



**Medicinos  
fakultetas**



**International scientific-practical conference (hybrid)**

**FUTURE OF SPORT SCIENCE 2026: HOLISTIC APPROACH TO HEALTH**

**Data: 2026/04/10**

**Conference VENUE:** Vilnius University Faculty of Medicine Medical Science Center (Žaliųjų Ežerų st. 2, Vilnius) and online via a video-conferencing and chat platform.



*Registration link to the conference:*

<https://forms.office.com/e/SNcrGrbG44?origin=lprLink>

**THE AIM OF THE CONFERENCE** is to promote a holistic approach to athlete health by integrating physical, psychological and social dimensions, and to present the latest developments, challenges and evidence-based solutions in biomedical, health and sports sciences to health and sports professionals as well as the academic community. The conference will bring together sports and health professionals and members of the academic community from Lithuania, along with international guests and speakers. The event will highlight the latest theories in sports science and advances in biomedicine, rehabilitation, psychology and physical education, as well as their practical applications. Discussions will address challenges in elite sports, injury prevention, training and nutritional strategies, psychological and recreational aspects, and public health promotion. The event will serve as a platform for interdisciplinary dialogue, the development of innovations and international collaboration, with the goal of strengthening public health and enhancing the role of sports science in contemporary society.

**TARGET AUDIENCE.** *The conference is intended for medicine physicians; physical medicine and rehabilitation physicians, physiotherapists and occupational therapists; laboratory medicine specialists, family physicians and dietitians; public health and nursing professionals, general practice nurses; medical biologists, geneticists and psychologists; sports coaches and other sports professionals, physical education teachers, and the academic community (researchers and students).*

**Conference fee – 25 Eur** (free for speakers). Cancellation policy: conference registration fee will not be refunded.

Account of the Lithuanian Society of Human Genetics (LŽGD) LT51 7044 0600 0114 8630, Company code: 190774719, AB SEB bank, Bank code: 704400. Indicate the purpose of payment: "Conference FUTURE OF SPORTS SCIENCE".

**Conference fee includes:** Admission to all conference sessions; coffee breaks and lunch on conference days; **electronic certificate** of attendance issued by Vilnius University (7 hours).

---

## PROGRAMME

9:00 – 9:30	<b>REGISTRATION</b>	Morning Coffee/Tea <b>SPONSORS' EXHIBITION</b>
<b>9:30 – 9:45</b>	<b>CONFERENCE OPENING and Welcome Remarks</b>	<p><b>Doc. dr. K. Ažukaitis</b> (Vice-Dean of the Faculty of Medicine, Vilnius University)</p> <p><b>Prof. dr. (HP) A. Utkus</b> (Chairman of the Lithuanian Society of Human Genetics; Association of Medical Schools in Europe, General Secretary)</p> <p><b>Kęstutis Bartuškevičius</b> Advisor to the Minister of Education, Science and Sport for Sports Affairs</p> <p><b>L. Asadauskaitė-Zadneprovskienė</b> (Member of the Seimas, Olympic and World Champion)</p>
<b>9:45 – 11:30</b>	<b>PLENARY SESSION OF INVITED SPEAKERS</b> (English, Part I)	<b>Chaired by</b> dokt. A. Letukienė ir doc.dr. V. Ginevičienė
<b>9:45 – 10:15</b>	<b>KEYNOTE TALK / PAGRINDINIS PRANEŠIMAS:</b> The Impact of the Daily Mile™ physical activity intervention on School Pupils' Fitness, Cognition, and Wellbeing	<b>Colin Moran</b> , University of Stirling (United Kingdom)
10:15 – 10:35	Correction of Carbohydrate and Lipid Metabolic Dysregulation and the Gut Microbiome Under the Effects of Different Health-Enhancing Fitness Programs	<b>Prof. Svitlana Drozdovska</b> , Olha Hurenko, Kateryna Kravets. National University of Physical Education and Sports, Kyiv (Ukraine)
10:35 – 10:55	Assessing and Forecasting the Growth of the Wellness Economy Market	<b>Lina Nosevič<sup>1</sup></b> , Executive Director of the National Association of Sanatoriums and Rehabilitation Institutions (Lithuania)
10:55 – 11:15	Supplements for body weight and body fat loss in athletes and healthy individuals with overweight	<b>Dalia Malkova</b> , Glasgow University (United Kingdom)
11:15 – 11:30 (on-line)	GlycanAge research in the context of athletic performance	<b>Bruno Butorac</b> , Innovative Genetic and Genomic Research Laboratory „Genotipas“ (Lithuania)
11:30 – 11:50	<b>COFFEE BREAK / BREAK FOR BODY AND MIND: fruit smoothies</b> / The healthy coffee break is presented by the National Association of Sanatoriums and Rehabilitation Institutions	E-POSTER REVIEW <b>SPONSORS' EXHIBITION</b>
<b>11:50 – 13:15</b>	<b>PLENARY SESSION OF INVITED SPEAKERS</b> (English, Part II)	<b>Chaired by</b> dokt. A. Letukienė ir doc.dr. V. Ginevičienė
11:50 – 12:05	Physical Activity of 11–13-Year-Old Children from a Heart Rate–Based Perspective: A Holistic Approach to Health	<b>Prof. Asta Šarkauskienė</b> , President of LOA <sup>2</sup> (Lithuania)
12:05 – 12:20	Interpersonal relationships and group dynamics in youth sports	<b>Assoc. Prof. Aušra Lisinskienė</b> , VDU ŠA <sup>3</sup> (Lithuania)

