

Oral Session 1,1:

Chair: Eduardo Cadore and Mette Hansen

Wednesday 8 October, 15:00 – 16:00

Location: Auditorium



1	15:00-15:10	Laura Ávila Cabeza de Vaca	Effects of High-Intensity Interval Training and Moderate-Intensity Continuous Training on Plasma Exosomal miR-15b-5p and Glycated Haemoglobin in Individuals with Type 2 Diabetes: A Randomised Controlled Trial
2	15:10- 15:20	Manuel Costilla	Effects of two aerobic exercise modalities and diet on skeletal muscle mitochondrial content and respiration in individuals with type 2 diabetes
3	15:20- 15:30	Jacopo Givrali	Daily Fluctuations in BDNF and Cognitive Performance: Effects of Acute Physical Activity
4	15:30- 15:40	Nicholas Hudson	The effect of interrupting sitting with acute exercise on vascular health in adults with Long COVID
5	15:40- 15:50	Martin Juel Johansen	Adaptations in Golf Swing Performance Following 16-Week Strength Training Intervention in Elite Golfers

Oral Session 1,2:

Chair: Kirsty Elliott and Mette Hansen

Wednesday 8 October, 15:00 – 16:00

Location: Utsikt



1	15:00-15:10	Kristian Solem	The effects of an 8-week supervised strength and endurance training program on cardiorespiratory fitness in south Asian and Nordic women with previous gestational diabetes
2	15:10- 15:20	Andreas Vileid Kleive	The effects of an 8-week supervised strength and endurance training program on muscle strength in south Asian and Nordic women with previous gestational diabetes
3	15:20- 15:30	Benjamin Karlsen	Changes in muscular strength, exercise adherence, and self-determinant motivation over 24 weeks of resistance exercise: the BoneWheel study
4	15:30- 15:40	Siren Amelia Seiler-Viken	Agreeing on One Intensity Scale: The Norwegian Endurance Sport Experience
5	15:40- 15:50	Gina F Øistuen	Menstrual Status and Bone Health in Athletes from different Sports and Non-Athletes

Oral Session 1,3:

Chair: Per Aagard and Lite Luteberget

Wednesday 8 October, 15:00 – 16:00

Location: Aud Bredde



1	15:00-15:10	Isabel Guisado-Cuadrado	Differential impact of mechanical and endocrine stimuli on bone metabolism biomarkers: 24h acute responses to resistance and endurance exercise across the menstrual cycle
2	15:10- 15:20	Andrea González-Mariscal	Sex-specific Acute Effects of High-Intensity Interval and Moderate-Intensity Continuous Training on Appetite Perceptions and Their Relationship with Microbiota Profile in Adults with Type 2 Diabetes.
3	15:20- 15:30	Torstein G. Jorgensen	Exploring the Influence of Individual Fiber-Type Dominance on Acute Responses to Low-Load Blood Flow Restricted Resistance Exercise—A Non-Invasive Fiber-Type Assessment Approach
4	15:30- 15:40	Per Aagaard	Microvascular muscle properties in elite power lifters vs. endurance athletes: more similar than different
5	15:40- 15:50	Alessandro Sampieri	Comparison of Neural Determinants of Force Steadiness Improvements Following 8 weeks of Resistance Training in Young and Older Adults
6	15:50- 16:00	David García Albín	Age-Related Divergence Between Linear and Hybrid Force-Velocity Models in Leg Press Exercise

Oral Session 1,4:

Chair: Anthony Blazeovich and Goran Paulsen

Wednesday 8 October, 15:00 – 16:00

Location: Aud Topp



1	15:00-15:10	Islay Grant	Injury Prediction, Monitoring and Prevention within Gymnastics: A Scoping Review
2	15:10- 15:20	Peter Higgins	Transitioning to 1500m at LA2028: Impact of Duration on Energetic Contribution and Performance in Maximal Ergometer Rowing
3	15:20- 15:30	Nikolaos Panagiotis Belechris	Leg and Vertical Stiffness during Running with Weighted Vests at Submaximal and Maximal Aerobic Speed
4	15:30- 15:40	Julio Calleja Gonzalez	The Birthplace Effect in Soccer: A Systematic Review of Contextual Influences on Athlete Development
5	15:40- 15:50	Lars Martin Tingelstad	Longitudinal development of anthropometrics and physical performance in adolescent football players
6	15:50- 16:00	Bjørk Wulff Helge	High-volume running results in decreased fat mass and muscular performance

Oral Session 2,1:

Chair: Thue Kvorning and Hannah Rice

Thursday 9 October, 14:00 – 15:00

Location: Auditorium



1	14:00 - 14:10	Nadyne Rubin	Effects of different types of training on the functional and cognitive capacity of healthy older people: results of a Randomized Clinical Trials
2	14:10 - 14:20	Linn C. Risvang	Twenty-four weeks of high load resistance exercise does not increase bone mineral density in wheelchair users: results of the BoneWheel study
3	14:20 - 14:30	Elise Lander	The effect of bicarbonate on sprint performance in ski ergometer; a comparison between oral supplementations – Preliminary results
4	14:30 - 14:40	Denis Vieira	Temporal dynamics of motor neuron excitability during prolonged static stretching
5	14:40 - 14:50	Kenneth H. Mertz	Effects of weight cutting on physical and cognitive function in natural bodybuilders
6	14:50 - 15:00	Juan Corral-Pérez	Predictors of Response: Unraveling the Efficacy of Diet and Exercise Interventions in Type 2 Diabetes Mellitus

Oral Session 2,2:

Chair: Olivier Seynnes and Tormod Skogstad Nielsen

Thursday 9 October, 14:00 – 15:00

Location: Utsikt



1	14:00 - 14:10	José C. Díaz del Campo	Methodology and training resources used by strength & conditioning coaches in semi-professional football teams in Spain.
2	14:10 - 14:20	Tércio Araújo do Rêgo Barros	Anaerobic Speed Reserve and Locomotor Profile on High-Intensity Locomotor Activities in Under-17 Soccer Players
3	14:20 - 14:30	Jack Davies	The Correlation between Net Impulse and Phases of Linear Sprint Performance in University American Football Players.
4	14:30 - 14:40	Glenn Trane	Load- and velocity-specific adaptations to lower-body maximal strength training (MST), hypertrophy training (HT) and explosive strength training (EST).
5	14:40 - 14:50	Therese Fostervold Mathisen	Safety of Heavy Resistance Exercise During Pregnancy and Postpartum: A Controlled, Prospective Cohort Study
6	14:50 - 15:00	Øyvind Skattebo	The impact of biological sex on limiting factors to maximal oxygen uptake

Oral Session 2,3:

Chair: Truls Raastad and Konstantinos Spyrou

Thursday 9 October, 14:00 – 15:00

Location: Aud Bredde



1	14:00-14:10	Isabel Guisado-Cuadrado	Return to play time for the 30 most common injuries in the UEFA Women's Elite Club Injury Study
2	14:10- 14:20	Eduarda Blanco Rambo	Effects of Concurrent Training Including High-Speed Strength Training on Neuromuscular Adaptations in Older Adults: A Comparative Study
3	14:20- 14:30		
4	14:30- 14:40	Lander Hernández Simal	Contextual Talent Hotspots in Youth Soccer: A Case Study of Athletic Club de Bilbao
5	14:40- 14:50	Lander Hernández Simal	The Birthplace Effect in Soccer: A Systematic Review of Contextual Influences on Athlete Development

Poster Session 1,1:

Chair: Luis Alegre

Wednesday 8 October, 14:00 – 15:00

Location: Hall



1	14:00 - 14:10	Eduarda Blanco-Rambo	Effectiveness of combined strength training and dance classes vs. combined strength and endurance training on neuromuscular parameters of older adults: a randomized clinical trial
2	14:10 - 14:20	Marcelo Bandeira-Guimarães	Effects of Multicomponent Training on Neuromuscular Performance and Dynamic Balance of Acutely Hospitalized Older Individuals: Preliminary Results of a Randomized Clinical Trial
3	14:20 - 14:30	Eduardo Lusa Cadore	Impact of Multicomponent exercise on Functional and Cognitive Performance in Acutely Hospitalized Older Adults: Preliminary Results of a Randomized Clinical Trial
4	14:30 - 14:40	Līga Vecbērza	Change of Direction and Curvilinear Sprint Inter-Limb Asymmetries and Deficits in Floorball
5	14:40 - 14:50	Terje Gjøvaag	Acute hemodynamic responses in persons with chronic heart failure during resistance training with different intensities
6	14:50 - 15:00	Laura Alberti Zandavalli	Workload compensation strategy in non-starters soccer players

Poster Session 1,2:

Chair: Konstantinos Spyrou

Wednesday 8 October, 14:00 – 15:00

Location: Hall



1	14:00 - 14:10	Giorgos P. Paradisis	Spatiotemporal Adaptations to Graded Running Intensities with Weighted Vest Loading
2	14:10 - 14:20	Ľubica Žiška Böhmerová	Parameters of Balance, Motor Skills, and Fear of Falling in Untrained and Strength-Endurance Trained Elderly Women.
3	14:20 - 14:30	Ramzi Ahmad Al-Horani	The Effect of Aerobic and Resistance Training on Glycemic Control in Type 2 Diabetes: A Systematic Review and Meta-Analysis
4	14:30 - 14:40	Ramzi Ahmad Al-Horani	Comparison Between the Effect of Aerobic and Resistance Exercise with Different Intensities on Post Exercise Blood Pressure Responses in Normotensive Subjects
5	14:40 - 14:50	Ľudmila Oreská	Tracking Health Markers in Endurance Athletes: A Cross-Sectional Study of RED-S-Related Factors by Age and Sex
6	14:50 - 15:00	Ingrid Hansen	Effects of Short-Term Testosterone Administration and Resistance Training on Body Composition and Strength in Healthy Men Aged 55–70: A Double-Blind, Randomised

Poster Session 1,3:

Chair: Truls Raastad

Wednesday 8 October, 14:00 – 15:00

Location: Hall



1	14:00 - 14:10	Pedro Diez Solórzano	Resistance Exercise Strategies for Enhancing Functional Capacity in Patellofemoral Pain: A Systematic Review
2	14:10 - 14:20	Pedro Diez Solórzano	Comparative Effectiveness of Resistance Exercise Protocols for Patellofemoral Pain: A Systematic Review
3	14:20 - 14:30	Maziar J. Hamad	Acute Training Changes to Hip-Adduction Strength in Football
4	14:30 - 14:40	Konstantinos Spyrou	Exploring the Changes of Direction Profile of Elite Futsal Players During Official Matches
5	14:40 - 14:50	Julio Calleja-González	Nutrition for food, sports and training in long-distance road cycling, including competing and recovery.
6	14:50 - 15:00	Julio Calleja-González	Biomechanical analysis of the power clean and its impact on shoulder injuries

Poster Session 2,1:

Chair: Julio Calleja

Thursday 9 October, 12:00 – 13:00

Location: Hall



1	12:00-12:10	Michelle van den Berg	Resistance Exercise Training for 24 weeks Increases Maximal Dynamic Upper-Body Strength in Male and Female Wheelchair Users: a randomized controlled multi-site study
2	12:10- 12:20	Caroline Pietta-Dias	Physical activity and polypharmacy in long-lived adults
3	12:20- 12:30	Laura Alberti Zandavalli	Changes in neuromuscular, inflammatory, wellness, and speed-related status throughout a congested professional soccer championship
4	12:30- 12:40	José C. Díaz del Campo	Physical performance variables in semi-professional football. A systematic review.
5	12:40- 12:50	Laura Alberti Zandavalli	Physical Performance and Home Field Advantage in Soccer

Poster Session 2,2:

Chair: Martin Bottaro

Thursday 9 October, 12:00 – 13:00

Location: Hall



1	12:00-12:10	Elena Marín Cascales	Self-Perceived Physical Fitness in Spanish Children and Adolescents: the PASOS Study
2	12:10- 12:20	Julio Calleja-González	Shooting and goalkeepers response analysis in a professional football league
3	12:20- 12:30	Julio Calleja-González	How to Select and Train Professional Male Soccer Goalkeepers: Expert Opinion
4	12:30- 12:40	Julio Calleja Gonzalez	The Birthplace Effect in Soccer: A Systematic Review of Contextual Influences on Athlete Development
5	12:40- 12:50	Mikel L. Sáez de Asteasu	Short-term exercise effects on muscle function in patients with severe mental illness: A randomized controlled trial.

Poster Session 2,3:

Chair: Pedro Alcaraz

Thursday 9 October, 12:00 – 13:00

Location: Hall



1	12:00 - 12:10	Thomas Bjørnsen	“Delayed supercompensation” in strength and power peaks at least 3.5 weeks after both failure and non-failure high-frequency low-load blood flow restricted training
2	12:10 - 12:20	Olav Vikmoen	Differences in body composition and performance characteristics between uphill and flat terrain specialists in cycling
3	12:20 - 12:30	Carl-Maximilian Wagner	Associations Between Upper-Body Strength, Aerobic Capacity, and Performance in Cross-Country Skiers and Biathletes
4	12:30 - 12:40	Laura Nieto	Economic Impact of Injuries in Italian Professional Football Players: A Cross-Sectional Analysis of the 2021/22 and 2022/23 Seasons
5	12:40 - 12:50	Laura Nieto	Incidence and economic impact of injuries in the main European Leagues.
6	12:50 - 13:00	Simon Lønbro	The effects of progressive resistance training on lean body mass in head and neck cancer patients during concomitant chemoradiotherapy