



Programm - Freitag, 15.03.2024 / Internationale Speaker (Vorträge auf Englisch!)

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| 11.00 | Check-in |
| 13.00 | Eröffnung (Prof. Dr. Billy Sperlich / Prof. Dr. Stephan Geisler) |
| 13.15 | Prof. Dr. Michael Kjær (University of Copenhagen) Tendons in Strength Training: Beneficial Tissue Adaptation vs. Development of Overuse Injury |
| 14.15 | Prof. Dr. Niels Ørtenblad (University of Southern Denmark) Fueling the Fitness Enthusiast: Carbohydrates for Strength Training and Health - A Comprehensive Guide |
| 15.15 | Kaffeepause |
| 15.45 | Lauren Colenso-Semple, PhD(c), CSCS (McMaster University / "Stronger by Science" Coach) Female Fitness: Latest Insights on Women's Physiology for Optimal Strength and Hypertrophy |
| 16.45 | Ask the expert / Discussion |
| 17.15 | Young Investigators Award Kurzvorträge Nachwuchswissenschaftler |
| 20.30 | Social Event |