



# 8th SCS ANNUAL CONFERENCE



@s\_c\_society



Webpage



events@scs.academy



UCAM  
SPANISH • SPORTS  
UNIVERSITY



## LOCATION

Oslo, Norway,  
Sognsveien 220, 0863  
Oslo

## DATE

8 - 10 OCTOBER 2025

## NORWEGIAN SCHOOL OF SPORTS SCIENCES



## SPONSORS



## PARTNERS



# WELCOME

On behalf of the Strength and Conditioning Society and the Norwegian School of Sport Sciences, it is a pleasure to invite you to the 8th annual Strength and Conditioning Conference to be held in Oslo in October 2025.

The Strength and Conditioning Conference is a scientific conference for research and innovation in strength training and conditioning, targeting both elite sports but also with a focus on the elderly, patients and general health. Participants include researchers, trainers, students, healthcare professionals and product developers.

The program will include novel research across different themes, showcasing science that has implications for teamsport and diverse groups of individuals. We invite you to submit your abstracts within strength and conditioning, both the well-known, but also new topics that may be of interest to the conference audience. There will be a social program that makes it possible to see Oslo city center and its beautiful surrounding scenery at this time of year.

The conference will be held at Norwegian School of Sport Sciences which is one of Europe's finest sports research and education campus, located at Sognsvann, 15 minutes by subway to the city center of Oslo. Welcome to this scientifically and socially rewarding, memorable and enjoyable experience. We look forward seeing you in Oslo in October.



**KLAVS MADSEN**

President of the Organizing  
Committee

Norwegian School of Sports Sciences



**PEDRO E. ALCARAZ**

President  
Strength and Conditioning Society



# CONGRESS VENUE

Oslo is the capital of Norway with around 600.000 inhabitants. It is a modern and diverse city where new neighborhoods emerge, and old ones develop and get transformed. The compact city center is easy to explore on foot, by bicycle or public transportation.

The region is characterized by beaches, country sides, several cities along the Oslo Fjord, Scandinavian culture, and incredible possibilities for sport and recreational activities. Half of the city is covered by forests and parks, making Oslo a beautiful oasis during the autumn.

A trek through history along the urban Akers River is a popular area passing waterfalls, swimming and recreational areas, fishing spots, forests and animal and plant life along the way. The capital's newest cultural buildings and exciting activities can be experienced in the city of Oslo with a trip along the Harbor Promenade, a visit to the MUNCH Museum and the impressive Opera House, Akershus Fortress, and the National Museum, the Nordic region's largest art museum at Aker Brygge where you will also find a wide selection of restaurants. The city can proudly show off 14 Michelin stars spread across 11 restaurants in 2024, making Oslo a true culinary highlight.



# ABOUT NIH

Norwegian School of Sport Sciences is one of Europe's finest sports education campus. There are 4 Sport Science Departments with more than 100 researchers, 11 Bachelor and Master programs, and a PhD school with 65 PhD students.

All buildings and sports facilities are located on one Campus including lecture halls, group rooms, meeting rooms and cafeteria. Just outside campus there is great opportunities for recreational activities with Sognsvann lake and Nordmarka forest with walking, biking and running trails.

The institution is located by Sognsvann where the subway is right on the doorstep and 15 minutes away from the city center of Oslo. The subway start early morning and run to late night, towards the city center every 15 minutes.



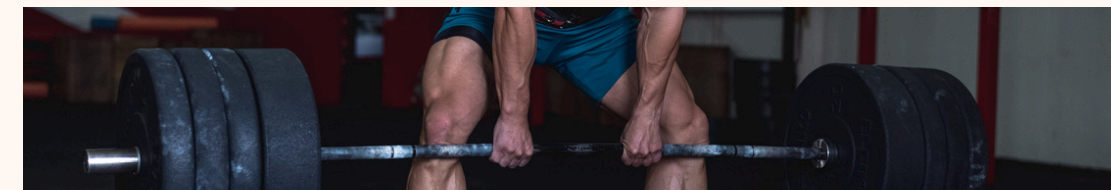
# ABOUT SCS

The **Strength and Conditioning Society (SCS)** is a global organization dedicated to advancing the field of strength and conditioning through research, education, and professional development. Our mission is to empower coaches, athletes, and fitness professionals with evidence-based training methodologies, cutting-edge techniques, and industry-leading certifications.

