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EUROPEAN COLLEGE OF SPORT SCIENCE
26th - 29th June 2013, Barcelona – Spain
BOOK OF ABSTRACTS

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Balagué, N., Torrents, C., Vilanova, A., Cadefau, J., Tarragó, R., Tsolakidis, E.

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Welcome

Dear congress participant,

Since its creation one of the main aims of the ECSS has been to contribute to the unification of sport science. However, the tremendous growth in the field has produced further fragmentation. Is it possible to unify these fragmented areas? Are there common principles that bind them?

Reductionism has dominated research for over a century and has provided a wealth of knowledge, yet it is increasingly clear that a discrete biological function can only rarely be attributed to an individual molecule. Indeed, most biological characteristics arise from complex interactions: between proteins, cells, organisms, groups, societies, etc. A key challenge in the twenty-first century is therefore to understand the structure and dynamics of these complex interactions, as this will surely foster a new and better understanding between the different scientific disciplines.

The 2013 ECSS Congress in Barcelona seeks to help sport science make its own leap forward towards a comprehension of ourselves not as part of a technical world but as interacting parts of a consistent and coherent whole: nature. The 18th Annual Congress of the ECSS aims to contribute to the development of global approaches in the different specialized areas and to provide an even broader view of sport science. Hopefully, by moving from the whole to the parts and vice versa, sport scientists will be able to find the best paths through the field.

Barcelona is an open city: open to the sea, to culture, to the world and to science. What better place in which to join forces in unifying sport science.

Benvinguts a Barcelona,

Bienvenidos a Barcelona,

Welcome to Barcelona!

Natàlia Balagué & Carlota Torrents

Congress Presidents

Table of Contents

ORGANISATION	3
WELCOME	7
TABLE OF CONTENTS	9
Honorary session: PS-HS01 Sport Science, in the World of Science	17
WEDNESDAY, JUNE 26TH, 2013	19
15:00 - 16:30	19
IS-PM07 Antioxidants in physical exercise: points and counterpoints *	19
OP-PM20 Nutrition [NU] 1.....	20
IS-PM13 Exercise and Training in COPD Patients *	22
OP-PM25 Physiology [PH] 2.....	22
OP-PM26 Physiology [PH] 3.....	25
IS-BN05 Specificity in strength training in elite sport *	27
OP-PM30 Physiology [PH] 7.....	28
IS-SH01 Understanding sport participation in Europe *	30
IS-SH05 A Critical Pedagogy for Physical Education Futures: Prospects for Change.....	31
IS-PM01 JSPFSM Exchange Symposium: Confronting super aging society -	32
OP-SH05 Psychology [PS] 1	33
17:00 - 18:15	36
PS-PL01 Does Pain Produce Gain? *	36
THURSDAY, JUNE 27TH, 2013	37
08:30 - 10:00	37
OP-PM22 Nutrition [NU] 3	37
OP-PM40 Sports Medicine [SM] 1.....	39
OP-PM47 Training and Testing [TT] 1	41
OP-PM14 Neuromuscular Physiology [NP] 1	44
OP-BN10 Motor Learning [ML] 1.....	46
OP-BN09 Coaching [CO] 1 Coaching	49
OP-PM12 Molecular Biology [MB] 2	51
OP-SH01 Misc. topics [CS][EC][HI][PE].....	53
OP-SH07 Psychology [PS] 3.....	55
OP-PM31 Physiology [PH] 8	57
OP-SH16 Sport Statistics and Analyses [SA] 2	59
10:20 - 11:50	61
IS-PM06 Sports nutrition: from science to recommendations sponsored by GSSI *	61
OP-PM48 Training and Testing [TT] 2	62
IS-SH11 In Pursuit of Active Aging - Achieving Sustained Physical Activity and Function in Older Adults *	64
OP-PM24 Physiology [PH] 1	65

