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# Sport Psychology: Linking theory to practice

Gangyan, S., Cruz, J., and Jaenes, J.C. (Eds)

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between-subject variable and the role of the viewer (offensive, defensive) as the within-subject variable. The results revealed a significant interaction on the percentage of viewing time in the spaces that were unavailable for passing, which was due to that, when viewing as an offensive player, the players spent less percentage of time than the non-players fixating the spaces unavailable for passing. The results indicate that the experts could quickly discriminating informative and uninformative areas, and spend less time paying attention to less useful information for the action at the moment, while the amateurs would continuously waste attention and time on useless information.

*Keywords: football players, eye movements, AOIs, attention distribution*

## Association of 2D: 4D digit ratio with frailty and MMSE in community-dwelling older adults and Human Development

**Celina Gonçalves (Sport Sciences Departament - Polytechnic Institute of Bragança, Portugal), Nuno Rocha (Laboratório de Reabilitação Psicossocial da Escola Superior de Saúde do Instituto Politécnico do Porto e Faculdade de Psicologia e Ciências da Educação da Universidade do Porto, Portugal)**

The 2D:4D ratio is an indicator of prenatal testosterone exposure (Fink, Manning, & Neave, 2006) and it is a fairly stable one (Anders, 2007). While there are some studies about the role of testosterone on frailty (Srinivas-Shankar & Wu, 2009) and cognitive decline (Moffat, 2005) in older adults, very few analyze the impact of prenatal testosterone exposure (Halil et al., 2013). Our aim was to understand the relation between 2D:4D ratio, frailty and cognitive decline in community-dwelling elderly people. 175 community-dwelling elderly people were recruited. We included the following instruments: Tilburg Frailty Indicator; Survey of Health, Ageing and Retirement in Europe; Mini-Mental State Examination; scanner assessment of 2D and 4D fingers lengths of each hand; Barthel Index; and Lawton and Brody scale. Statistical analyses were conducted using software SPSS Statistics (v.23.0, SPSS Inc, IL) and were based on Pearson correlations and regressions. We did not find any correlations between 2D:4D ratio and frailty measures, but we found a significant correlation between 2D:4D ratio and MMSE scores in the women sample. It is not possible to ascertain any contribution of prenatal exposure to androgens to the frailty status of community-dwelling elderly people, but we found that reduced prenatal exposure to testosterone in women may contribute to prevent cognitive decline in elderly women.

*Keywords: testosterone, cognitive decline; elderly people, frailty*

## Habitual physical activity and social support in adolescents

**Celina Gonçalves (Sport Sciences Departament - Polytechnic Institute of Bragança), Vítor Pires Lopes (Sport Sciences Departament - Politechnic Institute of Bragança; Research Center in Sports Sciences, Health Sciences and Human Development (CIDESD), Portugal)**

The support of parents and friends seems central to the involvement of young people in physical activity (PA) (Atkins et al., 2015). The purpose of this study was to analyze the importance of social support on PA levels in adolescents. 864 adolescents of both sexes were included. Participants were divided into two groups, Group 1: 12-15 years (Girls n=225; Boys n=202) and Group 2: 16-18 years (Girls n=226; Boys n=209). To determine PA and sedentary behaviour (SB), the short version of the International Physical Activity Questionnaire (IPAQ) was used; the specific types of PA assessed were walking (W), moderate (MPA), vigorous (VPA) and total score (TPA); a question about sitting time was included to determine SB. Perception of social support for PA was assessed with an adaptation of the Friend Support Scale for Portuguese language (Jago, Page, & Cooper, 2012). Statistical analyses were conducted using software SPSS Statistics (v.23.0) and were based on Spearman correlations. In group 1, the girls showed a significant correlation between TPA and the friends in general, best friend and parents support. In boys there was only significant correlation between MPA and best friend