Welcome
Welcome to the 23rd annual Congress of the ECSS – ECSS Dublin 2018
On behalf of University College Dublin and Ulster University, we would like to extend a warm welcome to join us at the 23rd Annual Congress of the ECSS in Dublin, Ireland, from the 4th - 7th July, 2018. The conference will take place right in the heart of the city at the newly built and inspirational Convention Centre overlooking the River Liffey, surrounded by all the amenities this dynamic city has to offer.

We are confident that you will find the multidisciplinary academic programme, delivered by some of the leading exponents and thinkers in our field, invigorating and enjoyable, as it does from the combined expertise of University College Dublin (Centre for Sports Studies; Institute for Sport and Health) and Ulster University School of Sport. Our congress theme is "Sport Science at the Cutting Edge" and we aim to provide every opportunity for delegates to learn from, and contribute to the latest developments in Sports and Exercise science in a stimulating social and professional setting.

We look forward to seeing you there!

Prof. Marie Murphy PhD, FACSM, FBASES  
(Ulster University School of Sports)

Prof. Colin Boreham PhD, FECCS, FACSM, FBASES  
(Director, Institute for Sport and Health, UCD)

Prof. Giuseppe De Vito MD, PhD, FECCS, FFSEM  
(Head, School of Public Health, Physiotherapy and Sports Science, UCD)

5 reasons to visit Dublin

- A great opportunity to share with peers from Europe and around the globe
- An imaginative programme of world class plenary, oral and poster presentations across sport science disciplines
- To get to know the friendly, fun and safe city of Dublin, as well as the beauty of Ireland
- World class conference venue (CCD) in the heart of the city
- Excellent accessibility from all over the world

Venue
The Convention Centre Dublin is accessible, iconic, flexible and inspirational, offering the perfect venue for events, delivered to exceptional standards by a friendly, award-winning team. Designed by renowned Pritzker award-winning architect Kevin Roche, The CCD has become a landmark building on Dublin’s skyline. With Roche’s signature Atrium integral to the design, The CCD offers six light-flooded foyers for networking and hospitality, offering stunning views of Dublin on the upper levels. The CCD has hosted events ranging from 5 to 5,500 delegates and offers 22 flexible halls, meeting rooms and boardrooms including a 2,000 seat auditorium. The entire venue is finished to the highest specifications, and incorporates the latest technology including Wi-Fi for up to 12,000 devices.

Exhibition
The ECSS congress is where the latest products and services from nutrition to physiological & biomechanical analysis and measurements as well as training devices within industry will be presented. You will have access to the very latest information and solutions within the fields of sport sciences. Over 60 exhibitors from all over the world will form the hub of ECSS Dublin 2018.

St Patrick’s Day Parade
A homegrown touch of Irish heritage will be added to the traditional programme with a parade and festivities on 17th March, the day dedicated to Ireland’s patron saint.

In Dublin, young scientists will again have the opportunity of entering this prestigious competition for scientific excellence, where outstanding scientific work can be presented at the annual congress. A jury consisting of the ECSS Scientific Board and ECSS Scientific Committee grants the awards based upon an oral and mini-oral presentation for the top ten presentations.

GSSI Nutrition Award
Designed for the broad area of sports nutrition and high performance, the GSSI Nutrition Award is open to submissions from the ECSS Dublin 2018 congress nutrition section. Based on value to industry and scientific excellence, five finalists are to be evaluated during the congress by two independent ECSS reviewers and one GSSI representative. Three winners will be announced during the GSSI Nutrition Award Ceremony.

Committees
ECSS Executive Board
Joan L. Duda - President (GBR), Tim Cable – Past President (QAT, GBR), Erich Müller - President Elect (AUT), Jorn Wulff Helge (DEN), Bente Klarlund Pedersen (DEN), Stephen Seiler (NOR)

Congress Presidents
Colin Boreham (IRL), Marie Murphy (IRL), Giuseppe De Vito (IRL)

Chair Local Scientific Committee
Marie Murphy (IRL)

Members Local Scientific Committee
Colin Boreham (IRL), Willem van Mechelen (NED), Chris Bleakley (IRL), Brian Caulfield (IRL), Gareth Davison (IRL), Eamon Delahunt (IRL), Paul Darby (IRL), Max Ditirolo (IRL), Alison Gallagher (IRL), David Hassan (IRL), Seamus Kelly (IRL), Madeline Lowery (IRL), Aidan Moran (IRL), Helen Roche (IRL), Eric Wallace (IRL)

