

**8TH ANNUAL INTERNATIONAL CONFERENCE ON
KINESIOLOGY AND EXERCISE SCIENCES**

ATHENS, GREECE

25-28 JUNE 2012

**DR. SOUMENDRA SAHA
PPSK**

Athens Institute for Education and Research
Human Development Research Division
Research Unit of Sports



8th Annual International Conference on Kinesiology and Exercise Sciences
25-28 June 2012, Athens, Greece

sponsored by
The Panhellenic Association of Sports Economists and Managers (PASEM)

PROGRAM

Conference Venue: Metropolitan Hotel of Athens, 385 Syngrou Ave., 175 64, Athens, Greece

Organization and Scientific Committee

1. Dr. Gregory T. Papanikos, President, ATINER.
2. Mr. Vagelis Kritikos, President, PASEM.
3. Dr. George Poulos, Vice-President of Research, ATINER & Emeritus Professor, University of South Africa, South Africa.
4. Dr. Nicholas Pappas, Vice-President of Academics, ATINER & Professor, Sam Houston University, USA.
5. Dr. Chris Sakellariou, Vice-President of Finance, ATINER & Associate Professor, Nanyang Technological University, Singapore.
6. Dr. Panagiota (Nota) Klentrou, Professor and Associate Dean Research and Graduate Studies, Faculty of Applied Health Sciences, Brock University.
7. Mr. Christos Anagnostopoulos, Head, Research Unit of Sports, ATINER & Lecturer, Coventry University, U.K.
8. Dr. Margarita Kefalaki, Director of Communication, ATINER.
9. Ms. Lila Skountridaki, Researcher, ATINER & Ph.D. Student, University of Strathclyde, U.K.
10. Mr. Vasilis Charalampopoulos, Researcher, ATINER & Ph.D. Student, University of Strathclyde, U.K.
11. Mr. Apostolos Kotsaspyrou, Researcher, ATINER.

Administration

Fani Balaska, Stavroula Kiritsi, Eirini Lentzou, Konstantinos Manolidis, Katerina Maraki & Celia Sakka

C O N F E R E N C E P R O G R A M
(The time for each session includes at least 10 minutes coffee break)

Monday 25 June 2012

08:30-09:00 Registration

09:00-09:30 Welcome and Opening Remarks

- Dr. Gregory T. Papanikos, President, ATINER.
- Mr. Vagelis Kritikos, President, PASEM.

09:30-11:00 Session I: Sport Neuro-mechanics

Chair: Pappas, N., Vice-President of Academics, ATINER & Professor, Sam Houston University, USA.

1. Lephart, A., Assistant Professor, Fort Lewis College, USA. The Position of the Centre of Mass during the Support Phase of Forward Somersaulting Skills on the Trampoline.
2. Minshull, C., Senior Lecturer, Nottingham Trent University, UK. Effects of Passive Versus PNF Stretch Conditioning on Neuromuscular Activation and Sensorimotor Performance.
3. Klaver-Krol, E., Clinical Neurophysiologist, Hospital Group Twente, The Netherlands, Henriquez, N.R., Clinical Neurophysiologist University Medical Centre, The Netherlands, Kuipers, H., Professor, University Maastricht, The Netherlands & Zwarts, M.J., Professor, University Medical Centre St Radboud, the Netherlands. Difference in a Pattern of Fatigue between Sprinters and Endurance Athletes in their Not-Specifically Trained Muscles. A Surface Electromyography Study.

11:00-12:30 Session II: Training and Performance

Chair: Minshull, C., Senior Lecturer, Nottingham Trent University, UK.

