ISSN: 2381-4381
Volume 13 Number 2 2025

International Journal of Human Movement and Sports Sciences

http://www.hrpub.org

Horizon Research Publishing

International Journal of Human Movement and Sports Sciences

International Journal of Human Movement and Sports Sciences is an international peer-reviewed journal that publishes original and high-quality research papers in all areas of Human Movement and Sports Sciences. As an important academic exchange platform, scientists and researchers can know the most up-to-date academic trends and seek valuable primary sources for reference. The subject areas include, but are not limited to the following fields: Exercise Physiology, Kinesiology, Physical Activity, Physical Education, Physical Exercises, Sports Management, Sports Medicine, Sports Nutrition.

General Inquires

Publish with HRPUB, learn about our policies, submission guidelines etc.
Email: editor@hrpub.org
Tel: +1-626-626-7940

Subscriptions

Journal Title: International Journal of Human Movement and Sports Sciences
Journal's Homepage: http://www.hrpub.org/journals/jour_info.php?id=99
Publisher: Horizon Research Publishing Co.,Ltd
Address: 2880 ZANKER RD STE 203 SAN JOSE,CA 95134 USA
Publication Frequency: bimonthly
Electronic Version: freely online available at http://www.hrpub.org/journals/jour_info.php?id=99

Online Submission

Manuscripts should be submitted by Online Manuscript Tracking System (http://www.hrpub.org/submission.php).
If you are experiencing difficulties during the submission process, please feel free to contact the editor at submission@hrpub.org.

Copyright

Authors retains all copyright interest or it is retained by other copyright holder, as appropriate and agrees that the manuscript remains permanently open access in HRPUB 's site under the terms of the Creative Commons Attribution International License (CC BY). HRPUB shall have the right to use and archive the content for the purpose of creating a record and may reformat or paraphrase to benefit the display of the record.

Creative Commons Attribution License (CC-BY)

All articles published by HRPUB will be distributed under the terms and conditions of the Creative Commons Attribution License(CC-BY). So anyone is allowed to copy, distribute, and transmit the article on condition that the original article and source is correctly cited.

Open Access

Open access is the practice of providing unrestricted access to peer-reviewed academic journal articles via the internet. It is also increasingly being provided to scholarly monographs and book chapters. All original research papers published by HRPUB are available freely and permanently accessible online immediately after publication. Readers are free to copy and distribute the contribution under creative commons attribution-non commercial licence. Authors can benefit from the open access publication model a lot from the following aspects:

- High Availability and High Visibility-free and unlimited accessibility of the publication over the internet without any restrictions;
- Rigorous peer review of research papers----Fast, high-quality double blind peer review;
- Faster publication with less cost----Papers published on the internet without any subscription charge;
- Higher Citation----open access publications are more frequently cited.

International Journal of Human Movement and Sports Sciences

Editor-in-Chief

Dr. Miguel Ángel Rojo Tirado — Technical University of Madrid, Spain

Honorary Editor-in-Chief

Dr. Rakesh Tomar — King Fahd University of Petroleum & Minerals, Saudi Arabia

Deputy Editor-in-Chief

Dr. Roberto Pippi — University of Perugia, Italy
Dr. Kyungun (Ryan) Kim — University of Central Missouri, USA
Dr. Manolis Adamakis — National and Kapodistrian University of Athens, Greece
Assoc. Prof. Zulkarnain Bin Jaafar — Faculty of Medicine, University of Malaya, Malaysia

