

1ST INTERNATIONAL SYMPOSIUM OF SPORTS PERFORMANCE

“PERFORMANCE ENHANCED BY BRIDGING THE GAP BETWEEN THEORY AND PRACTICE”
RESEARCH CENTER IN SPORTS SCIENCES, HEALTH AND HUMAN DEVELOPMENT

4th and 5th July 2009



1ST INTERNATIONAL SYMPOSIUM OF SPORTS PERFORMANCE GROUP/CIDESD
“PERFORMANCE ENHANCED BY BRIDGING THE GAP BETWEEN THEORY AND PRACTICE”
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The RESEARCH CENTER IN SPORTS SCIENCES, HEALTH SCIENCES AND HUMAN DEVELOPMENT (CIDESD) is a cross-institutional technical and scientific multi-disciplinary unity of applied and fundamental research hosted in the University of Trás-os-Montes and Alto Douro. This center appears from the network integration, by a consortium agreement, of several previous research units originally from the: Instituto Politécnico de Bragança; Escola Superior Desporto de Rio Maior; Universidade da Beira Interior; Instituto Superior da Maia, Universidade da Madeira; Escola Superior de Enfermagem de Vila Real, Instituto Politécnico de Viseu e a Universidade de Trás-os-Montes e Alto Douro.

The main scope of this UNIT is to promote basic and applied research on Sports Sciences field, health-related physical activity promotion, in accordance to different stages of human development valuing the relationships between physical activity and sports, health promotion by the influence of human and organizational resources.

THE 1ST SYMPOSIUM IN SPORTS PERFORMANCE

This 1st symposium entitled “PERFORMANCE ENHANCED BY BRIDGING THE GAP BETWEEN THEORY AND PRACTICE” is designed to present the main findings in each one of the research lines of this group to all scientific and academic community (bachelor, master and PhD programs) and continuous education programs (FOCO), and to develop effective intervention and integrative strategies in strong and close cooperation with local institutions (clubs), regional (regional associations) and national (several sports federations, Portuguese Institute of Sport, Portuguese Olympic Committee), allowing us to implement intervention programs aiming better sports results.

This symposium will focus on four six main areas, and parallel poster presentations, all around the same question of trying to bring from science practical implications for performance enhancement:

Area 1: The role of Genetics in Sports Performance

Area 2: Match Analysis

Area 3: Strength and Conditioning

Area 4: Physiological and Biomechanical Evaluation

Area 5: Systematic and Methodological Observation

Area 6: Roundtable Discussions

Parallel session: Posters Presentation (all thematic areas)



Invited Speakers

AREA 1: GENETICS AND SPORTS PERFORMANCE

Gaston Beunen, Ph.D.: Full Professor on Faculty of Kinesiology & Rehabilitation, K. University Leuven. Emeritus Professor, since 2005.

Luisa Granadeiro, Ph.D.: Research Centre in Health Sciences (CICS), Universidade da Beira Interior, Covilhã, Portugal.

Aldo Costa, MSC.: Universidade da Beira Interior, Covilhã, Portugal.

AREA 2: MATCH ANALYSIS

Martin Lames, Ph.D.: Boarding member of Germanys Society for Computer Science in Sport. He is professor for Movement Science and Training Science at Augsburg University.

Peter O'Donoghue, Ph.D.: Professor for Research Methods in Sport, Exercise and Coaching Science, Computerized Sports Analysis and Performance Analysis at the Cardiff School of Sport and Chair of the International Society of Performance Analysis of Sport.

Jaime Sampaio, Ph.D.: General Editor of the Open Sports Sciences Journal. Professor at Sports Science, Exercise and Health Department of University of Trás-os-Montes and Alto Douro.

AREA 3: STRENGTH AND CONDITIONING

Peer Aagaard, Ph.D.: Professor at Institute of Sports Science and Biomechanics. Odense: University of Southern Denmark

Alfonso Jiménez; Ph.D.: Departamento de Fundamentos de la Motricidad y del Entrenamiento Deportivo; Facultad de Ciencias de la Actividad Física y el Deporte; Universidad Europea de Madrid

Paolo Caserotti, Ph.D.: National Institute on Aging, National Institutes of Health., Laboratory of Epidemiology, Demography and Biometry Bethesda USA

Mário Marques, Ph.D.: Professor at Sports Department of University of Beira Interior (UBI – Portugal).