At SCS, we believe in the power of science-driven strength and conditioning to enhance athletic performance, prevent injuries, and promote overall health. We provide a platform for collaboration among coaches, trainers, researchers, and sports scientists, fostering a community committed to excellence in human performance.

# PROGRAM SCIENTIFIC LINES

1. Strength & conditioning in team-sports.
2. Strength, power and speed training.
3. Neuromuscular basis of strength & conditioning.
4. Strength & conditioning in the different ages of life.
5. Injury prevention and return-to-play.
6. Biomechanics and motion analysis.
7. Exercise physiology.
8. Biochemistry and molecular biology of exercise.
9. Clinical exercise physiology: exercise & health.
10. Training and testing.



# SCIENTIFIC COMMITTEE

**PRESIDENTS:** Anthony Blazevich & Truls Raastad

- |                           |                          |
|---------------------------|--------------------------|
| • Gøran Paulsen           | • Pedro E. Alcaraz       |
| • Live Luteberget         | • Per Aagaard            |
| • Hannah Rice             | • Jens Bojsen-Møller     |
| • Olivier Seynnes         | • Thue Kvorning          |
| • Tormod Skogstad Nielsen | • Kostas Spyrou          |
| • Elena Marín Cascales    | • Irina Zelenkova        |
| • Tomás T. Freitas        | • Eduardo L. Cadore      |
| • Caroline Pietta Dias    | • Julio Calleja González |

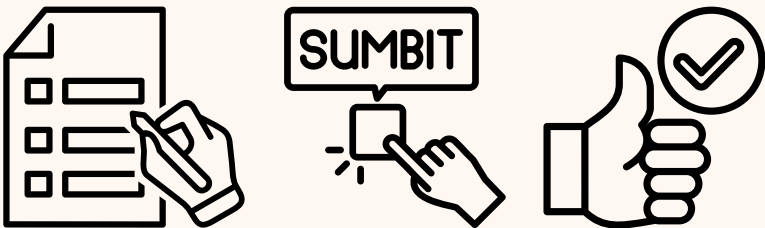
# ORGANIZING COMMITTEE

**PRESIDENT:** Klavs Madsen

- |                      |                    |
|----------------------|--------------------|
| • Beate M Kristensen | • Pedro E. Alcaraz |
| • Truls Raastad      | • Thue Kvorning    |
| • Hannah Rice        |                    |

# KEY DATES

ABSTRACTS
Open registration 1st April
Abstract Submission Deadline 15th June 2025
Notification of Abstract Acceptance 31st July 2025



REGISTRATION
Super early registration 31st May 2025
Early bird registration Deadline 30th June 2025
Deadline for registration for presenting authors 15th August 2025
Registration Deadline 1st September 2025
Registration on location 7-10th October

\*The registration includes a name tag, a ticket to Friday's dinner and to the welcome reception at the Town Hall if this has been ordered. IMPORTANT, please bring your phone so you can take a picture of your ticket for the welcome reception.

\*We encourage you to come in due time and specific Wednesday morning can be crowdy with many registrations just before the conference starts.

# REGISTRATION FEES

Types of members	Super early registration Up to 31st May 2025	Early Registration Up to 31st July 2025	Late Registration After 31st July 2025
SCS/NIH members or certified	200€	250€	300€
Non members	250€	300€	350€
Student + SCS members	100€	120€	150€
Student Non-members	120€	140€	160€
SCS Affiliated Society/Association / Institution	220€	270€	320€
Accompanying person	120€	150€	200€
Banket dinner, Friday	70€	75€	75€

\*Lunch, coffee and fruit all three conference days, and welcome party is included in the registration fee.

\*Accompanying person have access to exhibitions, lunch and coffee, and welcome party.

\*Banket dinner will be organized at the Conference Venue, Norwegian School of Sport Sciences. The fee includes a three-meal course and two drinks of own choice. It will be possible to buy drinks from a bar located nearby the ball room.