IS-BN02 Feedback and feedforward interaction - the role of augmented feedback in performance (sponsored by Adidas)	67
OP-BN02 Biomechanics [BM] 2	68
OP-PM11 Molecular Biology [MB] 1	71
IS-SH03 Transitions and strategies in top level sport	73
IS-SH10 Implementation and impact of the Empowering Coaching programme in promoting children's active and healthy engagement in sport: Findings from the PAPA main trial	74
OP-SH06 Psychology [PS] 2	75
OP-SH14 Sport Management [SM] 2	78
12:00 - 13:15	79
PS-PL02 Emerging Trends in Team Sports Science sponsored by Aspetar	79
14:00 - 15:00	80
PP-PM68 Training and Testing [TT] 3	80
PP-PM28 Nutrition [NU] 2	85
PP-PM39 Physiology [PH] 6	90
PP-PM45 Physiology [PH] 12	95
PP-PM51 Physiology [PH] 18	100
PP-PM73 Training and Testing [TT] 8	105
PP-PM63 Sports Medicine [SM] 7	110
PP-PM16 Health and Fitness [HF] 10	115
PP-PM07 Health and Fitness [HF] 1	121
PP-PM05 Biochemistry [BC] 1	126
PP-PM21 Molecular Biology [MB] 1	130
PP-PM27 Nutrition [NU] 1	134
PP-PM57 Sports Medicine [SM] 1	139
PP-PM79 Training and Testing [TT] 14	144
PP-BN02 Biomechanics [BM] 2	149
PP-BN04 Biomechanics [BM] 4	153
PP-BN13 Motor Learning [ML] 1	158
PP-SH01 Misc. topics 1	162
PP-SH03 Physical Education and Pedagogics [PP] 1	165
PP-SH17 Sociology [SO] 1	170
PP-BN05 Biomechanics [BM] 5	174
15:00 - 16:00	179
PP-PM58 Sports Medicine [SM] 2	179
PP-PM35 Physiology [PH] 2	184
PP-PM40 Physiology [PH] 7	189
PP-PM46 Physiology [PH] 13	194
PP-PM54 Rehabilitation [RE] 1	199
PP-PM74 Training and Testing [TT] 9	203
PP-PM64 Sports Medicine [SM] 8	208
PP-PM17 Health and Fitness [HF] 11	213
PP-PM08 Health and Fitness [HF] 2	218
PP-PM01 Adapted Physical Activity [AP] 1	222
PP-PM23 Neuromuscular Physiology [PH] 1	225

PP-PM34 Physiology [PH] 1	230
PP-PM66 Training and Testing [TT] 1	236
PP-PM80 Training and Testing [TT] 15	241
PP-BN01 Biomechanics [BM] 1	246
PP-SH22 Sport Statistics and Analyses [SA] 1	251
PP-BN10 Coaching [CO] 1	255
PP-SH25 Misc. topics 2	259
PP-SH08 Psychology [PS] 1	262
PP-SH18 Sociology [SO] 2	267
PP-SH20 Sport Management [SP] 1	270
16:20 - 17:50	275
OP-PM43 Sports Medicine [SM] 4	275
IS-PM03 Oxygenation and fatigue in humans: unravelling the mechanisms *	277
IS-PM08 Limits to performance during short-term and prolonged exercise in the heat sponsored by Aspetar	278
IS-PM11 Muscle mass regulation in humans: relative importance of protein synthesis and protein breakdown *	279
OP-PM28 Physiology [PH] 5	280
IS-BN01 What the dynamics of team sports tell us about collective behaviours	283
IS-BN04 Cyclic sports: energetics, evaluation and constraints *	284
IS-SH04 The impact of sport for all policies on elite sporting success	285
IS-SH09 Towards a theory of sports coaching	286
OP-SH15 Sport Statistics and Analyses [SA] 1	287
OP-BN01 Biomechanics [BM] 1	289
18:00 - 19:30	292
OP-PM21 Nutrition [NU] 2	292
OP-PM27 Physiology [PH] 4	294
OP-PM05 Health and Fitness [HF] 1	296
OP-PM56 Training and Testing [TT] 10	298
OP-BN03 Biomechanics [BM] 3	301
OP-BN12 Motor Learning [ML] 3	303
OP-BN04 Biomechanics [BM] 4	305
OP-PM19 Neuromuscular Physiology [NP] 6	307
OP-SH10 Psychology [PS] 6	310
OP-PM42 Sports Medicine [SM] 3	312
OP-PM32 Physiology [PH] 9	314
FRIDAY, JUNE 28TH, 2013	317
08:30 - 10:00	317
OP-PM10 Health and Fitness [HF] 6	317
OP-PM49 Training and Testing [TT] 3	318
IS-PM14 Hypoxia for health and fitness *	321
OP-PM01 Adapted Physical Activity [AP] 1	321
OP-BN07 Biomechanics [BM] 7	323
OP-PM13 Molecular Biology [MB] 3	325
OP-PM04 Biochemistry [BC] 1 Biochemistry	328