Chairs of the Organizing Committee
Chair - Colin Boreham (IRL), Marie Murphy (IRL), Gavin Breslin (IRL)

Members of the Organizing Committee
Giuseppe De Vito (IRL), Max Ditirolo (IRL), Ann O’Hanlon (IRL), Adam Grainger (IRL), Eamonn Delahunt (IRL), Daniella Bossard (IRL)

Members of the ECSS Scientific Board
Flemming Dela - Chair (DEN), Susanna Hedenborg - Co-Chair (SWE), Jan Cabri - Secretary (NOR), Albert Gollhofer (GER), Paul Greenhaff (GBR), Luc van Loon (NED), Abigail Mackey (GBR), Nicole Wenderoth (SUI), Cecilie Thogersen-Ntoumanis (AUS)

Members of the ECSS Scientific Committee
Per Aagaard (DEN), Jatin Burniston (GBR), Jose Antonio Lopez Calbet (ESP), Annalisa Cogo (ITA), Wim Derave (BEL), Peter Fedoroff (AUT), Taija Finn (FIN), José González-Alonso (GBR), Elke Grimminger-Seidensticker (GER), Markus Gruber (GER), Yiva Hellsten (DEN), Hans-Christin Holmberg (SWE), Pierre-Nicolas Lemire (NOR), Johannes van Lieshout (NED), Maria Francesca Picentini (ITA), Olivier Seynnes (NOR), Afroditi Stathi (GBR), Janice L. Thompson (GBR), Matthias Wilhelm (SUI)

ECSS Office
Thomas Delaveaux (GER), Elias Tsalakidis (GRE), Steffen Neubert (GER), Juliane Leyva Gonzalez (GER), Tuulia Hokkanen (FIN), Alexandra Zavadka (SVK)

ECSS Young Investigators Award
One of the key objectives of the ECSS is the promotion of junior scientists and the fostering of state-of-the-art research. For this purpose the ECSS established the Young Investigators Award (YIA).
Key Dates
15th December 2017, 24:00 CET
15th February 2018, 24:00 CET
1st April 2018
1st April 2018, 24:00 CET
1st May 2018, 24:00 CET

Abstract submission opening and opening of registration
Abstract submission deadline
Notification to authors about acceptance
End of Early bird registration
Deadline for registration for presenting authors

Registration fees
<table>
<thead>
<tr>
<th>ECSS Dublin 2018</th>
<th>Early Bird Registration</th>
<th>Late Registration</th>
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<tbody>
<tr>
<td>Registration fee</td>
<td>before or on 1st April 2018</td>
<td>after 1st April 2018</td>
</tr>
<tr>
<td>ECSS Member*</td>
<td>425 €</td>
<td>475 €</td>
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<tr>
<td>Non-Member</td>
<td>600 €</td>
<td>650 €</td>
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<tr>
<td>Student ECSS Member*</td>
<td>300 €</td>
<td>350 €</td>
</tr>
<tr>
<td>Student Non-Member</td>
<td>400 €</td>
<td>450 €</td>
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<tr>
<td>Accompanying person**</td>
<td>250 €</td>
<td>300 €</td>
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* Save on registration fee by becoming an ECSS Member 2018 before registering for ECSS Dublin 2018.
** No access to scientific sessions granted.

Registration fee for participants includes
- Admission to all scientific sessions
- Admission to exhibition
- Opening ceremony
- Opening reception
- Congress material congress bag, Final Programme – in print, Book of abstracts – in print on demand 25,-€ / 35,-€ on-site
- Coffee breaks (6) and lunches (3) at the congress venue

1 Pre-booking required. Only granted when pre-booking received!

Travel Information

By Air
Dublin is highly accessible for delegates travelling from the UK, Europe, the US, and beyond. Dublin Airport is just 15 minutes from The CCD via the Port Tunnel, and serves 34 airlines and over 180 routes – including direct flights to all major UK and European cities and daily flights to the Emirates and several North American cities (NB Pre-Customs clearance is available to US travellers). For your journey to The CCD, the 747 Airlink airport shuttle bus stops directly outside the building, while taxi and car hire services are also easily available.

By Sea
Frequent ferry services to the UK and mainland Europe for both passengers and freight are within easy reach of The Convention Centre Dublin. Dublin Port is just minutes away, while Rosslare Harbour, with regular ferry services to Wales, France and Spain, is located just 2 hour’s drive from The CCD.