1. De Villiers, E., Biokineticist, Stellenbosch University, South Africa & Venter, R.E., Lecturer, Stellenbosch University, South Africa. The Effect of Barefoot Training on Speed, Agility, Power and Balance in Netball Players.
2. Konstantaki, M., Lecturer, Buckinghamshire New University, United Kingdom & Barlow, C., PhD Student, Buckinghamshire New University, UK. Effects of Menstruation on Sprint Performance in Female Rugby Players.
3. *Saha, S., Lecturer, University Sains Malaysia, Malaysia & Saha, S., Lecturer, University Sains Malaysia, Malaysia. Recovery Ratio from Autonomic Orienting Response as Predictor of High Performance in Cricket.
4. Van den Berg, P., Lecturer, North West University, South Africa. The Effect of the EIVs (Experimental Law Variations) on the Super 14 Rugby Union Tournaments.

12:30-13:30 Lunch

13:30-15:00 Session III: Physical Activity and Health across the Lifespan

Chair: Konstantaki, M., Lecturer, Buckinghamshire New University, U.K.

1. Cacek, J., Vice Head of Department, Masaryk University, Czech Republic. The Rate of Obesity - An Indicator of Fitness in Different Age and Gender Groups of the Population of the Czech Republic.
2. Yamauchi, J., Associate Professor, Tokyo Metropolitan University, Japan. Relationship between Foot Grip Force and Leg Muscle Force Generating Capacity in Middle-Aged and Elderly Individuals.
3. Bryan, A., Assistant Professor, Columbus State University, USA, Green, J.M., Associate Professor, Jacksonville State University, USA, Black, S., Professor, The University of Alabama, USA & Bishop, P., Professor, The University of Alabama, USA. Physical Independence: Examining Older Adults' Perceptions of Physical Limitations.
4. Fletcher, R., Lecturer, Massey University, New Zealand. Resistance Training and the Elderly: An Investigation into Wellbeing and Life Satisfaction.

20:30-22:30 Greek Night and Dinner (Details during registration)

09:00-10:30 Session IV: Motor Control

Chair: *Saha, S., Lecturer, University Sains Malaysia, Malaysia

1. Korvas, P., Associate Professor, Masaryk University, Czech Republic, Sebera, M., Faculty Member, Masaryk University, Czech Republic, Musil, R., Faculty Member, Masaryk University, Czech Republic & Kolarova, K., Faculty Member, Masaryk University, Czech Republic. Preliminary Research of Plantar Pressure and Time Characteristics during Walking.
2. Olivier, B., Lecturer, University of the Witwatersrand, South Africa, McKinnon, W. Professor, University of the Witwatersrand, South Africa, Stewart, A., Professor, University of the Witwatersrand, South Africa & Olorunju, S., Professor, University of the Witwatersrand, South Africa. The Influence of Injuries Sustained Prior and During a Cricket Season on Lumbar Movement Control, Static and Dynamic Balance Ability in Cricket Fast Bowlers.
3. Duquette, A., Kinesiology Laboratory Coordinator, University of Windsor, Canada. A Method for Examining Reaction Time, Movement Time, and Attentional Focus during a Simulated Driving Task with and without Cell Phone Texting.
4. Dehner, C., Trauma Surgeon, University of UIM, Germany. Postural Control Deficit in Acute QTF Grade II Whiplash Injuries. . (Tuesday, 26th of June, 2012)

10:30 -12:00 Session V: Health and Sports Psychology

Chair: Constantinou, P., Associate Professor, Ithaca College, USA.

1. Bentley, M., Associate Professor, Ithaca College, USA. Learn Through Practice: The Critical Examination of Individualism in Global Chronic Disease Prevention.
2. Broodryk, R., Junior Subject Specialist, North West University, South Africa. Comparison of Coach and Player Perceptions on Coaching Efficacy in Club Level Rugby Union.
3. D'Acerno, M.R., Professor, University of Parthenope, Italy. Anxiety and Physical Education. (Tuesday, 26th of June, 2012, morning)
4. Leach, L., Lecturer, University of the Western Cape, South Africa. The Impact of Multiple Health Behaviour Intervention Strategies on Coronary Heart Disease Risk Factors in First Year University Students.