OP-SH04 Physical Education and Pedagogics [PP] 3.....	330
OP-SH08 Psychology [PS] 4	332
OP-SH11 Sociology [SO] 1	335
OP-PM44 Sports Medicine [SM] 5.....	336
10:20 - 11:50	338
IS-PM02 ACSM Exchange symposium: Exercise - Thermoregulation *	338
OP-PM45 Sports Medicine [SM] 6	339
IS-PM15 Can exercise damage the heart *	340
IS-PM04 Mitochondrial structural organization, dynamics and function.....	341
IS-BN07 New trends in motor learning.....	342
OP-PM17 Neuromuscular Physiology [NP] 4.....	343
IS-BN03 Biomechanical human-environment interaction.....	345
IS-SH06 Ethico-legal perspectives on justice in sport.....	346
IS-SH02 Body projects and the embodiment of gender and ethnicity	347
OP-PM02 Adapted Physical Activity [AP] 2.....	348
OP-PM41 Sports Medicine [SM] 2.....	350
12:00 - 13:15.....	352
PS-PL03 The choreography of movement and the brain	352
14:00 - 15:00.....	353
PP-PM29 Nutrition [NU] 3.....	353
PP-PM36 Physiology [PH] 3	357
PP-PM41 Physiology [PH] 8	363
PP-PM47 Physiology [PH] 14	369
PP-PM55 Rehabilitation [RE] 2	373
PP-PM59 Sports Medicine [SM] 3.....	377
PP-PM65 Sports Medicine [SM] 9.....	382
PP-PM18 Health and Fitness [HF] 12.....	386
PP-PM09 Health and Fitness [HF] 3	391
PP-PM02 Adapted Physical Activity [AP] 2	394
PP-PM24 Neuromuscular Physiology [PH] 2.....	398
PP-PM69 Training and Testing [TT] 4	402
PP-PM75 Training and Testing [TT] 10.....	408
PP-PM81 Training and Testing [TT] 16	412
PP-BN03 Biomechanics [BM] 3	415
PP-BN06 Biomechanics [BM] 6	421
PP-BN11 Coaching [CO] 2.....	426
PP-SH04 Physical Education and Pedagogics [PP] 2	430
PP-SH09 Psychology [PS] 2	435
PP-SH13 Psychology [PS] 6	440
PP-SH21 Sport Management [SP] 2.....	444
15:00 - 16:00	448
PP-PM30 Nutrition [NU] 4.....	448
PP-PM37 Physiology [PH] 4.....	453

PP-PM42 Physiology [PHI] 9	457
PP-PM48 Physiology [PHI] 15	462
PP-PM56 Rehabilitation [RE] 3	466
PP-PM60 Sports Medicine [SM] 4	471
PP-PM13 Health and Fitness [HF] 7	476
PP-PM19 Health and Fitness [HF] 13	482
PP-PM10 Health and Fitness [HF] 4	487
PP-PM03 Adapted Physical Activity [AP] 3	492
PP-PM25 Neuromuscular Physiology [PHI] 3	495
PP-PM70 Training and Testing [TT] 5	500
PP-PM76 Training and Testing [TT] 11	504
PP-PM82 Training and Testing [TT] 17	509
PP-PM85 Training and Testing [TT] 20	513
PP-BN07 Biomechanics [BM] 7	518
PP-BN12 Coaching [CO] 3	523
PP-SH05 Physical Education and Pedagogics [PP] 3	526
PP-SH10 Psychology [PS] 3	530
PP-SH14 Psychology [PS] 7	535
PP-SH23 Sport Statistics and Analyses [SA] 2	540
16:20 - 17:50	545
IS-PM09 The brain at work *	545
OP-PM46 Sports Medicine [SM] 7	546
IS-BN09 Biomechanics in disability sport: Challenges and solutions *	548
OP-PM09 Health and Fitness [HF] 5	549
OP-BN05 Biomechanics [BM] 5	551
IS-BN08 Biomechanics of sport equipment: Triad of performance, comfort and injury prevention *	554
IS-BN06 Evolution and adaptation in human locomotion *	555
OP-PM52 Training and Testing [TT] 6	556
IS-SH08 Strategies for preventing sexual harassment in sport – in between voluntariness and obligation	558
OP-PM07 Health and Fitness [HF] 3	559
OP-PM57 Training and Testing [TT] 11	561
18:00 - 19:30	564
OP-PM33 Physiology [PHI] 10	564
OP-PM55 Training and Testing [TT] 9	566
OP-PM35 Physiology [PHI] 12	568
OP-PM06 Health and Fitness [HF] 2	570
OP-PM23 Nutrition [NU] 4	571
OP-PM08 Health and Fitness [HF] 4	573
OP-PM16 Neuromuscular Physiology [NPI] 3	576
OP-PM51 Training and Testing [TT] 5	578
OP-SH09 Psychology [PS] 5	581
OP-PM15 Neuromuscular Physiology [NPI] 2	583
OP-PM38 Rehabilitation [RE] 1	585

