

PRE-CONGRESS SATELLITE SYMPOSIUM

AT THE ECSS METROPOLIS RUHR 2017 IN GERMANY



SPORT SCIENCE AT THE
RUHR-UNIVERSITY BOCHUM

TUESDAY, 4TH JULY 2017

FROM THE LAB TO THE TRACK

CURRENT ASPECTS OF TESTING, TRAINING
AND RECOVERY IN ELITE SPORTS



10:00 WELCOME ...

LOCATION: GESUNDHEITSCAMPUS NORD 10, 44801 BOCHUM, GERMANY

10:30 PERFORMANCE ENHANCEMENT OF ELITE ATHLETES

HALSON, S. L. [AUSTRALIA]

11:30 IN THE LAB ...

- Hypoxia Lab: »Research challenges with normobaric altitude testing and training«
- Move Lab: »Biomechanical 3D motion analysis of the tennis serve«
- Muscle Lab: »Investigating neuromuscular function with stimulation techniques«
- Visual Lab: »Visual performance testing and implications for specific training«
- Back Lab: »Diagnostic testing of back strength and neuromuscular function«

15:30 ON THE TRACK ...

- Football Field: »Movement diagnostic in team sports«
- Football Field: »Reaction time and movement speed testing for goalkeepers«
- Tennis Court: »Specific on court testing and training in tennis«
- Gym: »The MiSpEx-neuromuscular back training program«
- Sports Hall: »Applications of recovery strategies in elite sports«

19:30 1ST SPORT SCIENCE SLAM OF THE ECSS

- »A new and cool form of science communication inspired by Poetry Slams«
- »Young scientists present their own research work in an entertaining way«

21:30 A NIGHT TO GET LOST IN BOCHUM'S BERMUDA TRIANGLE

- »Guided tour through Bochum's pub district«



THE SYMPOSIUM IS FREE BUT REQUIRES REGISTRATION. *Space is limited*

IF YOU HAVE ANY QUESTIONS, PLEASE SEND AN EMAIL TO ecss2017@rub.de

FOR MORE INFORMATION VISIT sportwissenschaft.rub.de