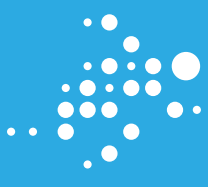




**ECSS**  
OSLO 09



**SPORT SCIENCES  
NATURE, NURTURE AND CULTURE**

**14<sup>th</sup> Annual ECSS Congress  
June 24 – 27 2009  
Oslo Norway**



### ***Welcome to Oslo, Norway***

On behalf of the Norwegian School of Sport Sciences, I am proud to welcome you to the 14<sup>th</sup> Annual Congress of the ECSS in Oslo, Norway June 24 – 27 2009.

Oslo, the capital of Norway, is situated at the head of the Oslo fjord and surrounded by forested ridges. Oslo is unique, a city surrounding a sea inlet with mountains as a backdrop. At the end of June, summer in Norway is at its most beautiful.

I am very much looking forward to welcoming you to a congress with a high quality scientific programme in an exciting urban and natural setting.

Welcome to Oslo in 2009!

***Sigmund Loland***

President, 14<sup>th</sup> Annual ECSS Congress

#### **ECSS Scientific Board**

Anton Wagenmakers (chair), GBR  
Flemming Dela, DNK  
Werner Helsen, BEL  
Paavo Komi, FIN  
Gertrud Pfister, DNK  
Tom Reilly GBR

#### **ECSS Scientific Committee**

Natalia Balague, ESP  
Jan Cabri, PRT  
Daniela Caporossi, ITA  
Hans-Hermann Dickhuth, DEU  
Nenad Dikic, SRB  
Joan Duda, GBR  
Michael Grey, DNK  
Daniel Green, GBR  
Steve Harridge, GBR  
Luc van Loon, NLD  
Mike McNamee, GBR  
Caroline Nicol, FRA  
Pekka Oja, FIN  
Hermann Schwameder, DEU  
Gisela Sjøgaard, SWE  
Mark Williams, GBR



Oslo Congress Centre



## Congress President Sigmund Loland, NOR

### Local Scientific Committee

Sigmund Loland (chair)  
Kari Bø  
Kari Fasting  
Jostein Hallén  
Yngvar Ommundsen  
Glyn C. Roberts  
Karen Christensen (secretary)

### Local Organizing Committee

Karen Christensen (chair)  
Baard Wist  
Sigmund Loland  
Gro Styrmø  
Hans T. Andresen

### Office

Congress Secretariat:  
Øivind Lie  
at Congress-  
Conference AS  
(ecss2009@congrex.no)

ECSS Managing Director:  
Thomas Delaveaux

ECSS Technical Director:  
Elias Tsolakidis



## Congress Venue

The ECSS'09 will take place at Oslo Congress Centre which is a modern congress facility located in the heart of Oslo and within walking distance to the congress hotels, transport systems, shopping and restaurants. The Centre is a professional, flexible and comprehensive meeting venue that has a colourful history dating back almost a century.



# Sport Sciences – Nature, Nurture and Culture

Sport is a complex phenomenon that incorporates most dimensions of human life. The complete study of human activity in most sports must build on diversity of scientific approaches. The 14<sup>th</sup> Annual Congress-programme will feature theoretical, applied and cross disciplinary sport studies as well as research findings based on the natural, behavioural, social human scientific disciplines.

## Plenary Sessions

1. Born to move? Perspectives from evolutionary biology and the social sciences
2. Physical Education – Bildung or Health promotion?
3. Sport, Body and Mind: Towards a New Understanding?
4. Sport and the Environment: Towards an Environmentally Sound Movement Culture

## Plenary speakers:

Gunnar Breivik	(NOR)	Romain Meeusen	(BEL)
Andrea Dunn	(USA)	Alberto E. Minetti	(ITA)
Kari Fasting	(NOR)	Mary O'Sullivan	(IRL)
Thomas McKenzie	(GBR)	Ulrike Pröbstl	(AUT)



## Invited Symposia

### Sports medicine

- Physical activity during pregnancy and after childbirth
- Physical activity and ageing.
- Evidence based sports physiotherapy: the difficulty of the research paradigms

### Physiology

- Skeletal muscle blood flow regulation during exercise
- High-intensity endurance training to achieve optimal adaptation
- Cross-country skiing
- Bone and exercise

### Biomechanics and Neuromuscular Control

- Strength training A (Hypertrophy)
- Strength training B (Neuromuscular adaptation)
- Adaptation in tendons and connective tissues in response to loading
- Complex systems in sport
- Alpine skiing
- Cycling
- Joint load control in game sports

