Jakość Życia & Joga i Sztuki Walki

30.11 - 01.12. 2017
Częstochowa

Książka Streszczeń

Redakcja

Jacek Wąsik
Janusz Szopa

Komitet naukowy

Przewodniczący
dr hab. prof. AWF Janusz Szopa, Akademia Wychowania Fizycznego w Katowicach
Wiceprzewodniczący
dr hab. prof. AJD Jacek Wąsik, Akademia im. Jana Długosza w Częstochowie

prof. dr hab. Roman Maciej Kalina, AWFiS Gdańsk
prof. dr hab. Stanisław Sterkowicz, AWF Kraków
prof. Anatolij Tsos, Uniwersytet Lesi Ukrainki w Łucku, Ukraina
prof. Milada Krejčí, Wyższa Szkoła Wychowania Fizycznego i Sportu PALESTRA, Praga, Czechy
prof dr hab. Krzysztof Konecki, Uniwersytet Łódzki w Łodzi
prof. dr hab. Wiesław Pilis, Akademia im. Jana Długosza w Częstochowie
dr hab. prof. AWF Lesław Kulmatycki, Akademia Wychowania Fizycznego we Wrocławiu
dr hab. prof. UŚ Anna Gomóła, Uniwersytet Śląski w Katowicach
dr hab. prof. AJD Eligiusz Małolepszy, Akademia im. Jana Długosza w Częstochowie
dr hab. prof. AWF Małgorzata Grabara, AWF Katowice
dr hab. prof. PO Zbigniew Borysiuk, Politechnika Opolska
dr hab. prof. UPS Klaudia Zuskova, Uniwersytet Pavla Safarika w Koszycach, Słowacja
dr hab. prof. nadz Natalija Bielikowa, Uniwersytet Lesi Ukrainki w Łucku, Ukraina
dr Stefan Balko, Jan Evangelista Purkyně Uniwersytet w Ústí nad Labem, Czechy
dr Alena Bukowa, Uniwersytet Pavla Safarika w Koszycach, Słowacja
dr Agata Horbacz, Uniwersytet Pavla Safarika w Koszycach, Słowacja
dr Michał Dziadkiewicz, Politechnika Częstochowska, Polska

Komitet organizacyjny

Przewodniczący
dr hab. Jacek Wąsik, prof AJD Częstochowa

dr Michał Dziadkiewicz, PCz Częstochowa
dr Agnieszka Ulfik, AWF Katowice
dr Dorota Ortenburger, AJD Częstochowa
mgr Tomasz Góra, AJD Częstochowa
mgr Aleksandra Budzisz, AWF Katowice
mgr Agnieszki Kmiecik, AWF Katowice
mgr Weronika Gawrys, PCz Częstochowa

Spis treści

The effect of an extreme long-term physical load on runners health - a review

Martin Nosek[1], Jan Adamec[1], Dagmar Partlová[2], Štefan Balkó[1], Radek Zákon[1]

[1]Department of Physical Education and Sport, Jan Evangelista Purkyně University in Ústí nad Labem, email: martin.nosek@ujep.cz
[2]Department of Clinical Biochemistry, Masaryk Hospital in Ústí nad Labem, email: dagmar.partlova@kzcr.eu

Objective: An article contains a knowledge on the effect of an extreme long-term physical load on runners health. It is mainly focused on an influence of long-term physical load on a heart function. The main thought is coming out from a fact which is not unambiguously proven effect of long-term physical load on a heart function and inflammation biomarkers such as troponin T (cTnT), troponin I (cTnI), creatine kinase (CK) and C-reactive protein (CRP). These types of biomarkers are described as biomarkers which show myocardial necrosis. There are some cases where myocardial necrosis has overgrown into heart attack. The aim of this review is a description of this issue and to work with all available information about this issue.
Methods: The data were collected by using PubMed and Research gate databases. The articles were chosen according to their importance and relevance.
Results: There are some cases in literature which describe that runners with extreme physical load during ultramarathons are showing an increase of heart biomarkers. But the studies also show that the level of these increased biomarkers is getting in normal level within 24-48 hours.
Conclusion: It is proved, that an extreme long-term physical load influences the increase of inflammation biomarkers. But it was not proved, that the ultramarathons runners have had permanent damage on their heart function.

