



## 16<sup>th</sup> Annual Congress of the ECSS

# New horizons from a world heritage city

6th - 9th July 2011 | Liverpool UK



[www.ecss-congress.eu/2011](http://www.ecss-congress.eu/2011)





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# Welcome

On behalf of the Research Institute for Sport and Exercise Sciences at Liverpool John Moores University, I have great pleasure in inviting you to attend the 16<sup>th</sup> Annual Congress of the European College of Sport in Liverpool. The Congress will be held between 6<sup>th</sup>-9<sup>th</sup> July 2011, in a state of the art convention centre, on the banks of the world-famous River Mersey.

In developing the scientific programme, we have amassed an enviable collection of leading researchers and scholars from across Europe and around the Globe, to address our congress theme of “New Horizons in Sports Sciences”. Plenary and invited symposium sessions will provide a mix of styles and will focus on emerging new challenges within the broad range of disciplines that constitutes Sport Sciences. The programme will examine the exercise response from both empirical and applied viewpoints and from molecular to community contexts.

As ever for an ECSS congress, particular emphasis will be placed on the important information exchange that takes place in both oral and poster presentation formats and in addition, the popular Young Investigator Awards will receive their usual high profile. We are convinced that there will be much in the programme for everyone, and we are really excited about its content.

We are also very excited and proud to welcome you to our City of Liverpool. Liverpool recently celebrated its 800th birthday in style by becoming the European Capital of Culture in 2008. Over the years Liverpool has seen many transformations. In 2011, it represents a modern, vibrant, dynamic and multicultural city. It is rich with culture, boasting many of the UK's top museums and art galleries, as well as a long and successful music and sporting heritage. Many of the new hotels, restaurants and bars are housed in historic buildings of grand architecture. Indeed, the Convention Centre is located directly adjacent to the Albert Dock that is home to a diverse range of eateries, pubs and other social networking opportunities. Liverpool has built an unrivalled reputation for the quality of its after-work relaxation options that is further enhanced by the recent opening of Liverpool One, a brand new multi-billion pound shopping and entertainment complex, 5 minutes walk from the convention centre.

So – we look forward to seeing you in Liverpool in 2011, for what we are sure will be a fantastic scientific and social exchange.



**Tim Cable,**  
President, 16th Annual Congress



# Congress venue

ACC Liverpool, home to the BT Convention Centre and the Echo Arena opened in January 2008. Bordered by the magnificent waterfront setting and a landscaped piazza for outdoor events and performances, the venue offers the flexibility, support and cutting edge technology to ensure a successful event.

All parts of the city centre are within walking distance, including Lime Street railway station. Typical journey time from London to Liverpool is 2.5 hours.

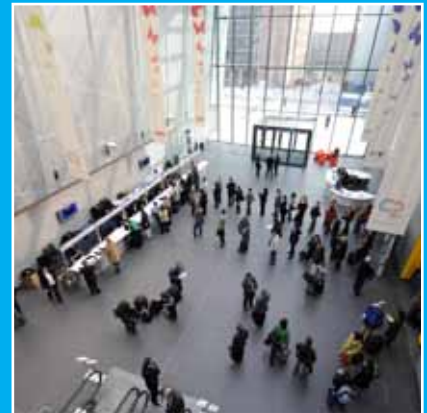
**[www.virgin.co.uk](http://www.virgin.co.uk)**

Liverpools John Lennon Airport is only 8 miles from the congress site and is one of Europe's fastest growing airports, serving most major European countries.

**[www.liverpooljohnlennonairport.com](http://www.liverpooljohnlennonairport.com)**

Manchester Airport offers an international gateway. The airport is approximately 35 miles from Liverpool city centre and there is a rail link directly into the city centre, journey time 1hr 30 mins.

**[www.manchesterairport.co.uk](http://www.manchesterairport.co.uk)**



# Liverpool

The very name conjures up images of a glorious maritime history, world-beating musical heritage, two of the Premiership's biggest football teams, Everton FC and Liverpool FC and not one, but two majestically different Cathedrals. This Northwest city and the surrounding City Region is certainly all those things, but it is also so much more.

Liverpool is undergoing a thrilling renaissance, jump-started by its hugely successful year in 2008 as European Capital of Culture and is now bulging with fabulous new shops, buzzing new restaurants, hip hotels and trendy wine bars, as well as a world class cultural offering with more museums and galleries anywhere outside of London. Must-see attractions include Tate Liverpool, the Beatles Story, Mersey Ferries and Liverpool's UNESCO World Heritage Waterfront.

