Online /Virtual Sessions	
Join Zoom Meeting	
https://us02web.zoom.us/j/88375305609?pwd=OUovdytEbUJQbUdLbWl6THBNUHg3UT09	
Meeting ID: 883 7530 5609 **Passcode:** 542884	
Time	**27 June, 2026**
	Saturday
13.45 - 13.55	**Opening and Introduction**
	Salih PINAR (Türkiye)- IAHPEDS Europe and Middle East Representative- Congress Co-Chair
	Gregory Soukup, IAHPEDS President
ONLINE / VIRTUAL SESSIONS (A)	
14.00 - 15.00	**PE - Turgut Atakol Conference Hall** (Room 1)
	Session Chair: Dr. Cengiz Karagözoğlu
	From Fixed Classes to Student Choice: Effects of an Elective Physical Education (EPE) Program on Core Competencies in Physical Education (CCPE) **Xiaotian Wang**
	Beyond Skill Acquisition: The Effects of Situated Game Teaching on Decision-Making Efficiency and Visual Search Strategies in Basketball ***Jiacheng Chen, Shiming Liu, Zhiwei Huang, Yanan Li***
	Digital Technologies in Physical Education Teaching Practice and Teacher Professional Development: A Systematic Review ***Rui Li, Mingming Guo, Qi Wang***
	Sport - Sinan Erdem Hall (Room 2)
	Session Chair: Dr. Nejla Gerçek
	The Correlation Mechanism Among Personality Traits, Self-Control, and Adolescent Sports Moral Character ***Cong Liu***
	Mind-Body Synergy in Volleyball: Position-Specific Interactions between Psychological Resilience and Physical Fitness ***RAJANNA***
	Fitness to Finesse: Influence of Physical and Physiological Capacities on Dribbling, Ball Balance, and Shooting Accuracy in Collegiate Hockey Players ***Manjunath Sahadevappa, Chandrakanth Shiroli***
	Health - Jerfi Fıratlı Hall (Room 3)
	Session Chair: Dr. Asiye Filiz Çamlıgüney
	The Relationship Between Different Types of School Connection and Academic Stress in Secondary School Students ***Yuyang Nie***

Online /Virtual Sessions	
Join Zoom Meeting	
https://us02web.zoom.us/j/88375305609?pwd=OUovdytEbUJQbUdLbWl6THBNUHg3UT09	
Meeting ID: 883 7530 5609 **Passcode:** 542884	
Time	**27 June, 2026**
	Saturday
	Network Analysis of the Relationship between Different Types of Happiness and Active Health Behaviors among Chinese Adolescents ***Tianci Wang***
	Physical Activity and Psychological Resilience Among University Students: The Mediating Role of Exercise Motivation ***Jin Ma, Shuilin Gao, Wenxue Ma, Jiashuo Qi, Jinqi Liang, Yuyang Nie, Cong Liu***
	Interdisciplinary & Dance- Congress Hall D (Room 4)
	Session Chair: Dr. Bahar Ünsal Yılmaz
	Technology and AI for Impactful Coaching and Learning: Bridging Research, Practice, and Learning in Sports and Physical Education - Symposium AI for Effective Coaching & Teaching in the 21st Century ***Koon Teck Koh***
	Smart Campus Physical Education in China: Pathways and Challenges ***Qi Wang***
	Shifting Paradigms in Physical Education: Toward AI-Enhanced Student Health Promotion ***Fuxue Zhao***
ONLINE / VIRTUAL SESSIONS (B)	
	PE - Turgut Atakol Conference Hall (Room 1)
	Session Chair: Dr. Nejla Gerçek
	Well-being Literacy among Preservice Physical Education Teachers: A Cross-sectional Comparison of Year 1 and Year 2 Cohorts in Singapore ***Lit Khoon Zason***
	The Effect of Physical Activity on Smartphone Addiction: A Meta-Analysis ***Mehmet Güllü, Sezer Alagöz, Mehmet Akarsu***
	Physical Education Classes Barriers Scale: Validity and Reliability Study ***Mehmet Akarsu, Mehmet Güllü***
	Examining the Relationship Between Physical Activity and Gaming and Internet Addiction: A Correlation-Based Meta-Analysis ***Mehmet Güllü, Sezer Alagöz, Mehmet Akarsu***
	Sport - Sinan Erdem Hall (Room 2)
	Session Chair: Dr. Rajanna
	A Look Back at the Success of the 2025 World Championships in Athletics in Tokyo ***Yasuo Shimizu***

