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



<b>12.40-12.50</b>	<b>break, discussions</b>	
<b>12.50-13.05</b>	<b>Reinis Krēgers</b> BST.COACH Latvia	<b>Systematic Development of General Physical Fitness in Schools: A Pilot Project in 15 Educational Institutions of Valmiera Municipality Using the BST.COACH Digital Platform</b>
<b>13.05-13.20</b>	<b>Sandra Krūma, Rihards Parandjuks</b> University of Latvia	<b>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</b>
<b>13.20-13.35</b>	<b>Līga Vecbērza</b> University of Latvia	<b>The Impact of Assessment Literacy on Decision-Making in Team Sport</b>
<b>13.35-13.50</b>	<b>Oskars Ernšteins</b> University of Latvia	<b>The role of the subject "Health and Physical Activity" in the development of children and youth - a view from the perspective of PE trainers</b>
<b>13.50-14.05</b>	<b>Agita Klempere-Sipjagina</b> University of Latvia	<b>Sport classes as a formative pathway in the development of professional identity, well-being and career trajectories</b>
<b>14.05-14.20</b>	<b>Aiga Paikena, Antra Gulbe</b> Latvian Olympic Academy	<b>Implementation of transversal skills on Olympic Day in primary school</b>
<b>14.20-14.50</b>	<b>Coffee Break, discussions</b>	
<b>14.50-15.05</b>	<b>Kristiāna Jansone</b> Riga Stradins University	<b>Efektīvas treniņu metodes stājas problēmu mazināšanai - Pilates Reformer.</b>
<b>15.05-15.20</b>	<b>Alma Elīze Ezeriņa, Ilvis Ābeļkalns</b> University of Latvia	<b>School healthy lifestyle project importance in shaping physical activity habits among students between grades 7–9</b>
<b>15.20-15.35</b>	<b>Irina Kuzmina-Rimsa</b> University of Latvia	<b>Early Tennis Development in Europe: Building a Sustainable Foundation for the Next Generation</b>
<b>15.35–15.50</b>	<b>Conclusion, discussions</b>	