

Oral Presentations Session 1

Active Children, a Healthy Future - From Scientific Evidence to National Action

SATURDAY, 19 SEPTEMBER 2026 | 09:30-12:30 | UKIM CONGRESS CENTRE, OHRID

Format: 7-minute oral presentations | Joint discussion and questions: 11:36-12:30

TIME	NO.	PRESENTATION
09:30-09:37	1	Dietary Habits of Primary School Children: An Analysis of Survey Results Edin Užičanin, Jasmin Bilalić, Jasmin Mehinović, Nevres Muminović, Lejla Goletić, Emin Mujezinović, Merima Aljić, Belmin Bujaković
09:37-09:44	2	Longitudinal Changes in Physical Performance Among Assistant Referees Before and After the Introduction of VAR in the National Football Championship Sasho Danevski, Elena Soklevska Ilievski, Zorica Stankovska
09:44-09:51	3	Changes in Specific Motor Skills After Three Consecutive Measurements in Karate Athletes Elena Soklevska Ilievski, Zorica Stankovska, Igor Paskoski, Sasho Danevski, Zarko Kostovski
09:51-09:58	4	Training Load Parameters in Acute and Chronic Training Conditions: A Systematic Review Radenko Arsenijević, Bogdan Trikoš, Nikola Utvić, Nikola Aksović, Ljubiša Lilić, Veroljub Stanković
09:58-10:05	5	Outcome-Specific Acute Responses to Postpartum Abdominal, Pelvic Floor and Breathing Strategies: A Narrative Review Kristina Randow de Almeida
10:05-10:12	6	Motor Development in Preschool Children With Autism Spectrum Disorder: Implications for Physical Activity and Social Participation Biljana Arizankoska Eftimova, Anita Nacevska, Vasilka Galevska Jovchevski, Dita Torte Chiche, Silvana Filipova
10:12-10:19	7	Anthropometric and Biomechanical Characteristics of 15-16-Year-Old Beach Handball Players by Playing Position Emil Avramov
10:19-10:26	8	Analysis of Physical Development Indicators and Determination of the Somatotype Profile of Fifth- and Sixth-Grade Students Practicing Handball Milena Avramova
10:26-10:33	9	Functional Fitness Improves Without Significant Change in Body Composition After a 16-Week Training Programme in Recreational Adults Iskra Bojadjieva Kitancheva, Zarko Kostovski
10:33-10:40	10	Screen Time and Sedentary Behaviour in Children and Adolescents: A Broader Public Health Perspective Daniela Chingoska, Tanja Petrovska
10:40-10:47	11	Sport as an Instrument in Building the Image of a Tourist Destination: The World Carp Fishing Championship in Mavrovo and the European Title of HC Ohrid Hristina Dimeska Trajkova, Darko Panov

TIME	NO.	PRESENTATION
10:47-10:54	12	Exercise Integration in University Student Counseling Sanja Mancevska
10:54-11:01	13	Acute Effects of Exopulse Mollii Neuromodulation Suit on Lower-Limb Muscle Symmetry in an Elite Young Football Player: A Case Study Eldin Jeleskovic, Ivan Perić
11:01-11:08	14	Recommendations for Preparticipation Examination in Paediatric Athletes: Timing, Structure and Settings Jasmina Pluncevic Gligoroska
11:08-11:15	15	Moving Forward: Physical Activity and Motor Development in Preschool Children - Environmental Conditions and Pedagogical Implications in North Macedonia Gabriela Durcevska Georgieva
11:15-11:22	16	No Child Left Behind: Turning Routine Electronic Health Data Into Actionable Intelligence for Child Health and Prevention Sanja Sazdovska, Vlatko Nedelkovski, Erion Hamiti, Ljubica Nikolova
11:22-11:29	17	Motor-Cognitive Training Protocols for Balance Development in Rhythmic Gymnastics Zvonimir Tomac, Ivan Perić, Rebeka Stojković
11:29-11:36	18	Participation of Children With Disabilities in Physical Education and Sport: A Multi-Stakeholder Survey in North Macedonia Jasmina Troshanska
11:36-12:30	Q&A	Joint Discussion and Questions All presenters and participants

Presentation timing: Each paper is allocated 7 minutes. The final 54 minutes are reserved for joint discussion and questions.