Online /Virtual Sessions	
Join Zoom Meeting	
https://us02web.zoom.us/j/88375305609?pwd=OUovdytEbUJQbUdLbWl6THBNUHg3UT09	
Meeting ID: 883 7530 5609 **Passcode:** 542884	
Time	**27 June, 2026**
	Saturday
15.00 - 16.20	Short Term Relaxation Interventions for Competition Anxiety in Adolescent Athletes: Autogenic Training vs. Diaphragmatic Breathing ***Shuqi Zeng, Xusen Fu, Feng Liu, Yuzhe You, Hushun Feng, Jiacheng Chen***
	Effects of Moderate-Load Blood Flow Restriction Training on Muscle Size ***Ayşe Dinç, Tuba Melekoğlu, Sibel Bakırcı, Ayşen Türk***
	Changes in Self-Efficacy among First Year Physical Education Student Teachers ***Hou Cheng Aloyisus Tham, Shern Meng Tan, Siti Nureisyah Binte Noor Azman, Yong Xiang Tristan Matthew Wee***
	Health- Jerfi Fıratlı Hall (Room 3)
	Session Chair: Dr. Fahimeh Hassani
	Associations of Short-Video Viewing and WeChat Use with Depressive Symptoms Among Chinese Youth ***Mingming Guo***
	Effect of Social Media and Technology on Body Image and Self-Esteem of College Students Engaged in Fitness Activities ***Olanrewaju Ipinmoroti***
	Physical Activity and Mental Health: The Role of Exercise in Reducing Anxiety, Depression, and Stress ***Y. Srinivas Reddy, Meka Vani***
	AI-Assisted Football Club Communication, Authenticity, and Fan Trust: Evidence from Generation Y Supporters ***Süleyman Rebge***
	Interdisciplinary & Dance- Congress Hall D (Room 4)
	Session Chair: Dr. Damla Ayduğ
	A Profile of the Somatotype and Body Composition of Professional Filipino Ballet Dancers ***Camille Castro-Mante***
	Peak Expiratory Flow Rate Response of Female Obesity Following 12-week Aerobic Dance Circuit Training in Tertiary Institutions in Oyo State, Nigeria ***Olusegun Adewale Ajayi, Oluwasogo Ruth Ogunleye, Racheal Bolanle Ajala***
	Breaking Barriers in Educator Wellness: The Impact of an Inclusive Aerobic Dance Program on Fitness and Engagement ***Teresita Portugalete Nolledo, Lodrigo G. Basco Jr.***
	Physical Activity, Frailty and the Moderating Effect of Urbanization: Evidence from the CHARLS ***Yuxin Tang***
16.20 - 16.25	Break

3rd IAHPEDS
International Alliance for Health, Physical Education, Dance, and Sport
World Congress

Türkiye Olympic Committee (TMOK)
Ataköy - İSTANBUL

June 24 - 28
2026

Spor Bilimleri Fakültesi

İstanbul GEDİK Üniversitesi

Online /Virtual Sessions	
Join Zoom Meeting	
https://us02web.zoom.us/j/88375305609?pwd=OUovdytEbUJQbUdLbWl6THBNUHg3UT09	
Meeting ID: 883 7530 5609 **Passcode:** 542884	
Time	**27 June, 2026**
	Saturday
ONLINE / VIRTUAL SESSIONS (C)	
16.25 - 17.25	**PE - Turgut Atakol Conference Hall** (Room 1)
	Session Chair: Dr. Asiye Filiz Çamlıgüney
	Psychological Dimensions of Physical Education: Implications for Mental Health, Motivation, and Lifelong Physical Activity: A Review ***Anitha Kariga***
	Physical Education as an Academic and Behavioral Intervention ***Ryan McKinney***
	Ready for the AI Age? Strategies and Resources for Building AI Literacy Among Physical Education Teacher Educators ***Xiaolu Liu, Liyan Tang***
	Sport - Sinan Erdem Hall (Room 2)
	Session Chair: Dr. Erdem Çakaloğlu
	AI-Enabled Digital Transformation for Sustainable Development of Chinese Leisure Football ***Honghan Xu, Zhihao Xie, Lijia Hou, Tianbiao Liu***
	Enhancing Game Intelligence and Physical Performance in Aboriginal Youth Football: A Pedagogical Model of Comparison ***Mohamad Nor Farihan Sulong, Zulakbal Abd Karim, Rozaireen Muszali, Frederick Josue, Mohd Fadhil Abdullah, Sanmuga Nathan K. Jeganathan***
	The Potential Role of Team Sports in Fostering Social and Emotional Learning Competencies of Chinese University Students ***Yuchen Han, Lingshu Li***
	Health - Jerfi Fıratlı Hall (Room 3)
	Session Chair: Dr. Adil Deniz Duru
	Time Trends and Shifting Inequalities in Physical Activity Among Chinese Adolescents, 2014-2022 ***Xinyu Chen, Sitong Zhang, Binping Gong, Da Wang, Mingming Guo***
	Nutrition Education as a Critical Factor for Body Mass Index ***Elizabeth A. Bridges, Dwan M. Bridges, Xiaofen D. Hamilton***
	Reimagining Nutrition Education: A Framework for Equity, Community, and Joy ***Rachael E. Gibson***
	Interdisciplinary & Dance- Congress Hall D (Room 4)
	Session Chair: Dr. Selman Kaya