Members of Editorial Board

Prof. Ratko Pavlovic — University of East Sarajevo, Bosnia and Herzegovina
Prof. Lawrence Beard — Jacksonville State University, USA
Prof. Sacha Stoloff — University of Quebec at Trois-Rivieres, Canada
Prof. Olivier Hue — University of Quebec at Trois-Rivieres, Canada
Prof. Francavilla Vincenzo Cristian — Kore University of Enna, Italy
Prof. Wojciech J. Cynarski — Institute of Physical Culture Studies, University of Rzeszow, Poland
Prof. Byung-Kun Lee — Division of Sport, Sangmyung University, South Korea
Prof. Hrvoje Karninčić — Faculty of Kinesiology, University of Split, Croatia
Prof. Zhigang Yang — Department of Physical Education, Fudan University, China
Prof. António Manuel Neves Vicente — Department of Sports Sciences, University of Beira Interior, Portugal
Prof. Hugo Miguel Borges Sarmento — University of Coimbra, Portugal
Prof. Maengkyu Kim — Teacher's College, Kyungpook National University, South Korea
Prof. Amira Ahmed Mohamed Ibrahim — Faculty of Physical Education for Girls, Alexandria University, Egypt
Prof. Diana Popova-Dobreva — National Sports Academy "Vassil Levski", Bulgaria
Prof. Suhad Qassem Saeed Al-Mousawi — College of Physical Education for Women, University of Baghdad, Iraq
Prof. Balint Gheorghe — "Vasile Alecsandri" University of Bacau, Romania
Prof. Ary José Rocco Jr — School of Physical Education and Sport, University of São Paulo (USP), Brazil
Prof. Zina Abdul Salam Abdul Razzaq Al - Azzawi — University of Baghdad, Iraq
Prof. Teodorescu Silvia Violeta — National University of Physical Education and Sport, Bucharest, Romania
Dr. Ayse Guler — Hacettepe University, Turkey
Dr. Jordi Puig Voltas — International University of Catalunya, Spain
Dr. Paula Upright — Department of Sport Management, Western Kentucky University, USA
Dr. Kirsten Spencer — Auckland University of Technology, New Zealand
Dr. Dimitrio A. Martinez — Department of Athletics & Recreation, Denison University, USA
Dr. Maria Elissavet Nikolaidou — National and Kapodistrian University of Athens (NKUA), Greece
Dr. Arash Mohammadzadeh Gonabadi — Department of Biomechanics, University of Nebraska, USA
Dr. Russo Luca — Department of Human Sciences, Italian University Line, Italy
Dr. Juan Carlos — Department of Physical Education and Sport, University of Granada, Spain
Dr. José Alberto Aguilar Cortez — School of Physical Education and Sports, University of São Paulo, Brazil
Assoc. Prof. Vanessa Fiaud — College of Nursing and Health Sciences, West Texas A&M University, USA
Assoc. Prof. David Mark Paskevich — Faculty of Kinesiology, University of Calgary, Canada
Assoc. Prof. George Danut Mocanu — "Dunărea de Jos" University of Galați, Romania
Assoc. Prof. Plamen Lyubenov Nyagin — National Sports Academy "Vassil Levski", Sofia, Bulgaria
Assoc. Prof. Noemi Zaharia — Director of Sport Leadership, United States Sports University, USA
Assist. Prof. Krinanthi Gdonteli — University of Peloponnese, Greece

Horizon Research Publishing http://www.hrpub.org

ISSN 2381-4381

Table of Contents

International Journal of Human Movement and Sports Sciences

Volume 13 Number 2 2025

Augmented Reality in Basketball Education: A Systematic Review on Teaching and Skill Development
(https://www.doi.org/10.13189/saj.2025.130201)
Hendri Neldi, Ishak Aziz, Yeni Erita 255

Biomechanical Characteristics of Snatch Lift of Egyptian Weightlifters in 89 kg Category
(https://www.doi.org/10.13189/saj.2025.130202)
Khaled M. Zahran, Ahmed K. Hassan, Haytham Mohamed Hafez, Abdullah Alomair, Hammad Eid Hammad Abd Alhakem.....263

Small-Side Games (SSG) and Conventional Training: How It Affects the Improvement of Shooting Ability of Young Basketball Athletes?
(https://www.doi.org/10.13189/saj.2025.130203)
Ronni Yenes, Angga Okta Pratama, Yuni Astuti, Bekir Erhan Orhan, Dilpreet Kaur, Sebastian Beulah, Ibnu Noufal Kambitta Valappil.....274

Massage Therapy with Red Ginger Essential Oil on Liver Enzymes (SGPT and SGPT) after Strenuous Physical Exercise
(https://www.doi.org/10.13189/saj.2025.130204)
Novita Sari Harahap, Diky Setya Diningrat, Nurhamida Sari Siregar, Marsal Rispandi, Rima Mediyana Sari .280

Impact of Muay Thai Training on Body Composition in Overweight Adults: A Quasi-Experimental Trial
(https://www.doi.org/10.13189/saj.2025.130205)
Chonthicha Kaewmee, Darinee Phoothong, Tuwanan Ratthananinanan 286

