# 15th International Sport Sciences Congress®

15th - 18th November 2017
Aska Hotel - Lara / ANTALYA / TURKEY

"Physical Activity Sport, Health and Society 2023"

## BOOK of ABSTRACTS



www.sbk2017.org

**Dear Sports Scientists,**

We are more than pleased to host you in the 15th International Sport Sciences Congress to be organized in Antalya, between November 15th - 18th 2017 by the Sport Sciences Association.

As is known, individual and social functions of sport significantly attract the attention and interest of all sectors, both public and private, from education to health and economy to media. Since the increase in the level of interest and awareness on sport requires continuous review and update of the available scientific knowledge and technology and restructuring of the same according to the emerging expectations, sport sciences also allow for the increasing generation of scientific knowledge to transfer new approaches and technological innovations in different fields of science and for the share and discussion of the generated knowledge in various events.

Around 1000 national and international sport scientists, managers and practitioners are expected to join the International Sport Sciences Congress. The main areas such as "Movement and Training Sciences", "Physical Education and Sport Pedagogy", "Sport Health Science", "Psycho-Social Aspects of Sport", "Sport Management Sciences" and "Recreation" under the multi-disciplinary structure of sport sciences will be discussed during the congress in the scientific symposia, panels and workshops to be organized within the context of education, health, science and social sciences data.

We extend our deepest gratitude to all participants and wish for a productive congress.

Yours sincerely,

**Prof. Dr. Mehmet GÜNAY**
**Chairman of the Congress**

# *INVITED SPEAKERS*

***Robert Scales***

*Division of Cardiovascular Diseases*

***Herbert Wagner***

*Biomechanical and Physiological Performance in Team Sports*

***Danyel Tobias Reiche***

*WISE Formula*

***Peter Hastie***

Exploring the Concept of Engagement in Physical and Sport Education

***Kostas Alexandris***

*Sport and Recreation Participation*

**SB782**

# A Study On Current Researches On Relationship Between Benign Hypermobility Syndrome (Hms) And Sports

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HMS is defined as a clinical syndrome in which joints have a range of motion over normal without relation to a rheumatic disease. HMS has been reported to cause chronic pain in some people, although in the community about 5-15% of healthy individuals show no symptoms. The aim of this study is to point to the relationship between HMS and sport. In recent years, studies on sports and HMS have reported that HMS provides some advantages in sport branches that require flexibility, such as gymnastics, ballet, and dance. In addition, studies in some sports have reported that HMS does not increase the injury risk. There is not a statistically significant difference of injury rates between HMS and non-HMS groups in Blokland et al.(2017) elite female soccer players, Collinge and Simmonds (2009) footballers and Tokish et al.(2017)'s studies. However, it has been reported in many studies that HMS has increased the injury risk, especially in sports involving physical. In a meta-analysis of Pacey et al.(2010), Huston et al.(2000) reported that HMS increased the risk of disability particularly in the knee joint. Similarly, Uluöz(2007) (volleyball), Smith et al.(2005) (netball), Konopinski et al. (2012) (soccer), Stewart and Burden(2004) (rugby) reported that there was a statistically significant relationship between HMS and sports injuries. In Conclusion, HMS syndrome is a condition in which sedentary individuals often have no problem during life. However, it is a discomfort that should be taken into consideration because it causes injuries in joints especially in individuals who perform physical activity and sports at different levels. It may be thought that taking necessary precautions such as detailed health checks especially in selection of athletes, use of protective materials and rehabilitation applications will help prevent sports injuries which cause negative effects on athletes, clubs and health budgets.

