



SESSION ONE – SATURDAY 1 DECEMBER 2018

Set-up of posters..... From 15:00 Friday 30 November 2018 All posters must be in position by 12:30 Saturday 1 December 2018
Removal of posters..... After 15:00 Saturday 1 December 2018 All posters must be removed by 16:00 Saturday 1 December 2018



Poster Number	Paper ID	Poster Title	Presenters Name
2	3	Application Of Isometric Strength Training For Enhancing Sports Related Dynamic Performance	Danny Lum
3	4	Effects Of Two Isometric Strength Training Methods On Jump And Sprint Performances: A Pilot Study	Danny Lum
4	5	Strength And Power Characteristics Of Male And Female World Top 20 Squash Players	Chris Gallagher
5	6	The Importance Of Strength And Power On Key Performance Indicators In Elite Youth Soccer	Chris Wing
6	7	Resistance Training In The Heat Improves Strength In Elite Rugby Athletes	Martyn Beaven
7	8	Return To Baseline Of Mean And Peak Velocity Are Better Indicators Of Readiness To Train Than Maximal Strength	Alexander Vernon
8	9	Short-term Composite Training Enhances Neuromuscular And Fast Stretch-shortening Cycle Performance In Hurling Players	Paul Byrne
9	34	Is Optimal Load For Maximal Power Output During Hang Power Clean Indeed Sub-maximal?	Kuiaki Hirayama
10	36	Monitoring Countermovement Jump Height And Its Mechanical Parameters Using A Force Plate In Wushu Athletes	Erik Tan
11	42	The Effect Of Breathing Strategies On Sticking Region During Bench Press	Petr Stastny
12	44	Using Load-velocity Relationships To Estimate Maximal Strength In The Prone Row And Overhead Press	Liam Hughes
13	45	Prior Knowledge Of The Weight Lifted Does Not Influence The Ability To Estimate Repetitions To Failure	Sean Mansfield
14	48	Relationship Between Load And Power Output Of A Great Triple Jumper During The Back Squat	Yuki Suzuki
15	50	Effects Of Taking Extra Volume Of Tablets Iron Supplement On The Value Of Hemoglobin Concentrations In Collegiate Female Sprinters And Jumpers	Masahiro Kurosu
16	53	Does The 30-kilometer Training Run Before Marathon Race Reduce Time? Randomized Controlled Trial In Recreational Runners	Takeshi Yamauchi
17	54	The Relationship Between Strength Characteristics And Performance Of Elite Female Malaysian Badminton Players Across An International Season	Gareth Webber
18	55	Comparison Between Six Weeks Velocity Based Training Versus One Repetition Maximum Percent Based Training Effects On Strength And Power	Harry Banyard
19	59	Rpe During Assisted Jumping	James Tufano
20	61	Hypoxic Resistance Exercise: How Does Training To Failure Or Not Influence Acute Physiological Responses?	Thomas Walden
21	62	Seasonal Strength And Power Characteristics Of Elite Rugby League Athletes	Jarrod Wade

22	66	Multiple Motor Fitness Predictors Of Karate Punch Force, Punch Speed And Punch Response Time In Female Karate Athletes	Ian Heazlewood
23	67	Acute Neuromuscular Fatigue During Velocity-based Resistance Loading In Men Versus Women When Enforcing Set Termination At 20% And 40% Of Velocity-loss	Simon Walker
24	71	Pre-competition Resistance Training Improves Mechanical Muscle Function And Athletic Performance In National Team Ice Hockey Players	Thue Kvorning
25	74	Physical Characteristics Of Danish National Team Handball (TH) Players 1990-2016: Possible Implications On Position Specific Strength And Conditioning (S&C) Training	Thue Kvorning
26	75	Validity Of A Novel Method To Estimate Jump Height Using A Smartphone Face Detection Function	Yohei Shimokochi
27	77	The Effects Of An 8-week Crossfit-based Training Program In Female Soccer Athletes By Player Position	Lauren Adlof
28	80	Effects Of Strength Vs. Endurance Training And Their Combination On Physical Performance Characteristics In Female Horseback Riders	Anne-Maarit Hyttinen
29	84	The Effects Of Heavy-sled Sprint Training On Acceleration Capabilities In Female Rugby Sevens Athletes: A Pilot Study	Francesco Sella
30	85	Changes In Hang Power Clean Force-time Curve Characteristics Following Training	Lachlan James
31	87	Effects Of Hyperoxia During Repeated Maximal Hammer Throws On Performance And Recovery	Jia-Yuan Zhang
32	88	Resistance Exercise To Failure Or Not In Hypoxia And Normoxia: Acute Changes In Weight Lifting Velocity	Andrew Jonson
33	89	Relationship Between Power Output During Maximal Pedaling Test And Sprint Performance On Track Among Sprinters	Nobukazu Kasai
34	90	Effects Of 4-week In-season Flywheel Squat Training On Jump Performance In Collegiate Men's Volleyball Players	Jyim-Ru Chen
35	91	Effect Of Drop Jump Training Frequency On Reactive Strength In Rugby Athletes	Martyn Beaven
36	95	Methods To Determine The Point Of Force Onset Affect Early Rate Of Force Development Quantification In The Isometric Mid-thigh Pull	Craig Pickett
37	96	Braking Ground Reaction Forces During 90° Sidestep Cut And Leg Muscle Strength	Walter Yu
38	99	Perceptual, Metabolic, And Neuromuscular Responses To 10, 20, And 30% Velocity Loss Thresholds During The Barbell Back-squat	Jonathon Weakley
39	100	Effects Of A Weight-belt On Intra-abdominal Pressure During The Back Squat Exercise	Norihiro Shima
40	12	Resistance Training At High Versus Low Intensity On Hypertrophy And Strength: A Twin Case Study	Stephan Geisler



