



German Congress of Science in Sports Medicine

Program

Pre-Day
Scientific Congress
Clinical Symposium

23rd – 26th September 2026 in Tübingen

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Welcome

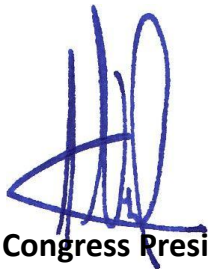
It is our pleasure to welcome you to the German Congress of Science in Sports Medicine, organized by the Scientific Board of the German Society of Sports Medicine and Prevention (DGSP). This congress marks a new era for German Sports Medicine and Exercise Science. We are pursuing new ideas with the aim to facilitate the exchange between established colleagues and young scientists. Held in English to foster international exchange, it highlights openness, excellence, and global collaboration.

Emphasizing the principle that exercise is medicine, it bridges sports science and clinical care—from basic mechanisms to prevention and therapy—across metabolism, cardiovascular medicine, oncology, neurology, sports orthopedics, and athlete care.

The **Scientific Congress** promotes innovation in training and performance, supports emerging scientists, and expresses a shared long-term goal: to build an internationally recognized, and ambitious German research community that contributes at the highest level to scientific knowledge, athletic performance, and public health. Fortunately, our call for abstracts yielded nearly 200 submissions, allowing us to finalize the program with a broad spectrum of oral and poster presentations.

A **Pre-Day** of the YoungDGSP offers a platform for young scientists for further exchange formats such as interest groups and the discussion of study protocols. In addition, we organize a **Clinical Symposium** which will address actual topics in clinical sports medicine.

Tübingen is delighted and proud to be hosting a German Sports Medicine Congress once again after almost 30 years. We warmly welcome all participants and are expecting an excellent conference, a vivid exchange of scientific knowledge in a friendly atmosphere.



Congress President

Andreas Nieß

Program Committee

Lieselotte Bensen (Berlin) | Anja Carlsohn (Hamburg) | Daniel Haigis (Tübingen) | Martin Halle (München) | Inga Krauß (Tübingen) | Frank Mayer (Potsdam) | Tim Meyer (Saarbrücken) | Andreas Nieß (Tübingen) | Kai Röcker (Furtwangen) | Henning Wackerhage (München) | Philipp Zimmer (Dortmund)

Local organizing team

Klara Lange | Andreas Nieß | Luisa Pieper | Joana Schmidt

Congress overview

Pre-Day (Young DGSP)

Wednesday, 23rd of September 2026					
09:30	Registration				
10:45		H24 Opening			
11:00		H24 IG-1 Sporternährung / Bone Health /REDs	H23 IG-2 Low Back Pain	H22 IG-3 Concussion	H21 IG-4 Sport-Kardiologie
13:00	Lunch break				
13:45		H24 SP1 Study Protocols	H23 SP2 Study Protocols		
15:45	Coffee break				
16:00		H24 Elections YoungDGSP			
17:30	Olympic Games of the Institutes Institute of Sports Science Tübingen				
19:00	Evening Event				

Scientific Congress

Thursday, 24 th of September 2026					
08:00		H24 OP-01 Molecular & cell biology	H23 OP-02 Covid-19 / Training intervention	H22 OP-03 Elite sports	
09:15	Coffee break				
09:30	H25 GLP-1-RA in diabetes and obesity – Is exercise out?				
11:00		H24 OP-04 Sports pediatrics	H23 OP-05 Immunology	H22 OP-06 Orthopedics & biomechanics	
12:15	Lunch break				
13:15	H25	Opening Scientific Congress			
13:30	H25 Hot topics in elite sports medicine				
14:45	Coffee break				
15:00	H25 Exercise in ageing societies				
16:15	Coffee break				
16:30	H25 Exercise is Medicine in Oncology – Clinical evidence and mechanistic insights				
17:45		H24 PP-01 Elite Sports & PP-07 Fitness, Exercise Training & Health	H23 PP-02 Molecular & Cell Biology & PP-08 Stress Response & Biomarker	H22 PP-03 Neurology & Psychiatry & PP-06 Sports Cardiology	H21 PP-04 AI & DiGA's & PP-05 Clinical Cases & Sports Orthopedic
19:30	Evening Event Museumsgesellschaft Tübingen				