# PROGRAM FRAME

Symp 1: Injuries and injury prevention in football. Chair: Grethe Myklebust (NOR)	
Keynote 1	Jan Ekstrand (SWE): Unlock Success: 7 Game-Changing Strategies to Maximize Player Availability in Champions League Football
Keynote 2	Thor Einar Andersen (NOR): Better safe than sorry. How to mitigate injuries in football
Symp 2: Training load and adaptations in team sports. Chair: Live Luteberget (NOR)	
Keynote 3	Aaron Coutts (AUS): Training load: implications for performance and health, current limitations and possibilities
Keynote 4	Live Luteberget (NOR): Training Load Monitoring: Theoretical Basis and Methodology.
Symp 3: Strength training for endurance performance. Chair: Per Aagaard (DEN)	
Keynote 5	Ritva Mikkonen (FIN): Effects of strength training on endurance performance in females
Keynote 6	Bent Rønnestad: Research transferred to practice (NOR)



<b>Symp 4:</b> A critical approach to force-velocity profiles in training and testing.  <b>Chair:</b> Anthony Blazevich (AUS)	
<b>Keynote 7</b>	<b>Gøran Paulsen (NOR):</b> Force-velocity testing of athletes, from theory to practice
<b>Keynote 8</b>	<b>Maarten F. Bobbert (NED):</b> Interpretation of force-velocity profiles and changes therein.
<b>Symp 5:</b> Biomechanical and physiological trade-offs in sprint and endurance performance.  <b>Chair:</b> Truls Raastad (NOR).	
<b>Keynote 9</b>	<b>A. Blazevich (AUS):</b> How athletes move: trade-offs in anatomical and physiological design
<b>Keynote 10</b>	<b>Hannah Rice (NOR):</b> Influence of a plantarflexor resistance training intervention on running economy and lower limb kinematics and kinetics in female distance runners

<b>Symp 6:</b> Training to counteract declines in physical fitness in aging and disease.  <b>Chair:</b> Eduardo Cadore.	
<b>Keynote 11</b>	<b>Prue Cormie (AUS):</b> Exercise in cancer treatment and rehab
<b>Keynote 12</b>	<b>Mikel Izquierdo (SPA):</b> Global Consensus on Exercise Strategies to Counteract Age-Related Fitness Declines and Enhance Healthy Longevity in Older Adults

<b>Symp 7:</b> Effects of BFR training in sports and clinical populations. Thue Kvorning (DEN).	
<b>Keynote 13</b>	<b>Mathias Wernbom (SWE):</b> BFR applications and effects in athletes, NOR and remote adaptive mechanisms
<b>Keynote 14</b>	<b>Per Aagaard (DEN):</b> Use of BFR training in musculoskeletal rehabilitation and injury prevention



<b>Symp. 8:</b> The effect of menstrual cycle and oral contraceptives for training adaptations in women.  <b>Chair and introduction:</b> Olivier Seynnes.	
<b>Keynote 15</b>	<b>Kirsty Elliott-Sale (GBR):</b> The effects of menstrual cycle phase on athletic performance; what does this mean and what does the research evidence show?
<b>Keynote 16</b>	<b>Mette Hansen (DEN):</b> Oral Contraceptives and Their Potential Impact on Training Adaptations: What Do We Know?



WORKSHOPS

<b>Francesco Cuzzolin (ITA)</b>	Strength Training in Team Sports	Wednesday 16:00-17:30  Location: Utsikt
<b>Emil Martinovic (NOR)</b>	Strength Training in Handball – from Programming to Testing  Sponsored by VALD	Wednesday 16:00- 17:30  Location: CU1.2
<b>Gøran Paulsen (NOR) + Paul Solberg (NOR)</b>	Beyond the Platform: Harnessing the Clean & Jerk and Snatch to Ignite Explosive Power in Every Sport	Wednesday 16:00- 17:30  Location: Olympiatoppen
<b>Ian Jeffreys (USA)</b>	Speed Training in Team Sports	Thursday 16:00-17:30  Location: Hall, building G, ground floor
<b>Teresa Pellicer (ESP)</b>	MecobalActive®. A new dimension in cognitive and physical performance  Sponsored by HTBA	Thursday 16:00-16:45  Location: Utsikt
<b>Tron Krosshaug (NOR)</b>	Understanding muscle loading in strength training exercises - Let's debunk myths!	Thursday 16:00-17:30  Location: Auditorium
<b>Duncan French (ENG) + Melissa Prieto (COL)</b>	Strength Training in Combat Sports	Friday 15:30-17:00  Location: Hall, building G, ground floor
<b>Eduardo Cadore (BRA)</b>	Strength Training in Older People	Friday 15:30-17:00  Location: Training Center, F Basement

