



20 September 2025

9h00 – 19h00 | Agostinho da Silva Auditorium | Universidade Lusófona, Lisboa

Presentation

Combat sports and martial arts encompass a wide range of disciplines with unique technical, tactical, and physical demands. Despite growing recognition within the scientific community, there remains a pressing need for further research focused on performance optimization, injury prevention, and athlete monitoring. The recent establishment of a dedicated research area for these disciplines within the *European College of Sports Science* reflects this increasing academic interest.

The complexity of these sports requires evidence-based training strategies and methodologies adapted to their specific physical, technical, and psychological characteristics. Technology has played a central role in performance analysis and monitoring, enabling more precise control of training loads, fatigue, and physiological responses. At the same time, nutrition and weight management are critical factors—particularly in sports with weight categories—directly impacting athletes' health and performance.

This conference, part of the celebrations marking the 35th anniversary of the Physical Education and Sport program at Lusófona University, brings together national and international experts with the aim of sharing knowledge on training, science, technology, nutrition, and health applied to Combat Sports and Martial Arts.

CONFERENCE COMMITTEES

SCIENTIFIC COMMITTEE

Christopher Kirk, Sheffield Hallan University
Cláudia Minderico, Universidade de Évora
João Valente dos Santos, FEFD-Universidade Lusófona
Jorge Proença, FEFD-Universidade Lusófona
José Manuel García García, Universidad Castilla-La Mancha
Luís Massuça, FEFD-Universidade Lusófona
Luís Monteiro, FEFD-Universidade Lusófona
Rui Veloso, ANTJ

ORGANIZING COMMITTEE

PRESIDENT OF ORGANIZING COMMITTEE

Luís Monteiro, FEFD_Universidade Lusófona

HONOUR COMMITTEE

Carlos Alexandre da Silva – Presidente da Federação Nacional de Karaté
Fernando Gomes - Presidente do Comité Olímpico de Portugal
Jorge Proença, Diretor da Faculdade de Educação Física e Desporto da ULusófona
Nuno Manuel Costa Marques Antunes - Presidente da Federação Portugal Taekwondo – PORTKD
Paulo César Teixeira – Presidente da Federação Portuguesa de Boxe
Pedro Sequeira - Confederação Portuguesa de Associação de Treinadores
Rui Manuel Álvaro Marta – Presidente da Federação de Lutas Amadoras
Sérgio Joaquim Pina - Presidente da Federação Portuguesa de Judo

MEMBERS OF ORGANIZING COMMITTEE

Inês Sousa
João Crisóstomo
Luís Monteiro
Manuel Pinto

Sónia Carvalho

Susana Cordeiro

Telma Monteiro

Program

- Keynotes (30min Presentation + 10min Q&A session)
- Invited Sessions (20min Presentation + 10min Q&A session)
- Oral Presentations (10min Presentation + 5min Q&A session)
- Poster Presentations (Informal Poster Presentations during the Lunch and Coffee Break)
- Oral Short Presentation
 - Selected conference sessions. In these sessions, presentations will be moderated by Keynote speakers.
 - Please, note that the times are the local time, WEST – Western European Summer Time – UTC +1

Full Program

20th September 2025

Agostinho da Silva Auditorium – Universidade Lusófona - CUL

9h00 09h30 **Registration & Welcome Coffee**

09h30 10h00 **os Opening Session**

10h00 10h30 **os Keynote #1**

Strength and Conditioning in Combat Sports: Implications and Recommendations

Luís Fernandes Monteiro (FEFD-ULusófona)

10h30 11h10

os Keynote #2

The Importance of Central Nervous System Fatigue Monitoring in Combat Sports

Flicker-Fusion: An Effective Tool for CNS Fatigue Assessment

José Manuel García García, Universidad Castilla-La-Mancha

11h10 11h20

Coffee break

11h20 12h00

os Keynote #3

Training load and performance outcomes in Combat Sports: Planning around chaos

Christopher Kirk, Sheffield Hallam University

12h00 13h00

os Invited Session #1/#2/#3/#4

The Contribution of Technology to Development and Performance in Combat Sports

#1 *"An ecological dynamics approach to study and enhance decision-making in judo"*

Henrique Lopes, Faculdade Motricidade Humana

#2 *"Punch Power Analysis with High Reliability Using the PowerKube"*

Manuel Pinto, Universidade Lusófona – CUL

#3 *"Smart Boxing Bag – Department of Informatics (DEISI), Combining Bag-Embedded Sensors with Computer Vision"*

Pedro Serra, Universidade Lusófona – CUL

#4 *"From Past Research to Future Opportunities: Integrating Biomechanics and Design for Health in Women's Boxing"*

Nina Costa, Universidade de Aveiro

13h00	14h30	Lunch & Poster Presentations Lunch at the Conference Venue
14h30	15h00	os Invited Session #4 <i>Maturation and Physical Fitness Attributes of Young Portuguese Male and Female Judokas According to Age</i> João Crisóstomo, Universidade Lusófona – CUL
15h00	15h30	os Invited Session #5 <i>Influence of Anthropometric Characteristics and Muscle Performance on Punch Impact</i> Manuel Pinto, Universidade Lusófona, CUL
15h30	16h10	os Keynote #4 <i>Weight Control and Nutrition in Combat Sports and Martial Arts</i> Cláudia Minderico, COP
16h10	16h30	Coffee Break and Informal Poster Presentations
16h30	17h30	Oral presentations
17h30	18h00	Round Table – Discussion on Olympic Preparation in Combat Sports & Martial Arts with Coaches of Medal-Winning Athletes at the Paris 2024 Olympic Games Moderator – Telma Monteiro (Olympic Medalist)
18h50	19h30	os Awards & Closing Ceremony