12:00 -13:30 Session VI: Socio-cultural Topics in Physical Education and Health

Chair: Bentley, M., Associate Professor, Ithaca College, USA

1. Kolander, C., Director, University of Louisville, USA & Benson, P., University of Louisville, USA. . Curbing Health Care Costs through Health Care Management.
2. Constantinou, P., Associate Professor, Ithaca College, USA. The Overwhelming Many Vs the Essential Few: Rethinking Teacher Preparation.
3. Sekot, A., Professor, Masaryk University, Czech Republic. Physical Activity as a Sociological Phenomenon.
4. Kodra, E., UST, Albania, Kovaci, F., UST, Albania, Skenderi, D., UST, Albania & Bendo, A., UST, Albania. How can Future Talents of 8-14 Years Old be Identified in Different Sports' Disciplines.

13:30-14:30 Lunch

14:30 -16:00 Session VII: Physical Activity, Fitness and Performance

Chair: Sekot, A., Professor, Masaryk University, Czech Republic.

1. Chia, M., Professor, National Institute of Education, Singapore. Quality of Life-Physical Activity-Body Mass Index-Academic Performance Nexus among Primary School Pupils in Singapore.
2. Saha, S., Lecturer, University Sains Malaysia, Malaysia, Saha, S., Lecturer, University Sains Malaysia, Malaysia, Krasilshchikov, O., Lecturer, University Sains Malaysia, Malaysia & Saat Ismail, M., Lecturer, University Sains Malaysia, Malaysia. Impact of Accuracy in Anticipation on Decomposition of Autonomic Tonic and Phasic Responses as Predictor of Performance Excellence in Malaysian Swimmers.
3. Rashiti, N., Professor, University of Prishtine, Serbia. Ajvazi, V., University of Prishtine, Serbia, Murseli, Q., University of Prishtine, Serbia & Zaplluzha, S., University of Prishtine, Serbia. Connections between some Motor Abilities with the Results of the School Success in Young Basketball Players.

Athens Institute for Education and Research

This certifies that Soumendra Saha,
Lecturer, University Sains Malaysia, Malaysia,
participated and presented the paper
*"Recovery Ratio from Autonomic Orienting Response
as Predictor of High Performance in Cricket"*
at the 8th Annual International Conference on
Kinesiology and Exercise Sciences, 25-28 June 2012, in Athens, Greece.

The official program is available at <http://www.atiner.gr/fitness.htm>



Dr. Gregory T. Papanikos
President



Dr. Nicholas C.J. Pappas
Vice President of Academics

Athens Institute for Education and Research

Abstract Submitting Form

Conference	8th Annual International Conference on Kinesiology and Exercise Sciences 25-28 June 2012, Athens, Greece
Title of Paper	Recovery Ratio from Autonomic Orienting Response as Predictor of High Performance in Cricket
For more than one author, please copy and paste the following eight rows for each additional author.	
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Abstract	<p>Twenty-three world-class cricket players of Bangladesh, selected for the ICC World Cup 2011, were compared with twenty-two amateur-competitive and eighteen developmental level cricketers of South-Asian contingent, on the basis of their consistent high performance and on the basis of their performance on psychomotor and psychobiological parameters, volunteered in this study. Orienting reflex measures of skin conductance as well as cardiovascular activity were done while the cricketers were engaged in psychomotor performances. Whole body reaction ability and anticipation simulated with close-fielding performance in cricket were evaluated as measure of agility and anticipation, along with the evaluations of signal detection type of perceptual discrimination ability (as measure of cognitive competence). Structural equations were done to identify the path regression related to performance excellence, which were suggestive of incoherence between the predictors. Short-term intensive action-regulation training was introduced, which could in turn modify intrinsic psychobiological mechanism leading towards excellence in performance in the elite-level cricket players. Multiple linear and polynomial regression analyses along with the predictive structural analyses were done to identify relationships between the psychobiological processes explained by the HPA axis and the TCA pathways, in relation to the cognitive-affective and affective-motivational aspects of sports behaviour, revealed by the projective analyses of emotionality. These models were aptly able to explain the efficacy of the action-regulation intervention techniques, in inducing the cognitive and emotional flexibility required for performance excellence in elite-level cricket events.</p>
Keywords	Autonomic recovery, Orienting response, Cricket

Please email to: atiner@atiner.gr as an attached file or fax it to +30 210 3634209



Athens, 2 March 2012

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****Chief Coach, Cricket

Universiti Kebangsaan Malaysia

Bangi, Selangor, Malaysia

*****Chief Coach, Cricket

Chittagong University,

Chittagong, Bangladesh.

