

International Seminar of Sports Science 2026

Location: University of Madeira – Colégio dos Jesuítas- Funchal

Thursday, April 23		
08h30		Reception
09h15		Opening Ceremony
10h15	Room 1	<p>Symposium 1: Sports Training Chair: Honorato Sousa (UMa, CIDESD) Communications:</p> <ol style="list-style-type: none"> 1- Unravelling the Coach-Athlete Relationship in Major International Competitions: A Qualitative Study with National Team Coaches- Daniel Duarte (IPMAIA) 2- Fatigue Thresholds as a Practical and Non-Invasive Tool for Coaches to Monitor Anaerobic Performance- António Sampaio (IPMAIA) 3- Biological Maturation and Balance Performance in Young Basketball Players- Cíntia França (UMa, ITI-LARSyS) 4- (Un)conscious Learning: The Biodynamic Emergence of the Body in Motion- João Gabriel (UMa)
	Room 2	<p>Symposium 2: Physical Education Teaching/Pedagogy Chair: Hélio Antunes (UMa / CIDESD) Communications:</p> <ol style="list-style-type: none"> 1- Competing Approaches in the School Context: From Health Implications to Success in Sport -Ana Alves (UBI, CIDESD) 2- School policies and their impact on levels of physical activity: from break times to physical education -Ana Rodrigues (UMa, CIDESD) 3- Challenges and opportunities in implementing a School Sports project - Carlos Leon (SRE) 4- The Impact of Lifestyle Habits on Health and Cognitive Function – A Study in a Paediatric Population - Ana Luísa Correia (UMa)
11h40		Coffee Break
12h00	Room 1	<p>Keynote 1: “Social Risks in the Athletic Training Process” (Néstor Ordóñez Saavedra (U.D.C.A)) Chair: Hugo Sarmiento (UC, CIPER)</p>
13h00		Lunch

14h30	Room 1	<p>Free Communications 1 Chair: Adilson Marques (FMH, CIPER)) Communications:</p> <ol style="list-style-type: none"> 1- The Impact of the Frequency of Walking Football Participation on Physical and Psychological Health in Middle-Aged and Older Adults: A 9-Month Longitudinal Study - Francisco Santos (UMa, ITI-LARSyS) 2- Bio-banding vs. Chronological Age: Impacts on Physical and Physiological Dimensions in Youth Football- Francisco Teixeira (UMa, ITI-LARSyS) 3- Jump Height as Predictor of Physical Performance in Youth and Senior Football Players: Age and Position Analysis- Guilherme Saldanha (UC, ITI-LARSyS) 4- Sex-Specific Developmental Trajectories in Youth Handball: The Role of Biological Maturity Timing - Francisco Martins (UMa, ITI-LARSyS) 5- Strength Academy: An Evidence-Based Intervention Model for Developing Physical Fitness in Children and Young People- Gonçalo Castanha (FMH) 6- When the Map Is Not Enough: Orienteering as a Laboratory for Problem Construction, Strategy, and Decision-Making- João Apolinário (UMa)
	Room 2	<p>Free Communications 2 Chair: Ricardo Alves (UMa) Communications:</p> <ol style="list-style-type: none"> 1- How group exercise rewires the brain and extends life – Happy Chemicals vs Cortisol – Rui Ribeiro (Les Mills) 2- Future Champions Programme: A Multidimensional Model for Identifying Talent in Table Tennis (Ages 5–10) - António Antunes (UMa) 3- Combat Sports Characterization of the “Self” - Miguel Vieira (UMa) 4- Coaches’ perceptions of parents’ behaviour in the context of their children’s sporting activities - Duarte Sousa (UMa) 5- Relationship of physical activity with depression and depressive symptoms in U.S. adults with diabetes - Damián Payo (UE) 6- Toward a Context-Sensitive Framework for Assessing Physical Literacy in Primary Education: A Consensus-Driven Approach -Raquel Cisnetos (UE)
	Room 3	<p>Symposium 3: Outdoor Sports in Tourism: Trends, Experiences and Challenges Chair: Catarina Fernando (UMa, CITUR) Communications:</p>

