

Interdisciplinary one-day seminar

Program



08.00 – 11.00 Workshops

1. Bilateral deficit in maximal force, rate of force development and motor unit discharge rate during ballistic contractions with the dorsiflexors
2. Neuromuscular, muscle-tendon anatomy and adaptations of hamstrings in response to exercise
3. Proximo-Distal differences in motor unit characteristics of tibialis anterior

11.00 – 12.00 Keynote Lectures

Training for reducing the consequences of aging (Roger M Enoka)

Why exercise science is important? (Dario Farina)

12.00 – 13.00 Press conference

13.00 – 14.00 Lunch Break

14.00 – 16.30 Presentations

1. Stochastic (noisy) vestibular stimulation as means of improving postural control in patients with bilateral vestibular disorders
2. Keeping balance during head-free smooth pursuit: The role of aging.
3. New perspectives in adolescent idiopathic scoliosis
4. Aging and neuromuscular adaptations during perturbations induced by tendon vibration
5. Postural differences are associated with force steadiness of dorsiflexors but not plantar flexors in young and older adults

16.30 - 18.30 Training protocols

1. You jump the way you train: plyometric-induced specific modifications in vertical jumping ability
2. Knee-extension RFD is correlated with squat jump while plantar flexion RFD is correlated with drop jump