SESSION TWO – SUNDAY 2 DECEMBER 2018
 Set-up of posters..... From 08:30 2 December 2018
 All posters must be in position by 12:30 Sunday 2 December 2018
 Removal of posters..... After 16:00 Sunday 2 December 2018 All
 posters must be removed by 17:00 Sunday 2 December 2018



Poster Number	Paper ID	Poster Title	Presenters Name
41	10	Effects Of Low Intensity Strengthening Intervention For Senior Adults	Kim Rivera
42	13	S&C Coach Education: Where's The Coaching?	Harvey Anderson
44	17	Comparison Of Step-by-step Kinematics And Muscle Activation Of 30 M Sprints With 0-40 % Body Weight Of Active Resistance In Sprinters	Roland van den Tillaar
45	22	A Biomechanical Comparison Of The Mid-thigh Pull And Countermovement Shrug	David Meechan
46	23	The Effects Of Exercise Modality On Predicting 1rm From The Load-velocity Relationship	Liam Hughes
47	24	Hematological Status And Risk Of Runner's Anemia In Middle-aged Marathon Runners	Kiichi Sugiyama
48	25	Effects Of Hip Flexion Angle On The Nordic Hamstring Exercise High-density Emg Activity Completed In Submaximal And Fatiguing Conditions	Johan Lahti
49	26	Neuromuscular Adaptations To Mixed Session And Traditional Periodization In Aging Adults: A Randomized Trial	Fernando Diefenthaeler
50	28	The Collagen V Alpha1, Growth Differentiation Factor5 And Peroxisome Proliferator Activated Receptor Alpha Gene Relation To Movement Screen Results And Neuromuscular Performance In Adolescent Athletes	Petr Stastny
51	29	The Influence Of Anger On Muscle Strength And Dexterity	Yuki Murata
52	30	A Simple Novel System For The Assessment Of Balance	Dusan Hamar
53	37	The Efficacy Of A Resistance Training Intervention To Improve Psychophysiological Wellbeing Of Adolescent Girls	Luana Main
54	47	The Relationship Between Occlusal Force And Power Profile During Exercise	Hiroshi Hoshino
55	49	Physical Performance And Serum Hormone Concentrations During Military Survival Training (Sere)	Tommi Ojanen
56	60	Neuromuscular And Hormonal Responses To Sauna Bathing And Exercise Followed By Sauna	Arja Häkkinen
57	69	Usefulness Of The Modified Double Leg Lowering Test	Momoko Sato
58	70	Effect Of Joint Angle And Inter-stimulus Interval On Measurements Of Tensiomyography	Cassio Victora Ruas
59	76	Plantar Flexors Torque And Rate Of Torque Development In Younger And Older Men	Amilton Vieira
60	79	Single-leg Neuromuscular Function Of Elite Athletes Prior To Returning To Sports After Lower-limb Injuries	Erik Tan

