATORY FITNESS IN CHILDREN AND ADOLESCENTS: A LITERATURE REVIEW Guanwen Zhou, Damir Pekas

SATURDAY

Saturday, 18th October, 2025

Faculty of Sport and Physical Education

**SESSION – CORRECTIVE GYMNASTICS, ADAPTIVE PHYSICAL EXERCISE AND SPORTS
REHABILITATION**

09:00	COMPARISON OF SKELETAL MUSCLE DETERIORATION AFTER BED REST AND COVID-19 LOCKDOWN Boštjan Šimunič, Fabio Sarto, Martino Franchi, Elena Monti, Rado Pišot, Marco V. Narici
09:10	AI-DRIVEN INJURY PREVENTION IN SPORTS: A REVIEW OF THE ZONE7 PLATFORM Goran Danković, Nikola Stojanović
09:20	EFFECTS OF AN EXERCISE PROGRAM ON LUMBAR PAIN SYNDROME – A CASE STUDY Igor Stefanović, Imer Ademović, Valida Ademović, Bojan Jorgić
09:30	APPLICATION OF NIRS TO EVALUATE MUSCLE OXYGENATION IN PARA SWIMMERS: HEMIPARESIS VS. TETRAPARESIS Barbara Ševo, Dora Marić, Nikola Foretić
09:40	IMPACT OF PES PLANUS ON NEUROMUSCULAR PERFORMANCE: A STUDY ON BALANCE, POWER AND AGILITY IN YOUNG SOCCER ATHLETES Özkan GÜLER, Şeyma GÜNEY, Dila Asya ÜÇGÜN, Neşe ŞAHİN
09:50	DIFFERENCES IN THE POSTURAL STATUS OF LEGS IN JUVENILE CHILDREN Stefan Đorđević, Vuk Dinić, Saša Milenković, Goran Danković, Martin Andonovski, Goran Nikovski, Dušan Nikolić
10:00	THE ROLE OF ATTENTIONAL FOCUS IN KNEE INJURY PREVENTION: EVIDENCE-BASED REVIEW FROM MOTOR LEARNING Života Stefanović

Saturday, 18th October, 2025

Faculty of Sport and Physical Education

SESSION - SPORT

10:05	LIFE EVENTS, STRESS PERCEPTION, AND INJURY IN TEAM SPORT ATHLETES Saša Pišot, Kaja Teraž
10:15	APPLICATION OF SPECIFIC TEST FOR THE EVALUATION OF REACTION TIME AS A MEASURE OF THE DEFENSIVE EFFECTIVENESS IN FOOTBALL Lazar Tomić, Marko Šmrkić
10:25	EFFECTS OF PLYOMETRIC TRAINING ON SWIM START PERFORMANCE: A SYSTEMATIC REVIEW Vladimir Ristić, Marko Đurović, Dejan Madić, Miloš Paunović, Francisco Cuenca-Fernández, Dorica Šajber, Tomislav Okičić
10:35	THE ASSOCIATION OF HANDGRIP STRENGTH, CONTACT TIMES AND PERFORMANCE SCORE OF THE ROCHE VAULT PERFORMED BY ELITE GYMNASTS Dušan Đorđević, Miloš Paunović, Saša Veličković, Petar Veličković, Miha Marinšek

Saturday, 18th October, 2025

Faculty of Sport and Physical Education

SESSION – PHYSICAL EDUCATION

09:00	RELIABILITY OF THE ANAEROBIC ALACTIC WINGATE 6 SECONDS POWER TEST IN THE GENERAL STUDENT POPULATION: PILOT STUDY Marko Šmrkić, Nevena Vukadinović, Milivoj Dopsaj
09:10	BEYOND THE GAME: HOW SPORTS DRAMATIZE THE POETIC TENSIONS IN PHILIP LARKIN'S WRITING Anja Petrović
09:20	THE EFFECT OF USING CARTOONS ON LEARNING ROLLING SKILL IN FOOTBALL FOR STUDENTS Sarmad Ahmed Mousa
09:30	DIFFERENCES IN EXPLOSIVE STRENGTH ACCORDING TO GENDER IN HIGH SCHOOL STUDENTS AFTER 12 WEEK HIIT PROGRAM Rade Jovanović, Marko Kesić, Miloš Ignjatović
09:40	ASSOCIATION OF PHYSICAL FITNESS WITH QUALITY OF LIFE AND PHYSICAL ACTIVITY LEVELS IN HIGH SCHOOL ADOLESCENTS Stefan Stojanović, Tamara Ilić, Ismail ILBAK

Saturday, 18th October, 2025

Faculty of Sport and Physical Education

SESSION – PHYSICAL EXERCISE AND HEALTH

10:05	ASSOCIATION OF PHYSICAL FITNESS WITH QUALITY OF LIFE AND PHYSICAL ACTIVITY LEVELS IN HIGH SCHOOL ADOLESCENTS Stefan Stojanović, Tamara Ilić, Ismail ILBAK
10:15	PHYSICAL ACTIVITY LEVEL AND FALLS IN OLDER ADULTS: A SYSTEMATIC REVIEW Tamara Ilić, Stefan Stojanović, Ismail ILBAK
10:25	EFFECTS OF ELASTIC BAND ON MUSCLE STRENGTH, BODY COMPOSITION AND PHYSICAL PERFORMANCE IN ELDERLY PEOPLE: SYSTEMATIC REVIEW Nenad Đokic, Miladin Okičić, Predrag Đokic

10:45 – 11:00h BREAK