12:20 – 12:35	Behavioural and genetic correlates of malnutrition	<b>Colin Moran, University of Stirling</b> (United Kingdom)
12:35 – 12:50 (on-line)	Why Training Responses Differ: Cytokine Gene Polymorphisms Associated with VO <sub>2</sub> max and Metabolic Profile	<b>Assoc. Prof. Kinga Humińska-Lisowska</b> , Gdansk University of Physical Education and Sport (Poland)
12:50 – 13:05 (on-line)	Genetic Testing in Performance and Injury Prevention: Science, Hype, or Reality?	<b>Prof. Malcolm Collins</b> , University of Cape Town (South Africa) <sup>4</sup>
13:05 – 13:15 (on-line)	Long-term remodeling of human muscle fiber type and size in response to endurance and power training	<b>Prof. Ildus I. Ahmetov</b> , Liverpool John Moores University (United Kingdom)

<b>13:15 – 14:00</b>	<b>LUNCH BREAK</b>	<b>E-POSTER REVIEW</b> <b>SPONSORS' EXHIBITION</b>
----------------------	--------------------	---

<b>14:00– 16:00</b>	<b>Session A: SPORTS SCIENCE: INTERDISCIPLINARY INSIGHTS</b> (in Lithuanian)	<b>Chaired by</b> dokt. A. Letukienė ir doc. dr. R. Dadelienė
---------------------	---	---

14:00 – 14:15	Judesio ir sportinio treniravimo sistemos žmogaus sveikatos ugdyme	<b>Gyd. D. Barkauskas</b> , Olimpines rinktinės vyr. gydytojas
14:15 – 14:30	Pirties poveikis žmogaus fiziologiniams ir psichologiniams rodikliams: kompleksinė analizė	<b>Prof.habil.dr. A. Skurvydas</b> , doc. dr. R. Dadelienė, doc. dr. T. Aukštikalnis, prof. N. Istomina, E. Strazdaitė, doc. dr. Majauskienė, VU MF ir VDU V.Kavolio institutas
14:30 – 14:45	Aštuonių savaitių trukmės elastinio pasipriešinimo treniruočių poveikis taekvondo sportininkų smūgio kokybei ir fiziniam pajėgumui	<b>Prof. dr. R. Paulauskas</b> , VDU ŠA
14:45 – 15:00	Dopingo problema jaunimo sporte	<b>Doc. dr. D. Majauskienė</b> , VU MF ir VDU V. Kavolio institutas, doc.dr. E. Kemerytė-Ivanauskienė, VDU ŠA, prof.habil.dr. A. Skurvydas, VDU V.Kavolio institutas.
15:00 – 15:15	Sportininkų varžybinės būsenos valdymo aktualijos	<b>Lekt. L. Vaisetaitė</b> , Panevėžio kolegija
15:15 – 15:30	Dažniausios apatinių galūnių traumos aukšto meistriškumo sporte: diagnostika ir prevencija	<b>Gyd. Dokt. S. Utkus</b> , VU MF
15:30 – 15:45	Nuo genotipo iki fenotipo: visuminis požiūris į sportininko fizinį pajėgumą ir sveikatą	<b>Doc. dr. V. Ginevičienė</b> , VU MF
15:45 – 16:00	SPORTGENOME projektas: aktualumas, tyrimų kryptys ir inovacijos	<b>Dokt. G. Anikevičiūtė</b> , VU MF

