



83. Latvijas Universitātes  
starptautiskā zinātniskā  
konference 2025

Sports sabiedrības ilgtspējībai  
Sport for the sustainability of  
society

Piektdien, 2025. gada 7. martā plkst. 9.00  
LU Dabas māja, Jelgavas iela 1  
Klātienē 702. Telpā

Friday, 7 March 2025, 9.00 AM  
House of Nature, 1 Jelgavas str.  
Room 702

## Programma / Programme

8.40 – 9.00	<b>Reģistrācija, Pievienšanās konferencei / Joining the Conference</b>	
<b>Vadītāji/Chairs: Assoc.prof. Līga Plakane, Assoc.prof. Ilvis Ābeļkalns, Senior Expert Aija Erta</b>		
9.00 – 9.10	<b>Atklāšana / Opening</b> <b>Prof. Kristaps Jaudzems</b> , Dean of the faculty of Medicine and Life Sciences <b>Asist. of Prof. Linda Mihno</b> , Vice-Dean of the faculty of Education Sciences and Psychology	
9.10 – 10.35	<b>PLENĀRSESĪJA I / PLENARY SESSION I : Lactate as signalling molecule</b>	
9.10 – 9.35	<b>Līga Plakane</b> ( <i>University of Latvia</i> )	<b>Lactate as Signalling Molecule</b> <i>Laktāts kā signālmolekula</i>
9.35 – 9.55	<b>Laila Ušacka</b> ( <i>University of Latvia</i> )	<b>Metabolic Flexibility Indicators for Latvian Hockey League Players</b> <i>Metabolās fleksibilitātes rādītāji Latvijas Hokeja virslīgas spēlētājiem</i>
9.55 – 10.15	<b>Jānis Kaupe</b> , ( <i>Latvian Olympic committee</i> )	<b>Use of Lactate Kinetics in Physical Exercise Tests</b> <i>Laktāta kinētikas izmantošana fiziskas slodzes testos</i>
10.15 – 10.35	<b>Klāvs Ēvelis, Aleksandrs Koļesovs, Evita Rostoka, Līga Plakane</b> ( <i>University of Latvia</i> )	<b>Lactate as a Signaling Molecule for BDNF and other Neurotrophic Factors: Bridging Exercise and Neuroplasticity</b> <i>Laktāts kā signālmolekula BDNF un citiem neirotrofiskiem faktoriem: fiziskas aktivitātes un un neuroplasticitātes saistība</i>
10.35 – 11.00	<b>Kafijas pauze, diskusijas / Coffee break, discussions</b>	
11.00 – 13.30	<b>SESĪJA II / SESSION II: Foreign experience</b>	
<b>Vadītājs/Chair: Ilvis Ābeļkalns</b>		
11.00 – 11.15	<b>Lukáš Mareš</b> ( <i>University of Latvia, Czech Republic</i> )	<b>Live Philosophy in Play: Experiential Approaches to Philosophical Inquiry in Sport</b>
11.15 – 11.30	<b>Ihor Zanevskyy</b> ( <i>Ivan Bobersky Lviv State University of Physical Culture, Ukraine</i> )	<b>The Impact of Esports on the Mental Health of Athletes</b>
11.30 – 11.45	<b>Marta Yaroshyk, Alla Solovey, Hanna Huk, Nataliia Semenova, Tetiana Kurchaba</b> ( <i>Ivan Bobersky Lviv State University of Physical Culture, Ukraine</i> )	<b>Optimization of Physical and Mental Health of Women Aged 35-45 with Spinal Diseases</b>

