



Scientific Program

The Science and Practice of Racket Sport
for Improved Performance and Health

Special Focus on Table Tennis

Conference at Halmstad University
April 25-27, 2018



**The Science and Practice of Racket Sport for
Improved performance and Health:
Special Focus on Table Tennis, April 25-27 2018,
Halmstad University, Sweden**

Scientific program Wednesday, April 25

16.00 - 18.00 **Arrival and registration. *Venue: Visionen***

18.00-20.00 **Opening ceremony and social activity at "Halmstad Padel Center"**

Scientific program Thursday, April 26

08.00 - 09.00 Registration. *Venue: Visionen*

09.00 - 09.15 Welcome: Official Opening, Vice Chancellor Stephen Hwang, Professor Urban Johnson, PhD Lars Kristén
Venue: The Baertling Hall

09.15 - 10.00 Keynote I:
Anders Hansen: "Physical activity is the most important thing you can do for your brain." Chair: Mattias Nilsson
Venue: The Baertling Hall

10.00 - 10.30 Coffee break

10.30 - 12.30 Parallel sessions 1: Oral presentations, Time: 15 minutes.

Health and innovation: Wigforss Hall Moderator: Kristina Ziegert	High performance: Baertling Hall Moderator: Emma Haglund	Sport Sciences: Halda Hall Moderator: Miran Kondric
<p>1, Alina Franck & Natalia Stambulova, Halmstad University, Sweden. <i>A Swedish female tennis player's junior-to-senior transition: A narrative case study.</i></p> <p>2, Fethi Regaieg, Aspetar, Orthopedic and Sports Medicine Hospital, Qatar. <i>Injuries Prevention Strategy / Table Tennis.</i></p> <p>3, Lars Kristén, Halmstad University & Mikael Ring, University of Gothenburg, Sweden. <i>SwingPingis – An innovative and norm critical physical activity tool for health for everyone.</i></p> <p>4, Filip Gertz Lysdal, Aalborg University, Christian Møller Madsen, Stenhus Gymnasium, Holbæk & Uwe Gustav Kersting, Aalborg University, Denmark. <i>The effect of Spraino® on performance in a novel speed test for evaluation of badminton specific movements.</i></p>	<p>1, Istvan Moldovan, Halmstad University, Sweden. <i>The fire that burns from within: Tales of legendary Swedish table tennis players.</i></p> <p>2, Ivan Malagoli Lanzoni & Sandro Bartolomei, Rocco Di Michele, University of Bologna, Italy. <i>Technical-tactical comparison of women's and men's elite table tennis matches.</i></p> <p>3, Fatemeh Keywani Aspetar, Doha - Qatar. <i>Effect of short term Creatine, Glucose and Creatine+Glucose supplementation on anaerobic performance in female table tennis player.</i></p> <p>4, Rosa Rahavi Ezabad, Maryam Rahimian Mashhadi, & Akramasadat Razavi University of Alzahra, Tehran, Iran. <i>The Effects of the upper extremity weight gain on the</i></p>	<p>1, Emily Kamruddin & Sabira Mannan Kingston University London, United Kingdom. <i>Attentional and Perceptual Abilities in Badminton Single Players.</i></p> <p>2, Adrian Alexandru Moşoi, University of Brasov, Romania & Nicolae Ochiana, University "VasileAlecsandri" of Bacau, Romania. <i>Comparative study on the number of training hours and the feedback provided by the coaches in individual sports that use or do not use rackets.</i></p> <p>3, Xiao Yi, Shanghai University of Sport, China & Li Yilin, Shanghai Science & Technology Development Center, China. <i>The study and development of a real-time data collection and analysis system for table tennis training.</i></p> <p>4, Xavier Sanchez, Halmstad University, Sweden. <i>To serve to win or to serve not to lose. Is there any difference?</i></p>

<p>5, Karin Weman Josefsson, Halmstad University, Sweden. <i>Theory based interventions - the value of motivational theory in health promotion.</i></p> <p>6, Krister Hertting, Mats Holmquist, James Parker, Michaela Karlsson & Alexandra Sandhén, Halmstad University, Sweden. <i>Ping pong health! A table tennis intervention for improved health at the workplace.</i></p>	<p><i>Accuracy and Movement Pattern of Forehand Drive of Novice Players.</i></p> <p>5, Michael Fuchs, Technical University of Munich, Germany, Kazuto Yoshida, Shizuoka University, Shizuoka, Japan, Sho Tamaki, Meio University, Okinawa, Japan & Hui Zhang, Zhejiang University, Hangzhou, China. <i>Practical Performance Analysis in Table Tennis - A Review: Best practice examples of the two most successful countries of the last Olympics: China and Japan. (HP)</i></p> <p>6, Maryam Abdoshahi & Sima Limoochi, Alzahra University, Tehran, Iran. <i>A Comparison of Psychological Variables of Expert Women Table Tennis athletes with Physical Disabilities.</i></p>	<p>5, Isao Hayashi & Masaki Ogino, Kansai University, Japan; Sho Tamaki, Meio University, Japan; Kazuto Yoshida, Shizuoka University, Japan & Miran Kondric, University of Ljubljana, Slovenia. <i>Development of image processing system acquires characteristics of table tennis player from video image - toward realization of table tennis strategy board.</i></p> <p>6, Johan M. Wikman, Andreas Ivarsson & Karin Moesch, Halmstad University, Sweden; Peter Elsborg, Steno Diabetes Center Copenhagen, Denmark; Marie-Louise T. Hauge, Open High School of Copenhagen, Denmark; Anne-Marie Elbe, University of Leipzig, Germany. <i>Early or late specialization in elite sports - an investigation of Danish racket sports participants' road to the top.</i></p>
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12.30 - 13.30