The region is renowned for its sporting heritage too. Liverpool lies in the heart of England's Golf Coast, the finest stretch of Championship golf in the world, with 160 courses including 3 Royal Links courses: Liverpool, Birkdale and Lytham & St. Annes. Haydock Park and Aintree Racecourse, home of the world famous John Smith's Grand National, offer an exciting calendar of horse racing whilst rugby fans can catch the action at St. Helens RLFC and Widnes Vikings.

Whether it's our culture, heritage, music or sport, there are a wealth of attractions and tours for you to enjoy. The city's team of Blue Badge Guides also offer a range of foreign language tours ensuring every delegate gets the most out of their stay.

[www.VisitLiverpool.com](http://www.VisitLiverpool.com)



# Scientific programme

The Scientific programme will offer delegates the chance to attend state of the art presentations and symposia from world experts covering the full range of Sports Science disciplines. As ever there will be the opportunity to review latest research progress from talented scholars through the Young Investigators Awards.

## Plenary Sessions

### **New Horizons: For the Challenge of Reducing Sedentary Activity in Humans**

Chair(s): Prof. van Mechelen Willem [Netherlands]

Speakers: Prof. van Mechelen Willem [Netherlands], Prof. Biddle Stuart [UK]

### **New Horizons: In the Role of Exercise in the Treatment of Cardiovascular Disease**

Chair(s): Prof. Nadal-Ginard Bernardo [Spain]

Speakers: Dr. Ellison Geena [UK], Prof. Wisløff Ulrik [Norway]

### **New Horizons: For (Para)Olympism in 2012 and Beyond**

Chair(s): Prof. Loland Sigmund [Norway]

Speakers: Prof. Parry Jim [UK], Prof. Noakes Tim [S.Africa]

### **New Horizons: In the Integration of Science and Football (Dedicated to Prof. Tom Reilly)**

Chair(s): Dr. di Salvo Valter [Italy], Dr. Drust Barry [UK]

Speakers: Prof. Bangsbo Jens [Denmark], Prof. Guillianotti Richard [UK]

## **Chairs of Scientific Sessions**

Greg Atkinson, Vasilios Baltzopoulos, Tansin Benn, Chris Brady, Dirk De Clercq, Ken Fox, Asker Jeukendrup, Martin Gibala, Daniel Green, Yuri Hanin, John Hawley, Mark Haykowsky, Ewald Hennig, Eric Hoffman, Hans Hoppeler, David Kerwin, Matthieu Lenoir, Brian Martin, Romain Meeusen, Bernardo Nadal-Ginard, Marco Narici, Mark Nesti, Gertrud Pfister, David Richardson, Lee Romer, Jürgen Scharhag, Hermann Schwameder, Perikles Simon, Gisela Sjøgaard, Gareth Stratton, Neli Ulrich, Roel Vaeyens, Luc van Loon, Stefan Vogt, Paul Wylleman.

## Invited Symposia

### Physiology & Sports Medicine

**Sports Nutrition Symposium (sponsored by GSK)**

Chair(s): Prof. Jeukendrup Asker [UK]

**Eccentric Training and Exercise in Sport**

Chair(s): Prof. Hoppeler Hans [Switzerland]

**Cardiovascular Imaging in Sport Science: What does the future hold?**

Chair(s): Prof. Green Daniel [UK]

**The Biological Significance of Exercise and Heat Shock Proteins**

Chair(s): Prof. Hawley John [Australia]

**DEBATE: Should Pre-participation Cardiovascular Screening Follow the American or European Model? (Sponsored by Philips)**

Chair(s): Prof. Scharhag Jürgen [Germany], Dr. Warburton Darren [Canada]

**Novel Quantitative Approaches to Combat Doping**

Chair(s): Dr. Simon Perikles [Germany]

**Clinical Sports Nutrition**

Chair(s): Dr. van Loon Luc [Netherlands]

**JSPFSM Exchange Symposium (Japanese Society)**

Chair(s): Prof. Nagatomi Ryoichi [Japan]

**Exercise and Energy Balance in Cancer Risk and Treatment**

Chair(s): Prof. Ulrich Neli [Germany]

**Cellular and Molecular Responses to High Intensity Training**

Chair(s): Prof. Gibala Martin [Canada]

**ACSM Exchange symposium (American College of Sports Medicine) Sports Specialization in Children, When Do We Start?**

Chair(s): Prof. Meeusen Romain [Belgium]

