

Tuesday 9

12:00-18:00 Registration Location: Peurunka Hotel lobby

16:30-17:30 Coffee

17:30-18:00 Opening Ceremony
18:00-19:00 Joseph Rutenfranz Lecture: Prof. Stuart Biddle: Physical activity, climate change, and mental health in youth.
19:00-20:00 Neil Armstrong Lecture: Dr. Joe Eisenmann: Optimising Long-term Athletic Development: What Practitioners Know and Do?

21:00-23:00 Catch Up & Connect: Dinner with Colleagues

Wednesday 10

8:30-10:30 Children, Exercise, and Planetary Health Theme Symposium Senior Lecturer Eero Haapala: Children, exercise, and climate change Dr. Reija Ruuhela: Health impacts of weather and climate. Dr. Katri Savolainen: Nature and mental wellbeing Dr. Shawnda Morrison: Physical fitness as a climate change countermeasure
10:30-12:00 Oral presentations
ID 69 Genetic Contribution of Cardiorespiratory Fitness in Morbidity and Mortality: A Prospective FinnGen and HUNT study Laura Joensuu, Volter Lukander, Päivi Herranen, Niko P Tynkkynen, Urho Kujala, Rubén López-Bueno, Ada N Nordeidet, Marie Kleijer, Karsten Øvretveit, Ulrik Wisløff, Anja Bye, Ulf Ekelund, Miina Ollikainen, FinnGen consortium, Elina Sillanpää
ID 17 Engaging parents and stakeholders to strengthen community support systems in physical activity and nutrition across the F1D Andrew Hills, Kylie Mulcahy, Nuala Byrne, Lisa Dalton, Kiran Ahuja, Sisitha Jayasinghe
ID 21 Year-Round Monitoring of Outdoor Play in a Warming Climate: Evidence from an Elementary School in Japan Natsuko Imai, Tetsuhiro Kidokoro
ID 27 Sand play and its associations with 0-8-year-old children's health outcomes: a mixed-methods systematic review Susanna Iivonen, Titta Kettukangas, Anne Soini, Helena Vihoilainen
ID 32 Heat tolerance and heat adaptation to exercise in the pediatric population: A scoping review

Thursday 11

9:00-10:00 Active Healthy Kids Global Alliance (AHKGA) Session Professor Mark Tremblay: Introduction to AHKGA and the Global Matrix and session overview Professor Mark Tremblay: Active Healthy Kids Global Alliance Global Matrix 1.0-5.0 Dr. Shawnda Morrison: On monitoring School indicator trends from the Active Healthy Kids Global Alliance Global Matrices 1.0-4.0 Professor Mark Tremblay: ParticipACTION Report Card on physical activity for children and youth in Canada: Impact 2015-2024
10:00-10:30 Comfort break
10:30-11:30 Poster presentations
11:30-12:05 Oral presentations
ID 3 Estimates of Skeletal Age with the Greulich-Pyle and Fels Protocols in Male Youth Tennis Players Manuel J. Coelho-e-Silva, Jorge M. Celis-Moreno, Isabel Fragoso, Diogo Martinho, Tomas Oliveira, Robert M. Malina
ID 19 Associations Between Adolescent Physical Activity and Bone Accrual From 8 to 40 Years of Age Adam Baxter-Jones, Ahmed Elhakeem, Yuwen Zheng, Stefan Jackowski, Marta Erlandson
ID 29 Early sports initiation, sport's ground reaction force and bone geometry in adolescents: ABCD – Growth Jessica Miguel-da-Silva, Ricardo Agostineti, Romulo Fernandes

Lunch 12:05-13:00

Friday 12

8:30-9:30 Han Kemper Lecture: Dr. Arja Sääkslahti Young children's outdoor playing, motor development and perceived motor competence as predictors of physical activity during school years
9:30-11:00 Oral presentations
ID 56 Title Habitual physical activity patterns associate with NK cell mobilization in children following high-intensity intermittent exercise Megan Madeleine Lo, Inna Ushchatz, Joyce Obeid
ID 62 Exploring the Link Between Physical Activity and Back Pain in Children and Adolescents: A 19-Year International Study Pablo Galan Lopez, José Francisco López Gil, Samuel Manzano Carrasco
ID 22 Associations of physical activity and sedentary time from childhood to adolescence with cognition in adolescence: The PANIC study Petri Jalanko, Marja H. Leppänen, Bert Bond, Jari A. Laukkanen, Timo A. Lakka, Eero A. Haapala
ID 30 The association of lifelong physical activity with changes in cognitive function in midlife Heidi J. Syväoja, Tuuli H. Suominen, Tuomas Kukko, Marja A. Heiskanen, Jaakko Nevalainen, Katja Pahkala, Olli T. Raitakari, Suvi P. Rovio, Tuija H. Tammelin
ID 31 Acute effects of physically active academic lessons in general upper secondary school Heidi J. Syväoja, Tuomas Kukko, Janne Kulmala, Harto Hakonen, Tuija H. Tammelin
ID 34 Quality of life is positively associated with physical activity in children with congenital heart disease Ty Sideroff, Jennifer A. Collins, Mazee Holland, Nurin Izzati Binti Saifut Baharin, Ali McManus, Kevin C. Harris, Christine Voss