Lunch, Poster Presentation & Knowledge Market. *Venue: Visionen*

<p>Poster presentation: Venue: Visionen</p> <p>1, Chiwen Shen, Shanghai University of Sport, China. <i>The investigation of spectator satisfaction in the 2017-2018 season China Table Tennis Super League - taking Jiangsu, Zhejiang and Shanghai as an example. (HI)</i></p> <p>2, Zhang Yuan-yue, Wang Yan, Li Rong-zhi & Zhong Fei, China Table Tennis College, Shanghai University of Sport, China. <i>The Point Characteristics and Effect Analysis of Serving and Receiving Service Combination Point When Xu Xin Versus Mizutani Jun. (HI)</i></p> <p>3, Yanqiu Wang, Dongshi Wang & Chenglin Zhou, Shanghai University of Sport, Shanghai, China. <i>Recreational exercise ameliorates craving and enhances inhibitory control of methamphetamine dependency. (HI)</i></p> <p>4, Gunter Straub, Association of German Table Tennis Coaches, Germany & Miran Kondric, University of Ljubljana, Slovenia. <i>Choking under Pressure in Racket Sport: A brief Overview. (HP)</i></p> <p>5, Jimmy Tay, Halmstad University, Sweden. <i>Swedish table tennis player's dual career experiences. (HP)</i></p>

- 6**, Mizushima Sadayuki, Sports Science and Medicine Committee, Japan. A Case Study. *Exploration of story behind the yips phenomenon of elite table tennis player. (HP)*
- 7**, Ruizhi Liu, Shanghai University of Sport, China. *A review of technique and tactic analysis theory and methods in table tennis in China. (HP)*
- 8**, Keping Jiang, Shanghai University of Sport, China. *The technique and tactic analysis of HIRANO Miu. (HP)*
- 9**, David Paar, Laszlo Varga, Andras Olah, Jozsef Betlehem & Pongrac Acs, University of Pécs, Hungary. *Comparative Analysis of the German and Hungarian Men First League Play-Off Matches. (HP)*
- 10**, Samuel Andrew Pullinger, Aspire Academy, Qatar. *Player Load, Acceleration, and Deceleration patterns during two weeks of training in Table Tennis athletes. (HP)*
- 11**, Filip Gertz Lysdal, Aalborg University, Christian Møller Madsen, Holbæk, Denmark, Roos Bulthuis, University of Twente, The Netherlands & Uwe Gustav Kersting, Aalborg University, Denmark. *Tracking center of mass displacement in a novel speed test for evaluation of badminton-specific movements - a predictor of performance? (HP)*
- 12**, Gunter Straub, Association of German Table Tennis Coaches, Germany and Miran Kondric, University of Ljubljana, Slovenia. *Momentum, Hot Hand, and Flow in Net Sport: A brief Overview. (SP)*
- 13**, Jung-Huan Lee, National Taichung University of Education; Taiwan, R.O.C; Jin-Jiang Gao & Yen Chen, National Taiwan Normal University, Taiwan & I-Lin Wang, Jilin Sport University, China / Liupanshui Normal University, China. *Development of a cloud table tennis scoreboard. (SP)*
- 14**, Ivana Nikolić & Gordana Furjan Mandić, University of Zagreb, Croatia; Miran Kondrič University of Ljubljana, Slovenia. *Gender differences of young table tennis players in anthropometric characteristics, motor abilities and specific table tennis tasks. (SP)*
- 15**, Pontus Sparf, Halmstad University, Sweden. *Aerobic endurance test for Table Tennis: A correlation study between Cooper's test and Critical frequency test amongst Swedish-ranked players. (SP)*
- 16**, Hou Shuang, Shanghai University of Sport, China. *Analysis of Chinese Elite Women Table Tennis Players' Mental State during Competitions Base on the Change of Heart Rate. (SP)*
- 17**, Ren Jie, Shanghai University of Sport, China. *Current situation and the reasons for scoliosis of table tennis athletes. (SP)*
- 18**, Emre Ak, Sports Medicine and Athletic performance Center, Belek, Antalya, Turkey; Olcay Salici, Suleyman Demirel University, Isparta, Turkey & Yunus Şahinler, Dumlupinar University, Kutahya, Turkey. *Problem solving skills of cadet table tennis player. (SP)*
- 19**, Diana Zerdila, Democritus University of Thrace, Greece, Julian Fritsch, University of Thessaly, University of Copenhagen, Denmark, Anne-Marie Elbe, University of Leipzig, Germany, Yannis Tzioumakis & Antonis Hatzigeorgiadis, University of Thessaly, Greece. *Outward Emotional Reactions and Subsequent Performance in Table Tennis. (SP)*

