

Proceedings of the International Sports Meeting

Editors

Filipe Manuel Clemente, Carla Gonçalves, António Brandão, Rui Silva, and

Miguel Camões

March 24 and 25, 2022

Melgaço, Portugal



Escola Superior de Desporto e Lazer – Instituto Politécnico de Viana do Castelo and Research Center in Sports Performance, Recreation, Innovation and Technology - Instituto Politécnico de Viana do Castelo
Complexo Desportivo e Lazer Comendador Rui Solheiro
Monte de Prado
4960-320 Melgaço, Portugal

**Proceedings of the
International Sports Meeting**

Copyright © 2022 by the Escola Superior de Desporto e Lazer - Instituto Politécnico de Viana do Castelo (ESDL-IPVC) and Research Center in Sports Performance, Recreation, Innovation and Technology - Instituto Politécnico de Viana do Castelo (SPRINT-IPVC). Permission to make digital or hard copies of portions of this work for personal or classroom use is granted without fee provided that copies are not made or distributed for profit or commercial advantage and that copies bear this notice and the full citation on the first page. Copyright for components of this work owned by others than ESDL-IPVC and SPRINT-IPVC must be honored. Request permission to republish from: geral@esdl.ipvc.pt.

ISBN: 978-989-54440-5-2

Editors

Filipe Manuel Clemente, Carla Gonçalves, Rui Silva, António Brandão and Miguel Camões

Scientific Committee

Ana Filipa Silva | António Barbosa | António Brandão | Bruno Silva | Carla Gonçalves | César Chaves | Filipe Manuel Clemente | Miguel Camões | Joel Pereira | Jorge Dantas | Luis Paulo Rodrigues | Pedro Bezerra | Ricardo Lima | Rui Silva | Sílvia Rodrigues

Proceedings of the International Sports Meeting

Editors' message

We would like to introduce you to the Proceedings of the International Sports Meeting. This event occurred from 24 to 25 of March of 2022, and received submissions from Portugal, Spain, and Brazil. After a peer-review process (conducted by the scientific committee) and selection of the best based on quality criteria, it is our pleasure to share with you the Proceedings of the International Sports Meeting that provides the accepted abstracts. All those abstracts were presented in form of an e-poster during the event.

Submissions represent contributions in three main research topics: sports training, physical activity, and fitness and outdoor sports. The event was held in 3 official languages: Portuguese, Spanish, and English. Therefore, throughout the document, the reader will find abstracts in the 3 languages. We hope that you will find value in the presented research and can be interested in participating in future editions.

Filipe Manuel Clemente | Carla Gonçalves | António Brandão | Rui Silva | Miguel Camões

Escola Superior de Desporto e Lazer – Instituto Politécnico de Viana do Castelo and Research Center in Sports Performance, Recreation, Innovation and Technology - Instituto Politécnico de Viana do Castelo

Table of contents

<i>Sports Training</i>	6
The effects of high-speed resistance training on health outcomes in independent older adults: a systematic review	7
Pre-season workload and power determinants: Impact on sprint distance during matches ...	8
Predição do desempenho de uma prova de 1000 metros em kayak ergómetro.....	9
A percepção de trail runners Portugueses acerca da importância, treinabilidade e acompanhamento da componente psicológica	10
Correlation between high metabolic load distance and caloric intake of elite female football players during a microcycle	11
Comparação entre movimentos de halterofilismo e seus derivados na quantificação do impacto da fadiga.....	12
Energy and nutritional intake of male youth soccer players	13
Dismorfia muscular, uma patologia que afeta os fisiculturistas portugueses: ficção ou realidade?	14
Evaluation of carbohydrate intake of elite female football athletes in the days surrounding an official match.....	15
Relações entre a intensidade do treino e as variações de performance de atletas de futebol juvenil.....	16
Association between steps per day and gross motor coordination in preschool children....	17
Características da força mental do trail runner Português.....	18
<i>Physical activity, and fitness</i>	19
Impacto do confinamento nos níveis de Atividade Física, composição corporal e qualidade de vida segundo a opinião dos pais e professores de crianças entre 3 e 12 anos	20
Lesões e sintomatologia dolorosa em profissionais de atividades de grupo fitness.....	21
Comparações entre variáveis de bioimpedância e testes funcionais baseados no índice de massa corporal em idosas.....	25
O impacto de um programa de exercício físico na qualidade de vida, redução de dor e capacidade funcional em mulheres com lombalgia crónica.....	27
Maternal physical activity characteristics of pregnant women with obesity	28
Alterações que ocorrem no organismo materno durante a gravidez.....	29
Atividade física na depressão em sobreviventes de cancro da mama: revisão sistemática ..	30
Self-reported breast, arm and shoulder symptoms after mammary surgery in breast cancer survivors.....	32