Joao Antonio Chula de Castro, João Antônio Chula De Castro, Alyssa Gallant, Ava Dryden, Elise Farmar, Stefanie Syriani, Brian W. Timmons
ID 35 Adolescents’ Nature-Based Physical Activity: Associations with Behavioural Influences, Human-Nature Connection, Well-being, and Pro-environmental Behaviours
Hannah Foladi, Julia Zakrzewski-Fruer, Joanne Hill, Angel Chater
ID 50 Gender disparities in physical activity: Exploring gender differences in Finnish early childhood and care settings
Anette Mehtälä, Arja Sääkslahti, Janne Kulmala, Harto Hakonen, Tuomas Kukko, Tuija Tammelin
ID 18 School-day active travel assessment and associations with standardised and free-living glycaemic indices among adolescents
Julia Zakrzewski-Fruer, Roberto Salvaggio, Michael Newell, Lindsey Smith,

12:00-13:00 Lunch

13:00-14:00 Risto Telama Memorial Lecture: Professor Kevin Till: Challenges and Solutions to Supporting Physical Literacy within Youth
14:00-15:30 Oral presentations
ID 13 2025 Position Statement on Active Outdoor Play
Mark Tremblay, Eun-Young Lee, Louise de Lannoy
ID 20 Arterial stiffness and autonomic modulation according to physical activity level in youth: Epi-Family Health Study
Diego Christofaro, Ewerton Antunes, Debora Furuta, Stefany Silva, Isabella Leoci, Enrique Leite, Amanda Santos, William Tebar, Luiz Carlos Vanderlei
ID 23 Determination of maximal oxygen uptake in adolescents
Petri Jalanko, Emilia Laitinen, Tuuli Vesa, Dimitris Vlachopoulos, Ying Gao, Alan A. Barker, Bert Bond, Earric Lee, Eero A. Haapala

13:00-14:00 P.O. Åstrand Lecture: Prof. Tiina Ikäheimo: Physical activity and exercise in extreme weather conditions in children and adolescents
14:00-15:30 Oral presentations
ID 2 A short version of the pictorial Physical Literacy in Children Questionnaire
Lisa Barnett, Emiliano Mazzoli, Chathu De-Silva, Melinda Herfet, Lauren Arundell, Shannon Sahqvist, Natalie Lander, Anna Timperio, Johannes Carl
ID 37 Comprehensive Evidence on 24-Hour Movement Behaviors in School-Aged Children
Ying Gao
ID 49 Co-creating a health and wellbeing monitoring system for adolescent athletes on a national talent programme
Natalie Bunce, Jo Day, Rob Mann, Alan Barker
ID 8 Developing a Motor Assessment Tool for Autistic Children with High Support Needs
Lucille Wilson, Emma Beckman, Lee Svensson, John Cairney, Sean Tweedy
ID 38 Male adolescents’ non-professional sports participation and changes in body composition aspects over 12-month follow-up: ABCD
Wesley Torres, Santiago Maillane-Vanegas, Jacqueline Bexiga Urban, Ana Elisa von Ah Morano, Emilia Laitinen, Rômulo Araújo Fernandes, Eero A. Haapala
ID 45 Muscle thickness assessed with ultrasound in children aged 9-13 after 12 weeks of resistance exercise
Nobanda Ezzo, Björn Alkner, Emil Rydell Högelin, Kajsa Thulin, Elsa Werthén Öhman, Jessica Norrbom, Lotta Formander, Christer Malm, William Hangasjärvi, Piotr Michno, Ferdinand von Walden
ID 61 Physical Activity Levels in Youth with Inflammatory Bowel Disease: Exploring the Role of Influximab Treatment
Samantha A. Morin, Madelyn M. Byra, Emily Brackenridge, Sara King-Dowling, Lee Hill, Robert M. Issenman, Nikhil Pai, Samira Samiee-Zafarghandy, Mary Sherlock, Mary Zachos, Brian W. Timmons, Joyce Obeid

