

Time Program at a Glance: Thursday, 8. February 2018

08.00	Registration				Foyer Hauptgebäude	
09.00	Welcome Urs Mäder – Rektor EHSM/HEFSM, Wolfgang Taube – Präsident SGS/4S				Aula	
09.10	Introduction to Conference Venue and Program André Gogoll – Tagungspräsident/président de conférence				Aula	
09.15–10.00	Keynote Lecture I: Prof. George A. Brooks (University of California, Berkeley, USA) Metabolic Systems: The Formation and Utilization of Lactate Chair: Jon Wehrlin				Aula	
10.30–11.15	Symposium I Aula Overtraining – Overreaching in Athletes Chair: Grégoire P. Millet 1. Gregoire P Millet: Overtraining-Overreaching: definitions and state of the literature 2. Laurent Schmitt: Monitoring overreaching in elite athletes – 15 years of experience 3. Nicolas Place: Overreaching: a neuromuscular perspective	Symposium II Hörsaal I Achtsamkeit im Leistungssport Chair: Philipp Röthlin 1. Philipp Röthlin: Differenzierte Wirkung von mentalem Training auf leistungsrelevante psychologische Prozesse – eine randomisierte kontrollierte Studie 2. Eva Stocker: Self-Control failures in physical performance: does mindfulness induction serve as a strategy against the ego depletion effect? 3. Mattia Piffaretti: Boosting the referees' mental skills through a mindfulness-based intervention towards Rio 2016	Symposium III Hörsaal II Sport Science meets Elite Sports Chair: Wolfgang Taube 1. Silvio Lorenzetti: Shoes or no shoes? Static, rolling on a slope or in the flat? Evidence based conditioning exercises in ski jumping 2. Martin Keller: How to serve faster in tennis: the influence of an altered focus of attention and augmented feedback on service speed in elite players 3. Christoph Conz: Elitesport-insights.ch brings together knowledge from the lab and experience from the field: interdisciplinary and with lasting effect	Symposium IV 203/206 Leistung im Nachwuchsfussball Chair: Jörg Fuchslocher 1. Pascal Andrey: Zusammenhang der Ermüdungsresistenz und Messgrößen der physischen Beanspruchung bei einer fußballspezifischen repetitiven, multiseriellen Sprintaufgabe mit der aeroben Leistungsfähigkeit 2. Stephan Horvath: Leistungsmotivationale Faktoren als Erfolgsprädiktor im Nachwuchsbe- reich vom Frauenfussball: Haben Nationalspielerinnen (U-17 FNT und U-19 FNT) eine höhere Leistungsmotivation als gleichalt- rige Fußballspielerinnen? 3. Mirjam Hintermann: #play- more: Studiendesign einer zwei- jährigen kontrollierten Interven- tionsstudie zur Verbesserung der Wettspielform im Kinderfussball		
11.25–12.10	Oral Session I Aula Overload & Injury Prevention Chair: Grégoire P. Millet 1. Nicolas Bourdillon: Overload blunts baroreflex and parasympathetic activity only in overreached athletes 2. Christopher Klenk: Overuse injury detection by magnetic resonance imaging (MRI) of the lower extremity muscles during the Trans European Footrace 3. Eric Lichtenstein: The Moderating Effect of Compliance on the Efficacy of the Injury Prevention Program 11+ Kids	Oral Session II Hörsaal I Perception in Team Sports Chair: André Klostermann 1. Silvan Steiner: Estimating effects of perceptual information and associative knowledge on passing decisions in real-world and scenario conditions 2. Christian Vater: Testing the functionality of peripheral vision in a mixed-methods football field study 3. André Klostermann: Why longer is better: Investigating the «efficiency paradox» of the Quiet Eye phenomenon	Oral Session III Hörsaal II Exercise is Medicine I Chair: Christina M. Spengler 1. Fernando G. Beltrami: Varying load-distribution during high-intensity interval training (HIIT) in cycling and running: effects on cardiorespiratory parameters 2. Aitor Fernandez: Effect of the elastic energy and pendular recoveries on the energy cost of walking in obese adults 3. Fiona Streckmann: Balance training and whole-body vibration have the potential to reduce relevant symptoms of Chemotherapy-induced peripheral neuropathy – a randomized controlled trial	Oral Session IV 203/206 Sport Management Chair: Anne Renaud 1. Grazia Lang: Vom Sportverein zur Aktiengesellschaft: Ist die Rechtsform massgeblich für professionalisiertes Management? 2. Michaël Mrkonjic: The political governance of international sport organisations in Switzerland 3. Ariane Weber: Innovations- treiber im Sport: sechs Fallbeispiele		

