

4th Edition

Exercise, Biomechanics and Nutrition

**BOOK OF ABSTRACTS
2025**

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Preface

Polytechnic Institute of Setúbal is emerging as a reference in the supporting and diffusion of scientific advances in Sports Sciences across the International Congress: Exercise, Biomechanics and Nutrition in a commitment with the academic excellence of their students and the scientific community.

The fourth edition of the International Congress: Exercise, Biomechanics and Nutrition reflexes the success of this scientific-technical-informative initiative that makes to this event as one of the most important from Portugal and the Iberian Peninsula. This event selected an hybrid format that interspersed conferences of contrasted speakers with oral communications of Degree student and consolidated research groups. Assistants to this events that exceeded 240 participants attended to the last advances in 3 well differentiated areas as Biomechanics, Exercise and Sport Nutrition divided in 11 conferences.

Conferences were presented by prestigious researchers from 6 different universities of 5 different countries as Polytechnic Institute of Setúbal (Portugal), University of Salamanca, University of Sevilla (Spain), Federal Institute of Minas Gerais (Brazil), University of Jyväskylä (Finland) and University of Suffolk (UK).

However, the most important area of this Congress was the number and quality of the oral communication presented, 94 in total. In this sense, the International Congress: Exercise, Biomechanics and Nutrition is one of the Congress with a higher number of works presented by Graduate students that it is in combination with the results of contrasted research groups, some of the references at international level that include researchers from eight different countries as England, Brazil, Spain, Portugal, Colombia, Italy, Iran and Turkey. Readers have the opportunity of supervising all these oral communication from the abstract presented in this Book of Abstracts.

Since the Organizing and Scientific Committees want to congratulate to all the researchers and attendees who participated in this third edition of the International Congress: Exercise, Biomechanics and Nutrition. In addition, to the external readers we invite to participate in the fifth edition that will be organized by Polytechnic Institute of Setúbal in 2026.

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Congress Committees

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Members: Teresa Figueiredo; Amílcar Antunes; Ana Pereira; Ana Cristina Figueira; Paulo Nunes.

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Congress Program

May 29, Thursday

10:00 – Opening Session – ESE Auditorium

Angela Lemos | President of the Polytechnic Institute of Setúbal

João Pires | Dean of ESE-IP Setúbal

Luis Leitao | Professor at the Science and Technology Department of ESE-IP Setúbal

10:30 – *Physical Activity, Exercise and Nutrition* – ESE Auditorium
Sedentary behaviors and prevention of musculoskeletal disorders in the working population. – **PhD Miguel Madruga, University of Salamanca, Spain**

11:20 – Sedentary behaviors and prevention of musculoskeletal disorders in the working population – **PhD Josué Prieto, University of Salamanca, Spain**

12:00 - Warming up: evidence and applications in sports training – **PhD João Ferreira-Junior, Federal Institute of Minas Gerais, Brazil**

13:30 – Lunch Break

14:00 – *Exercise and Biomechanics in sport* – ESE Auditorium
WORKSHOP: Biomechanics and Nutrition in Endurance Sports in the Natural Environment – **PhD Miguel Madruga and Josue Prieto, University of Salamanca, Spain**

16:00 – Recents Advances in Sports Injury Rehabilitation: The Role of Blood Flow Restriction – **MsT Christian Castilla, Rehab fitness coach/ S&C coach, Spain**

16:30 – Considerations for criteria and exercise selection following a hamstring injury in football – **MsT Paolo Perna, Sports Medicine and Physioterapist, University of Suffolk, UK**

17:30 – Sports Injury Rehabilitation Round Table with Paolo Perna and Christian Castilla moderated by Javier Pecci, University of Seville, Spain

18:00- 19:30 Abstract/Video Oral Presentations I

May 30, Friday

8:00 – Abstract/Video Oral Presentations II

13:00 – Lunch Break

14:00 – Resistance Training in the female athlete: Physiological considerations – **PhD
Std Vera Salmi, University of Jyväskylä, Finland**

15:00 – *Congress Closing Session*

Luis Leitão | Professor of Science and Technology Department at ESE-IP Setúbal

Raúl Dominguez | Professor in Sports at University of Seville

Abstracts

Mental and Behavioral Health Indicators in Retired Turkish Athletes: Preliminary Findings

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Introduction

Sports are essential for improving and developing health. Retirement from sports is an occupational transition associated with changes in many habits related to nutrition and lifestyle. Changes in physical activity and food preferences can cause many problems, such as a sedentary lifestyle, stress, depression, and anxiety. For this reason, the career termination process in elite athletes can disrupt the future professional and social functioning of these individuals. This study aims to determine the mental well-being, hedonic eating, and physical activity levels of Turkish retired athletes from various disciplines.

Methods

This cross-sectional study was completed with retired athletes (n=40) who played professional sports in different branches. The participants were questioned about their sociodemographic characteristics, data regarding their professional sports careers, and lifestyle factors. Additionally, the International Physical Activity Questionnaire-Short Version (IPAQ-SV), Beck Depression Inventory-Short Form (BDI-SF), and Three-Factor Eating Questionnaire (TFEQ-R18) were applied. Statistical analyses were performed in the Jamovi software.

Results and Conclusions

The female (10.0%) and male (90.0%) participants' mean age, weight, and height were 58.5 ± 15.0 years, 86.5 ± 16.8 kg, and 179.0 ± 5.8 cm, respectively. Nearly half of the participants possessed at least a Bachelor's degree. Although 30.0% had retired from sports, they continued to work. 63.2% of subjects reported never smoking, and 46.9% reported never consuming alcohol. Based on the IPAQ-SV, 34.5% of participants were inactive, 34.5% were minimally active, and 31.0% were adequately active. BDI-SF demonstrated that 25.0% of the participants had mild depression symptoms, and 7.5% had moderate depression symptoms. According to the participants' TFEQ-R18 results, cognitive restraint, uncontrolled eating, and emotional eating scores were 54.4 ± 16.9 , 63.3 ± 16.3 , and 64.7 ± 28.3 , respectively. These findings highlight the need for future research focusing on the relationship between depressive symptom management and eating attitudes in this population.

Keywords: athlete, depression, eating, physical activity, lifestyle