### Biochemistry/Molecular Biology

- Signals and mechanisms of training adaptation to include a systems biology approach
- Satellite cells and regulation of muscle mass
- Molecular mechanism controlling mitochondrial biogenesis and function
- The role of the inflammation process in exercised muscles

### Nutrition

- GSK Sports Nutrition Symposium
- Nutritional strategies to increase muscle mass
- Nutritional interventions to increase fat oxidation

### Social Sciences and the Humanities

- Motivational determinants of sport performance and psychological well-being: theoretical and applied issues
- Reconceptualising sports coaching: A sociological endeavour?
- Performing under pressure in sport





Frognerstøtten



Visit oslo

Aker Brygge



Visit oslo

Holmenkollen

- Preventing harassment and abuse in sport
- Sport and cultural identity
- Enhancement in sport and exercise
- Sport, skills and knowledge
- Young people, school sport and physical education chair:
- Friluftsliv – the impact of outdoor education on environmental concerns
- Physical education, obesity and health – critical perspectives
- Gender, equity and teacher professionalism in physical education

### Chairs

Keith Baar	(GBR)	Asker Jeukendrup	(GRB)
Natàlia Balague	(ESP)	Robyn Jones	(GBR)
Celia Brackeridge	(GBR)	Geir Jordet	(NOR)
Jan Cabri	(PRT)	Fawzi Kadi	(SWE)
Jan Ekstrand	(SWE)	Michael Kjaer	(DNK)
Dieter Felsenberg	(DEU)	Paavo Komi	(FIN)
Ann Flintoff	(GBR)	Håkan Larsson	(SWE)
Albert Gollhofer	(DEU)	Volker Lippens	(DEU)
Ken Green	(GBR)	Nina W. Loland	(NOR)
Kirsti P. Gurholt	(NOR)	Mike McNamee	(GBR)
Matti Goksøy	(NOR)	Toshio Moritani	(JPN)
José González-Alonso	(GBR)	Michelle Mottola	(CAN)
Jostein Hallén	(NOR)	Erich Müller	(AUT)
Stephen Harridge	(GBR)	Glyn Roberts	(NOR)
Hans-Christer Holmberg	(SWE)	Anton Wagenmakers	(GBR)
David A. Hood	(CAN)		

### Exchange Symposia

EFSMA: The Physiology of Kenyan Runners

ACSM: Genetics and Heredity

JSPFSM: Neuromuscular Adaptation in Disuse and Ageing

### ECSS Position Statements

Prevention of Sport Injuries (chair: Roald Bahr, NOR)

How can we change exercise behaviour in the population?  
(chair: Stuart Biddle, GBR)

### Satellite Symposia

Pre and post-Congress satellite symposia dealing with various scientific disciplines will be offered. Detailed information and registration via Congress website.



## Programme Structure

Visit oslo

Vigeland Sculpture Park

June 24	Time	June 25	June 26	June 27
	<b>8.30–10.00</b>	Invited Symposia & Oral Presentations	Invited Symposia & Oral Presentations	Invited Symposia & Oral Presentations
Arrival & Registration	<b>10.00–11.30</b>	Invited Symposia & Oral Presentations	Invited Symposia & Oral Presentations	Invited Symposia & Oral Presentations
	<b>11.30–12.00</b>	Coffee break	Coffee break	Coffee break
	<b>12.00–13.15</b>	Plenary Session	Plenary Session	Plenary Session
	<b>13.15–14.15</b>	Lunch break	Lunch break	Lunch break
	<b>14.15–15.15</b>	Poster Presentation	Poster Presentation	Poster Presentation
	<b>15.15–16.45</b>	Invited Symposia & Oral Presentations	Invited Symposia & Oral Presentations	YIA Presentation
Invited Symposia & Oral Presentations	<b>16.45–17.15</b>	Coffee break	Coffee break	Coffee break
Plenary Session	<b>17.15–18.45</b>	Invited Symposia & Oral Presentations	Invited Symposia & Oral Presentations	ECSS Address YIA Awards
Opening Seremony & Reception	<b>19.15–20.15</b>			Closing Ceremony
				Closing Banquet



## Young investigators Award Sponsored by MARS

### Requirements for Participation

- ECSS membership
- Under the age of 32 at the time of the Congress
- PhD students or equivalent or graduates less than 2 years after the PhD
- Previous prize winners cannot take part in the same category more than once (oral/poster).
- Congress registration required (only the candidate may present paper as first author)
- Only one paper can be submitted per first author

Application should be verified by an authorized person (Head of institute) in the applicant's department who should also certify that the investigator has made an independent and reasonable contribution to the work submitted for presentation. The verification must be submitted with the abstract before the deadline of February 15<sup>th</sup> 2009.