Lunch Break – Restaurant Bellavista		Sport + Lunchbox (12.40–13.40) – Alte Sporthalle		
14.00–14.45	Symposium V Aula Improving Antidoping and the Athlete Biological Passport Chair: Raphael Faiss 1. Olivier Salamin: Autologous blood transfusion, hypoxic exposure and the hematological module of the Athlete Biological Passport 2. Federico Ponzetto: Exploring blood steroidomics for the improvement of the athlete biological passport steroidal module 3. Raphael Faiss: Can power data in cycling contribute to an Athlete Performance Passport?	Symposium VI Hörsaal I Kinder- und Jugendsport Chair: Claudia Klostermann 1. Elke Gramespacher: Das Bedürfnis sportlicher Mädchen danach sich im Sport «wohl zu fühlen» – Befunde aus der Studie Girls in Sport 2. Vanessa Gut: Profile motivational und volitionaler Merkmale sowie deren Zusammenhang mit unterschiedlichen Aspekten des Sportverhaltens von Jugendlichen 3. Claudia Klostermann: Herkunftsspezifische Handlungsorientierungen und ihre Bedeutung für die Sportaktivität junger Menschen	Symposium VII Hörsaal II The influence of Biological and Chronological Age on Motor Performance and Sports Talent in Swiss Youth Cohorts Chair: Oliver Faude 1. Michael Romann: A national analysis of relative age effects in Swiss talent development across all sports 2. Marie Javet: Interrelationship of biological and relative age in talent selections in Swiss youth soccer 3. Roland Rössler: Motor performance of first-grade school children is affected by relative age and maturity	
Short Break				
14.55–16.35	Young Investigator Award: Presentations of the Finalists Chair: Martin Keller 1. Rea Lehner: Reward improves motor performance by modulating motor network activity 2. Chris Donnelly: Transcutaneous electrical nerve stimulation (TENS) curtails the spinal recruitment effect of wide pulse, high frequency neuromuscular electrical stimulation (WPHF NMES) 3. Fabienne Egger: The effects of different physical activities on children's executive functions and academic achievement. A chronic intervention study 4. Valentin Benzing: Exergaming intervention to foster executive functions in children with attention deficit hyperactivity disorder: results from a randomized controlled trial 5. Roland Sieghartsleitner: Prognostic validity of a subjective coach assessment and motor performance tests for talent selection in football: science boosts coaches' eye!			Aula
Short Break				
17.00–17.45	Transfer Science into Practice Lärchenplatz Elite Sport Chair: Jon Wehrlin	Transfer Science into Practice 203/206 Applied Sport Science Chair: Eric Jeisy	Transfer Science into Practice High Performance Management Chair: Andreas Ch. Weber	Aula
Short Break				
18.00–18.45	General assembly SGS			Aula
Break				
18.45–19.45	Apéro and Young Investigator Award winners Walter Mengisen – Co-Rektor EHSM/HEFSM Wolfgang Taube – Präsident SGS/4S			Foyer Hauptgebäude
ab 19.45	Congress Dinner			Bellavista Restaurant

