



CONFERENCE

HUMAN BIOLOGY OF MOVEMENT BEHAVIOURS

Current knowledge and future directions on the 24-hour movement behaviours

DETAILED PROGRAMME

11th - 13th SEPTEMBER, 2024

FACULTY OF SPORT, UNIVERSITY OF PORTO

SSHB

U.PORTO UNIVERSIDADE DO PORTO FACULDADE DE DESPORTO

CENTRO DE INVESTIGAÇÃO FORMAÇÃO INOVAÇÃO E INTERVENÇÃO EM DESPORTO CIFI2D

U.PORTO FACULDADE DE DESPORTO UNIVERSIDADE DO PORTO

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FACULTY OF SPORT, UNIVERSITY OF PORTO

ORGANISING COMMITTEE



Dr Sílvia Costa
Loughborough University
UK



Dr Sara Pereira
Faculty of Sport, University of Porto
Portugal



Dr Carla Santos
Lusófona University
Faculty of Sport, University of Porto
Portugal



Dr Eduardo Guimarães
Faculty of Sport, University of Porto
Portugal

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Registration
FROM 8:00

REFRESHMENTS & SNACKS
09:15 - 09:50

LIVE MUSIC PERFORMANCE - TUNA MUSICATTA CONTRACTILE
09:50 - 10:00

Opening session
10:00 - 10:15

Invited Speaker - Dr Pedro Saint-Maurice
Sleep and cancer risk: Evidence from observational studies
10:15 - 11:00

OP1: PHYSICAL ACTIVITY AND EXERCISE IN CANCER PATIENTS
11:00 - 11:50

Session Moderator - Dr Pedro Saint-Maurice

Elizabeth Pharoah | Loughborough University, UK
Experiences of family-based activities during a child's treatment for cancer using participatory methods

Carla Malveiro | Champalimaud Foundation, Portugal
Impact of Exercise on Sleep Patterns in Breast Cancer Patients Undergoing Neoadjuvant Treatment: The Neo-Program Study

Elizabeth Stamp | Loughborough University, UK
Parents' perceived barriers and facilitators to family-based physical activity during a child's treatment for cancer

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OP2: PHYSICAL ACTIVITY AND DIABETES

11:50 - 12:40

Session Moderator - Dr Kathryn Hesketh

Abdul Dulloo | University of Fribourg, Switzerland

Objectively-measured daily energy expenditure and physical activity among children of diabetes-prone population of Mauritius: analysis by gender and ethnicity

Lotte Bogaert | Ghent University, Belgium

24-hour movement behavior compositions and cardiometabolic health in people with type 2 diabetes: a comparative analysis with healthy controls

Marieke De Craemer | Ghent University, Belgium

The effect of lifestyle interventions to improve physical activity, sedentary behavior and/or sleep in adults with type 2 diabetesmellitus: a systematic review and meta-analysis of randomized controlled trials

LUNCH

12:40 - 14:00

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Invited Speaker - Dr Andy Daly-Smith

Creating effective whole-school approaches to physical activity - Addressing behaviour at all system levels

14:00 - 14:45

OP3: PHYSICAL ACTIVITY AND HEALTH INTERVENTIONS

14:45 - 15:35

Session Moderator - Dr Andy Daly-Smith

Ana Rita Matias | Evora University, Portugal

Innovative aquatic approaches to improve physical and cognitive function in elderly populations.

Tomás Reyes | Universidad de Playa Ancha, Chile

Effectiveness of High-Intensity Games versus Moderate-Intensity Games on Cardiorespiratory Fitness in Children

Inês Varela-Silva | Loughborough University, UK

Creative Health: a scoping review of existing resources in Portugal and Spain

Invited Speaker - Dr Kathryn Hesketh

Promoting physical activity during pregnancy: the good, the bad, and the family

15:35 - 16:20

COFFEE BREAK

16:20 - 16:45

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Invited Speaker - Dr Lauren Sherar

How can accelerometry pooling projects advance our understanding of 24-hour behaviours and guideline compliance in youth?

16:45 - 17:30

YOUNG INVESTIGATOR AND LMIC AWARDS PRESENTATIONS

17:30 - 18:20

Session Moderator - Dr Lauren Sherar

Sophie Phillips | Western University, Canada

Movement Measurement in the Early Years (MoveMEY): Co-design and Content Validity Assessment of a Movement Behaviour Measurement Tool for Preschool-Aged Children

Ricardo Oliveira | Universidade Federal do Rio Grande do Norte, Brazil

Most intense minutes of the day, volume, and intensity of physical activity among Brazilian children living with obesity

LIVE MUSIC PERFORMANCE - DESPORTUNA

18:20 - 18:30

POSTER SESSION AND WINE & CHEESE RECEPTION

18:30 - 20:00

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Invited Speaker - Dr Valerie Carson

The Canadian 24-Hour Movement Guidelines for the Early Years: Development, Adherence, and Next Steps

09:00 - 09:45

OP4: MOVEMENT BEHAVIOURS IN PRESCHOOL CHILDREN

09:45 - 10:45

Session Moderator - Dr Valerie Carson

Tawonga Mwase-Vuma | Malawi University, Malawi

Examining the prevalence and correlates of meeting the global 24-hour movement behaviour guidelines among young children in low-income African context: The SUNRISE Malawi Study.

