

## Paediatric Sport & Exercise Medicine 15.07.2019 -19.07.2019

Lectureroom: HVDB 2.05 UMC Utrecht (Hijmans van den Bergh building)  
<https://www.umcutrecht.nl/nl/Opleidingen/Onderwijsfaciliteiten/Gebouw-onderwijsruimtes>

Course Director: *Tim Takken, PhD*  
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Saturday and Sunday, 13 / 14-07-2019		
Time	Activity	Description
12.00-18.00	Key pick up	You will find the exact key pick up location in the pre-departure information, which becomes available after you have paid the course fee.

Monday, 15-7-2019 Moderator: Takken		
Time	Activity	Description
8:45	Registration	Registration
9:00-9:15	Lecture	Course introduction and welcome (Tim Takken PhD)
9:15-10:15	Lecture	Introduction in Paediatric Sports & Exercise Physiology (Tim Takken PhD)
10:15	Break	
10:30-11:30	Lecture	Growth and Maturation in Pediatric Studies (Sarah Moore PhD, Canada)
11:30	Break	
11:45-12:30	Lecture	Clinical Application of Paediatric Sports & Exercise Medicine (Erik Hulzebos, PhD)
12:30-13:15	Lunch	
13:15-14:00	Lecture	TBD
14:45	Break	
15:15-17:00	Workshop	Anthropometry (Sarah Moore PhD, Canada & Tim Takken PhD)
17:00		END
17:00-19:30	Welcome reception	UMC Utrecht International Office

Tuesday, 16-7-2019 Moderator: Hulzebos		
Time	Activity	Description
9:00-10:00	Lecture	Relationship of physical activity, body fat, motor competence and cardiorespiratory fitness in children. (Rodrigo A. Lima PhD, Graz, Austria)
10:00	Break	
10:30-11:30		The Pediatric Inactivity triad and Physical Illiteracy in Youth (Tamara Rial PhD, Spain)
11:45-12:30	Lecture	The Physical Activity Report Card for Children and Youth (Marcella Burghard, MSc & Nynke de Jong MSc)
12:30-13:15	Lunch	
13:15-14:15	Lecture	Strength is the glue that holds everything together (Avery Faigenbaum PhD, NJ, USA)
14:15-14:45	Lecture	The Spieren voor Spieren exercise Lab (Bart Bartels, PT, PhD candidate)
14:45	Walk	Walk to the The Spieren voor Spieren exercise Lab
15:00 - 17:00	Workshop at The Spieren voor Spieren (The Muscles for Muscles) Lab	Muscle function assessments
17:30	Social activity	For students and faculty. Utrecht City Center (Diner)

Wednesday, 17-7-2019 Moderator: van Brussel		
Time	Activity	Description
9:00-10:30	Lecture	Principles of exercise testing in the lab & field (Tim Takken PhD)
10:30	Break	

10:45-11:30	Lecture	<i>Pediatric Sports Medicine in Practice (Versloot)</i>
11:30	Break	
11:45-12:30	Lecture	<i>Does Physical Activity and Exercise during Childhood Prevent Fractures or Cause Them? (Sarah Moore PhD, Canada)</i>
12:30-13:15	Lunch	
13:15-17:00	Workshop	<i>Exercise testing in lab and field (Hulzebos, van Brussel, Takken, Versloot)</i>

Thursday, 18-7-2019 Moderator: Hulzebos		
Time	Activity	Description
9:00-10:30	Lecture	<i>Training physiology &amp; exercise prescription during childhood (Marco van Brussel PhD, Utrecht)</i>
10:30	Break	
10:45-12:30	Lecture	<i>Physical activity &amp; fitness in children with disability (Manon Bloemen PhD, Utrecht)</i>
12:30-13:15	Lunch	
13:15 – 14:00	Lecture	<i>The importance of sleep (Dr J Dudink, Utrecht)</i>
14:15	Break	
14:15 – 15:00	Lecture	<i>Gaming &amp; Health (Ronald Poppe, PhD, Utrecht)</i>
15:00	Break	
15:15	Workshop	<i>Interpretation of exercise test data (Marco van Brussel PhD, Utrecht)</i>
17:00	END	

Friday, 19-7-2019 Moderator: Takken		
Time	Activity	Description
9:00-10:30	Group assignment	<i>Preparations for group assignment</i>
10:30-12:00	Group assignment	<i>Presentations group assignment</i>
12:00-12:30	END	<i>FAREWELL</i>
12:30-13:30	Lunch	

This summerschool is supported by **Dynamics of Youth & Child Health**.

Dynamics of Youth is one of Utrecht University's four strategic themes. [www.uu.nl/doy](http://www.uu.nl/doy)

## Child health, science for life



## About the research program 'Child Health'



The UMC Utrecht is a center of excellence and has the formal position to deliver specialized care (so-called 'topreferente zorg'). Continuous improvement of high quality of care can only be achieved by high standards of scientific research and a clear focus on specific disease areas.

All diseases in focus of the Child Health program are characterized by their influence on the individuals' entire lifespan. These disorders often start at the beginning of life, or even before birth, and can have consequences far into adulthood. Within the Child Health program the 'Cycle of Life' approach is strongly intertwined with the so called 'Cycle of Innovation'. In this 'Cycle of Innovation' ambitious interdisciplinary teams of patients, clinicians and investigators – from bench to bedside to society - strive to develop and implement novel approaches for treatment, (early) diagnosis, prognosis and monitoring of maternal health and children with chronic diseases to fulfill unmet medical and psychosocial needs, to improve the lives of these women, (unborn) chronically ill children and their relatives. Both cycles interact at any moment in our hospital.

The Child Health program links top referent care for pediatric and maternal patient groups to interdisciplinary research from fundamental to translational to longitudinal applied medical research. All maternal and pediatric chronic diseases in focus of the Child Health program share that they start in early beginning of life and can have consequences far into adulthood. These patient-focus areas are: periconceptual, ante- and perinatal damage, congenital and hereditary disorders, severe inflammatory disorders and oncology.