<b>14:00– 16:00</b>	<b>Session B: PHYSICAL HEALTH TOPICS – Biomedicine and Rehabilitation</b> (in Lithuanian)	<b>Chaired by</b> dokt. A. Letukienė, doc. dr. R. Dadelienė
---------------------	---	---

14:00 – 14:15	Fizinio aktyvumo vaidmuo gyvenimo kokybei ir ilgaamžiškumui	<b>R. Jakubauskienė</b> , kineziterapeutė AB Birštono sanatorija „Versmė“ / G. Raižienė
---------------	---	---

14:15 – 14:30	Raumenų nykimo išvalgos senėjimo kontekste: multi-omikos duomenų analizė	<b>Doc. dr. E. Pranckevičienė</b> , doc. dr. V. Ginevičienė, VU MF, VDU
14:30 – 14:45	Didelio meistriškumo ledo ritulininkų apatinių galūnių raumenų jėgos ir judesių asimetrijos.	Mag.stud. <b>T. Mažulis</b> , doc. dr. R. Dadelienė, VU MF
14:45 – 15:00	Vaikų fizinis aktyvumas: mada ar būtinybė?	<b>Prof. dr. A. Emeljanovas</b> , VU MF
15:00 – 15:15	Lietuvių genomo architektūra nutukimo rizikos kontekste	<b>Dokt. A. Letukienė</b> , VU MF
15:15 – 15:30	Epigenetinis biologinio senėjimo laikrodis	Mag.stud. <b>K. Merkelytė</b> , doc. dr. V. Ginevičienė, VU MF
15:30 – 15:45	Miokinių signalinio kelio genetinių žymenų tyrimas nutukimo kontekste Lietuvos populiacijoje	<b>K. Bajorė</b> , doc. dr. V. Ginevičienė, VU MF
15:45 – 16:00	Raumenų atrofija ir ją lemiantys veiksniai senstant	Med.stud. <b>S. Viskontaitė</b> , doc. dr. V. Ginevičienė, VU MF

16:00 – 16:30	Discussion, Summary and Conference Closing	<b>Doc. Dr. V. Ginevičienė</b> (VU MF, Konferencijos organizatorė ir koordinatorė)
---------------	--	--

**VU MF** – Vilniaus universitetas Medicinos fakultetas; <sup>1</sup> **Lina Nosevič** Klaipėdos universitetas Socialinių ir humanitarinių mokslų fakultetas; Nacionalinės sanatorijų ir reabilitacijos įstaigų asociacijos vykdančioji direktorė; <sup>2</sup> **LOA** – Lietuvos Olimpinių Akademija; <sup>3</sup> **VDU ŠA** – Vytauto Didžiojo universitetas Švietimo Akademija; <sup>4</sup> Keiptauno universitetas (Pietų Afrika)