### Congress Language

The official Congress language will be English. No simultaneous translation will be provided.

### Technical Exhibition

A technical and scientific exhibition will be organized in the Congress Centre. Detailed information for exhibitors will be available on the Congress website and via the Congress Secretariat.

### Social Programme

An exiting and relaxing Social Program for the delegates and accompanying persons will be offered.

It will consist of:

- Welcoming reception in the City Hall, hosted by the Mayor of Oslo, Wednesday June 24\*
- Gala dinner at the magnificent Holmenkollen Park Hotel, Saturday June 27
- Possibilities for various sightseeing tours

Other possible social activities will be announced in due time on the Congress website.

\* included in the registration fee

### Programme for Accompanying Persons

Accompanying persons are invited to take part in the opening reception, the closing banquet and all other social activities offered to the Congress participants.







## Registration Fees

Registration will only be possible via the Congress website.

	Registration until Feb, 1 <sup>st</sup>	Registration until April, 15 <sup>th</sup>	Registration after May, 1 <sup>st</sup>
<b>ECSS Member</b> Registration + ECSS membership 2009	<b>300 €</b>	<b>315 €</b>	<b>365 €</b>
<b>Non ECSS Member</b> Registration + ECSS membership	<b>385/355 €</b>	<b>400/370 €</b>	<b>450/420 €</b>
<b>Non ECSS Member</b> Only registration	<b>400 €</b>	<b>415 €</b>	<b>465 €</b>
<b>ECSS Student Member</b>	<b>150 €</b>	<b>160 €</b>	<b>210 €</b>
<b>Non ECSS Student Member</b> Registration + ECSS membership 2009	<b>190/180 €</b>	<b>200/190 €</b>	<b>250/240 €</b>
<b>Non ECSS Student Member</b> Only registration	<b>200 €</b>	<b>220 €</b>	<b>270 €</b>
<b>Accompanying Person</b>	<b>150 €</b>	<b>170 €</b>	<b>190 €</b>



## Included in Registration Fees

### For participants

- Admission to all scientific sessions
- Admission to exhibitions
- Congress material (bag, programme, book of abstracts etc)
- Coffee and lunches at the Conference Centre
- Welcoming reception in the Oslo City Hall
- The closing banquet

### For accompanying persons:

- The accompanying person's fee includes registration and the welcoming reception in the Oslo City Hall
- No admission to scientific programme
- Oslo Highlights sightseeing tour

### Accommodation

Hotel reservation will only be possible via Congress website. Accommodation ranging from \*\*\* to \*\*\*\*\* hotels within walking distance from the Venue will be provided by the Local Organizing Committee. This will also include Youth Hostels.

### How to get to Oslo

There are three airports near Oslo. The main airport is Oslo Airport Gardermoen. Gardermoen is located north of Oslo and about 20 minutes by airport express train from the city centre. There is also a bus connection from the airport to the city centre. [www.osl.no](http://www.osl.no)

The airport Sandefjord Airport Torp is located south of the city. Ryan Air has connections from 12 cities in Europe to Torp. The bus service from Torp to Oslo takes about 1.5 hours. [www.torp.no](http://www.torp.no)

Moss Airport Rygge, is located 70 km southeast of the city, with several direct flights from European cities. Express busses leave for Oslo Buss Terminal in connection with arrivals by Norwegian Air Shuttle, and likewise in connection with the departures of the same company. [www.ryg.no](http://www.ryg.no)

Several international airlines fly to Oslo. Please search the internet or contact your local travel agent for more information.

**We would strongly recommend that you book your flights early to obtain the best air fares!**

### Pre and Post Congress Tours

The local organizers will provide special sightseeing tours (not included in the Registration fee) for delegates and/or accompanying persons.

## Dates to Remember

- **February 15<sup>th</sup> 2009**  
Deadline for abstract submission
- **April 1<sup>st</sup> 2009**  
Notification to authors
- **May 15<sup>th</sup> 2009**  
Deadline for registration for presenting authors



Norwegian School of Sport Sciences



Oslo Opera house

**14<sup>th</sup> Annual ECSS Congress**  
**June 24 – 27 2009**  
**Oslo Norway**

We wish you welcome!





**Congress Secretariat**

Øivind R. Lie

Congress-Conference AS

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