Marga Decraene | Ghent University, Belgium

Parenting and Preschoolers' 24-hour movement behaviour: a Self-Determination Theory Perspective

Anastácio Souza Filho | Regional University of Cariri, Brazil

Are the built and perceived environment and the pedagogical aspects of teachers associated with the physical activity of socially vulnerable preschoolers?

Sophie Phillips | Western University, Canada

Comparing Estimated Levels of Physical Activity and Sedentary Time in Young Children across Various Accelerometer Cut-Points: A Systematic Review and Meta-Analysis

COFFEE BREAK

10:45 - 11:10

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Invited Speaker - Dr Tim Lightfoot

Activity levels: Can we blame our parents?

11:10- 11:55

OP5: CORRELATES AND DETERMINANTS OF CHILDREN'S MOVEMENT BEHAVIOURS

11:55 - 12:45

Session Moderator - Dr Tim Lightfoot

Daniela Rodrigues | University of Coimbra, Portugal

Balancing daily physical activity, sedentary behaviour, and sleep: sex differences and family determinants

Daniel Bingham | University of Bradford, UK

Gender and ethnic differences of children's aged 7-11 years accelerometer hip measured physical activity, sleep and sedentary time: A Born in Bradford Analysis.

Ellen Silva | Londrina State University, Brazil

Day-to-day Variability in Accelerometer-Measured Physical Activity and Sedentary Behaviour of Primary School Children in Bradford, UK

LUNCH

12:45 - 14:00

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Invited Speaker - Dr Clarice Martins

Exploring an integral perspective for the interaction between motor, cognitive and socio-emotional domains of development in low-income Brazilian children"

14:00 - 14:45

OP6: MOVEMENT BEHAVIOURS, FITNESS AND EXECUTIVE/COGNITIVE FUNCTION IN CHILDREN AND ADOLESCENTS

14:45 - 15:35

Session Moderator - Dr Clarice Martins

Ana Nogueira | Maia University, Portugal

Relationship between physical activity, sedentary time and sleep time with executive function in early childhood

David Sánchez-Oliva | University of Extremadura, Spain

The "Fit and Fat" paradigm and its associations with executive functions: a Latent Profile Analysis with secondary students

Tomás Reyes | Universidad de Playa Ancha, Chile

Effect of an active breaks program "Activa-Mente" on physical activity level and academic task behaviour in schoolchildren

COFFEE BREAK

15:35 - 16:00

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TANNER LECTURE

16:00 - 16:50

Invited Speaker - Dr Adam Baxter-Jones

Maturation and Performance: Enhancing Tanner's Legacy

Invited Speaker - Dr Asmaa El Hamdouchi

The SUNRISE Study – Morocco pilot study results, the challenges and how they were overcome

16:50 - 17:35

CONFERENCE DINNER

19:00 - 21:30

Restaurante Sancho Panza
Av. de Ramos Pinto 250,
4400-261 Vila Nova de Gaia

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Invited Speaker - Dr Peter Katzmarzyk

Human movement behaviours and obesity: Latest insights

09:00 - 09:45

OP7: MOVEMENT BEHAVIOURS AND HEALTH OUTCOMES ACROSS THE LIFESPAN

09:45 - 10:45

Session Moderator - Dr Peter Katzmarzyk

Aleš Gába | Palacký Olomouc University, Czechia

Reallocating time between physical activity, sedentary behavior, and sleep for obesity management across the lifespan: An individual participant data meta-analysis

Matthew Savage | Nottingham Trent University, UK

Characterising the activity, lifestyle behaviours and health outcomes of UK university students

Joey Murphy | University of Bristol, UK

"Goldilocks Day": identifying optimal movement behaviour time-use for best metabolic health outcomes in children and adolescents

Ana Carvalhinho Silva | University of Maia, Portugal

Towards Healthier Habits for Movement Behaviours in Children and Adolescents

COFFEE BREAK

10:45 - 11:10

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Invited Speaker - Dr José Maia

The RUSH project: return to school after COVID-19 - the key roles of family, school and communities on children growth and motor development

11:10- 11:55

OP8: SPORT AND FITNESS IN ADOLESCENCE AND ADULTHOOD

11:55 - 12:45

Session Moderator - Dr José Maia

Tobias Hyrich-Krueger | University of Saskatchewan, Canada

Does (de)selection during adolescent sports tryouts affect sports participation in emerging adulthood?

Erin Barbour-Tuck | University of Saskatchewan, Canada

The influences of adolescent fat accrual and physical fitness on fat mass in middle age

Ana Paulo | Lusófona University, Portugal

Physical activity and fitness in female volleyball players: A closer look to the potential impact of sport diversification and sittingtime

CLOSING REMARKS

12:45 - 13:00