SATURDAY, JUNE 29TH, 2013	587
08:30 - 10:00	587
OP-PM53 Training and Testing [TT] 7.....	587
OP-PM36 Physiology [PH] 13.....	589
IS-PM12 Regulation skeletal muscle carbohydrate and fat utilisation in exercise and disease in humans *.....	591
OP-PM03 Adapted Physical Activity [AP] 3.....	593
OP-PM37 Physiotherapy [PT] 1.....	594
OP-BN06 Biomechanics [BM] 6.....	597
OP-PM39 Rehabilitation [RE] 2.....	599
OP-PM34 Physiology [PH] 11.....	601
OP-PM50 Training and Testing [TT] 4.....	603
OP-SH02 Physical Education and Pedagogics [PP] 1.....	605
OP-SH13 Sport Management [SM] 1.....	606
10:20 - 11:50	609
OP-PM54 Training and Testing [TT] 8.....	609
OP-PM29 Physiology [PH] 6.....	611
IS-PM05 Obesity, diabetes and exercise: new developments *.....	613
IS-PM10 Dietary nitrate as an ergogenic aid *.....	614
IS-BN10 Evidence Based Sports Physiotherapy: Core stability in sports – myth or reality.....	615
OP-BN08 Biomechanics [BM] 8.....	616
OP-BN11 Motor Learning [ML] 2.....	618
IS-SH07 Sport sciences to improve dance performance and participation, an interdisciplinary proposal.....	620
OP-PM18 Neuromuscular Physiology [NP] 5.....	622
OP-SH03 Physical Education and Pedagogics [PP] 2.....	624
OP-SH12 Sociology [SO] 2.....	626
12:00 - 13:15	628
PS-PL04 Rehabilitation through exercise *.....	628
14:00 - 15:00	628
PP-PM31 Nutrition [NU] 5.....	628
PP-PM38 Physiology [PH] 5.....	632
PP-PM43 Physiology [PH] 10.....	636
PP-PM49 Physiology [PH] 17.....	641
PP-PM52 Physiotherapy [PT] 1.....	645
PP-PM61 Sports Medicine [SM] 5.....	649
PP-PM14 Health and Fitness [HF] 8.....	654
PP-PM20 Health and Fitness [HF] 14.....	659
PP-PM11 Health and Fitness [HF] 5.....	664
PP-PM04 Adapted Physical Activity [AP] 4.....	668
PP-PM26 Neuromuscular Physiology [PH] 4.....	671
PP-PM71 Training and Testing [TT] 6.....	676
PP-PM77 Training and Testing [TT] 12.....	680
PP-PM83 Training and Testing [TT] 18.....	685
PP-PM86 Training and Testing [TT] 21.....	690