		<p>1- A Systems Approach to Accident Analysis on Pedestrian Trails: A Layered Model and an Ishikawa-Derived Framework- Catarina Fernando (UMa, CITUR), Susana Teles (UMa, CITUR)</p> <p>2- MICROCLI-MAC: Relationships between climate, outdoor activities, and public health- Élvio Rúbio (UMa, ITI-LARSyS)</p> <p>3- Dynamic Limits of Acceptable Change in Nature-Based Tourism: A Real-Time Trail Management Approach- Élvio Camacho (UMa, CITUR, ISAL)</p> <p>4- Before, During, and After: A Longitudinal Study of Social Media Influence on Sports Tourism Behaviour- Mara Franco (UMa, CITUR)</p> <p>5- Round Table: Richard Marques (Presidente da Proteção Civil), Elisabete Alves (Direção Regional do Turismo), João Prudente (UMa) - Chair: Susana Teles (UMa,CITUR)</p>
16h15		Coffee Break
16h30	Room 1	Round Table: Nuno Nunes (IST, ITI-LARSyS); Daniel Marinho (UBI, CIDESD); Eduardo Marques (UMa, CITUR). Chair: Helder Lopes (UMa, CIDESD)
17h30		Closing of the seminar – Day One

Friday, April 24

08h30		Reception
09h15	Room 1	<p>Symposium 4: Madeira Football Association Chair: Élvio Gouveia (UMa, ITI-LARSyS)</p> <p>Communications:</p> <p>1- Madeira Football Association (AFM) Strategic Plan 2024–2036- Patrícia Delgado (AFM), Avelino Silva (AFM)</p> <p>2- Technical and Pedagogical Perspectives on Football Coach Education at the Portuguese Football Federation-Jorge Batista (FPF)</p> <p>3- Football Coach Training Course at IP Maia- Daniel Duarte (IPMAIA)</p> <p>4- Between Intuition and Science: Identifying Talent in Futsal in Portugal- Hugo Sarmiento (UC, CIPER)</p> <p>5- Towards An Ecological Framework for the Transition from Junior to Senior Players in Football - A Working Model - João Tomas (UC)</p>
	Room 2	<p>Simpósio 5: International Symposium Chair: Cíntia França (UMa, ITI-LARSyS)</p>

		<p>Communications:</p> <ol style="list-style-type: none"> 1- Biomechanical assessment of selected tennis technique elements using a depth camera- Krzysztof Przednowek (UR) and Konrad Maciejewski (UR) 2- Psychomotor abilities as determinants of the effectiveness of handball players at various competitive levels –Maciej Śliż (UR) and Krzysztof Przednowek (UR) 3- Quality of life in medical, nursing, dentistry and physical education courses- Jefferson Jurema (UEA) 4- Body size and physical activity: relationships with strength and motor performance in university students on the Physical Education and Sport course - Duarte Freitas (UMa,CIFI2D) 5- Results and Legacy of EMACS 2025: The Role of Sporting Events in Promoting Madeira as a Destination - Jorge Soares (UMa, CITUR)
11h00		Coffee Break
11h30	Room 1	<p>Keynote 2: “For More Talent in Portugal” - Óscar Tojo (FPF)</p> <p>Chair: Rui Mâncio (UMa)</p>
12h30		Lunch
14h00	Coffee break room	<p>Poster Sessions</p> <p>Topics: Health; Sports training; Sports management; Education; Football; Culture, education and development in sport</p>
15h30	Room 1	<p>Keynote 3: “From Neuroscience to Sports: The Potential of Clinical Rehabilitation Technologies in Sports” - Bruno Pereira Leitão (UC, CISUC)</p> <p>Chair: Rui Ornelas (UMa, CIPER)</p>
16h30		Award Ceremony
17h00		Closing of the Seminar