ID 41 Effects of Movement Behaviours on Body Mass Index in School-Age Population
Francisco Estima, Ana Carvalhinho Silva, Luisa Aires, Gustavo Silva
ID 68 Exploring the relationship between physical activity, inflammation, and well-being in youth with cystic fibrosis
Sarah M. da Silva, Madelyn M. Byra, Linda Pedder, Brian W. Timmons, Joyce Obeid

11.15-12.15 Lunch

12:30-14:00 Oral presentations
ID 63 The Longitudinal Association Between Children’s Movement Behaviours and Fitness
Leili Hadayeghi, Patrick McPhee, Natascja Di Cristofaro, Hilary Caldwell, Nicole Proudfoot, Sara King-Dowling, Maureen MacDonald, John Cairney, Steven Bray, Brian Timmons
ID 64 Physical Fitness and Self-Efficacy in the Spanish Youth Population: The EHLA Study
Samuel Manzano Carrasco, José Francisco López Gil, Pablo Galán López
ID 71 A children’s cycling intervention is seen as an action towards Net Zero
Deirdre Harrington, Karen O’Hare, Neil Ferguson, Katherine Cory, James Bonner
ID 24 Development of National Physical Activity Monitoring System for 4-6 years-old Children in Finland
Janne Kulmala, Anette Mehtälä, Arja Sääkslahti, Harto Hakonen, Tuija Finni, Tuija Tammelin
ID 33 Predictors of toddlers’ physical activity levels measured using a novel machine learning model
Elyse Letts, Sara King-Dowling, Natascja Di Cristofaro, Patricia Tucker, John Cairney, Brian W Timmons, Joyce Obeid

ID 70 Boys’ and men’s fatigue-resistance and performance recovery – is there a relationship? Bareket Falk	ID 65 Investigating six-month changes in physical activity barriers and facilitators for children with chronic kidney disease Lidia Barbera, Maddy Byra, Elyse Letts, Steven Arora, Brian Timmons, Joyce Obeid	ID 46 Examining 24-hour movement behaviors in toddlers from Mexican American families recruited from pediatric medical clinics Karin Pfeiffer, Kimberly Clevenger, Lisa Meltzer, Darcy Thompson
ID 26 Concentric exercise effects on the myo-tendinous elastic properties in prepubertal boys Baptiste Chanel, Nicolas Babault, Carole Cometti	15:30-16:00 Coffee break	ID 52 Psychometric properties of the Little Developmental Coordination Disorder Questionnaire (LDCDQ) in Finnish Piritta Asunta, Anette Mehtälä, Tuomas Kukko, Tanya Rihtman, Arja Sääkslahti, Tuija Tammelin
ID 39 Direct And Indirect Effects of Movement Behaviours on Cardiac Load In School-Age Population Ana Carvalho Silva, Francisco Estima, Luisa Aires, Gustavo Silva	16:00-16:45 E-Lecture: Building Strong and Resilient Kids: Jeremy Frisch	ID 25 Associations of physical fitness during childhood with arterial health in adolescence – follow-up study Emilia Laitinen, Sonja Soininen, Marja Leppänen, Katja Waller, Bert Bond, Niina Lintu, Avery Faigenbaum, Tomi Laitinen, Eero Haapala, Timo Lakka
ID 42 Associations between physical activity, sedentary time and cardiorespiratory fitness with adolescent lower limb vascular function Kate Sansum, Jodie Koep, Kurt Smith, Alison McManus	16:45-17:30 Meet the Editor -Pediatric Exercise Science: Creg Williams	14:00-15:00 NASPEM2026 / PWP2027 /Closing ceremony
ID 55 Associations of Physical Activity and Dietary Fat Quality with Arterial Health in Adolescents Mika Jormanainen, Aino-Maija Eloranta, Marja Leppänen, Tomi Laitinen, Mika Kähönen, Emilia Laitinen, Timo Lakka, Eero Haapala	19:30-24:00 Banquet	
15:30-16:00 Coffee break		
16:00-17:00 Oded Bar-Or Lecture: Dr. Tim Takken: What's new under the sun?		
17:00-18:00 Comfort break		
18:00-20:30 Social Activities		
21:00-22:00 Dinner		