Keywords: exercite, ultramaraton, cardiovascular, markers, troponin

Health-related quality of life, physical activity and sedentary behavior of Ukrainian children and youth

Iuliia Pavlova

Lviv State University of Physical Culture, Kostiushko Str., 11, Lviv, Ukraine, 79000, E-mail: pavlova.j.o@gmail.com

Introduction: The quality of life is an inseparable whole with human health, it covers a physical, mental and social being, takes into account person's beliefs, expectations and worldviews. The data about quality of life of practically healthy persons are need for determining the effectiveness of health promoting programs and predicting health in the near future.
The aim of the investigation was to explore the changes in physical activity level and assessment of the quality of life during growth and maturation.
Material and Methods: A total 406 school students (50.7% female) participated in the study. This group was interviewed twice – first time in the age 11–12 and then in the age 15–16. Health-related quality of life was measured using PedsQL questionnaire. Total scores were calculated to provide a general measure of Physical Functioning, Social Functioning, Emotional Functioning, and School Functioning domain. Children's and youth's physical activity levels were evaluated with Physical Activity Questionnaire for Older Children and Adolescents. For statistical procedures was used Origin Pro 8.6.

Results: For the three life quality domains (Physical Functioning, Emotional Functioning, School Functioning), the higher scores were observed in the younger age (11–12 years; $p < 0.05$), than in the age 15–16. Sex has a significant effect on Physical Functioning and Emotional Functioning domain of life quality. The higher scores were observed for males. Values of Physical Functioning for 11–12 years old participants were 86.5 (12.1) and 89.3 (10.6) (females and males respectively), for 15–16 years old – 82.9 (15.1) and 86.5 (15.6) (females and males respectively). For 11-12-year-old females, the value of the Emotional Functioning was 75.9 (12.1) points, for females aged 15–16 years – 69.4 (16.9) points; for males in the age 11–12 – 81.7 (13.9) points, for males in the age 15–16 – 76.1 ± 17.5 points. The physical activity level decreased with growth and maturation ($p < 0.01$). A sharp reducing of physical activity level was observed for females. In the age 15–16 years, there was in 1.5 times less females with high physical activity level than in the age 11–12.
Conclusions: The quality of life and physical activity level decreased with growth and maturation, especially negative changes were observed for physical activity level of Ukrainian females.

Keywords: physical activity, quality of life, health, students.

Lifestyle related risk factors of adults in towns of the Košice region

Alena Buková, Agata Horbacz, Dana Dračková

Pavol Jozef Safarik University in Kosice, Institute of Physical Education and Sport Kosice, Slovak republic

ABSTRACT

The presented work is part of a more extensive study monitoring the lifestyle and physical activity of the adult population of towns and villages in Eastern Slovakia. In this study, we focused on the selected risk factors of people living in the towns and cities of the Košice region. As many as 646 people from 12 towns, aged 19 to 63, participated in the monitoring. A non-standardized questionnaire was used to survey the frequency of doing sports by the respondents involved in the study, together with the occurence of most common risk factors in their lifestyle - diet, alcohol consumption and smoking. The results showed a large variance between the individual cities in the frequency of doing sports, but also among the inhabitants of the particular urban areas themselves. In terms of eating habits, adults in the Košice region reported having 3 to 4 meals a day. A gratifying finding is that no excessive alcohol intake was found among the respondents.

KEY WORDS: lifestyle, diet, alcohol, smoking, adults

The effect of the application of dynamic and PNF stretching on explosive strenght abilities of the lower limbs in warm-up

Hana Kabešová, Jitka Vaněčková, Nicole Tarantová, Josef Heidler, Barbora Šišáková, Jana Žikavská

[1]Department of Physical Education and Sport, Faculty of Education, Jan Evangelista Purkyně University in Ústí nad Labem, Czech Republic, email:hana.kabesova@ujep.cz

Introduction: This article deals with the issue of the stretching effect on the level of explosive strenght abilities of the lower limbs in warm-up. The issue of the stretching application before performance (during warm-up) has been a highly discussed topic in secondary literature in the last several years. We know from a large amount of scientific studies (e.g. Gelen, 2010, Needham, Morse, 2009, Pearce, 2008) that dynamic stretching has a positive effect on most of the sport