# LOCATION AND TRAVEL INFORMATION

**-Airport:** The nearest airport is Oslo Airport, Gardermoen. This is an international airport with connections to most European cities and several larger cities around the world.

From the airport to Norwegian School of Sport Sciences, take the train to Oslo City Center and change to the metro (4 min walk), “west direction” and take “Sognsvann”. The endstation Sognsvann is located 100 m from Norwegian School of Sport Sciences. The trip takes approximately 1 hour from the airport to NSSS.

**-Taxi from Oslo airport** to NSSS takes 30 min and cost approximately 100 EUR.

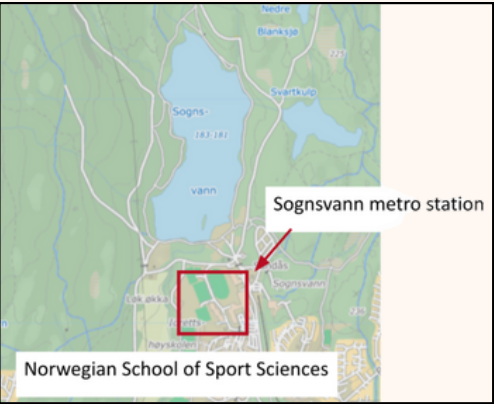
- **Train:** On arrival to Oslo central station, change to the metro (4 min walk), “west direction” and take “Sognsvann”. The endstation Sognsvann is located 100 m from Norwegian School of Sport Sciences and the trip takes 20 min.

**Travel from Norwegian School of Sport Sciences to Oslo City Center:**

The city train (T-bane) line “Sognsvann” goes every 15 min from the city center and pass Thon Hotel, Ullevål train station. The end station is just outside the conference venue.

Take the metro just outside NSSS. The timetable is 03; 18; 33 and 48. Every train goes to the city center.

For traveling with trains, download the [Ruter](#) public transport app. It is an easy way of paying for a ticket.



# ACCOMMODATION

**THON HOTELL ULLEVÅL STADION**

The hotel is located at Ullevål Stadion, the home ground of the Norway national football team, and is a 3 minutes walk from the subway that will bring you to the conference center in 10 minutes.

For more information, please visit [Thon hotel Ullevål Stadion](#)

To enjoy discounted hotel rates, book your room before September 7 2025. After this date, reservations must be made online at standard rates.

**Important:** When booking, please use the code (Missing) to access the special conference rates.

SPECIAL RATES AND CONDITIONS		
07.10.25	1290 kr (~112€) per night for a single room	1590 kr (~137€) per night for a double room
08.10.25	1310 kr (~114€) per night for a single room	1610 kr (~139€) per night for a double room
09&10 10.10.25	1395 kr (~120€) per night for a single room	1695 kr (~146€) per night for a double room

\*All prices include breakfast

\*The rooms are available for the conference period from October 7 to 10, 2025.



**PAYMENT AND CANCELLATION POLICIES**

**Booking Link:** Click [here](#) to book your room.

**Note:** The link defaults to single occupancy. For double occupancy, adjust the number of adults in the search bar.

**Payment:** Guests will pay directly upon departure.

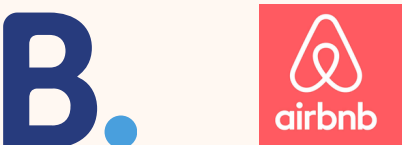
**Late Arrival Guarantee:** To secure your room for late arrival, please provide credit card details when booking. Unsecured bookings will be automatically canceled at 18:00.