Scientific Congress and Clinical Symposium

Friday, 25th of September 2026					
08:00		H24 OP-07 Metabolism	H23 OP-08 Sports nutrition	H22 OP-09 Fitness, exercise training & health	
09:15	Coffee break				
09:30	H25 Exercise and training in cardio vascular disease				
10:45	Coffee break				
11:00	H25 Femoroacetabular impingement (FAI) – threat for the hip of elite athletes				
12:15	Lunch break				
13:15		H24 OP-10 AI & DiGA's	H23 OP-11 Orthopedics	H22 OP-12 Sports neurology	
14:30	Coffee break				H21 14:30-15:30 Sporternährung
14:45	H25 Exercise is Medicine in Neurological Disorders				H21 15:30-16:30 Sportorthopädie/ Bewegungs-therapie - Rücken
16:00	Coffee break				Pause 16:30-17:00
16:15	H25 AI in Sports Medicine				
17:30					H21 17:00-18:45 Impulsvorträge & anschließende Podiumsdiskussion: Olympischer/ Paralympischer Sport und Gesundheit: Ein Widerspruch?

Clinical Symposium

	Saturday, 26th of September 2026	
	CRONA – Lecture Hall 210	Konferenzzentrum Schnarrenberg Casino
08:30	Prävention/Sportmedizinische Versorgungsuntersuchung	
09:30	Sportkardiologie	Topics der Sportgynäkologie
10:30	<i>Kaffeepause (CRONA – Foyer)</i>	
11:00	Trainingstherapie	Topics der Sportgynäkologie
12:00	Leistungsdiagnostik & Trainingssteuerung	
13:00	<i>Ende</i>	

Pre-Day of the Young DGSP

Wednesday, 23th of September 2026

The **Pre-Day** is integrated into the new congress format. It is aimed at the 'next generation of sports medicine professionals' and is intended to provide a dedicated platform for scientific and professional exchange. Existing formats, such as the **Interest Groups (IGs)**, which have already provided important input at the Young Researchers' Congresses, are to be further expanded. What makes the Pre-Day special is its focus on planned research projects, which are presented in the form of **study protocols** by rising young researchers from all disciplines within the field of sports medicine and discussed in a collegial atmosphere.

Timetable

The table, which is attached below, provides a brief overview of the event schedule on Friday the 23th of September 2026. The subsequent chapters will provide further information regarding the content of the program.

9:30	Registration
10:45 – 11:00	Opening
11:00 – 13:00	Interest Groups
	<i>Lunch break</i>
13:45 – 15:45	Study protocols and discussion
	<i>Coffee break</i>
16:00 – 17:00	Elections for the Young DGSP
17:30 – 19:00	Institute Olympics
19:00 – 22:00	Evening event

Interest Groups

11:00 – 13:00

IG-1 | Bone Health/Sporternährung/REDs

H24

focuses on bone health in relation to sporting activity and sports nutrition in connection with performance, health and recovery in both recreational and competitive sport. The aim is to bring together an interdisciplinary group of early-career researchers who are investigating these topics as well as potential physiological and pathological influencing factors.

IG-2 | Low Back Pain

H23

focuses primarily on the role of physical activity in the interplay between biological, psychological and social factors in the development and chronicity of non-specific low back pain. Its current main focus is on identifying and influencing opportunities for personalized treatment of chronic non-specific low back pain within the framework of multicenter research projects.

IG-3 | Concussion

H22

focuses on the neurological and long-term mechanisms of head injuries and their associated health consequences, primarily in football. The aim is to foster professional dialogue in order to highlight the relevance of the topic and raise awareness of it.

IG-4 | Sportkardiologie

H21

discuss clinical cases, current studies and new developments in sports cardiology and promote interdisciplinary exchange between clinicians, sports medicine specialists and sports scientists – in an open, collegial and practical manner.

