

FOOTBALL IS MEDICINE 2025

University of Jyväskylä, Finland

14-16 January

Tue 14.1.2025 | Stakeholder day

10:00-19:00	Registration desk open <i>Location: Liikunta building (L-building) entrance hall</i>
10:00-14:45	Football Fitness course for sport club instructors Professor Peter Krstrup <i>See more information about the programme and location on the conference website (Stakeholder day)</i>
12:00-13:00	Lunch <i>Location 1: Ykkönen (for Football Fitness participants)</i> <i>Location 2: Syke, Lozzi, Ilokivi (for those who are on campus)</i>
16:00-17:00	Panel Discussion <i>Good practices in recreational football implementation for elder age groups: Role of different stakeholders</i> <i>Location: L 304</i> Chair: Mikko Huhtiniemi Speakers: Hanna Valkeinen Expert, Age Institute, Finland Paula Carroll Senior Lecturer, South East Technological University, Ireland Leena Lassila Sport sector representative, Finland Stephen Clark Sports education and Development specialist, Finland
17:00-17:45	Keynote Associate Professor Felipe Lobelo (Hubert Department of Global Health & Rollin School of Public Health, Emory University, US) <i>Implementation science tools to expand the population health impact of sports and health interventions</i> <i>Location: L 304</i> Chair: Johanna Ihalainen
18:00-19:00	Self-organised ball games <i>Location: PS sport hall, L-building</i>
19:30-21.30	Local futsal derby (free tickets)

Location: Monitoimitalo

Wed 15.1.2025

08:00-19:00	Registration desk open <i>Location: L-building entrance hall</i>		
9:00-9:30	Conference opening session <i>Location: L 304</i> Chair: Mihaly Szerovay		
9.30-10:15	Keynote Dr. Katrine Kryger (Medical Specialist, UEFA) <i>Women's football - how we make the traditional football environment more inclusive</i> <i>Location: L 304</i> Chair: Samu Kytölä		
10:15-11:00	Coffee & Networking & Business corner pitches <i>Location: L-building 3rd floor</i>		
11:00-12:15	Parallel sessions Symposia (75 min) <i>Location: L 304</i> Football Cooperative, a community-based football initiative to improve male health: the journey to scale in Ireland Chair: Paula Carroll Speakers: Steve Daly Tom Egan Sarah Doherty Chris McDermott	<i>Location: L 209</i> Football – psychosomatic and socio-cultural medicine or poison? Chair: Marja Kokkonen Speakers: Kari Saari Nelli Lyyra Samu Kytölä	<i>Location: L 303</i> Quantitative approaches to understanding and managing sub-concussions in football Chair: Caroline Witton Speakers: Jan Novak Kati Peltonen & Laura Hokkanen Levi Bentley & Tuija Hyryrynen Tiina Parviainen Mihaly Szerovay
12:15-13:45	Lunch <i>Location: Syke, Lozzi, Ilokivi (lunch)</i>		

12:15-13:45

Business corner and networking

Location: L-building 3rd floor

13:45-15:00

Parallel sessions

Pitch oral presentations (4 min)

Location: L 304

Chair: Eero Savolainen

Association between post-exercise hypotension and long-term ambulatory blood pressure adaptations after recreational beach tennis in adults with hypertension

Rodrigo Ferrari

Hormonal contraceptive use among Finnish elite-level female football players

Iida Mustakoski

Superior health-related physical fitness and well-being in 12-15-year-old girls and boys active in leisure time sports club

Christina Birch Meiner

The agency and the status of children in junior football in Finland

Tytti Soini

Activity and intensity levels in recreational football training sessions for participants aged 60 and above

Mikko Julin

Fat Oxidation in Sub-elite Female Soccer Players

Camilla Prisak Pedersen

Best practices (10 min)

Location: L 209

Chair: Kola Adeosun

Empowering girls through football – possibilities and challenges in a Brazil-Norway cooperation

Christian Frøyd

What can we learn about amateur adult football players through their participation data?

Alexander Hölttä & Mikael Paajanen

Football as a tool for health education: A Freirean approach to HIV/AIDS prevention in Trinidad and Tobago

Kola Adeosun

Football as a tool for girls' development in Brazil: female empowerment and life skills

Maria Thereza Oliveira Souza

FIT FIRST in Iceland protocol: Effects on health status and physical fitness in 10- to 13-year-old schoolchildren during a 10-Week implementation of the school-based physical activity

Julia Johannsdottir

“Football for the Heart” as part of a welfare alliance between the Danish FA and 3 municipalities

Magnus Christensen

Symposium (75 min)

Location: L 303

Chair: Malte Nejst Larsen

Ballgames as health prevention in schools: The 11 for Health and FIT FIRST programmes

Skeletal muscle characteristics and sub-maximal work capacity in veteran football players and age-matched un-trained controls

Thomas Rostgaard Andersen

Perceived exertion in walking football vs running football in patients with type 2 diabetes