**Cancellation Policy**

Rooms can be canceled free of charge until 18:00 on the day of arrival.

**OTHER ACCOMMODATION OPTIONS**

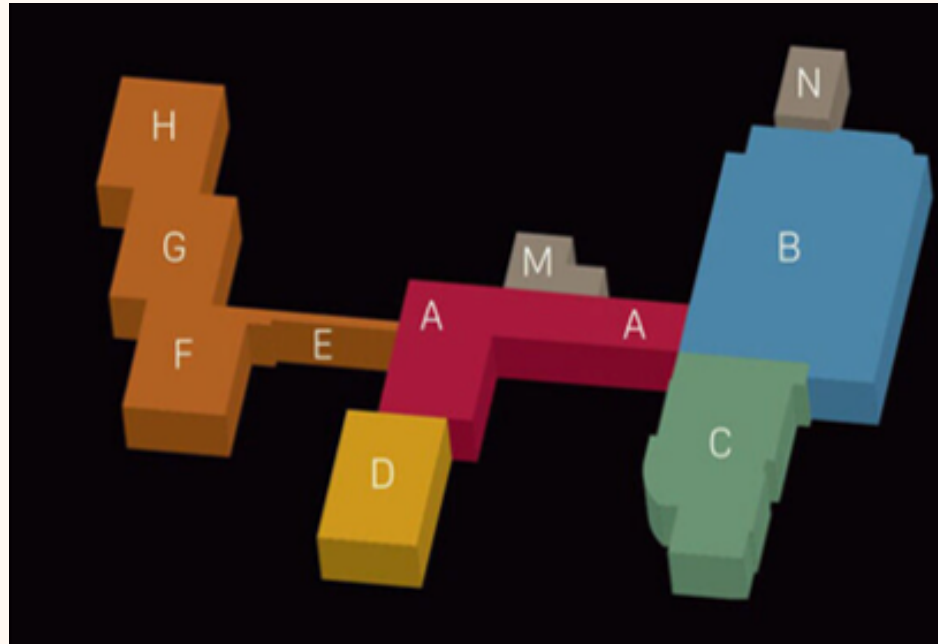
- **Other possibilities in Oslo:** [Accommodation in Oslo - Where to stay in Oslo](#)
- You can use websites such as [Airbnb](#) or Booking to find private accommodation. Make sure you have easy access to public transport!



Information about embassies, currency exchange, VAT refund and other useful services can be found here:  
<https://www.visitoslo.com/en/oslo/practical-information/>



# MAP OF THE CONFERENCE VENUE



## A: RECEPTION

- Basement, Utsikt

## C: AUDITORIUM AND CLASS ROOMS

- Invited Speakers
- Aud Topp and Aud Bredde, oral presentations
- Speakers ready room
- Coffee and fruits

## F: Basement Training Center

## G: Hall

- Poster Sessions
- Lunch (Thursday)
- coffee and fruits

## M: Cantine

- Dinner Friday evening
- Lunch (Wednesday and Friday)

# PRESENTATIONS

[Click here to see the schedule for the poster presentations and the YIA and ASA awards.](#)

## Presentations:

Instructions for invited speakers, oral and poster presentations are available on the webpage and have been send by mail to all presenters. If you have any questions regarding the format and how to upload your presentation, please mail to [scs2025@nih.no](mailto:scs2025@nih.no)

## Speakers ready room:

Speakers ready room is located next door to the Auditorium. Here you can check and prepare the presentation on PC and a large screen. SRR will be staffed if you need help.

## Oral presentations and locations:

Each presentation will take 10 min and there will be time to a few questions within 10 min.

Room 1: Auditorium (building C, basement)

Room 2: “Utsikt” (building A left part, down the stairs)

Room 3: Aud Bredde

Room 4: Aud Topp

## Poster presentations and location:

Each presentation will take 5 min followed by 5 min with questions and discussion.

Location: Hall (building G)



# IMPORTANT INFORMATION

## Lunch and coffee:

Coffee will be available outside the auditorium and in the exhibitor area.