20, Robert T. Book, Jr. & Kristoffer Henriksen, University of Southern Denmark, Odense, Denmark & Natalia Stambulova, Halmstad University, Sweden. *Towards Investigating Athletic Talent Development Environments in Underserved Communities in the United States. (SP)*

21, Aleena Edwards, Bangor University, Wales, UK. *The Relationships between Perceived Motivational Climate, Imagery and Training Behaviours. (SP)*

22, Nazanin Meghdadi & Ali Yalfani, Bu-Ali Sina University, Hamadan, Iran & Houman Minoonejad, University of Tehran, Tehran, Iran. *Surface Electromyographic Analysis of Selected Shoulder Girdle Muscles in Elite Table Tennis Players with and without Shoulder Impingement Syndrome during Forehand Topspin. (SP)*

13.45 - 14.30

For all: Joint introductory workshop: Practical exhibitions.

Speaker: Jörgen Persson; "Coaching for excellence." Chair: Mikael Andersson and Lars Kristén.

Venue: Högskolehallen (University Sports Arena)

14.30 - 16.00

High performance: Parallel workshops, practical exhibitions:

"Physical assessment and technology". Chair: Lina Lundgren.

Venue: DLC, building Q

Health and innovation: Parallel workshops, practical exhibitions:

"Sports for all". Chair: Lars Kristén.

Venue: Högskolehallen (University Sports Arena)

Sport Sciences: Parallel workshops, practical exhibitions:

"Mental skills training for athletes: applied sport psychology".

Chair: Urban Johnson

Venue: DLC, building Q

16.15 - 17.00

Key note II: Mads Brink Hansen "Performance optimization in Danish elite

badminton (Badminton Denmark) with special emphasis on strength and conditioning". Chair: Lina Lundgren.

Venue: DLC, building Q

17.00

End of day 1

20.00

The Conference Dinner

Scientific program Friday, April 27

08.30 - 09.15 **Registration.** *Venue: Visionen*
 09.15 - 10.00 **Key note III:** Tsung Min Hung "The relationship between participation in table tennis and cognitive function". Chair: Natalia Stambulova.
Venue: The Baertling Hall

10.00 - 10.30 **Coffee break**

10.30 - 11.00 **Invited speaker:** Johan Fallby
The table tennis parent as an expert in talent development?
 Chair: Rickard Bohman.
Venue: The Baertling Hall

11.05 - 12.00 **Parallel sessions 2: Workshops (11.05-11.30+ 11.35-12.00, (same workshop 2 times))**

Health and innovation: Wigforss Hall	High performance: Halda Hall	Sport Sciences: Baertling Hall
Moderator: Andreas Ivarsson	Moderator: Alina Franck	Moderator: Xavier Sanchez
1 , Arne Edvardsson, Halmstad University, Sweden. <i>Orchestrating a neurofeedback intervention in table tennis: Playing with emotional regulation and attentional control.</i>	1 , Mahmoud Ghuneim, Jordan. <i>Mental/Cultural implications and future expectations for table-tennis sport technical development, with special emphasis on the prospects of proposed new, 3rd, TT-technical system: "The MG- ship style"</i>	1 , Samuel Andrew Pullinger, Aspire Academy, Qatar. <i>A guide to fitness testing in racquet sports.</i>

12.00 - 13.15 **Lunch,** Restaurant Spiro

13.15 - 13.45 **Invited speaker:** Konrad Tiefenbacher. History and background of rubber treatment and possible consequences of actual proposal to change Law of Table Tennis 2.4.7. Chair: Miran Kondric.
Venue: The Baertling Hall

- 13.50 - 14.35** **Key note IV:** Irene Faber “Diamonds in rough guidelines to identify and develop high potential in youth racquet sport players”.
Chair: Krister Hertting.
Venue: The Baertling Hall
- 14.35-15.00** **Coffee break**
- 15.00 - 15.25** **Theme-based discussions:** ITTF and Regional Development; Tomas Weikert and Steve Dainton CEO; Peter Gårdestedt Halland Sport Federation. Chair: Mikael Andersson *Venue: The Baertling Hall*
- 15.25 - 16.00** **Closing ceremony**
Anna Cregård, Head of School of Business, Engineering and Science and Miran Kondric, Chair of the ITTF SCI.
Presentations of ITTF and WTTC Scholarships, Dejan Papic, Head of Education, ITTF and Mikael Andersson, Technical Director, WTTC 2018.
Announcement of the next International Table Tennis Scientific Conference in Budapest in 2019. Speaker: PhD Pongrac Acs and PhD David Paar. *Venue: The Baertling Hall*

Departures/attendance to 2018 World Team Table Tennis Championship