**POSTER PRESENTATIONS** will be displayed on the screen during the conference

#### **SCIENTIFIC-ORGANIZING COMMITTEE:**

**Doc. dr. V. Ginevičienė**, VU – conference coordinator, Vilnius University

#### **Members::**

Doc. dr. A. Urnikytė VU- *Conference Moderator*

Dokt. G. Anikevičiūtė, VU - *Conference Moderator*

Dokt. A. Letukienė, VU - *Conference Moderator*

Doc. dr. R. Dadelienė, VU- *Conference Moderator*

Prof. dr. (HP) A. Utkus, VU, Lietuvos žmogaus genetikos draugijos pirmininkas

Prof. dr. Tomas Poškus, VU

Doc. dr. Laura Nedzinskienė, VU

Prof. dr. A. Šarkauskienė, Lietuvos olimpinė akademija

Dr. Kinga Humińska-Lisowska, Gdansk University of Physical Education and Sport, Gdańsk, Poland

Doc. dr. E. Pranckevičienė, VU

Doc. dr. A. Lisinskienė, VDU ŠA

Prof. dr. A. Skurvydas, VU

Doc. dr. Daiva Majauskienė

Prof. dr. (HP) K. Milašius, VDU ŠA

Gyd. D. Barkauskas

L. Nosevič, Socialinių ir humanitarinių mokslų fakultetas; Nacionalinės sanatorijų ir reabilitacijos įstaigų asociacijos vykdančioji direktorė

#### **CALL FOR THE ABSTRACTS**

You are kindly invited to present original research work as oral presentation on the following topics:

- Biomedicine of Sports, Exercise and Health
- Physiology and Nutrition
- Psychology, Social Science and Humanities
- Physical Medicine and Rehabilitation
- Applied Sports Sciences

All abstracts should be submitted via e-mail [valentina.gineviciene@mf.vu.lt](mailto:valentina.gineviciene@mf.vu.lt) by **10 April 2026**.

The Conference Secretariat will inform the abstract submitter about the acceptance or rejection of the submitted abstracts by e-mail by **10 April 2026**. The abstract submitter is responsible for informing all co-authors about the status of the abstract. Please contact Conference Secretariat at [valentina.gineviciene@mf.vu.lt](mailto:valentina.gineviciene@mf.vu.lt) if you have not received your notification e-mail by 9 April 2026.

## **ABSTRACT REQUIREMENTS**

The abstract should be written in **English or Lithuanian**. The authors are responsible for ensuring correct grammar and spelling. The abstract must be original and not previously published.

The abstract (250–400 words) should be structured in the following order:

1. Title. It should be written in all upper-case letters and without abbreviations or acronyms.
2. Researcher(s). Names and surnames for each author must be provided. The first should be presenting author's name.
3. Institution(s). An affiliation for each author, listed by University/Company, Department and Country should be provided.
4. Keywords (3-5)
5. Introduction: background and relevance of the research, research aim.
6. Research methods and organization: description of research organization; participants, methods, materials and statistical methods used in the research.
7. Results: the precise findings of the study must be provided.
8. Conclusions: conclusions and reliable inferences drawn from the study results must be provided.
9. Reference list (Vancouver citation style, max 7 positions).
10. Font - Times New Roman 12pt. Spacing is one interval. Margins: top, bottom, left and right - 2 cm. Page format - A4.
11. Tables, figures and graphs are not allowed.

Each accepted abstract must be presented at the conference by one of the authors. The abstracts of the conference will be published in the Journal of SPORT SCIENCE (ISSN 1392-1401 / ISSN 2424-3949).

**SPONSORS AND PARTNERS:** Lithuanian Society of Human Genetics; Vytautas Magnus University Academy of Education; „Maistas Sportui“ (<https://maistassportui.lt/>), Nacionalinė sanatorių ir reabilitacijos įstaigų asociacija / National Association of Sanatoriums and Rehabilitation Institutions; „Genotipas“ - Inovatyvi genetinių ir genominių tyrimų laboratorija (<https://www.genotipas.lt/>); TEIDA [www.teida.lt](http://www.teida.lt)



VYTAUTO DIDŽIOJO  
UNIVERSITETO  
ŠVIETIMO  
AKADEMIJA



The National Association of  
Medical Spa and  
Rehabilitation Centers  
Lithuania

**Maistas  
Sportui**



Genotipas