Keynote Speakers

Luís Fernandes Monteiro

Strength and Conditioning

Assistant Professor, Universidade Lusófona

Director of the Sports Training Master

Coordinator of the Núcleo de Estudos em DC&AM – Instituto Lusófono TD

Coordinator of Periodization of National Teams – Portuguese Judo Federation

Member of Scientific Commission of EJU

José Manuel García García

PhD in Sport Science, University of Castilla-La Mancha

Professor at the Faculty of Sport Sciences, Toledo (Spain), 1998–present

National Master Coach in Judo (1983), 6th Dan Black Belt (1999)

Director of Planning and Strength & Conditioning Coach of the Spanish National Judo Team (1982–2000)

Strength & Conditioning Coach of the Spanish National Olympic Wrestling Team (2005–present)

Christopher Kirk

Strength and Conditioning

Senior Lecturer of Sport and Exercise Physiology, Sheffield Hallam University

PhD in Sport and Exercise Physiology, Liverpool John Moores University

Cláudia Minderico

PhD in Sports Science and Health

Nutricionista do COP

Investigadora do CIPER - FMH

Invited Speakers

Nina Costa

CEEC grant holder, PhD

DESIGNAE COST Action Main Proposer

PI Fostering a circular economy through design in Portugal

Co-leading @BoxeFem360 initiative

University of Aveiro

Pedro Serra

Assistant Professor, Universidade Lusófona
Departamento de Informática (DEISI)

João Crisóstomo

Assistant Professor at Lusófona University
PhD Candidate, Universidade Lusófona
Núcleo de Estudos em DC&MA – Instituto Lusófono TD

Manuel Pinto

Director of Gold Glove Academy
PhD Candidate, Universidade Lusófona
Núcleo de Estudos em DC&AM – Instituto Lusófono TD

Henrique Lopes

PhD Candidate in Human Kinetics at FMH–University of Lisbon
Researcher at CIPER-FMH and the Sport Specialization Laboratory
Performance Analyst at Ginásio Clube Português, Judo Section
Former International-Level Competitive Judo Athlete

GENERAL INFORMATION

- The Conference is conceived as an international meeting of experts in all fields (scientific and professional). Any Combat Sports and Martial Arts (CS&MA) coach, expert, or researcher involved in may submit a proposed contribution for consideration.
- Contributions can be in the form of an academic paper, a practical presentation, or a professional viewpoint.
- Academic papers and practical presentations will be presented during the oral/Poster presentation session on the Conference.
- All papers will be published in the Conference proceedings book. By submitting the contribution, participants will give rights to publish their papers on the Lusófona University website and in the proceedings book.
- The conference will consist of oral presentations and practical presentations of research. By submitting the contribution, the author must select the mode of presenting oral/Poster their paper.

- Authors are responsible for the context and legal aspects of their contributions. All authors guarantee that the article has not been published previously or that it is not under consideration for publication elsewhere, either in part or in whole, and if the article is accepted, it will not be published elsewhere in the same form, in English.
- Best papers will be suggested for publishing in “Revista de Artes Marciales Asiáticas”, an International Interdisciplinary journal

Official language: English and Portuguese.

Venue: Agostinho da Silva Auditorium – Universidade Lusófona, Lisboa

INSTRUCTIONS FOR AUTHORS

- Papers should be submitted in Microsoft Word 2003 and later versions.
- The manuscripts should be submitted in A4 format, in Times New Roman font, 12-point type, and 1.5 spaced with 2.5 cm margins on all sides. The paper must not be more than 1 page including references, tables and pictures.
- The title of the paper should be in Times New Roman font, 14-point type, bold.
- Below the title, one should write the authors’ names (without degrees), the authors’ institutions and their locations, an abstract, and the key words in Times New Roman font, 12-point type.
- The body of the text should contain chapters: INTRODUCTION, METHODS, RESULTS, DISCUSSION, CONCLUSION.
- Tables and figures should be placed in the text. Please use the APA reference system.
- Submission of Contributions exclusively on mail: sccsma2025@ulusofona.pt

INFORMATION FOR PARTICIPANTS

The conference is held ahead of Lusófona University.

Registration open until September 17 in:
https://secure.ensinolusofona.pt/rol/f?p=126:1:::P1_GRAU,P1_INSTITUICAO,P1_CURSO:13,103,1742

All participants of the Conference will be able Fee of 35 €. For students 15 €.

The conference was certified as a continuing education activity by the Portuguese Institute of Sports and Youth (IPDJ), with 1.8 CPD credits, for the renewal of the Professional Sports Coach Title in Portugal.

IMPORTANT DATES:

September 8th, 2025 - Deadline for paper submission.

September 12th, 2025 - Paper acceptance/revision notification.

September 17th, 2025 – Registrattion on the Conference

Participant and Student registration fee includes:

- one paper as the first author and one paper as the co-author published in the Proceedings book
- conference materials
- attendance at all sessions
- beverages in coffee breaks.
- T-Shirt of Conference

Conference Supporters and Sponsors:

- National Sports Federations
ANTJ – National Association of Judo Coaches
- ABL – Associação de Boxe de Lisboa
- Gold Glove
- Lynxmind
- Be Water
- Instituto Lusófono de Treino Desportivo _ ILUTD
- CIDEFES – Centre for Research in Sport, Physical Education, Exercise and Health
- COP – Portuguese Olympic Committee
- IPDJ – Portuguese Institute of Sport and Youth
- Universidade Lusófona
- University of Castilla-La Mancha, Spain
- Sheffield Hallam University, United Kingdom
- University of Lisbon
- University of Aveiro