Accommodation
Dublin is a very compact city and everything is within walking distance or a short bus ride away. ECSS has negotiated a large number of hotel rooms at attractive rates in several categories of hotel ranging from budget to a four-star hotels. These rates are only available through the congress website. You will find that all of these hotels offer quality lodging including breakfast. Most hotels have car park facilities and a lot of the hotels are located within walking distance to the congress venue.

Please find recent updates on www.ecss-congress.eu/2018
**Scientific Programme**

**BLOOD FLOW, FLUID RESISTANCE AND EXERCISE MECHANICS, TRAINING RESPONSES AND APPLICATIONS**

- **Tales Fridén (Sweden)**: Local resistance training - type of exercise, training load and the response.
- **Mads Pedersen (Denmark)**: Microvascular fluid transport in skeletal muscle - Implications for exercise and health.
- **Helmut Dill (United States)**: Capacity limitation for muscular exercise - Oxygen delivery capacity vs. oxygen demand.
- **Lars Schønheyder (Denmark)**: The impact of resistance training on small artery structure and function.

**MUSCLE PROTEIN TURNOVER - INFLUENCING FACTORS**

- **Hans-Jørgen Tarnopolsky (Canada)**: Current strategies for muscle protein synthesis.
- **David Bishop (Australia)**: Training interventions: evidence and advice on exercise and health.
- **Stephen Gibb (United Kingdom)**: Muscle protein breakdown and its role in health and disease.
- **Pierre Samozino (France)**: Force-velocity-power profiling: theory and applications.

**SOCIAL SCIENCE AND HUMANISATION**

- **Jukka Raastad (Norway)**: From social science to humanisation: an exploration of the role of social science in sport.
- **Graeme Cocksrod (United Kingdom)**: The role of social science in sport.

**FACILITIES FOR RESEARCH**

- **Toni Mark (Denmark)**: The role of research infrastructure in facilitating research.
- **Peter Weidtman (United States)**: The role of social science in sport.

**GENDER AND SEX HORMONES**

- **Lars Holm (Denmark)**: Gender and sex hormones in exercise and sport.
- **Per Aagaard (Denmark)**: Exercise training and muscle adaptation.

**THE BIG PICTURE**

- **Peter Knappe (United States)**: The big picture - An overview of the role of social science in sport.
- **Helmar C. Lehmann (Germany)**: Assessment methods to detect peripheral fatigue.

**DISEASES IN CONTEXT**

- **Abigail Jackson (Canada)**: The role of social science in sport.
- **Kersten Danielsson (Sweden)**: The role of social science in sport.

**MENTAL HEALTH: EPIDEMIOLOGY AND MECHANISMS**

- **Astrid P. Jespersen (Denmark)**: How does the individual engaging in lifetime physical activity motivate to healthy aging?
- **Stanley Uljanaszek (United Kingdom)**: Societal construction to support and enhance participation in sport and physical activity.

**EXCHANGE SYMPOSIUM (EX)**

- **Eduardo A. Sánchez (Spain)**: Physical exercise, brain and attention: evidence and applications.
- **Daniel Sanabria (Spain)**: Physical exercise, brain and attention: evidence and applications.

**SPORT AND INTERNATIONAL DEVELOPMENT**

- **Steve Vos (Netherlands)**: Development of a screenings protocol and an app for everyone!**
- **Marije Baart de la Faille (Netherlands)**: Open access for everyone?

**MENTORING CHALLENGES**

- **Debra Ballantyne (United Kingdom)**: Mentoring challenges in sport and physical activity.
- **Ralph Maddison (Australia)**: A smartphone-based technology platform.

**JOURNALIST AND THE ROLE OF THE JOURNALIST**

- **Mads Pedersen (Denmark)**: The role of the journalist in sport.
- **Martin Caffrey (United Kingdom)**: The role of the journalist in sport.

**SPORT AND POLICY**

- **Lars Kolmos (Sweden)**: Research and policy - From policy to research.
- **Ralf Steiner (Switzerland)**: Research and policy - From policy to research.

**MENTAL HEALTH INITIATIVE**

- **Kari Britton (United Kingdom)**: Mental health initiative.
- **Truls Raastad (Norway)**: Mental health initiative.

**ADVANCED TOPICS IN VASCULAR PHYSIOLOGY**

- **Tomas May (United Kingdom)**: Crafting the neoliberal subject: sport-based interventions.
- **Cecilia Thogersen-Ntoumanis (Australia)**: Transnational migration and female football.

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- **Peter Weidtman (United States)**: The role of social science in sport.
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