Time	Program at a Glance: Friday, 9. February 2018								
06.30	Early Morning Exercise							Meeting Point – Entrance Grand Hotel	
08.00	Breakfast								
	Break + Rooms Check-out								
08.30–09.15	Keynote Lecture II: Prof. Alfred Richartz (University of Hamburg, D) Kinder im Leistungssport Chair: André Gogoll							Aula	
	Coffee Break								
09.45–10.30	Symposium VIII	Aula	Symposium IX	Hörsaal I	Symposium X	Hörsaal II			
	Leistungen von und in Sportorganisationen Chair: Siegfried Nagel		Unterrichtsqualität als Bedingung für (Lern-) Leistungen im Sport Chair: Sara Seiler		Hemoglobin Mass and Endurance Performance in Elite Sport Chair: Jon Wehrlin				
	<p>1. Markus Lamprecht: Die Leistungen der Schweizer Sportvereine</p> <p>2. Jenny Adler Zwahlen: Integrationsleistungen in Schweizer Sportvereinen</p> <p>3. Emmanuel Bayle: Measuring and managing the performance of sport organisations: challenges for the future</p>		<p>1. Sonja Büchel: Prozessmerkmale des Sportunterrichts und die Bedeutung fachbezogener motivationaler Orientierungen von Lehrerinnen und Lehrern</p> <p>2. Christian Herrmann: Evaluation der Unterrichtsqualität im Schneesport</p> <p>3. Seiler Sara: Evaluation der Unterrichtsqualität im Vereinssport</p>		<p>1. Jon Wehrlin: Hemoglobin mass does not change over years in Swiss senior male elite endurance athletes</p> <p>2. Thomas Steiner: Effect of endurance training on the development of hemoglobin mass in male adolescent endurance athletes</p> <p>3. Anna Hauser: Hemoglobin mass response to normobaric and hypobaric altitude training in senior male athletes</p>				
	Short Break								
10.40–11.25	Oral Session V	Aula	Oral Session VI	Hörsaal I	Oral Session VII	Hörsaal II	Oral Session VIII	203/206	
	Exercise Performance in Winter Sports Chair: Andreas Ch. Weber & Thomas Maier		Translational Research & Development Chair: Lukas Zahner		Exercise is Medicine II Chair: Arno Schmidt-Trucksäss		Gender Differences Chair: Dominique Fankhauser		
	<p>1. Andreas Ch. Weber: Measuring performance at the Olympic Winter Games: Comparing different performance measures from a Swiss perspective</p> <p>2. Thomas Maier: Vorhersage von Treffern in Biathlonwettkämpfen mit maschinellem Lernen</p> <p>3. Christian Herrmann: Empirische Modellierung eines Technikleitbildes im alpinen Skisport</p>		<p>1. Katharina Endes: Hürden und Tücken der Forschung: Von der Forschungsidee bis zur Implementierung der gewonnenen Erkenntnisse in der Gesellschaft – Erläuterungen am Beispiel der KISS- und der Sportcheck-Studie</p> <p>2. Vera Molinari: Strategieentwicklung «Bewegte Schule» im Kanton Bern: Zwischen wissenschaftlicher Orientierung und bildungspolitischer Passung</p> <p>3. Alain Dössegger: J+S: Besuche von Leiterpersonen vor Ort</p>		<p>1. Ilaria Croci: Associations between hepatic enzymes, sedentary time, physical activity and cardiorespiratory fitness in a large population based-cohort</p> <p>2. Ilaria Croci: A score of 100 PAI (Personal Activity Intelligence, a novel metric for physical activity tracking) attenuates the association between sedentary time and non-alcoholic fatty liver</p> <p>3. Ralf Roth: Muscle activity and co-activation of trunk muscles in different types of stable and unstable squatting in healthy adults</p>		<p>1. Karolin Heckemeyer: Leistungsklasse Geschlecht – umstrittene Grenzziehungen, soziale Ausschlüsse und Hierarchisierungen</p> <p>2. Lucie Schoch: Des récits vibrants dans les pages sportives: la place des émotions dans le journalisme sportif</p> <p>3. Kirstin Seiler: Influences of Stereotypes on the Relation Between Nonverbal Behaviour and Team Confidence in Football</p>		
	Short Break								

11.35–12.20	Mini Oral Session I Chair: Michael Romann	Aula	Mini Oral Session II Chair: Jörg Fuchslocher	Hörsaal I	Mini Oral Session III Chair: Michael Mrkonjic	Hörsaal II	Young Investigator Award Chair: Martin Keller	203/206	
	<p>1. Julia Kröpfl: Hematopoietic stem and progenitor cell number after two different high-intensity interval protocols</p> <p>2. Christoph Höchsmann: Rebounding – an alternative and effective low-impact form of cardiorespiratory exercise</p> <p>3. Christoph Höchsmann: Accuracy of smartphones to measure steps during various walking conditions</p> <p>4. Iliaria Croci: Is high-intensity interval training safe and feasible in patients with hepatic cirrhosis? A case-study</p> <p>5. Iliaria Croci: Effects of a 16 week lifestyle intervention and of an acute bout of 1h moderate intensity exercise on intrahepatic lipids of obese men</p> <p>6. Jonathan Wagner: COMplete-Health: Cardiopulmonary Exercise Testing and Vascular Phenotype in Healthy Subjects across the Age Span</p> <p>7. Nadège Rochat: What can we learn from amateur trail runners' activity on online spaces? A proposition of tool enhancement for following-up performance</p>		<p>1. Jessica Lavier: Walking three or five times a week improve walking capacity to the same extent in a mouse model of peripheral artery disease</p> <p>2. Manuel Mücke: Implicit associations towards sport are correlated with basic motor competencies, but not with the amount of everyday physical activity in 11-14 years old children</p> <p>3. Johanna Hänggi: Intensities of screen and non-screen sedentary activities in Swiss children</p> <p>4. Sabrina Köchli: Influence of physical activity and fitness on advanced glycation end-product accumulation in children</p> <p>5. Marc Blaser: Teamkognitionen im Mannschaftssport – Entwicklung impliziter und expliziter Koordinationsmechanismen durch gemeinsame Trainingserfahrungen im Kontext Nachwuchssportarten</p> <p>6. Benjamin Rubeli: Effekte einer Weiterbildung zu selbstkonzeptförderndem Sportunterricht: Erste Befunde zum Einfluss auf die Unterrichtsinszenierung der Lehrpersonen</p> <p>7. Tim Bartenstein: Association of lung function with body mass and physical fitness in primary school children</p>		<p>1. Marc Bächinger: Supraspinal contributions to motor slowing</p> <p>2. Xenia Fischer: Participants' Adherence and Perception of the Individually Tailored Physical Activity Promotion Program Movingcall©: Effects of Telephone-Based Coaching and Prompting</p> <p>3. Vincent Gremeaux: Shoulder muscular imbalance as a risk factor for shoulder injury in swimming: a prospective study</p> <p>4. Juliane Wulff: Kann man Potenzial messen? Entwicklungs-gemässe Leistungsdiagnostik in den leichtathletischen Wurfdisciplinen</p> <p>5. Erika Ruchti: Leitfaden zur optimalen Unterstützung von Spitzensportlerinnen und -sportlern beim Karrierende</p> <p>6. Jeremy Weill: Wissenschaftliche Belegung des Modells zur «Standortförderung durch Sport»</p> <p>7. Flora Colledge: Approaches of fitness-centre employees to suspicions of eating disorders in clients</p>		<p>1. Severin Troesch: Effect of competition-compatible pre-cooling on distance running in humid heat</p> <p>2. Elias Bucher: Explosive upper-body strength in cross-country skiing: Development and evaluation of a movement-specific test concept</p> <p>3. Felix Thomas: Cooperative hand movements: Automatic gain control of neural coupling</p> <p>4. Mathias Aebi: Separate and combined effects of ischemic and hypoxic preconditioning on repeated sprint ability</p> <p>5. Sarah Jean Willis: Comparison of perfusion and deoxygenation between legs and arms during repeated cycling sprints with combined systemic hypoxia and blood flow restriction</p> <p>6. Fransiska M Bossuyt: Insights into injury prevention to improve performance: the impact of over-ground wheelchair propulsion induced fatigue on wheelchair propulsion technique</p> <p>7. Christoph Schärer: The faster the better? Relationship between run-up velocity and the degree of difficulty (D-score) on vault in artistic gymnastics</p>		