Study protocols

13:45 – 15:45

SP-1 | Study protocols

H24

Chairs: Lieselotte Bensen, Maximilian Grummt, Judith Hesse

SP-1-01	Effektivität und Sicherheit von hochintensivem Intervalltraining, Yoga und intermittierender Hypoxie-Hyperoxie Exposition auf die kognitive Leistungsfähigkeit und Gesundheit bei Personen mit leichter kognitiver Beeinträchtigung <i>Wagner S, Haigis D, Bilc M, Beiner E, Nieß AM, Fallgatter AJ, Eschweiler GW, Cramer H, Krauß I</i> UNIVERSITÄTSKLINIKUM TÜBINGEN, Germany
SP-1-02	Corticomuscular Coherence as a Predictor for long-term Mobility after Transtibial Amputation. <i>Burkhardt M, Kubosch EJ, Mrachacz-Kersting N</i> UNIVERSITÄTSKLINIKUM FREIBURG, Germany
SP-1-03	Die Bedeutung muskulärer Beanspruchung für die Verträglichkeit von präventivem Training unter Statintherapie <i>Lauscher L, Ganahl A, Rosch M, Hecksteden A, Mazzolari R</i> MEDIZINISCHE UNIVERSITÄT INNSBRUCK, Austria
SP-1-04	Häodynamische Reaktionen auf akutes Krafttraining – valsalva-manöver, isometrische und dynamische Übungen im Vergleich: ein Studienprotokoll <i>Müller P, Tiedemann S</i> UNIVERSITÄTSKLINIKUM MAGDEBURG A.Ö.R., Germany
SP-1-05	Implementation and Feasibility of an Ambulatory Prehabilitation Program in Patients with Non-Small Cell Lung Cancer (NSCLC) <i>Schwarz E, Jerg A, Hartveg P, Beck M, Buckert D, Mühling B, Schulz S, Kirsten J</i> UNIVERSITÄTSKLINIKUM ULM, Germany
SP-1-06	Digital-gestützte Bewegungs- und Verhaltensintervention (KOALA) zur Prävention einer posttraumatischen Kniearthrose: Studienprotokoll für eine einarmige Pilotstudie <i>Nies S, Dieter V, Braun N, Greule C, Whittaker JL, Pohl M, Zieser K, Ahrend MD, Krauß I</i> UNIVERSITÄTSKLINIKUM TÜBINGEN, Germany
SP-1-07	EpiExCITE – Epilepsy and Exercise: Cardiorespiratory fitness and Intensity triggered Effects – Studienprotokoll <i>Schulz J, van den Bongard F, Reinsberger C</i> PADERBORN UNIVERSITY, Institute of Sports Medicine, Germany
SP-1-08	Evaluation des multimodalen Therapie- und Nachsorgekonzepts „AdiFit“ zur Behandlung von Adipositas <i>Fuhrmeister S-S, Kalski S, Wolfarth B</i> HARITÉ – UNIVERSITÄTSMEDIZIN BERLIN/ HUMBOLDT-UNIVERSITÄT ZU BERLIN, Germany
SP-1-09	Der Einfluss der Ü45-Check Studie auf die Inanspruchnahme von Präventions- und Rehabilitationsleistungen – Eine Follow-up-Studie <i>Schlüter P, Kalski L, Karathanos A, Hafermann L, Hofmann MA, Wolfarth B</i> HUMBOLDT-UNIVERSITÄT ZU BERLIN, Germany
SP-1-10	Effekte einer bewegungsbasierten Prähabilitation auf Tumorvitalität und Immunmilieu unter neoadjuvanter Chemo-Immuntherapie bei Tumoren des Magens und gastroösophagealen Übergangs („PRIME-GI“) <i>Westenberger J, Dieter V, Missios P, Böhm J, Polauke E, Martus P, Nieß AM, Bitzer M</i> UNIVERSITÄTSKLINIKUM TÜBINGEN, Germany