The Effects of a Training Package on Physical and Kinetic Abilities of Omani Children with Intellectual Disabilities
(https://www.doi.org/10.13189/saj.2025.130206)
Badriya Al-Hadabi, Heba El-Ashkar, Suhail Al-Zoubi, Radhouane Sassi 291

Analysis of the Effectiveness of Back Attack Positions for Male Athletes in the Indonesian Professional Volleyball League
(https://www.doi.org/10.13189/saj.2025.130207)
Bujang, Muhammad Zulqarnain Mohd Nasir, Mia Kusumawati, Muhamad Noor Mohamed, Muslimin, Ekowati, Hasan Basri, Dindin Abidin 300

The Role of Teachers in Integrating Universal Values in Schools: A Comparative Study Across Educational Levels
(https://www.doi.org/10.13189/saj.2025.130208)
Eko Purnomo, Syerlie Annisa, Nina Jermaina, Agus Gumilar, Mutiara Felicita Amsal, Andri Gemaini, Amin Akbar, Rila Muspita, Maltha Kharisma, Nor Eeza Zainal Abidin 308

Nutritional Knowledge, Attitudes, and Practices among Elite Young Taekwondo Athletes: A Cross-Sectional KAP Study
(https://www.doi.org/10.13189/saj.2025.130209)
Adam Tawfiq Amawi, Hamza Alduraidi, Amani Almasri, Batool Obaid, Nataly Trk, Philippe Boued, Khaled Trabelsi, Haitham Jahrami, Hadeel Ali Ghazzawi 318

The Impact of Periodization on the Performance Improvement of Indonesian Elite Weight Lifters in International Event
(https://www.doi.org/10.13189/saj.2025.130210)
Dikdik Zafar Sidik, Fitri Rosdiana, Asep Sumpena 326

Comparative Analysis of the Implementation of Technical and Tactical Actions by High-Qualification Teams in 3x3 and 5x5 Basketball
(https://www.doi.org/10.13189/saj.2025.130211)
Mykola Bezmylov, Oksana Shynkaruk, Liu Yang, Wang Hanpeng, Liang Xiao, Grygoriy Griban, Inna Asauliuk, Svitlana Dmytrenko, Larysa Pustoliakova, Alimia Osmanova, Oleksandr Lohvynenko, Liudmyla Pohasii 336

Effect of a Counseling Program on Developing the Psychological Adaptation of Football Players
(https://www.doi.org/10.13189/saj.2025.130212)
Khaled Mortada Shaheen, Ahmed Kazem Fahd 349

Bodily-Kinesthetic Intelligence and Fundamental Movement Skills - A Bibliometric Analysis
(https://www.doi.org/10.13189/saj.2025.130213)
Daniel Lazar L., R. Ramakrishnan 357

Shrinking Snow Cover and Its Implications for Ski in Gulmarg: A Case Study of International Athletes
(https://www.doi.org/10.13189/saj.2025.130214)
Shalu Sinha, Alok Kumar Dubey, Sahil Raj, Samapika Mohapatra 366

A Psychometric Validation Study of the Chinese Version of the Children's Physical Activity Correlates Scale
(https://www.doi.org/10.13189/saj.2025.130215)
Han Mingxue, Hairul Anuar Hashim, Adam Abdul Malik 381

Blood Lactate Level and Anaerobic Function Response to Core Muscle High Intensity Interval Training
(https://www.doi.org/10.13189/saj.2025.130216)
Charee Jansupom, Tanapol Kaewwong, Surumpa Charoensuk Kaewwong, Parichat Rirermkul, Neranoch Bumrung, Ashira Hiruntrakul 390

The Impact of Physical Activity on the Adaptation Processes in the Body of Adolescent Futsal Athletes
(https://www.doi.org/10.13189/saj.2025.130217)
Danil Dychko, Vladislav Dychko, Nadezhda Kushakova, Olexandr Kholodnyi, Victoria Mukhina 397

High- and Varied-Intensity Resistance Training Increased Muscle Strength without Affecting Vascular Parameters in Recreational University Athletes
(https://www.doi.org/10.13189/saj.2025.130218)
Ratanyoo Longrak, Witid Mitranun, Watanya Jaidee, Wirat Sonchan, Chayanach Katechard, Tanyalak Mhokrid 404

