

NATIONAAL CONGRES SPORT, BEWEGEN & GEZONDHEID



29 JUNI 2023	VRIJE UNIVERSITEIT AMSTERDAM
08.30 - 09.15 UUR	 REGISTRATION, COFFEE/TEA
09.15 - 09.30 UUR	OPENING PROF. DR. KOEN LEMMINK, CHAIR OF WATERTOREN PLATFORM, THE NATIONAL COOPERATION PLATFORM FOR UNIVERSITIES IN SPORTS, EXERCISE AND HEALTH
09.30 - 10.30 UUR	KEYNOTE DR. ESTHER VAN SLUIJS , UNIVERSITY OF CAMBRIDGE "MIND THE GAP - DELIVERING ON THE PROMISE OF SCHOOL-BASED PHYSICAL ACTIVITY PROMOTION"
10.30 - 10.45 UUR	 COFFEE/TEA
10.45 - 11.45 UUR	<p>PARALLEL SYMPOSIA SESSION 1</p> <p>1.1. Exercise is Medicine I</p> <ul style="list-style-type: none"> LOFIT project: lifestyle front office for integrating lifestyle medicine in the treatment of patients with referral towards community-based lifestyle options, <i>dr. Judith Jelsma (Amsterdam UMC, location VUmc)</i> MIB program Amsterdam, sport, physical activity and nutrition for migrant elderly with diabetes, <i>(Amsterdam University of Applied Sciences) (tba)</i> Prehabilitation interventions, <i>(Dutch Medical Centers) (tba)</i> <p>1.2. Prototyping with XR (i.e. VR, AR, MR)</p> <ul style="list-style-type: none"> Co-creation with XR-businesses for training optimization with NOC NSF (Olympics summer sports: archery, BMX, beach volleyball and handball) (VU-NOC NSF-National Science Agenda), <i>dr. David Mann and MSc. Daniel Müller (VU Amsterdam)</i> Using VR to simulate AR for designing feedback interfaces in cycling, <i>dr. Jason Moore (Technical University Delft)</i> Rowing in VR: opening up new research possibilities, <i>dr. Matthijs Hofmijster (VU Amsterdam and Amsterdam University of Applied Sciences)</i> Bringing sailing to shore through immersive data visualisation, <i>Berend Baas (Technical University Delft)</i> <p>1.3. Stimulating movement in the first 10.000 days</p> <ul style="list-style-type: none"> The first 1.000 days; toddlers and preschoolers Exercise should be fun, especially for teenagers! How to find the time as young professionals and parents? <i>Fontys, Technical University Eindhoven, and Amsterdam University of Applied Sciences) (tba)</i>
11.45 - 13.00 UUR	 POSTER PRESENTATIONS WITH HEALTHY LUNCH, CATERED BY TOPSPORT AMSTERDAM
13.00 - 14.00 UUR	<p>PARALLEL SYMPOSIA SESSION 2</p> <p>2.1. Exercise is Medicine II</p> <ul style="list-style-type: none"> Join efforts for integration of physical activity and exercise research within health care, <i>dr. Erja Portegijs (University Medical Center Groningen)</i> PIE=M, combined healthy lifestyle approaches for people with chronic illnesses, <i>dr. Jose Nauta (VUMC) (Amsterdam UMC, location VUmc and HvA)</i> Creating a shared knowledge agenda for Exercise is Medicine, <i>dr. Joyce Vrijzen (University Medical Center Groningen)</i> <p>2.2. Performance enhancement in elite and sub-elite athletes</p> <ul style="list-style-type: none"> Training mind and body for excellence, <i>dr. Raoul Oudejans</i> <p>(VU Amsterdam - Amsterdam University of Applied Sciences)</p> <ul style="list-style-type: none"> Enhancing elite performance in soccer, <i>dr. Michel Brink (University Medical Center Groningen)</i> Development of feedback systems for pitching performance and injury risk, <i>Larisa Gomaz (Technical University Delft)</i> <p>2.3. Lowering the biological age by physical exercise</p> <ul style="list-style-type: none"> Intrinsic capacity and biological age - introduction of longevity, <i>prof. dr. Andrea Maier (VU Amsterdam - National University of Singapore)</i> Association between epigenetics and physical activity, <i>dr. Jenny van Dongen (VU Amsterdam)</i> Molecular basis of physical exercise-induced lowering of biological age, <i>prof. dr. Richard Jaspers (VU Amsterdam)</i>
14.00 - 15.00 UUR	<p>PARALLEL SYMPOSIA SESSION 3</p> <p>3.1. Fit for Health</p> <ul style="list-style-type: none"> Looking beyond exercise: healthy physical activity patterns, <i>dr. Brenda Berendsen (Maastricht University)</i> Leaving the comfort zone: healthy indoor environments, <i>dr. Hannah Pallubinsky (Maastricht University)</i> Prehabilitation: preparing patients for surgery, <i>dr. Bart Bongers (Maastricht University)</i> <p>3.2. Sport injuries & health protection</p> <ul style="list-style-type: none"> Chronic workload ratio and injuries in CrossFit, <i>drs. Pablo Stegerhoek (Amsterdam UMC, location VUmc)</i> The context of injury prevention from the athlete's perspective, <i>dr. Caroline Bolling (Amsterdam UMC, location AMC)</i> Health protection: a key factor for athlete success, <i>prof. dr. Evert Verhagen (Amsterdam UMC, location VUmc)</i> <p>3.3. Living Labs and other impact strategies</p> <ul style="list-style-type: none"> Living Labs for Urban Vitality, <i>drs. Annemarie Hulst-Waal - (Amsterdam University of Applied Sciences)</i> Sustainability of Livings Labs - <i>dr. Dilene van Campen, (Amsterdam University of Applied Sciences) and Danielle de Boer, (National Science Agenda Sport, Physical and Activity)</i>
15.00 - 15.15 UUR	 COFFEE/TEA
15.15 - 16.15 UUR	KEYNOTE PROF. DR. CLAUDINE LAMOTH , UNIVERSITY MEDICAL CENTER GRONINGEN "PHYSICAL ACTIVITY AND AGING: INSIDES FROM THE CAPABILITY APPROACH"
16.15 - 17.15 UUR	<p>POSTER PRESENTATIONS AND IMPACT WORKSHOPS</p> <ul style="list-style-type: none"> National and international funding opportunities, <i>Danielle de Boer (program manager National Science Agenda)</i> Co-creation methods for research - <i>Amsterdam University of Applied Science (tba)</i> Practical proposal organisation and writing skills for young researchers, <i>Ingrid van Gelder (Winning Sports) en Danielle de Boer (program manager National Science Agenda)</i>
17.15 - 17.30 UUR	CLOSING PROF. DR. PETER BEEK
17.30 - 18.30 UUR	 DRINKS WITH HEALTHY SNACKS AND NETWORKING, CATERED BY TOPSPORT AMSTERDAM

REGISTRATION FOR POSTER PRESENTATIONS

15 MEI - 22 JUNI

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