May-Britt Skoradal

Predicting Player Movement in Elite Women's Football: Correlating GPS Data with Physical Performance Metrics and Pitch Dimensions

Henri Qvickström

15:00-15:45

Invited speaker | Associate Professor Christiana Schallhorn (Johannes Gutenberg University Mainz)
More than a Game: The social and cultural impact of football on fans

Invited speaker | Dr. Johanna Ihalainen (University of Jyväskylä)
Health monitoring in female football

Location: L 304

Chair: Mari Leppänen

15:45-16:15

Coffee & Networking & Business corner pitches

Location: L-building 3rd floor

16:15-17:00

Keynote | Dr. Maysa Vieira de Sousa (Karolinska Institutet, Sweden & University of Sao Paulo, Brazil)
Combining recreational sports training and diet in the treatment of diabetes

Location: L 304

Chair: Enni-Maria Hietavala

17:15-18:15

Football is medicine steering group meeting

Location: L 304

17:15-19:00

Self-organised ball games

Location: PS sport hall, L-building

19:00-00:00

Conference Dinner (with tickets)

Location: Ilokivi venue

Thu 16.1.2025

08:00-14:00	Registration desk open <i>Location: L-building entrance hall</i>		
9:00-10:00	Parallel sessions Oral presentations (10 min)		
	Performance 1 <i>Location: L 304</i> Chair: Nanne-Mari Luukkainen	Prevention 1 <i>Location: L 209</i> Chair: Jennifer Frediani	Social and psychological perspectives <i>Location: L 303</i> Chair: Arto Kuuluvainen
	Body composition correlates of aerobic capacity in recreational footballers Carlo Castagna	Enhancing physical activity: A feasibility study of a soccer and health education program for children Jennifer Frediani	Unlocking access: How Finnish football clubs fund participation for disadvantaged youth? Arto Kuuluvainen
	Exploring the correlation between agility and lower limb power and strength in Icelandic football referees Milos Petrovic	Evaluation and optimization of the “11 for Health” programme, a football-based health intervention for 10-14-year-old school children Kristina Pfeffer	The construction of athletes' ethically controversial life practices in team and team-based sports: An integrative literature review applying Foucauldian analysis of power Veera Manninen
	Improving motor competence of children. The “Super Quinas” intervention program in Portuguese primary schools Júlio A. Costa	ACL injuries in Finnish female top-level football players – a 4-season (2020-23) prospective cohort study. Einari Kurittu	Physical and psychological trajectories over a one-year walking football training program Mélanie Boithias
	On-ice and off-ice performance: the link between cycle ergometry and ice skating in young hockey players Nanne-Mari Luukkainen	Training load and health outcomes in postmenopausal women playing recreational team handball Susana Povóas	Recreational soccer training improves cognitive and physical performance in female adolescents Amri Hammami
10:00-10:30	Coffee & Networking <i>Location: L-building 3rd floor</i>		
10:30-11:30	Parallel sessions Oral presentations (10 min)		
	Performance 2	Treatment	Prevention 2

Location: L 304
Chair: Morten B. Randers

Comparing physical performance and perceived exertion in late-maturing grassroots football players: maturity-based vs. age-based tournaments

Morten B. Randers

The effect of football-based exercise on physical fitness and executive function in preadolescent children

Umut Canli

The impact of leisure time sports on the effectiveness of school-based physical activity programs

Lea Heer

Game involvement and enjoyment in late-maturing boys during maturity-based vs. age-based football tournament matches

Morten B. Randers

Location: L 209
Chair: Magni Mohr

Football training counteracts compromised mitochondrial function induced by energy restriction in people with prediabetes

Magni Mohr

Sex differences after 12-weeks of recreational beach tennis training on blood pressure in middle-aged adults with treated hypertension

Rodrigo Ferrari

Effect of Goalkeeper on Walking Football Game: Influence on Physiological, Physical, Technical and Perceptual responses in Older Men

Júlio A. Costa

Yo-Yo IRC test performance in 7 and 9th graders under the FIT FIRST program

Sophia Janssen

Location: L 303
Chair: Enni-Maria Hietavala

Nutrition and body composition knowledge of Finnish football coaches

Enni-Maria Hietavala

Lipidomic signatures of lifelong sports practice

Georgios Ermidis

FIT HEART: Football-inspired training to improve heart health and quality of life in cancer survivors

Patricia Sheehan

Lifelong sport training affects tumorigenic events in human breast cancer MCF-7 cell in a gender-specific way through c-miR-1303 expression

Georgios Ermidis

11:30-12:15

Keynote | Professor Peter Krstrup (University of Southern Denmark)
Football as Prevention and Treatment – past, present and future

Location: L 304

Chair: Susana Póvoas

12:15-12:30

Closing session

Location: L 304

Chair: Mihaly Szerovay

12:30-

Lunch

Location: Syke, Lozzi, Ilokivi

14:00-15:00

Snow football (subject to weather conditions)

Location: Tennis courts next to L-building