Our Ref: FIT2012/2055039

Dear Colleagues,

I would like to inform you that the selection committee has decided to invite you to speak at our **8th Annual International Conference on Kinesiology and Exercise Sciences, 25-28 June 2012, Athens, Greece**, on the topic of:

Recovery Ratio from Autonomic Orienting Response as Predictor of High Performance in Cricket

Please visit the conference website: <http://www.atiner.gr/fitness.htm> for more information and confirm your participation by completing and sending the registration form enclosed in this letter **before 23 April 2012** by fax, regular mail or email.

For your convenience, a special conference rate has been arranged with the conference hotel, a luxury hotel. Please complete the registration form below for the nights you want accommodation for. Reservations should be made as soon as possible as the offer only stands as long as rooms are available.

The conference's social program is available at <http://www.atiner.gr/soc/2012SOC-FIT.htm> and includes official dinners and educational trips to Acropolis Hill (Parthenon), Delphi and the historical islands of Aigina, Hydra and Poros. These academic events give the opportunity to our conference participants to further discuss the issues developed during the formal sessions and establish academic collaborations with other scholars from many different countries.

If you want your paper to be considered (peer reviewed) for publication, please submit your manuscript by **25 May 2012** following the paper guidelines, which can be downloaded from: http://www.atiner.gr/docs/Paper_Guidelines.htm. **Papers cannot exceed 5000 words (everything**

included) and must be sent by email only. For more information, please see our abstract and paper publication policy at http://www.atiner.gr/docs/Publication_Policy.htm.

Please, do not fax your paper. Please support ATINER by asking your library to order our publications from previous conferences, either as books or selected conference proceedings. Visit our publications website for contents and order forms (http://www.atiner.gr/docs/BOOK_PUBLICATIONS.htm).

I look forward to meeting you in Athens.

Sincerely,

A handwritten signature in black ink that reads "Greg T. Papanikos". The signature is written in a cursive, flowing style.

Gregory T. Papanikos
President

Recovery Ratio from Autonomic Orienting Response as Predictor of High Performance in Cricket

Dr. Soumendra Saha¹; Dr. Srilekha Saha¹; Dr. Debashis Chowdhury²; Nazmul Abedeen Fahim³ & Mohammed Salah Uddin⁴ & Abu Sama Biplob⁵

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Abstract

Twenty-three world-class cricket players of Bangladesh, selected for the ICC World Cup 2011, were compared with twenty-two amateur-competitive and eighteen developmental level cricketers of South-Asian contingent, on the basis of their consistent high performance and on the basis of their performance on psychomotor and psychobiological parameters, volunteered in this study. Orienting reflex measures of skin conductance as well as cardiovascular activity were done while the cricketers were engaged in psychomotor performances. Whole body reaction ability and anticipation simulated with close-fielding performance in cricket were evaluated as measure of agility and anticipation, along with the evaluations of signal detection type of perceptual discrimination ability (as measure of cognitive competence). Structural equations were done to identify the path regression related to performance excellence, which were suggestive of incoherence between the predictors. Short-term intensive action-regulation training was introduced, which could in turn modify intrinsic psychobiological mechanism leading towards excellence in performance in the elite-level cricket players. Multiple linear and polynomial regression analyses along with the predictive structural analyses were done to identify relationships between the psychobiological processes explained by the HPA axis and the TCA pathways, in relation to the cognitive-affective and affective-motivational aspects of sports behaviour, revealed by the projective analyses of emotionality. These models were aptly able to explain the efficacy of the action-regulation intervention techniques, in inducing the cognitive and emotional flexibility required for performance excellence in elite-level cricket events.