11.45 - 12.00	<b>Lyubomyr Vovkanych, Dzvenyslava Bertraum</b> <i>(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)</i>	<b>Effects of Underweigt and Overweight on Central Hemodynamics in Female Students</b>
12.00 – 12.15	<b>Stanislav Kras Myroslava Hrynkiv Tetiana Kutseryb Fedir Muzyka Lyubomyr Vovkanych</b> <i>(Ukraine)</i>	<b>Body Composition of Female Students whith Different Body Mass Index and Levels of Physical Activity</b>
12.15 - 12.30	<b>Andriy Dulibskyi</b> <i>(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)</i>	<b>Analysis of the Competitive Activity of Attacking Central Midfielders during Talent Selection for an Elite Student Football Team</b>
12.30 - 12.45	<b>Олег Рибак Maryan Ostrovskyy, Ludmyla Rybak, Oleh Sydorko , Orest Stefanyshyn</b> <i>(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)</i>	<b>Biomechanical Analysis of Crawl Swimming by Total Immersion Method</b>
12.45 - 13.00	<b>Олег Рибак, Fedir Muzyka, Liudmyla Rybak, Bogdan Vynogradskyi</b> <i>(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)</i>	<b>Biomechanical Rationale of the Driver's Working Posture Behind the Wheel of a Car</b>
13.00 - 13.15	<b>Volodymyr Khudoba, Pavlo Kucher, Orest Stefanyshyn</b> <i>(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)</i>	<b>Formation of an Accessible Sports Infrastructure in the City of Lviv: Infrastructure Aspect</b>
13.15 - 13.30	<b>Oksana Slinko, Liudmyla Rybak, Vladyslav Slinko, Олег Рибак</b> <i>(Ivan Bobersky Lviv State University of Physical Culture, Ukraine)</i>	<b>Application in Conservative Treatment of Idiopathic Scoliosis in Schoolchildren of Various Forms and Means of Motor Activity</b>
13.30 – 14.15	<b>Pārtraukums/Break</b>	
14.15 -15.30	<b>SESIJA III / SESSION III : Evaluation of the Mental and Physical Health of Persons Involved in Grassroots Sports (National Research Program “Sport”)</b>	
<b>Vadītājs/Chair: Līga Plakane</b>		
14.15 - 14.30	<b>Zane Šmite</b> <i>(University of Latvia)</i>	<b>Evaluation of the Mental and Physical Health of Persons Involved in Grassroots Sports</b> <i>Tautas sportā iesaistīto personu psihiskās un fiziskās veselības novērtēšana</i>
14.30 – 14.45	<b>Zane Lukstiņa,</b> <i>(University of Latvia)</i>	<b>Evaluation of Physical Activity and Seditary Behaviour in Grassroots Sports</b> <i>Fizisko aktivitāšu un sēdoša dzīvesveida novērtējums tautas sportā</i>
14.45 - 15.00	<b>Laura Zeļģe, Jurģis</b>	<b>Towards Measuring Mid-Level Vision Processes in Sports</b>

	<b>Šķilters, Līga Zariņa, Evita Šerpa, Solvita Umbraško, Santa Bartušēvica, (University of Latvia)</b>	
<b>15.00 – 15.15</b>	<b>Māris Broks, Andris Jakovičs, Jevgēnijs Teličko (University of Latvia)</b>	<b>Predicting Runners' Future Heart Rate during training Using Wearable Health and Training Data</b>
<b>15.15 - 15.30</b>	<b>Bernhards Bērtulis, Andris Jakovics, Jevgenijs Teļičko (University of Latvia)</b>	<b>Acoustic Signal Processing for Respiratory Rate Estimation in Noisy Environments</b>
<b>15.30 – 15.45</b>	<b>Kafijas pauze, diskusijas/Coffee break, discussions</b>	
<b>15.45 - 16.45</b>	<b>SESIJA IV / SESSION IV: Physically active and healthy lifestyle</b>	
<b>Vadītājs/Chair: Aija Erta</b>		
<b>15.45 – 16.00</b>	<b>Aleksandrs Koļesovs, Rūdolfs Cešeiko, Klāvs Ēvelis, Līga Plakane (University of Latvia)</b>	<b>Perceived Effects of Physical Exercise in People Challenged by Oncological Diagnosis: A Single-Group Exploratory Study</b>
<b>16.00 - 16.15</b>	<b>Juris Porozovs (University of Latvia), Aija Kļaviņa (Rīga Stradins University), Vita Lakša, Viktors Veliks, Anna Zuša</b>	<b>Relationships between Motor and Psychophysiological Abilities in Adolescents with Mild Mental Health Disorders</b>
<b>16.15 - 16.30</b>	<b>Behnam Boobani, Juris Grants, Žermēna Vazne, Renārs Līcis, Aleksandrs Astafičevs, Rihards Leja (Rīga Stradins University)</b>	<b>A Pilot Study of the Latvian Version of the Recovery-Stress Questionnaire</b>
<b>16.30 - 16.45</b>	<b>Ilvis Ābeļkalns, Agita Klempere Sipjagina, Rihards Parandjuks, Līga Vecbērza (University of Latvia)</b>	<b>Analysis of Understanding of how to ensure Healthy Lifestyle Habits in Everyday Life among the Population aged 18 to 45</b>
<b>16.45</b>	<b>NOSLĒGUMA DISKUSIJA / FINAL DISCUSSIONS</b>	