Lunch Break

Restaurant Bellavista

13.30–14.15	Keynote Lecture III: Prof. Dr. Mathieu Winand (LUNEX University, Luxembourg)								Aula
Innovate to Perform, a Key Challenge for Sport Organisations									
Chair: Anne Renaud									

Short Break

14.25–15.10	Oral Session IX Chair: Thomas Wyss	Aula	Oral Session X Chair: Silvio Lorenzetti	Hörsaal I	Oral Session XI Chair: Oliver Faude	Hörsaal II	Oral Session XII Chair: Markus Gerber	203/206	
	<p>Exercise Performance in Summer Sports</p> <p>1. Raphael Knaier: Influence of light exposures on cycling performance in elite endurance athletes</p> <p>2. Lilian Roos: Are competition success and time trial performance related to training patterns in elite orienteering athletes?</p> <p>3. Claudio Perret: Half-marathon and 10k running performance prediction in men and women based on the heart rate-based lactate minimum test</p>		<p>Performance & Strength</p> <p>1. Ralf Kredel: Präzisionsleistungen im (Luftgewehr-)Schiessen: kompensatorische Effekte der Kraftproduktion bei Schweizer NachwuchsatletInnen</p> <p>2. Florian Micke: Verbesserung der Kraft- und Leistungsfähigkeit der Kniebeugemuskelatur sowie der Hamstring/Quadriceps-Ratio durch dynamisches Elektromyostimulationstraining</p> <p>3. Michael Plüss: Pulling Exercises for Strength Training and Rehabilitation: Movements and Loading Conditions</p>		<p>Exercise is Medicine III</p> <p>1. Lars Donath: Acute effects and their reliability of aerobic exercise on executive function in seniors</p> <p>2. Eveline Schaeerli: Ausbelastungskriterien der Spiroergometrie bei Senioren: Limitationen und Perspektiven</p> <p>3. Vincent Gremeaux: Progressively Increasing Power Output during an Eccentric Cycling Training Program: A Feasibility Study in Healthy Subjects and Coronary Heart Disease Patients</p>		<p>Burnout & Sleep Quality</p> <p>1. Jan Stutz: Effects of evening exercise on sleep quality in healthy subjects: a systematic review and meta-analysis</p> <p>2. Markus Gerber: Differences in subjective and objective sleep in young elite athletes with high versus low burnout levels</p> <p>3. René Schilling: Moderate-to-vigorous physical activity moderates the relationship between occupational stress and burnout symptoms among Swiss workers</p>		

Short Break

15.20–16.00	Dissertation Prize Chair: Wolfgang Taube								Aula
Jui-Lin Fan: Effect of hypoxia on cerebral blood flow regulation during rest and exercise: role of cerebral oxygen delivery on performance									
16.00–16.15	Closing Remarks – End of Conference								Aula