SPORT SCIENCE AT THE
RUHR-UNIVERSITY BOCHUM
TUESDAY, 4TH JULY 2017
FROM THE LAB TO THE TRACK
CURRENT ASPECTS OF TESTING, TRAINING
AND RECOVERY IN ELITE SPORTS

10:00 WELCOME ...
LOCATION: GESUNDHEITSCAMPUS NORD 10, 44801 BOCHUM, GERMANY

10:30 PERFORMANCE ENHANCEMENT OF ELITE ATHLETES
HALSON, S. L. [AUSTRALIA]

11:30 IN THE LAB ...
Hypoxia Lab: «Research challenges with normobaric altitude testing and training»
Move Lab: «Biomechanical 3D motion analysis of the tennis serve»
Muscle Lab: «Investigating neuromuscular function with stimulation techniques»
Visual Lab: «Visual performance testing and implications for specific training»
Back Lab: «Diagnostic testing of back strength and neuromuscular function»

15:30 ON THE TRACK ...
Football Field: «Movement diagnostic in team sports»
Football Field: «Reaction time and movement speed testing for goalkeepers»
Tennis Court: «Specific on court testing and training in tennis»
Gym: «The MSpEx-neuromuscular back training program»
Sports Hall: «Applications of recovery strategies in elite sports»

19:30 1ST SPORT SCIENCE SLAM OF THE ECSS
«A new and cool form of science communication inspired by Poetry Slams»
«Young scientists present their own research work in an entertaining way»

21:30 A NIGHT TO GET LOST IN BOCHUM’S BERMUDA TRIANGLE
«Guided tour through Bochum’s pub district»

THE SYMPOSIUM IS FREE BUT REQUIRES REGISTRATION. Space is limited.
IF YOU HAVE ANY QUESTIONS, PLEASE SEND AN EMAIL TO ecss2017@rub.de
FOR MORE INFORMATION VISIT sportwissenschaft.rub.de