Online /Virtual Sessions	
Join Zoom Meeting	
https://us02web.zoom.us/j/88375305609?pwd=OUovdytEbUJQbUdLbWl6THBNUHg3UT09	
Meeting ID: 883 7530 5609 **Passcode:** 542884	
Time	**27 June, 2026**
	Saturday
	What Happens During Zumbini for School? -- Physical Activity and Social Behavior During a Commercial Music-and-Movement Program in Daycare Settings ***Yung-Ju Chen, Mallory Hoogensen, Hayden Tinker***
	The Body in Motion: Recontextualizing Indian Classical Dance as a Site of Cultural Negotiation and Social Change Amid Global Displacement ***Lopita Nath***
	Digital Technologies for the Professional Learning of PE Teachers and Sports Coaches: A Systematic Review ***Haoyue Shang, Koh Koon Teck***
ONLINE / VIRTUAL SESSIONS (D)	
17.25 - 18.25	**PE - Turgut Atakol Conference Hall (**Room 1**)**
	Session Chair: Dr. Asiye Filiz Çamlıgüney
	Integrating Artificial Intelligence in Adapted Physical Education: Opportunities and Considerations ***Dwan M. Bridges, Elizabeth A. Bridges, Beichen Lu, Xiaofen D. Hamilton***
	Let's See What You Can Do ***Heather Burd, Joe Deutsch***
	Creating and Developing a Home-School Program. Enhancing Your PETE Students and Your Community. ***Joe Deutsch***
	Sport- Sinan Erdem Hall (Room 2**)**
	Session Chair: Dr. Nejla Gerçek
	Sports Communication, Global Sport, and National Identity: People's Daily Coverage of the Beijing 2022 Winter Olympics ***Lingshu Li, Yuchen Han, Tanjian Liang***
	The Effect of 12 Weeks of Plyometric and Resistance Training on Agility and Speed among Intercollegiate Women Basketball Players of Osmania University, Hyderabad ***Punjala Supriya***
	Developing a Competency Model for Youth Outdoor Camp Instructors: A Delphi Study ***Binping Gong, Yu Huang, Ying Zhang, Mingming Guo***
	Health- Jerfi Fıratlı Hall (Room 3**)**
	Session Chair: Dr. Adil Deniz Duru
	Fear of Failure and Perceived Psychological Barriers to Physical Activity in Children with Obesity ***Yuhang Lei***

Online /Virtual Sessions	
Join Zoom Meeting	
https://us02web.zoom.us/j/88375305609?pwd=OUovdytEbUJQbUdLbWl6THBNUHg3UT09	
Meeting ID: 883 7530 5609 **Passcode:** 542884	
Time	**27 June, 2026**
	Saturday
	The Bruthas Project (Revised 2026): A Community Engaged, Status-Neutral HIV Prevention Curriculum Integrating Biomedical Prevention Strategies ***Dominique Guinn, Grace Loudd***
	Role of Yoga in Breaking Social and Cultural Barriers among Mahatma Gandhi University, Telangana, India Students ***Meka Vani, D. Devaki***
	Interdisciplinary & Dance- Congress Hall D (Room 4)
	Session Chair: Dr. Safter Elmas
	From Data to Movement: How AI Empowers Educators and Athletes to Overcome Barriers ***Shawn Cradit***
	Seeking Alternatives: Determining Substitute Sport Participant Program Choice; An Artificial Intelligence Approach ***Robert Lyons Jr., E. Newton Jackson Jr., Karla Jones***
	Breaking Down Barriers with Wearable Technology: Expanding Access and Enhancing Movement Literacy in Sport and Physical Education ***Mark R. Worrell Jr., Chenhao Wu, Xiaofen Hamilton***
18.25 - 18.30	Break
ONLINE / VIRTUAL SESSIONS (E)	
	PE - Turgut Atakol Conference Hall (Room 1)
	Session Chair: Dr. Cengiz Karagözoğlu
	Unaddressed Areas in the Newly Revised SHAPE America K–12 Physical Education Teaching Standards ***Bingqing Yang, Chenhao Wu, Yucen Li, Mark Worrell, Timothy Lynch, Yongshun Wang, Xiaofen D. Hamilton***
	Beyond the Finish Line: Synergistic Effect of Physical Fitness and Psychological Parameters on Performance of Collegiate Middle-Distance Athletes ***Mallikarjun Sharanappa, Vijaykumar***
	GIS Based Climatic Analogue of Optimal Elite Athlete Training Zones in India for the Los Angeles 2028 Olympics ***Sundararaja Perumal Jayaraman***
	Sport - Sinan Erdem Hall (Room 2)
	Session Chair: Dr. Fahimeh Hassani