AREA 4: PHYSIOLOGICAL AND BIOMECHANICAL EVALUATION

William Sands, Ph.D.: Leader of the recovery Center and Sport Scientist at the U.S. Olympic Training Center in Colorado Springs. Till 2004, Head of Sports Biomechanics, Engineering and Sport Physiologist at the Placid Lake Training Center New York.

Per Ludvik Kjendle, Ph.D.: Professor of the University of Oslo, Norwegian.

Laura Guidetti, Ph.D., Professor of the Institute Scienza Motora Roma. His major interest of research is the physiological determinant factors of the sports performance.

Daniel Marinho, MSC,: Professor at Sports Department of University of Beira Interior, Covilhã.

Abel Rouboa Ph.D.: Professor at engineering Department of University of Trás-os-Montes and Alto Douro.

AREA 5: METHODOLOGICAL OBSERVATION

Gudberg K. Jonsson, Ph.D.: Human Behavior Laboratory, University of Iceland, general manager of Pattern Vision Ltd and the coordinator of MASI.

Teresa Anguera, Ph.D.: Professor at University of Barcelona.

José Carlos Leitão, Ph.D.: Professor at Sports Science, Exercise and health Department of University of Trás-os-Montes and Alto Douro.

AREA 6: ROUNDTABLE DISCUSSION

Issues for discussion on Round Tables. Moderator first introduce theme to be explored under the point of view of Federations, the COP and Universities:

- 1) Training process for high performance sports
- 2) Monitoring, control and evaluation of elite sports
- 3) Synergies between Federations, COP and Universities concerning this process.

Poster presentations

Dimensions: The poster wall is 1,5 m wide x 1,0 m high. The maximum poster size should not exceed this size. Banner: Title, authors, and affiliations. Lettering in the label should be at least 2,5 cm high. Sections: Introduction, Methods, Results, Discussion, Key points and References.

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Short communications

Short communications will be published in the Open Sports Sciences Journal. Submitted manuscripts should contain no more than 1500 words including references. Sections: Introduction, Methods, Results and Discussion. Two tables or illustrations are permitted. References must be limited to 10. The references must be organized according to the Open Sports Sciences Journal Guidelines (<http://www.bentham.org/open/tossj/MSandI.htm>).

DATES TO REMEMBER

CALL FOR ABSTRACTS

ABSTRACT SUBMISSION OPEN (DATE 1 MARCH)

ABSTRACT SUBMISSION DEADLINE (DATE 30 APRIL)

NOTIFICATION OF ABSTRACT ACCEPTANCE (15 JUNE)



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REGISTRATION

All registrations include symposium material and abstract book, admission to all symposium sessions, exhibitors and poster Area, refreshments and lunches at the symposium.

Registration with certificates must be send by email.

Date	Before 30 April	Before 30 June	On-site
Students/CIDESD	30€	45€	60€
Coaches	45€	60€	75€
FOCO	75€	100€	150€

For symposium dinner on 3 July an additional 15€ per person charge

<http://www.utad.pt/pt/investigacao/cidesd/index.html>

ACCOMMODATIONS	LOCALIZATION	TELEPHONE
Estalagem Quinta do Paço****	Arroios	259 340 790
Hotel Miracorgo***	Avenida 1º de Maio	259 325 001 / 8
Hotel - Miraneve**	Rua D Pedro de Castro	259 323 153
Pousada de Juventude V. R.**	Rua Doutor Manuel Cardona	259 373 193
Residencial - Clássico	Lordelo	259 341 795
Residencial - O Vizinho	Ave. Aureliano Barrigas	259 371 027
Residencial - São Domingos	Tv. São Domingos	259 322 039
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Pensão Residencial Mª. do Carmo	Abambres	259 322 407
Pensão Encontro	Ave. Carvalho Araújo	259 322 532
Pensão Areias	Rua Miguel Bombarda	259 322 913

Program (Provisional)

Day 1		Day 2	
9:00	Opening Cerimony	8:30	Panel: Strength and Conditioning
9:30	Panel: Genetics and Performance	10:30	Coffee break
10:30	Coffee break	11:00	Panel: Match Analysis
11:00	Panel: Methodological observation	13:00	Lunch break
13:00	Lunch break	15:00	Roundtable COP e Federações (1)
15:00	Panel: Physiological and Biomechanical Evaluation	16:30	Coffee Break
17:30	End	17:00	Roundtable COP e Federações (1)
20:30	Dinner and social program	19:00	Conclusions and Closure

