

DFG-Network: Meet the Expert

Effects and Mechanisms of Balance and Resistance Training Across the Lifespan

Kassel, September 10th - 12th, 2014

Hosts

University of Potsdam

Dept. of Training and Movement Sciences

Prof. Dr. URS GRANACHER



University of Freiburg

Institute of Sport and Sport Science

Prof. Dr. ALBERT GOLLHOFER



University of Kassel

Institute of Sport and Sport Science

Prof. Dr. ARMIN KIBELE



National and International Experts

Prof. Dr. JANNE AVELA
University of Jyväskylä
Dept. of Biology of Physical Activity



Prof. Dr. ADAMANTIOS ARAMPATZIS
Humboldt-University Berlin
Dept. of Training and Movement Sciences



Prof. Dr. DAVID G. BEHM
Memorial University of Newfoundland
School of Human Kinetics and Recreation



Prof. Dr. MARKUS GRUBER
University of Konstanz
Sensorimotor Performance Lab



National and International Experts

Prof. Dr. TIBOR HORTOBÁGYI
University Medical Centre Groningen
Centre for Human Movement Sciences



Prof. Dr. RETO W. KRESSIG
Basel University Hospital
Division of Acute Geriatrics



Prof. Dr. NICOLA A. MAFFIULETTI
Schulthess Clinic
Neuromuscular Research Laboratory



Dr. habil. THOMAS MÜHLBAUER
University of Potsdam
Dept. Training and Movement Sciences



ADDITIONALLY:
10-12 YOUNG INVESTIGATORS

General Purposes

- WORKSHOP to the main topic: „*Effects and Mechanisms of Balance and Resistance Training Across the Lifespan With a Special Focus on Old Adults*“
- DISCUSSION FORUM for an interdisciplinary commutation (i.e., biology, training and movement science, sports medicine, physiotherapy) about issues in physical activity, fitness, and health
- GET TOGETHER of renowned, internationally recognized experts, young investigators, practitioners (i.e., therapists, coaches, lecturers), and manufacturers (i.e., Hübner Terrasensa).

Spezific Purposes

- PRESENTATION OF THE KASSEL FALL PREVENTION STUDY 2014 (ADDITIVE EFFECTS OF BALANCE AND RESISTANCE TRAINING)
- PRACTICAL PRESENTATIONS (i.e., STRENGTH TRAINING ON UNSTABLE PLATFORMS: KASSEL FALL PREVENTION STUDY, TERRASENSA UND MOVISENSA PRODUCTS (HÜBNER COMPANY), STRENGTH AND BALANCE TRAINING ON UNSTABLE DEVICES (TOGU COMPANY))
- NEW DIRECTIONS: STRENGTH TRAINING EFFECTS IN THE ELDERY RELATED TO MOTOR COGNITION AND METASTABILITY
- CONTENTS OF A SPECIAL ISSUE:

Program Schedule – Kassel September 2014

Wednesday, September 10 th 2014	Thursday, September 11 th 2014	Friday, September 12 th 2014
<p>01:00 – 01:30 pm: Arrival at University of Kassel (Institute of Sport and Sport Sciences) 01:30 – 02:00 pm: Bus transfer to HERKULES-Water works 02:30 – 04:00 pm: HERKULES-Water works 04:30 – 05:00 pm: Bus transfer to University of Kassel (Institute of Sport and Sport Sciences) 05:30 – 06:30 pm: Tour through the different facilities of the Institute of Sport and Sport Sciences, University of Kassel 06:30 pm: Check in at LA STRADA Hotel http://www.lastrada.de/en/welcome/ 07:00 – 07:30 pm: Bus transfer to Brewery Knallhütte 07:30 pm: Dinner and Get together at Brewery Knallhütte with Brother Grimm fairy tales http://www.brauhaus-knallhuette.de/ 10:00 – 10:30 pm: Bus transfer to LA STRADA Hotel</p>	<p>07:00 – 08:00 am: 7-K Scenic Run 09:00 – 10:30 am: Kassel Study on Fall Prevention – Theoretical part (i.e., Background, Study design, Results) 10:30 – 11:00 am: Coffee Break 11:00 – 12:30 pm: Kassel Study on Fall Prevention – Practical part (i.e., Training devices, Exercises, Load dimensions) and new directions (i.e., cognitive function, metastability) 12:30 – 01:30 pm: lunch at Bootshaus Restaurant http://www.bootshaus-kassel.de/ 02:00 – 03:00 pm: Special issue on “Adaptability of Mobility in Aging” 3 short manuscript presentations (10 min. each) including procedure of literature search, study selection (in-/exclusion criteria), and study quality assessment 03:00 – 04:00 pm: Presentation of TERRASENSA (Hübner Group) products 04:00 – 04:30 pm: Coffee break 04:30 – 05:30 pm: Presentation of TOGU products 07:30 – 10:00 pm: Barbecue at University of Kassel (Institute of Sport and Sport Sciences)</p>	<p>09:00 – 10:30 am: Special issue on “Adaptability of Mobility in Aging” 4 short manuscript presentations (10 min. each) including procedure of literature search, study selection (in-/exclusion criteria), and study quality assessment 10:30 – 11:00 am: Coffee break 11:00 – 12:00 pm: Special issue on “Mobility and Aging” -discussion on abstract deadline -discussion on manuscript deadline -discussion on journal type (e.g., Ageing Res Rev, Sports Med) 12:00 – 12:30 pm: Closing</p>