Lunch, Wednesday and Friday will be served in the canteen

13:00-14:00

Lunch, Thursday will be served in connection to the poster session in the Hall, 13:00-14:00

## Welcome reception at Oslo town hall:

Venue: Rådhusplassen 1,

5 min walk from the T-bane station “Nationaltheatret”

Program:

18:00: Doors open and there is a cloakroom downstairs. Guests wait in the Town Hall.

18:30: The bell rings, guests are shown up to the 2nd floor.

18:30: Mayor welcomes

18:45: Food and drinks served, mingling (non-alcoholic serving, light food)

19:15: Guided tour in the town hall

20:00: Event ends

## Ticket and security:

Please have your ticket ready on the phone when you arrive. The ticket will be checked and only participants on the registration list for the welcome reception get access.

After the ticket control, all guests proceed to an obligatory security check (airport security).

Door closes 18:20.

## Friday Dinner:

The dinner starts at 18:30 in the NIH canteen at the conference venue. There will be served tapas plus dessert. Wine, beers and soft drinks will be available at the tables and at a bar.

The dinner will finish at 23:00

# VISITING OSLO

Oslo is the capital city of Norway with around 600.000 inhabitants. It is a compact city with good infrastructure and therefore easily accessible. You will meet typical Scandinavian culture and there are incredible possibilities for sport and recreational activities. Oslo has many cultural buildings, exciting activities and also the chance to experience the city of Oslo with a trip along the Harbor Promenade, a visit to the MUNCH and a very varied restaurant environment that also offers exceptional culinary experiences.

For inspiration, look at this 2-minutes video: [Oslo Convention Bureau](#).



## OSLO'S 10 TOP ATTRACTIONS

There are several interesting places to visit in Oslo depending on what interests you have. Here is the list of the 10 most popular attractions in Oslo: Oslo's 10 top attractions.

1. Akershus Fortress.
2. Munch.
3. Fram Museum.
4. Natural history museum.
5. Nobel Peace Center.
6. The national museum.
7. Vigeland Sculpture Park.
8. Norsk Folkemuseum.
9. Holmenkollen ski Museum & Tower.
10. The Norwegian National Opera & Ballet.



\*For more information, look at Visit Oslo's homepage: <https://www.visitoslo.com/en/>  
Here you will find useful information about many attractions, places to eat and information about "Oslo Pass"

# SUMMARY

DATE	8-10 October 2025
LOCATION	Norwegian School of Sport Sciences

REGISTRATION	
Super early registration	31st May 2025
Early bird registration Deadline	30th June 2025
Deadline for registration for presenting authors	15 August 2025
Registration Deadline	1st September 2025
Registration on location	8-10th October

ABSTRACTS
Open registration 2nd April
Abstract Submission Deadline 15th June 2025
Notification of Abstract Acceptance 31st July 2025

PROGRAM SCIENTIFIC LINES
1. Strength & conditioning in team-sports.
2. Strength, power and speed training.
3. Neuromuscular basis of strength & conditioning.
4. Strength & conditioning in the different ages of life.
5. Injury prevention and return-to-play.
6. Biomechanics and motion analysis.
7. Exercise physiology.
8. Biochemistry and molecular biology of exercise.
9. Clinical exercise physiology: exercise & health.
10. Training and testing.

## SPONSORS



## PARTNERS





The main objective of Spanish Sport University is to **make your passion your future.**

Thus, our programs contain a great professional perspective and in all of them students have at their disposal numerous centres, companies and clubs to do an internship period, which brings them closer to the reality of work in the sector in which they specialise.





### Master's programs in english

→ Master's Degree in  
High Performance Sport: Strength and Conditioning



→ Master's Degree in  
Management of Sports Entities + MBA



### PhD in Sports Sciences & Post-Doc Programs



The EIDUCAM will organise the teaching and activities of doctoral studies and the goals of high quality training and internationalisation set by the university itself.



UCAM Spanish Sports University · [sportsuniversity@ucam.edu](mailto:sportsuniversity@ucam.edu) · [www.ucam.edu/spanish-sports-university](http://www.ucam.edu/spanish-sports-university)