



84th International Scientific
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LATVIJAS
UNIVERSITĀTE

Sports sabiedrības ilgtspējībai : izaicinājumi, risinājumi un attīstības perspektīvas / Sports for a Sustainable Society : Challenges, Solutions and Development Prospects

Trešdiena, 2026. gada 15. aprīlī, plkst. 10.30
Zinātnes mājā 203. telpā, Jelgavas ielā 3, Rīga

Wednesday, 15 April 2026, 10.30 a.m
House of Science, Room 203, Jelgavas Street 3, Riga

Programme

10.30-11.00	Coffee break / registration	
11.00-11.10	Opening of the session. Chairperson Asoc.Prof. Ilvis Ābeļkalns	
11.10-11.40	Edmunds Vanags Gatis Lāma University of Latvia/ EMU skola	Physical Education Attendance as a Predictor of Overall School Engagement: A Large-Scale Analysis of Latvian Secondary Data Low
11.40-12.10	Iveta Pudule Slimību profilakses un kontroles centrs	Latvijas skolēnu veselību ietekmējošo paradumu pētījuma datu tendences, sporta un fizisko aktivitāšu ietekme uz veselību un dzīves kvalitāti Health Behaviour Survey in Schol-aged Children in Latvia: trends, sports and physical activity influence on health and quality of life
12.10-12.25	Edīte Spróge, Maksims Zolotovs, Dace Reihmane, Aija Klavina Riga Stradins University	Psychological Profiles of Sport Coaches in Relation to Evidence-Based Sport Science Practice
12.25-12.40	Arvis Sprude I.Zeberiņa Kuldīgas pamatskola	From LU VSI to the Three-Star Award: A Journey of Excellence
12.40-12.50	break, discussions	



12.50-13.05	Reinis Krēgers BST.COACH Latvia	Systematic Development of General Physical Fitness in Schools: A Pilot Project in 15 Educational Institutions of Valmiera Municipality Using the BST.COACH Digital Platform
13.05-13.20	Sandra Krūma, Rihards Parandjuks University of Latvia	The World Athletics Association's "Children's Athletics Coach and Teacher Training Program" as an auxiliary tool for the School 2030 sports program in digital and practical training for teachers
13.20-13.35	Līga Vecbērza University of Latvia	The Impact of Assessment Literacy on Decision-Making in Team Sport
13.35-13.50	Oskars Ernšteins University of Latvia	From Physical Literacy to Performance: Rethinking Youth Training
13.50-14.05	Agita Klempere-Sipjagina University of Latvia	Sport classes as a formative pathway in the development of professional identity, well-being and career trajectories
14.05-14.20	Aiga Paikena, Antra Gulbe Latvian Olympic Academy	Implementation of transversal skills on Olympic Day in primary school
14.20-14.50	Coffee Break, discussions	
14.50-15.05	Kristiāna Jansone Riga Stradins University	Efektīvas treniņu metodes stājas problēmu mazināšanai - Pilates Reformer.
15.05-15.20	Alma Elīze Ezeriņa, Ilvis Ābeļkalns University of Latvia	School healthy lifestyle project importance in shaping physical activity habits among students between grades 7–9
15.20-15.35	Irina Kuzmina-Rimsa University of Latvia	Early Tennis Development in Europe: Building a Sustainable Foundation for the Next Generation
15.35–15.50	Conclusion, discussions	