



Physiology and Biomechanics of Sports Performance

- 08:45 - 09:00 Welcome and registration
- 09:00 - 09:15 Introduction, Klavs Madsen, Head of Dept. of Physical Performance, NIH
- 09:15 - 9:45 Professor Jostein Hallén, Dept. of Physical Performance, NIH. *Historical perspectives of biological research at NIH*

Terrestrial locomotion

- 09:45 - 10:30 Professor Alberto E. Minetti, Dept. of Pathophysiology and Transplantation, University of Milano
Energy balance of running: did we consider all determinants?
Chair: Professor Carlo Capelli, Dept. of Physical Performance, NIH

10:30 - 10:45 **Coffee break**

Nutrition for optimizing performance

- 10:45 - 11:30 Associate professor, Mette Hansen, Dept. of Public Health, Aarhus University, DK
The importance of protein for endurance athletes
Chair: Klavs Madsen, Dept. of Physical Performance, NIH
- 11:30 - 12:00 Professor Truls Raastad, Dept. of Physical Performance, NIH. *Nutritional interventions optimizing muscular adaptations to strength training*

12:00 - 13:30 **Lunch**

Performance determinants and analysis in aquatic locomotion and team sports

- 13:30 - 14:15 Professor David R. Pendergast, The State University of New York, USA
Energetics and biomechanics in swimming - what's next?
Chair: Professor Jan Cabri, NIH
- 14:15 - 14:45 Assoc. Professor Bjørn Harald Olstad, NIH
Swimming research into the next decade
- 14:45 - 15:15 **Coffee break**
- 15:15 - 16:00 Professor Peter Krstrup, University of Southern Denmark
Football research from muscle to man - boosting performance and improving public health
Chair: Assoc. Professor Matt Spencer, NIH
- 16:00 - 16:30 Live S. Luteberget, NIH
Team handball: Physical demands in match play and training
- 16:30 - 17:00 Closing by Professor Carlo Capelli, Dept. of Physical Performance, NIH

Register before September 5, 2018 at www.nih.no/symposium