**Respiratory Limitations to Exercise**

Chair(s): Dr. Romer Lee [UK]

**Optimising Recovery in Sports**

Chair(s): Prof. Hawley John [Australia]

**Exercise Prescription in Transplant Patients**

Chair(s): Prof. Haykowsky Mark [Canada]

**Stem Cells and Tissue Regeneration in Muscle Physiology and Disease**

Chair(s): Prof. Nadal-Ginard Bernardo [Spain]

### Social Sciences & Humanities

**Morals and Ethics in Applied Sports Psychology**

Chair(s): Dr. Wylleman Paul [Belgium]

**Managing Talent in Professional Sport**

Chair(s): Prof. Brady Chris [UK]

**Gender and Physical Education**

Chair(s): Dr. Benn Tansin [UK]

**Talent Identification in Sport**

Chair(s): Dr. Vaeyens Roel [Belgium]

**A National Initiative to Fund Prevention Research**

Chair(s): Prof. Atkinson Greg [UK], Prof. Fox Ken [UK]

**[IS-SH06] Migration and Ethnicity in Physical Activity and Sport**

Chair(s): Prof. Pfister Gertrud [Denmark]

**Novel Modalities for Increasing Adherence to PA in Children: Exergaming**

Chair(s): Prof. Stratton Gareth [UK]

**Identity, Performance and Professional Sport**

Chair(s): Dr. Nesti Mark [UK]

**Football as an Agent of Social Change**

Chair(s): Dr. Richardson David [UK]

**Education, Policy and Provider Networks for Physical Activity**

Chair(s): Dr. Martin Brian [Switzerland]

**Emotion in Sport**

Chair(s): Prof. Hanin Yuri [Finland]

### Biomechanics & Neuromuscular Control

**Motor Control - From Basics to Applications**

Chair(s): Prof. Schwameder Hermann [Germany]

**Control of Gait and Posture: Science and Rehabilitation**

Chair(s): Dr. Lenoir Matthieu [Belgium]

**Musculoskeletal Modelling for Assessing Loading and Risk of Injury**

Chair(s): Prof. Baltzopoulos Vasilios [UK]

**Real Time Monitoring of Sports Performance**

Chair(s): Prof. Kerwin David [UK]

**Neuroscience of observational learning**

Chair(s): Dr. Vogt Stefan [UK]

**Mechanisms of Skeletal Muscle Hypertrophy and Strength?**

Chair(s): Prof. Hoffman Eric [US]

**Soccer Footwear and Surface: Performance and Injury**

Chair(s): Prof. Hennig Ewald [Germany]

**Neuro-muscular system and tendons across the lifespan**

Chair(s): Prof. Narici Marco [UK]

**Evidence-based Sports Physiotherapy**

Chair(s): Prof. Sjøgaard Gisela [Denmark]

**Biomechanics of Non-steady state Locomotion**

Chair(s): Prof. De Clercq Dirk [Belgium]

## Exchange Symposia

- JSPFSM Exchange Symposium (Japanese Society of Physical Fitness and Sports Medicine)
- ACSM Exchange symposium (American College of Sports Medicine): Sports Specialization in Children, When Do We Start?

## Satellite Symposia

The following pre-congress satellite meetings have been organised to highlight specific academic, practical and technical issues that may be of interest to ECSS Delegates:

- 1) Physical activity and sedentary behaviour interventions for children and young people: From Robust Research to Reality in Practice (Organiser: Prof Gareth Stratton, LJMU)
- 2) Ultrasound applications in Sport and Exercise Science (Parallel Sessions in Cardiac and Vascular Applications: Organiser: Dr Helen Jones, LJMU)

Specific details will be provided in your Antalya ECSS Conference Information or from the LJMU and ECSS Websites

## Young Investigators Award\*

Requirements for participation

- ECSS Membership
- Under the age of 32 at the time of the Congress
- PhD students or equivalent or graduates less than 2 years after the PhD
- Previous prize winners cannot take part in the same category more than once (oral/poster)
- Congress registration required (only the candidate may present paper as the first author)
- Only one paper can be submitted per first author

Application should be verified by an authorised person (Head of institute) in the applicant's department who should also certify that the investigator has made an independent and reasonable contribution to the work submitted for presentation. The verification must be submitted with abstract before the deadline of February 15th 2011.