FBSTS: Innovative Assessment Tool for Futsal Basic Skills in Higher Education Learning
(https://www.doi.org/10.13189/saj.2025.130219)
Ardi Nusri, Asep Prima, Nurul Fadilah Ardi, Sabaruddin Yunis Bangun 414

The Effectiveness of Time Management in the Performance of Female Teachers during Physical Education Classes in the Schools of Ramallah and Al-Bireh Governorate in Palestine
(https://www.doi.org/10.13189/saj.2025.130220)
Firas Mahmoud Zaid Al-Kilani, Bahjat Ahmad Abutame 426

Stepping Towards Growth: Examining the Relationship Between Physical Activity Engagement and Personal Growth Initiative Among Filipino Students
(https://www.doi.org/10.13189/saj.2025.130221)
Jomar B. Esto, Vinus P. Java, Jerum B. Elumaring, Ruben L. Tagare Jr., Norge D. Martinez, Mark Anthony B. Rosario, Mark Dexter L. Reyes, Mark Anthony R. Dalipe, Mark E. San Pedro, Carl Wayne S. Villarta, Stephen D. Celestial, Jenie Philip S. Saniel, Christine May T. Mangubat 435

The Influence of Coach Leadership on Female Athletes' Personal Motivation and Sports Engagement: A Study of Female Atheletes' Perceptions
(https://www.doi.org/10.13189/saj.2025.130222)
Haira Azzahra Dwi Nugraha Hendrawan, Mustika Fitri, Herman Subarjah, Hilmy Apriady, Yovhandra Ockta 443

Awareness, Knowledge and Attitude towards Perceived Risk of Fall among Mountaineers from Maharashtra: Cross-Sectional Study
(https://www.doi.org/10.13189/saj.2025.130223)
Prajakta Prashant Patwe, Malarvizhi D. 450

Dissecting the 2024 Indonesia National Sport Week (PON) Sport Event: Examining the Relationship between Event Quality, Participant, and Spectator Satisfaction
(https://www.doi.org/10.13189/saj.2025.130224)
Imam Marsudi, Hari Setijono, Albertus Fenanlampir, Ardi Nusri, Boyke Mulyana, Imran Akhmad, Meirizal Usra, Nyak Amir, Saharudin Itaa, Sukendro, Tandiyo Rahayu, Cemal Özman, Afif Rusdiawan, Muhammad Kharis Fajar 459

Ensuring Consistency and Examining the Reliability of Isokinetic and Isometric Knee Extension Strength Testing in Older Women over a Four-Week Interval
(https://www.doi.org/10.13189/saj.2025.130225)
Chawin Sarinukul, Taweesak Janyacharoen, Lee David Johnson, Buranat Audsavachulamanee, Thiwaphon Chatprem, Saowanee Nakmareong, Paradee Auvichayapat, Kittisak Sawanyawisuth 470

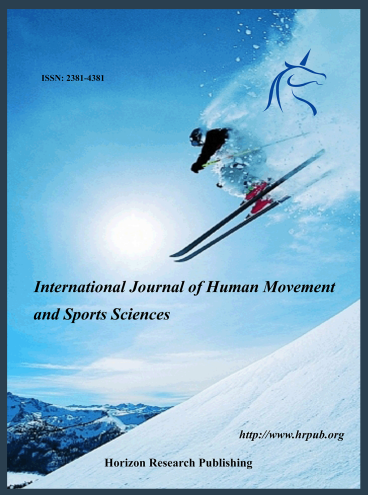
Motor Learning Development in Children: A Bibliometric Analysis
(https://www.doi.org/10.13189/saj.2025.130226)
Indra Adi Budiman, Yudy Hendrayana, Yusuf Hidayat, Burhan Hambali, Albadi Sinulingga, Syahruddin, Haris Sofyana, Khairul Hafezad Abdullah, Davi Sofyan, Indrayogi, Maya Nurhayati, Jem Cloyd M. Tanucan, Walton Wider**.....**479

International Journal of Human Movement and Sports Sciences

International Journal of Human Movement and Sports Sciences, owned and published by Horizon Research Publishing Co. Ltd, is an international peer-reviewed journal that publishes original and high-quality research papers in all areas of Human Movement and Sports Sciences. As an important academic exchange platform, scientists and researchers can know the most up-to-date academic trends and seek valuable primary sources for reference.

