

FOOTBALL IS MEDICINE 2025

University of Jyväskylä, Finland

14-16 January

Tue 14.1.2025 | Stakeholder day

10:00-19:00

Registration desk open

Location: Liikunta building (L-building) entrance hall

10:00-14:45

Football Fitness course for sport club instructors | Professor Peter Krstrup

See more information about the programme and location on the conference website (Stakeholder day)

12:00-13:00

Lunch

Location 1: Ykkönen (for Football Fitness participants)

Location 2: Syke, Lozzi, Ilokivi (for those who are on campus)

PLEASE NOTE: Transfer from Gradia to Liikunta building (on foot/ by cars) after the Football Fitness course.

15:15-16:00

Coffee & Networking

Location: L-building 3rd floor

16:00-17:00

Panel Discussion

Good practices in recreational football implementation for elder age groups: Role of different stakeholders

Location: L 304

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) ***Implementation science tools to expand the population health impact of sports and health interventions***

Location: L 304

Chair: Johanna Ihalainen

18:00-19:00

Self-organised ball games - Floorball

Location: PS sport hall, L-building

19:30-21.30

Local futsal derby (free tickets)

Location: Monitoimitalo

Wed 15.1.2025

08:00-19:00

Registration desk open

Location: L-building entrance hall

9:00-9:30

Conference opening session

Location: L 304

Chair: Mihaly Szerovay

9.30-10:15

Keynote | Dr. Katrine Kryger (Medical Specialist, UEFA)

Women’s football - how we make the traditional football environment more inclusive

Location: L 304

Chair: Samu Kytölä

10:15-11:00

Coffee & Networking & Business corner pitches

Location: L-building 3rd floor

Parallel sessions Symposia (75 min)			
Location: L 304		Location: L 209	
Chair: Paula Carroll		Chair: Marja Kokkonen	
Football Cooperative, a community-based football initiative to improve male health: the journey to scale in Ireland		Football – psychosomatic and socio-cultural medicine or poison?	
Presentations and speakers:		Presentations and speakers:	
Football Cooperative - Development of a Strategy to Scale up		Exploring physical and psychological health indicators of 13- and 15-year-old adolescents whose main sport is football, drawn from the Finnish nationally representative LIITU data	
		Nelli Lyyra	
		Location: L 303	
		Chair: Caroline Witton	
		Quantitative approaches to understanding and managing sub-concussions in football	
		Presentations and speakers:	
		Introduction: Advancing brain health through a multidisciplinary approach	
		Jan Novak	

More than a kickaround: A health impact assessment, over a twelve-month period, of Football Cooperative (FC): A Men's Community-based Social Initiative of Physical Activity

To examine the cardiovascular and match play demands of recreational football with sedentary males over 30 years old

Steve Daly
Tom Egan
Sarah Doherty
Chris McDermott

A mixed-method study investigating the mechanisms and challenges of the integration in the context of sport activities

Kari Saari

Problems of invisibility and under-representation of sexual minorities

Samu Kytölä

Interrelations of perceived psychological safety of the team, maltreatment, and psychological ill-being

Marja Kokkonen

Tracking and analysing head impacts in the context of youth and women's football using sensor technology

Levi Bentley & Tuija Hyyrynen

Using brain imaging methods to explore the consequences of subconcussive events in football

Tiina Parviainen & Caroline Witton

Enhancing cognitive health in women's ice hockey: Concussion management and detection of sub-concussive head impacts

Kati Peltonen & Laura Hokkanen

Novel knowledge on head impacts: Shaping responsible practices in sports

Mihaly Szerovay

12:15-13:45

Lunch

Location: Syke, Lozzi, Ilokivi (lunch)

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

Best practices (10 min)

Location: L 209

Chair: Kola Adeosun

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

Christian Frøyd

Symposium (75 min)

Location: L 303

Chair: Malte Nejst Larsen

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

Presentations in the symposium:

Hormonal contraceptive use among Finnish elite-level female football players	Football as a tool for girls' development in Brazil: female empowerment and life skills	Improvements in emotional and behavioural difficulties and sleep quality among vulnerable children and adolescents during a residential stay at the Danish Christmas Seal Homes
Iida Mustakoski	Maria Thereza Oliveira Souza	Malte Nejst Larsen
The agency and the status of children in junior football in Finland	What can we learn about amateur adult football players through their participation data?	"11 for Health" in Pakistan – Effects on cardiorespiratory fitness of 8-14-year-old schoolchildren in Islamabad urban area
Tytti Soini	Alexander Hölttä & Mikael Paajanen	Farman Ullah
Activity and intensity levels in recreational football training sessions for participants aged 60 and above	Football as a tool for health education: A Freirean approach to HIV/AIDS prevention in Trinidad and Tobago	Gender-skewed improvements in schoolchildren's perceived physical wellbeing following 10 weeks of FIT FIRST
Mikko Julin	Kola Adeosun	
Fat Oxidation in Sub-elite Female Soccer Players	"Football for the Heart" as part of a welfare alliance between the Danish FA and 3 municipalities	Superior health-related physical fitness and well-being in 12-15-year-old girls and boys active in leisure time sports club
Camilla Prisak Pedersen	Magnus Christensen	Christina Birch Meiner
Skeletal muscle characteristics and sub-maximal work capacity in veteran football players and age-matched un-trained controls		FIT FIRST in Iceland Protocol: Effects on Physical Fitness and Well-Being in 9- to 11-year-old Schoolchildren
Thomas Rostgaard Andersen		Julia Johannsdottir
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) <i>More than a Game: The social and cultural impact of football on fans</i>		
	Invited speaker Dr. Johanna Ihalainen (University of Jyväskylä) <i>Health monitoring in female football</i> <i>Location: L 304</i> Chair: Mari Leppänen		
15:45-16:15	Coffee & Networking & Business corner pitches <i>Location: L-building 3rd floor</i>		
16:15-17:00	Keynote Dr. Maysa Vieira de Sousa (Karolinska Institutet, Sweden & University of Sao Paulo, Brazil) <i>Combining recreational sports training and diet in the treatment of diabetes</i> <i>Location: L 304</i> Chair: Enni-Maria Hietavala		
17:15-18:15	Football is medicine steering group meeting <i>Location: L 304</i>		
17:15-19:00	Self-organised ball games - Floorball / Futsal / Basketball <i>Location: PS sport hall, L-building</i>		
19:00-00:00	Conference Dinner (with tickets) <i>Location: Ilokivi venue</i>		

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	Enhancing physical activity: A feasibility study of a soccer and health education program for children	Unlocking access: How Finnish football clubs fund participation for disadvantaged youth?
Carlo Castagna	Jennifer Frediani	Arto Kuuluvainen
Exploring the correlation between agility and lower limb power and strength in Icelandic football referees	Evaluation and optimization of the “11 for Health” programme, a football-based health intervention for 10-14-year-old school children	The construction of athletes' ethically controversial life practices in team and team-based sports: An integrative literature review applying Foucauldian analysis of power
Milos Petrovic	Kristina Pfeffer	Veera Manninen
Improving motor competence of children. The “Super Quinas” intervention program in Portuguese primary schools	ACL injuries in Finnish female top-level football players – a 4-season (2020-23) prospective cohort study	Physical and psychological trajectories over a one-year walking football training program
Júlio A. Costa	Einari Kurittu	Mélanie Boithias
On-ice and off-ice performance: the link between cycle ergometry and ice skating in young hockey players	Training load and health outcomes in postmenopausal women playing recreational team handball	Recreational soccer training improves cognitive and physical performance in female adolescents
Nanne-Mari Luukkainen	Susana Povóas	Amri Hammami

10:00-10:30

Coffee & Networking

Location: L-building 3rd floor

10:30-11:30

Parallel sessions | Oral presentations (10 min)

Performance 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

Treatment

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

Prevention 2

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

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

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

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

Keynote | Professor Peter Krstrup (University of Southern Denmark)
Football as prevention and treatment – Past, present and future

Location: L 304

Chair: Susana Póvoas

Closing session

Location: L 304

Chair: Mihaly Szerovay

Lunch

Location: Syke, Lozzi, Ilokivi

Snow football (subject to weather conditions)

Location: Tennis courts next to L-building