61	81	Validity Of Sprint Time Measured Using The Camera Functions Of Smartphones	Takaaki Mishima
62	82	Comparing Pqct Muscle And Adipose Measurement Errors With Two Commonly Used Image Processing Methods	Grant Rowe
63	83	Effects Of Weekly Resistance Training In University Physical Education Class During Snow Season On Muscle Mass, Strength And Jump Performance	Keisuke Shibata
64	92	Difference In Knee Joint Alignment Between Japanese And Australian University Students Who Played Soccer During Adolescence	Akitoshi Sogabe
65	93	Maximal Strength And Rate Of Force Development Of Hip Adduction And Abduction: Reliability Of Measures From A Portable Dynamometer	Ricardo Mesquita
66	94	Repeated Sit-to-stand Exercise Enhances Muscle Strength And Reduces Lower Body Muscular Demands In Physically Frail Elders	Eiji Fujita
67	98	Resistance Training Induces Cardiometabolically Beneficial Alterations In Serum Metabolome Profile	Juha Ahtiainen
68	101	Determining Force Onset During The Countermovement Jump And Its Effect On The Calculated Rate Of Force Development	Sofyan Sahrom
69	102	Generalized Joint Hypermobility (GJH) Syndrome Does Not Affect The Rapid Torque Production	Clarissa Brusco
70	78	Damage protective effect conferred by low-intensity eccentric exercise on nine different muscles	Min Jyue Huang
72	109	Influence of muscle fibertype composition on contractile Rate of Force Development (RFD) in vivo	Per Aagaard



SESSION THREE – MONDAY 3 DECEMBER 2018

Set-up of posters..... From 10:00 Monday 3 December 2018 All posters must be in position by 11:00 Monday 3 December 2018
Removal of posters..... After 13:00 Monday 3 December 2018 All posters must be removed by 15:30 Monday 3 December 2018



Poster Number	Paper ID	Poster Title	Presenters Name
73	16	Effect Of Far-infrared Ray Treatment On Recovery From Eccentric Exercise-induced Muscle Damage	Sheng-Tsung Hsu
74	18	Effects Of Eccentric Versus Concentric Resistance Training On Muscle Hypertrophy And Maximal Strength: New Narrative Review Of Literature	Naotoshi Mitsukawa
75	19	Attenuation Of Maximal Eccentric Contraction-induced Muscle Damage By Maximal Isometric Contractions Of The Knee Extensors In Older Adults	Tai Ying Chou
76	27	Effect Of Progressive Unilateral Eccentric Training On Muscle Strength And Damage Of The Contralateral Elbow Flexors	Trevor Chen
77	31	Effects Of Manual Eccentric Versus Concentric Resistance Training On Muscle And Functional Fitness Of Older Adults	Yoshihiro Katsura
78	35	Delayed Onset Muscle Soreness At One Day After One-leg Eccentric Cycling In Relation To Decreases In Muscle Function Immediately Post-exercise	Tomoko Koeda
79	39	Isokinetic Dynamometer Muscle Strength Measures Do Not Represent The Effects Of Eccentric Resistance Training Of The Knee Extensors On Muscle Function Changes In Older Adults	Wafina Rohadhia
80	40	The Amount Of Body Fat Negatively Affects Blood Pressure And Heart Hemodynamics In Young Obese Women	Mei-Ling Chan
81	41	Changes In Muscle Function And Delayed Onset Muscle Soreness Following A Single Versus Multiple Soccer Matches In Female Players	Chung-Chan Hsieh
82	52	Effect Of Muscle Length On Muscle Stiffness Changes In The Rectus Femoris After Repeated Bouts Of Knee Extensor Eccentric Exercise	Ryoichi Ema
83	57	Week-to-week Changes In Neuromuscular Performance And Muscle Damage During A Competitive Microcycle In Youth Male Soccer Players	Michal Lehnert
84	63	Relationship Between Leg Press Eccentric / Concentric Strength And Sprint And Change Of Direction Performance In Elite Rugby 7s Players	Jad Adrian Washif
85	64	Effects Of Submaximal And Supramaximal Leg Press Eccentric Training On Changes In Eccentric And Concentric One Repetition Maximum	Jad Adrian Washif
86	65	Effects Of Eurycoma Longifolia Jack Supplementation On Testosterone And Muscle Damage Markers	Jad Adrian Washif
87	73	Foam Rolling Improves Jump Performance Following Eccentric Exercise In The Leg Extensors	Christopher Latella
88	86	Correlation Between Functional Hamstrings: Quadriceps Ratio And Jumping Performance In Collegiate Men's Volleyball Players	Szukai Fu
89	103	Muscular Responses To Single Hypertrophic And Power Loadings Are Highly Individual	Heikki Peltonen
90	106	Supramaximal Eccentrics Versus Traditional Training In The Bench Press: A Pilot Study With An Automated Training Device	Carson Patterson
91	58	An Age-adapted Plyometric Exercise Program Improves Strength, Jump Performance And Functional Capacity In Older Men	Simon Walker