Aims & Scope

- Exercise Physiology
- Kinesiology
- Physical Activity
- Physical Education
- Physical Exercises
- Sports Management
- Sports Medicine
- Sports Nutrition



Editorial Board

Editor-in-Chief
Dr. Miguel Ángel Rojo Tirado — Technical University of Madrid, Spain

Honorary Editor-in-Chief
Dr. Rakesh Tomar — King Fahd University of Petroleum & Minerals, Saudi Arabia

Deputy Editor-in-Chief
Dr. Roberto Pippi — University of Perugia, Italy
Dr. Kyungun (Ryan) Kim — University of Central Missouri, USA
Dr. Manolis Adamakis — National and Kapodistrian University of Athens, Greece
Assoc. Prof. Zulkarnain Bin Jaafar — University of Malaya, Malaysia

Members of Editorial Board
Prof. Ratko Pavlovic — University of East Sarajevo, Bosnia and Herzegovina
Prof. Lawrence Beard — Jacksonville State University, USA
Prof. Sacha Stoloff — University of Quebec at Trois-Rivieres, Canada
Prof. Olivier Hue — University of Quebec at Trois-Rivieres, Canada
Prof. Francavilla Vincenzo Cristian — Kore University of Enna, Italy
Prof. Wojciech J. Cynarski — Institute of Physical Culture Studies, University of Rzeszow, Poland
Prof. Byung-Kun Lee — Sangmyung University, South Korea
Prof. Hrvoje Karninčić — University of Split, Croatia
Prof. Zhigang Yang — Fudan University, China
Prof. António Manuel Neves Vicente — University of Beira Interior, Portugal
Prof. Hugo Miguel Borges Sarmento — University of Coimbra, Portugal
Prof. Maengkyu Kim — Kyungpook National University, South Korea
Prof. Amira Ahmed Mohamed Ibrahim — Alexandria University, Egypt
Prof. Diana Popova-Dobreva — National Sports Academy "Vassil Levski", Bulgaria
Prof. Suhad Qassem Saeed Al-Mousawi — University of Baghdad, Iraq
Prof. Balint Gheorghe — "Vasile Alecsandri" University of Bacau, Romania
Prof. Ary José Rocco Jr — University of São Paulo (USP), Brazil
Prof. Zina Abdul Salam Abdul Razzaq Al - Azzawi — University of Baghdad, Iraq
Prof. Teodorescu Silvia Violeta — National University of Physical Education and Sport, Bucharest, Romania
Dr. Ayse Guler — Hacettepe University, Turkey
Dr. Jordi Puig Voltas — International University of Catalunya, Spain
Dr. Paula Upright — Western Kentucky University, USA
Dr. Kirsten Spencer — Auckland University of Technology, New Zealand
Dr. Dimitrio A. Martinez — Denison University, USA
Dr. Maria Elissavet Nikolaidou — National and Kapodistrian University of Athens (NKUA), Greece
Dr. Arash Mohammadzadeh Gonabadi — University of Nebraska, USA
Dr. Russo Luca — Italian University Line, Italy
Dr. Juan Carlos — University of Granada, Spain
Dr. José Alberto Aguilar Cortez — University of São Paulo, Brazil
Assoc. Prof. Vanessa Fiaud — West Texas A&M University, USA
Assoc. Prof. David Mark Paskevich — University of Calgary, Canada
Assoc. Prof. George Danut Mocanu — "Dunărea de Jos" University of Galați, Romania
Assoc. Prof. Plamen Lyubenov Nyagin — National Sports Academy "Vassil Levski", Sofia, Bulgaria
Assoc. Prof. Noemi Zaharia — United States Sports University, USA
Assist. Prof. Krinanthi Gdonteli — University of Peloponnese, Greece

Contact Us

Horizon Research Publishing
2880 ZANKER RD STE 203
SAN JOSE,CA 95134
USA
Email: editor@hrpub.org

Submit your paper at http://www.hrpub.org/journals/jour_submitmanuscript.php?id=99

Available Online http://www.hrpub.org/journals/jour_info.php?id=99