Teletrabalho em contexto pandémico: Qual o impacto na atividade física e sintomatologia músculo-esquelética em trabalhadores em computador? Estudo observacional	33
Análise da sintomatologia músculo-esquelética e do stress, ansiedade e depressão, durante o período pandémico, em <i>trabalhadores em computador</i> : estudo observacional analítico transversal	35
Efeito de um programa de exercícios online no local de trabalho durante a pandemia de COVID-19 na perceção da qualidade de vida em trabalhadores de computador: estudo quasi-experimental	36
BlueGym: o impacto de 3 meses de um programa de exercício físico baseado no surfing nos níveis de força muscular em idosos	38
Outdoor Sports.....	39
Characterization of the locomotor and psychophysiological intensities of canyoning guides	40
Salvamento e resgate em contexto de desportos de montanha em Portugal: Revisão exploratória.....	41
Adaptação de uma grelha de avaliação do grau de comprometimento dos riscos.....	42
Incidence of injuries in Portuguese climbers: A retrospective study	43
Perceção dos riscos envolvidos na atividade de rafting	44
Análise e identificação dos perigos e riscos em percursos cicláveis e pedestres	45
Barreiras e facilitadores da prática de Desportos de Natureza no Pena Aventura Park (Portugal).....	46
Caracterização sociodemográfica dos praticantes de Desportos de Natureza no Pena Aventura Park.....	47
Projeto FLUMEN DURIOUS: proposta de uma metodologia de avaliação e classificação de percursos pedestres.....	48
Carga de treino durante uma regata de 3 dias em velejadores das classes de formação: um estudo de caso	50
Os desafios de ser mulher no cenário dos esportes de aventura.....	51
Projeto surfar: O papel do surf na literacia marítima	52
Identificação de spots de surfing.....	53
Atividade física ao ar-livre e a saúde mental em jovens adultos	54

The effects of high-speed resistance training on health outcomes in independent older adults: a systematic review

Alexandre D. Martins^{1,2,3}; Orlando Fernandes¹; Rafael Oliveira^{2,3,4}; Ana Pereira^{3,5}; João Paulo Brito^{2,3,4}

¹ *Comprehensive Health Research Centre (CHRC), Departamento de Desporto e Saúde, Escola de Saúde e Desenvolvimento Humano, Universidade de Évora, Largo dos Colegiais, 7000 Évora, Portugal*

² *Sports Science School of Rio Maior–Polytechnic Institute of Santarém, 2040-413 Rio Maior, Portugal*

³ *Life Quality Research Centre, 2040-413 Rio Maior, Portugal*

⁴ *Research Centre in Sport Sciences, Health Sciences and Human Development, 5001-801 Vila Real, Portugal*

⁵ *School of Education, Polytechnic Institute of Setúbal, Setúbal, Portugal*

Corresponding author: af_martins17@hotmail.com

Abstract

The decrease in the sensorimotor function and changes in the nervous system reduces muscle strength, power, balance, and functional capacity performance, which can increase the risk of falling. This study aimed to systematically review randomized controlled trials within an ageing population that investigated the general impacts of a high-speed resistance training (HSRT) protocol on health outcomes. Following the PRISMA statement guidelines, four electronic databases (PubMed, web of science, EBSCO and Scielo) were searched for randomized controlled trials that measured at least one key outcome measure focusing on velocity-based training and health outcomes in older adults. We identified 1812 studies, and after duplicates were removed, 371 studies remained and were screened for their relevance based on titles and abstracts, resulting in the removal of a further 189 studies. At the end of the screening procedure, we had 182 reports selected for eligibility. After reading full texts, a further 166 studies were excluded due to not meet the eligibility criteria. Finally, seventeen studies were included in this systematic review after inclusion/exclusion criteria were considered. Our study confirms that HSRT interventions that progressively increase training intensity can improve several health outcomes in older people and showed a safe, adequate, and effective method for older people.

Keywords: Older people; Resistance training; Velocity-based training; Power training; Health measures.