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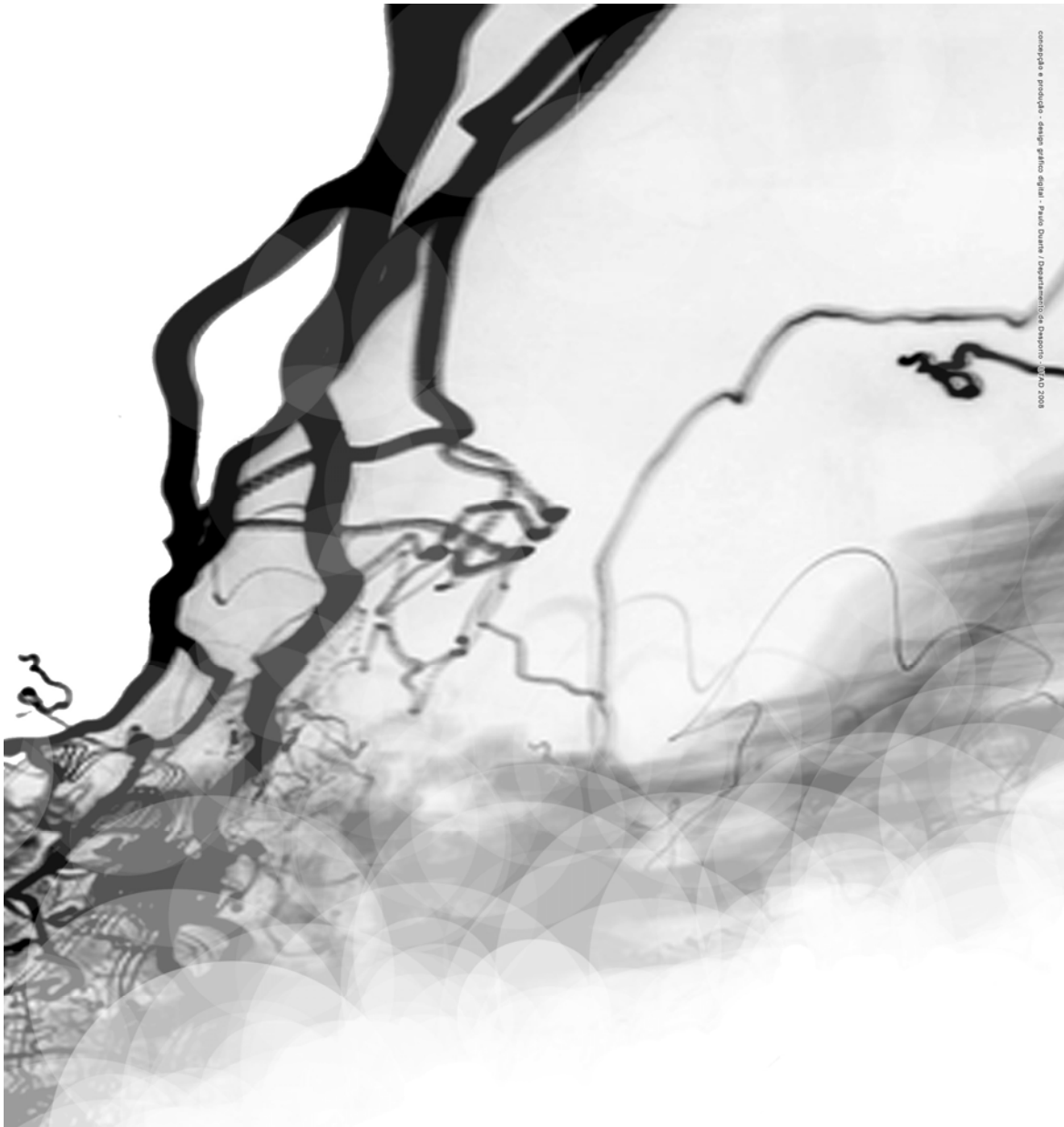
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Updates, please visit <http://www.utad.pt/pt/investigacao/cidesd/index.html> or

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