PP-BN08 Biomechanics [BM] 8	693
PP-BN14 Motor Learning [ML] 3	697
PP-SH06 Physical Education and Pedagogics [PP] 4	701
PP-SH11 Psychology [PS] 4	706
PP-SH15 Psychology [PS] 8	710
PP-SH24 Sport Statistics and Analyses [SA] 3	714
15:00 - 16:00	719
PP-PM32 Nutrition [NU] 6	719
PP-PM33 Nutrition [NU] 7	723
PP-PM44 Physiology [PH] 11	729
PP-PM50 Physiology [PH] 16	734
PP-PM53 Misc. topics 4	738
PP-PM62 Sports Medicine [SM] 6	743
PP-PM15 Health and Fitness [HF] 9	747
PP-PM06 Biochemistry [BC] 2	752
PP-PM12 Health and Fitness [HF] 6	754
PP-PM22 Molecular Biology [MB] 2	759
PP-PM67 Training and Testing [TT] 2	763
PP-PM72 Training and Testing [TT] 7	767
PP-PM78 Training and Testing [TT] 13	771
PP-PM84 Training and Testing [TT] 19	776
PP-PM87 Misc. topics 3	779
PP-BN09 Biomechanics [BM] 9	784
PP-BN15 Motor Learning [ML] 2	789
PP-SH07 Physical Education and Pedagogics [PP] 5	794
PP-SH12 Psychology [PS] 5	798
PP-SH16 Misc. topics 3	803
PP-SH19 Sociology [SO] 3	806
E-POSTER NOT DEBATED	811
Adapted Physical Activity	811
Biochemistry	813
Biomechanics	815
Coaching	824
Computer Sciences	831
Health and Fitness	831
History	846
Molecular Biology	848
Motor Learning	850
Neuromuscular Physiology	854
Nutrition	857
Philosophy and Ethics	862
Physical Education and Pedagogics	863
Physiology	865
Physiotherapy	880

Psychology	881
Rehabilitation	886
Sociology	888
Sport Management	889
Sport Statistics and Analyses	890
Sports Medicine	894
Training and Testing	906
Traumatology	934
AUTHORS INDEX	935

* Clinical track

competence (SPORT), perceived bodily attractiveness (BODY), perceived physical strength (STRENGTH), perceived level of physical conditioning (CONDITION). Boys ($n=11$, 9.0 ± 0.9 yr) and girls ($n=13$, 9.3 ± 0.7 yr) were randomly assigned by sex into control (CON, $n=12$) or experimental (EXP, $n=12$) groups. After a familiarization session with the child-sized resistance training equipment, the EXP received 12-wk of resistance exercise 2 d/wk. Training sessions were 45 min and consisted of 5-min warm up followed by 2 sets x 15 repetitions of 7 exercises performed at a 3:0:2 tempo concluding with 5-min cool down. Child to instructor ratio was 4:1. Post-testing of PSPP-C for CON and EXP occurred in wk12 after completion of the exercise program. A 2 x 2 repeated measures analyses of variance (ANOVA) was used to analyze PSPP-C. Bonferroni pairwise post hoc analyses examined differences in the subscales of the PSPP-C. Alpha level was set at $p < 0.05$. Results There was no difference ($p > 0.05$) between CON and EXP pretests of PSPP-C. A significant interaction ($p = 0.37$) existed between CON and EXP groups. Post hoc analyses showed significant gains ($p < 0.05$) for EXP in all 6 subscales from pre to post. Only the SPORT subscale improved for the CON group ($p = 0.02$). Discussion Children who participate in a 12-wk resistance exercise program display enhanced physical self-perception compared to a control group. The CON and EXP began the program with similar PSPP levels. Regular resistance exercise improved all 6 subscale scores, not just STRENGTH, in the EXP. Children who participate in regular resistance exercise may have an increased awareness of their own levels of physical conditioning and strength. References Annesi, JJ, et al. (2005). *Res Q Exerc Sport* 76(4), 468-476. Velez, A, et al. (2010). *J Strength Cond Res* 24(4), 1065-1073.

DEVELOPMENTAL PATHWAYS OF FITNESS, AND NOT BASELINE, PREDICT FITNESS STATUS AT THE END OF CHILDHOOD.