**KSB783**

# Hipermobilite Sendromu (Hms) ve Spor İlişkisi Üzerine Bir Araştırma

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Hipermobilite sendromu (HMS), romatizmal bir hastalık ile ilişki olmaksızın eklemlerin normalin üzerinde hareket genişliğine sahip olduğu klinik bir sendrom olarak tanımlanmaktadır. Eklem laksitesi, toplumda sağlıklı bireylerin yaklaşık %5-15'inde herhangi bir belirti göstermeden bulunmakla birlikte bazı kişilerde kronik ağrılara neden olduğu bildirilmiştir. HMS tanısında "Beighton" ve "Brighton" tanı kriterleri kullanılmaktadır. Bu çalışmanın amacı HMS ve spor üzerine yapılan güncel araştırmalarla iki kavram arasındaki ilişkiye dikkat çekmektir. Son yıllarda spor ve hipermobilite ilişkisi üzerine yapılan araştırmalarda HMS'nun jimnastik, bale, dans gibi esneklik gerektiren fakat fiziksel temas içermeyen spor dallarında bazı avantajlar sağladığı bildirilmiştir. Buna ek olarak bazı spor dallarında yapılan araştırmalarda HMS'nin sakatlık riskini arttırmadığı bildirilmiştir. Blokland ve ark.'nın (2017) elit kadın futbolcular, Collinge ve Simmonds'ın (2009) futbolcular ve Tokish ve ark.'nın (2017) beyzbolcular üzerinde yaptıkları çalışmada HMS'na sahip sporcularla olmayanlar arasında yaralanma riski açısından istatistiksel açıdan anlamlı bir fark olmadığı bildirilmiştir. Buna karşın HMS'nun özelikle rakiple fiziksel temas içeren ve güç gerektiren sporlarda sakatlık riskini arttırdığı ortaya birçok araştırmada bildirilmiştir. Pacey ve ark.'nın (2010) konu ile ilgili yaptıkları meta analiz çalışmasında ve Huston ve ark.'nın (2000) çalışmasında HMS'nin özellikle diz ekleminde meydana gelen sakatlık riskini arttırdığı bildirilmiştir. Benzer şekilde Uluöz (2007) voleybolcularda, Smith ve ark. (2005) netbolcularda , Konopinski ve ark. (2012) fubolcularda, Stewart ve Burden. (2004) rugbycilerde, HMS ile spor sakatlıkları arasında istatistiksel açıdan anlamlı bir ilişki olduğunu bildirmişlerdir. Sonuç olarak HMS sedanter bireylerde hayat boyunca çoğu zaman sorun çıkarmayan bir durum olsa da fiziksel efor gerektiren meslek gruplarında çalışanlarda ya da herhangi bir düzeyde fiziksel aktivite/spor yapan bireylerde özellikle eklemlerde sakatlıklara yol açması nedeniyle dikkate alınması gereken bir rahatsızlıktır. Özellikle sporcu seçiminde yapılan sağlık kontrollerinde HMS yönünden de muayenelerin yapılmasının, koruyucu malzeme kullanımının ve rehabilitasyon uygulamaları gibi gerekli önlemlerin alınmasının sporcu, kulüp ve genel sağlık bütçesi üzerinde olumsuz etkilere yol açan spor sakatlıklarının engellenmesine yardımcı olacağı düşünülebilir.

# A Study On Current Researches On Relatıonship Between Benign Hypermobılıty Syndrome (Hms) And Sports

HMS is defined as a clinical syndrome in which joints have a range of motion over normal without relation to a rheumatic disease. HMS has been reported to cause chronic pain in some people, although in the community about 5-15% of healthy individuals show no symptoms. The aim of this study is to point to the relationship between HMS and sport. In recent years, studies on sports and HMS have reported that HMS provides some advantages in sport branches that require flexibility, such as gymnastics, ballet, and dance. In addition, studies in some sports have reported that HMS does not increase the injury risk. There is not a statistically significant difference of injury rates between HMS and non-HMS groups in Blokland et al.(2017) elite female soccer players, Collinge and Simmonds (2009) footballers and Tokish et al.(2017)'s studies. However, it has been reported in many studies that HMS has increased the injury risk, especially in sports involving physical. In a meta-analysis of Pacey et al.(2010), Huston et al.(2000) reported that HMS increased the risk of disability particularly in the knee joint. Similarly, Uluöz(2007) (volleyball), Smith et al.(2005) (netball), Konopinski et al. (2012) (soccer), Stewart and Burden(2004) (rugby) reported that there was a statistically significant relationship between HMS and

sports injuries. In Conclusion, HMS syndrome is a condition in which sedentary individuals often have no problem during life. However, it is a discomfort that should be taken into consideration because it causes injuries in joints especially in individuals who perform physical activity and sports at different levels. It may be thought that taking necessary precautions such as detailed health checks especially in selection of athletes, use of protective materials and rehabilitation applications will help prevent sports injuries which cause negative effects on athletes, clubs and health budgets.