Online /Virtual Sessions

Join Zoom Meeting

https://us02web.zoom.us/j/88375305609?pwd=OUovdytEbUJQbUdLbWl6THBNUHg3UT09

Meeting ID: 883 7530 5609 **Passcode:** 542884

Time	27 June, 2026
	Saturday
18.30 - 19.30	Synergizing Movement and Mind: Effects of Yoga and Exercise Therapy on Physical, Physiological and Psychological Parameters among Collegiate Students ***Ramesh H Kittur***
	An Investigation of Postgraduate Theses on Paralympics in Türkiye in Terms of Various Variables ***Elif Dilan Atılgan***
	A Comparative Examination of Cultural Virtue Levels of University Students with and Without Sports Education ***Talha Görücü, Yasemin Yalçın, Furkan Saygılı, Azime İrem Gündüz***
	Health - Jerfi Fıratlı Hall (Room 3)
	Session Chair: Dr. Selman Kaya
	Self-determination Theory and Behavior Changes in Physical Education ***Tracey Naumann, Chenhao Wu, Yucen Li, Mark Worrell***
	An Investigation into the Effect of Social and Cultural Activities on the Acquisition of National Values among University Students ***Dilek Çağla Alkaşı, Yasemin Yalçın, Rümeysa Doğan, Ekrem Tarık Diler***
	Interdisciplinary & Dance- Congress Hall D (Room 4)
	Session Chair: Dr. Merve Bal
	Penalty Kick Success in Football: Turkey 2023-2024 Super League ***Rıdvan Ergin***
	Effects of a Four-Week Norwegian Double-Threshold Training Block on Performance Determinants in Middle-Distance Runners ***Abdullah Tugluk, Seyed Houtan Shahidi***
	Evaluation of Stage Performance in Folk Dances *Halk Danslarında Sahne Performansının Değerlendirilmesi* ***Muhammet Ali Temizel, Rıdvan Ergin***
CLOSING REMARKS - Turgut Atakol Conference Hall (Room 1)	
19.35 - 20.00	Dr. Salih Pinar, Istanbul World Congress Co-Chair
	Dr. Gregory Soukup, IAHPEDS President

3rd IAHPEDS
International Alliance for Health, Physical Education, Dance, and Sport
World Congress

IAHPEDS 2026 WORLD CONGRESS
"Breaking down barriers through sport, health, physical education and dance for everyone"

Türkiye Olympic Committee (TMOK)
Ataköy - İSTANBUL

June 24 - 28 2026

Spor Bilimleri Fakültesi

İstanbul GEDİK Üniversitesi

Online /Virtual Sessions	
Join Zoom Meeting	
https://us02web.zoom.us/j/88375305609?pwd=OUovdytEbUJQbUdLbWl6THBNUHg3UT09	
Meeting ID: 883 7530 5609 **Passcode:** 542884	
Time	**27 June, 2026** **Saturday**
Meet-up:14.30 **Tour Duration:** **16.00-17.30**	**ISTANBUL BOSPHORUS BOAT TOUR** ***(Snacks and Refreshments Included)*** **Note:** *Participants joining the Bosphorus Boat Cruise on Saturday, June 27, 2026, are informed that a shuttle bus will depart from the Congress Center at 2:30 PM to transfer participants to the Üsküdar Ferry Terminal. The cruise will begin at 4:00 PM. Shuttle services will depart from the Üsküdar Ferry Terminal to the congress venue between 17:30 and 18:00.* ***Please arrive at the departure point on time.***

Türkiye Milli Olimpiyat Komitesi
Türkiye Milli Paralimpik Komitesi
Global Health Education
National Academy of Health and Physical Literacy
Advancing health and physical literacy
national dance society

WWW.IAHPEDSWC2026.COM