\*sponsored by Mars



# Registration

| Fees                     | Early registration<br>before or on 15 <sup>th</sup> April 2011 | Late registration<br>after 15 <sup>th</sup> April 2011 |
|--------------------------|--|--|
| ECSS Member              | 325 €  | 375 €  |
| New ECSS Member*         | 410 €  | 460 €  |
| Non Member               | 425 €  | 475 €  |
| Student ECSS Member      | 175 €  | 225 €  |
| New ECSS student Member* | 215 €  | 265 €  |
| Student Non- Member      | 225 €  | 275 €  |
| Accompanying Person      | 175 €  | 225 €  |

\*Congress Registration fee includes 2011 ECSS membership fee

## Registration fee for participants includes:

- Admission to all scientific sessions
- Admission to exhibitions
- Opening reception
- Congress material (bag, programme, book of abstracts (CD), etc)
- Coffee and lunches at the congress venue
- Congress Banquet (limited number)  
To be held at the Anglican Cathedral



Anglican Cathedral, Liverpool

# Important information and key dates

## Key dates

|  |                    |
|--|--------------------|
| Abstract submission                              | December 15th 2010 |
| Deadline for abstract submission                 | February 15th 2011 |
| Notification to authors                          | April 1st 2011     |
| Early registration                               | April 15th 2011    |
| Deadline for registration for presenting authors | May 1st 2011       |

## Accommodation

Accommodation ranging from budget to 4\* is available within a 5 to 20 minute walk of the congress venue. Negotiated rates have been agreed by The Liverpool Convention Bureau and are only available through the official booking channel

<https://www.conferencebookings.co.uk/delegate/TMPECSS2011>

Rates can only be guaranteed until 14th June 2011 so please book your accommodation before this date as rates may increase afterwards due to July being a busy month in Liverpool.

Please contact [louise.fitzsimmons@merseyside.org.uk](mailto:louise.fitzsimmons@merseyside.org.uk) if you are having any problems finding suitable accommodation.

## Exhibitors

An extensive area is arranged for the congress exhibition, offering a range of shell scheme or space only options – for further information on sponsorship and exhibiting opportunities please contact LJMUs exhibition partner; Happening Events - Jaime Bennett, [Jaime@happen.co.uk](mailto:Jaime@happen.co.uk)

# Committees

## **ECSS Executive Board**

Hans Hoppeler (CH)  
 Albert Gollhofer (GER)  
 Sigmund Loland (NO)  
 Romain Meeusen (BEL)  
 Marco Narici (GBR)  
 Gisela Sjøgaard (DK)

## **Congress President**

Tim Cable (RISES, LJMU)

## **Local Organising Committee**

[LJMU]

Jatin Burniston  
 Tim Cable  
 Keith George  
 Adrian Lees  
 Rachel Martyn  
 Zoe Miveld  
 Dave Richardson  
 Jane Townend  
 Greg Whyte  
 Denise Glinister  
 Louise Fitzsimmons (TMP)  
 Alena Tan (TMP)  
 Jaime Bennett (Happening Events)  
 Jacinta Scannell (Happening Events)

## **Office**

### **Congress Secretariat**

### **Research Institute for Sport and Exercise Sciences**

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## **ECSS Scientific Board**

Anton Wagenmakers (GBR)  
 Peter Bärtsch (GER)  
 Jan Cabri (POR)  
 Flemming Dela (DEN)  
 Paavo Komi (FIN)  
 Erich Müller (AUT)  
 Gertrud Pfister (DEN)

## **ECSS Scientific Committee**

Natalia Balague (ESP)  
 Daniela Caporossi (ITA)  
 Nenad Dikic (SCG)  
 Joan Duda (GBR)  
 Michael Grey (DEN)  
 Daniel Green (GBR)  
 Steve Harridge (GBR)  
 Werner Helsen (BEL)  
 Asker Jeukendrup (GBR)  
 Luc van Loon (NED)

Mike McNamee (GBR)  
 Caroline Nicol (FRA)  
 Hermann Schwameder (GER)  
 Mark Williams (GBR)

## **Local Scientific Committee**

Greg Atkinson  
 Simon Bennett  
 Jatin Burniston  
 Tim Cable  
 Graeme Close  
 Barry Drust  
 Geena Ellison  
 Keith George  
 Daniel Green  
 Adrian Lees  
 Mark Nesti  
 Dave Richardson  
 Gareth Stratton  
 Greg Whyte  
 Mark Williams

## **ECSS Office**

### **Managing Director**

Thomas Delaveux

### **Technical Director**

Elias Tsoladikis

### **Public Relations Officer**

Tobias Vogt



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