



AALBORG UNIVERSITY  
DENMARK

*PhD Course SECOND ANNUAL SYMPOSIUM ON PHYSICAL ACTIVITY AND HUMAN PERFORMANCE*

*June 1<sup>st</sup>- 2<sup>nd</sup> 2016*

*Aalborg University, Fredrik Bajers Vej 7C, room C2-209*

**Description**

This is the second annual international Ph.D. course on Physical Activity and Human Performance. The level of performance in relation to physical activity is attracting more and more interest. It is well agreed that the assessment and the extraction of performance outcomes are necessary for both the optimization of performance and the prevention of musculoskeletal injuries or lifestyle diseases.

The course will include a series of lectures from internationally recognized researchers and a series of experts from both Aalborg University and Aalborg University Hospital. The participants will gain knowledge in new methods used to assess human performance in laboratory and field environments. A strong emphasis will be given on the speakers-student interaction by organizing group work and/or short individual presentation.

**Program at a glance**

**Day 1: June 1 2016**

*Moderator Pascal Madeleine*

- 08:45 "Welcome and course presentation" Pascal Madeleine, PhD, Dr Sc, Aalborg University  
09:00-9:45 "Exercise-induced muscle damage and microvascular function", Ryan G Larsen, PhD, Aalborg University  
09:45-10:30 "Assessment of inter-muscular coordination in relation to strength training", Mathias V Kristensen, PhD, Aalborg University  
10:30-10:45 **Coffee break**  
10:45-11:30 "Acute and chronic spinal plasticity in relation to exercise", Michael Voigt, PhD, Aalborg University  
PhD presentations (1 slide 5 minutes)

11:45-12:45 **Lunch (own expenses)**

*Moderator Michael Voigt*

- 12:45-13:30 "The relation between the EMG amplitude and muscle force investigated using computational model", Jakob L Dideriksen, PhD, Aalborg University  
13:30-14:15 "Motor variability in repetitive functional tasks with varying precision, pace and cognitive load demands and fatigue", Afshin Samani, PhD, Aalborg University  
14:15-14:30 **Coffee break**

Physical Activity and Human Performance

<https://smi.hst.aau.dk/research/rigs/physical-activity-and-human-performance/>

- 14:30- 15:15 “Mechanics, control and training on instable surfaces - implications for injury prevention”,  
Uwe Kersting, PhD, Aalborg University
- 15:15-16:00 “Motion capture using inertial measurement units: examples and applications”, Mark de Zee,  
PhD, Aalborg University  
Master Student presentation (1 slide 5 minutes)

### **Summary and closing**

#### **Day 2: June 2 2016**

*Moderator Uwe Kersting*

- 08:45 “Welcome” Pascal Madeleine, PhD, Dr Sc, Aalborg University
- 09:00-9:45 “On qualitative research in sports”, Reinhard Stelter, PhD, University of Copenhagen
- 09:45-10:30 “Physical activities during school – why, when, how?”, Lars D Østergaard, PhD, Aalborg  
University
- 10:30-10:45 **Coffee break**
- 10:45-11:30 “Optimization of high-intensity endurance training”, Bent Rønnestad, PhD, Lillehammer  
University College, Norway  
PhD presentations (1 slide 5 minutes)
- 11:45-12:45 **Lunch (own expenses)**

*Moderator Michael Voigt*

- 12:45-13:30 “Team Sports as prevention and treatment of lifestyle diseases” Peter Krstrup, PhD,  
University of Copenhagen
- 13:30-13:45 **Coffee break**
- 13:45-14:30 “Importance of cycling training at imposed low cadences”, Ernst A Hansen, PhD, Dr Sc,  
Aalborg University
- 14:30-15:15 “Effects of game format on activity profile and physiological response in soccer”, Morten B  
Randers, PhD, AaB
- 15.15-16.00 Round table & Feedback  
Master Student presentation (1 slide 5 minutes)

### **Summary and closing**

Please sign up for the symposium by sending an email to Lone S. Andersen: [lonesa@hst.aau.dk](mailto:lonesa@hst.aau.dk) no later than  
27 May 2016.

*The PHYSICAL ACTIVITY AND HUMAN PERFORMANCE group is an affiliated institution of the  
European College of Sports Science*

