

# 1ST INTERNATIONAL SYMPOSIUM OF SPORTS PERFORMANCE GROUP/CIDESD

## “PERFORMANCE ENHANCED BY BRIDGING THE GAP BETWEEN THEORY AND PRACTICE”

### 4TH AND 5TH JULY 2009

#### THE 1ST SYMPOSIUM IN SPORTS PERFORMANCE

This 1<sup>st</sup> 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 (FDCD), 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

**Gaston Beunen**, Ph.D.: Faculty of Kinesiology & Rehabilitation, K. University Leuven, Belgium

**Luisa Granadeiro**, Ph.D.: Research Centre in Health Sciences (CICS, UBI), Portugal.

**Aldo Costa**, Ph.D.: Sports Science Department of University of Beira Interior (UBI – Portugal).

**Martin Lames**, Ph.D.: Augsburg University, Germany

**Peter O'Donoghue**, Ph.D.: Cardiff School of Sport, Great Britain

**Jaime Sampaio**, Ph.D.: Sports Science, Exercise and Health Department of University of Trás-os-Montes and Alto Douro, Portugal

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

**Alfonso Jiménez**, Ph.D.: Facultad de Ciencias de la Actividad Física y el Deporte: Universidad Europea de Madrid, Spain

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

**Mário C. Marques**, Ph.D.: Sports Science Department of University of Beira Interior (UBI – Portugal).

**William Sands**, Ph.D.: Leader of the recovery Center and Sport Scientist at the U.S. Olympic Training Center in Colorado Springs, USA

**Per Ludvik Kjendle**, Ph.D.: University of Oslo, Norway

**Laura Guidetti**, Ph.D.: Institute Scienza Motora Roma, Italy

**Daniel Marinho**, Ph.D.: Sports Science Department of University of Beira Interior, Portugal

**Abel Roubao** Ph.D.: Engineering Department of University of Trás-os-Montes and Alto Douro, Portugal

**Gudberg K. Jonsson**, Ph.D.: University of Iceland, Coordinator of MASI, Iceland

**Teresa Anguera**, Ph.D.: University of Barcelona, Spain

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

#### SYMPOSIUM ORGANIZATION

PLACE: Universidade de Trás-os-Montes e Alto Douro, Vila Real, Portugal

#### Additional Information / Contact

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