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Introduction It is generally described that children fitness levels increase along childhood. Complementary to this idea is the notion that the tracking of children's fitness is good to moderate during this developmental time, and that baseline (initial values) of fitness are determinant on fitness development. The importance of developmental pathways has been recently reinforced by a theoretical argument that predicts that healthy lifestyle trajectories will evolve through either a positive or negative spiral of engagement or disengagement, respectively, in various physical activity behaviors across childhood that are reciprocally linked to motor skill, perceived competence and fitness development (Stodden et al., 2008). The main goal of this study is to test the hypothesis that different developmental pathways of physical fitness do occur during childhood (6-to-9 years-old), and to test their correlation with baseline fitness status. Methods This longitudinal study design included 507 primary school children who were assessed annually for four years on seven physical fitness tests. Childhood individual trajectories (baseline and slope values) on each of the fitness tests were determined along the four years of the study. Participants were divided into three groups according to individual fitness trajectories over time: Slow Rate of Change (Slow RC Change), Average Rate of Change (Average RC), and High Rate of Change (High RC). An ANOVA 3x2 (Group x Sex) with Bonferroni post hoc tests was used to test for the differences on rate of change between the constituted groups, and sex. Correlations between slope and test values were used to analyze the possibility of fitness performance prediction along the four years of the study. Results Results showed (1) significant differences on the rate of change between all groups ($p < .001$) for all variables tested (Slow RC < Average RC < High RC); (2) no effect from sex differentiation ($p > .15$ for all cases); and no positive correlation between baseline values and final values on physical fitness. Discussion The fact that differential pathways of fitness development were found throughout childhood adds to the established knowledge, and can be used as fundament for children's fitness programs. The level of fitness, even if not satisfactory early in childhood, can be changed, and it is the pathway, not the baseline, that shows to be of major importance for children to achieve a fit state. In conclusion, children show different rates of change in fitness development over childhood; and having a positive developmental trajectory of fitness predicts a fitter state at the end of childhood, independent of the initial values at 6-years-of-age. References Stodden, D. F., Goodway, J. D., Langendorfer, S. J., Robertson, M. A., Rudisill, M. E., Garcia, C., et al. (2008). A developmental perspective on the role of motor skill competence in physical activity: an emergent relationship. *Quest*, 60, 290-306.

ADIPOSIY INDICATORS IN YOUTH FROM A LOW SOCIOECONOMIC REGION

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Introduction BMI has been often used as an adiposity indicator in population-based studies (GONZALEZ et al. 2010). However, studies with children and women recommended that BMI should be used in conjunction with other estimates of body composition (i.e. skinfolds) in order to maximize the adiposity estimation in children. (WILSON et al. 2011) Purpose To analyze the power of different skinfolds to predict adiposity in youth with low socioeconomic status. Methods We measured body mass (BM), body mass index (BMI), waist circumference (WC), body fat (FAT) and skinfold at subscapular (SB), suprailiac (SI), middle axillary (MA), abdominal (ABD), biceps (BI), triceps (TRI) and middle calf (MC) regions in 232 youth aged 10-15 living in a low socioeconomic status island in Brazil. In addition, we calculated trunk adiposity (TrkA: SB + SI + MA + ABD divided by four), peripheral adiposity (PA: BI + TRI + MC divided by three) and total adiposity (TA: SB + SI + MA + ABD + BI + TRI + MC divided by seven). Results All skinfolds were subjected to principal component analysis (PCA). That revealed only abdominal skinfold with an eigenvalue exceeding 1, which explained 87% of the variance. This variance has increased by 95% when we added the next two components, i.e., supra-iliac and middle axillary skinfolds. The second PCA was constituted by TrkA, TA, PA, BMI, WC, BM and FAT, but it was explained only by TrkA (77% of the variance). Discussion Skinfold thickness is cheap and more direct measure of adiposity in children than BMI (OLDS, 2009). Our results recommend abdominal, supra-iliac and middle axillary, as well as trunk adiposity (i.e., mean of subscapular, suprailiac, middle axillary, abdominal) as the best body adiposity indicators in boys and girls from a low-socioeconomic region. References Gonzalez AM, Hartge P, Cerhan JR, Flint AJ, Hannan L, MacInnis RJ, et al. (2010) *New England Journal Medicine*, 363, 23, 2211-2219 Wilson HJ, Dickinson F, Griffiths PL, Azcorra H, Bogin B, Varela-Silva MI. (2011) *American Journal of Human Biology*, 23, 6, 780-789 Olds TS. (2009) *European Journal of Clinical Nutrition*, 63, 8, 934-9346 #supported by FAPESP process number 2010/20749-8