Chairs: Oliver Morath, Friedrich Barsch, Manuel Widmann

SP-2-11	Exercise-induced pulmonary edema in endurance athletes: a multimodal diagnostic approach using lung ultrasound and diffusion capacity during exercise <i>Diktanaite D, Paziener A, Geurts E, Infanger D, Schmidt-Trucksäss A</i> UNIVERSITY OF BASEL, Switzerland
SP-2-12	Zusammenhang von Frühgeburtlichkeit, vaskulärer Gesundheit und körperlicher Fitness im Jugendalter <i>Donatius J, Chaabene H, Müller M, Müller P, von Salzen L, Königstein K</i> MEDIZINISCHE FAKULTÄT / UNIVERSITÄTSKLINIKUM MAGDEBURG, Germany
SP-2-13	Anorexia nervosa bei Kindern und Jugendlichen – Pilotstudie eines standardisierten Krafttrainings als erweiterter Therapieansatz im stationären Setting <i>Haigis D, Vek J, Allgaier K, Schmidt J, Janßen P, Dürrwächter U, Renner T</i> UNIVERSITÄTSKLINIKUM TÜBINGEN, Germany
SP-2-14	Saisonale Veränderungen der Energie- und Makronährstoffzufuhr sowie ernährungsbezogener Gesundheitsrisiken bei männlichen Nachwuchssportlern - ein Studienprotokoll <i>Manzke C, Wiewelhoeve T, Heydenreich J</i> LEIPZIG UNIVERSITY, Germany
SP-2-15	Der Einfluss von körperlicher Aktivität und Fitness, Herzkreislauf- und psychische Gesundheit auf die künstliche Befruchtung – Studienprotokoll der REPRO-FIT Studie <i>López Gilberte M, Bissig V, Geiger J, Heinzlmann V, von Versen-Hoeynck FM, Gerber M, Ludyga S, Hauser C, Hanssen H</i> UNIVERSITÄT BASEL, Switzerland
SP-2-16	Virtual reality-based cognitive training to enhance decision-making accuracy in youth soccer players <i>Gala FCR, Trapletti M, Bersezio E, Cardone A, Giacomini A, Cè E, Repetto C</i> UNIVERSITÀ CATTOLICA DEL SACRO CUORE, Italy
SP-2-17	Untersuchung potenzieller zyklus-assoziiierter Verzerrungen von Ernährungserhebungen bei Athletinnen - Nutr-e-Bias Studie <i>Hänisch T, Kaleta A, Manzke C, Heydenreich J, Carlsohn J</i> HAW HAMBURG / UNIVERSITÄT TÜBINGEN, Germany
SP-2-18	Leistungsfähigkeit und Wohlbefinden von Langstreckenläuferinnen über den Menstruationszyklus – Eine partizipative Citizen-Science Studie <i>Hensler S, Hecksteden A</i> MEDIZINISCHE UNIVERSITÄT INNSBRUCK, Austria
SP-2-19	MitoZyk: Influence of the female menstrual cycle on mitochondrial function and physical performance <i>Schwarz C, Bizjak DA, Mentz L, Schwarz E, Wohlfahrt D, Kirsten J, Schulz SVW, Jerg A</i> UNIVERSITY HOSPITAL ULM, Germany
SP-2-20	Funktionelle Erweiterung der orthopädischen Grunduntersuchung – Studienprotokoll zur Machbarkeitsevaluation <i>Frohberg F, Reuschel F, Wüstenfeld J, Rüdric P, Wolfarth B</i> INSTITUT FÜR ANGEWANDTE TRAININGSWISSENSCHAFT (IAT), Leipzig, Germany

Elections of the YoungDGSP

16:15 – 17:00

The **YoungDGSP elections** will be held on that day. Two section heads will be elected for each of the following areas: 'Support for Young Talent', 'Science and Research' and 'Clinical Sports Medicine'. All members of YoungDGSP are warmly invited to the elections.

Evening Event

Olympic Games of the Institutes

17:30 – 22:00

Self-organized transfer to the evening Event at the Institute of Sport Science Tübingen. The costs are included in the Pre-day-fee and no further registration is needed. If you'd like to register only for the evening event, you're welcome to do so.

After a short competition of the Institutes, we invite you to end up the summer evening gathering in friendly atmosphere with snacks from a foodtruck (fee included) and drinks (self-pay basis).

Scientific Congress

Thursday, 24th of September 2026

Timetable

7:00	Registration
08:00 – 09:15	OP-01/02/03: Oral presentations
	<i>Coffee break</i>
09:30 – 10:45	PL-01: GLP-1-RA in diabetes and obesity – is exercise out?
	<i>Coffee break</i>
11:00 – 12:15	OP-04/05/06: Oral presentations
	<i>Lunch break</i>
13:15 – 13:30	Opening scientific congress
13:30 – 14:45	PL-02: Hot topics in elite sports medicine
	<i>Coffee break</i>
15:00 – 16:15	PL-03: Exercise in ageing societies
	<i>Coffee break</i>
16:30 – 17:45	PL-04: Exercise is Medicine in Oncology – clinical evidence and mechanistic insights
17:45 – 19:30	8 parallel sessions: Poster presentations
20:00 – 00:00	Evening event at the <i>Beletage Museumsgesellschaft Tübingen</i>

OP-01 | Molecular & cell biology | Oral presentation

H24

Chairs: S. Gehlert, B. Munz

08:00 – 09:15

OP-01-01	Association of autoantibodies targeting G protein coupled receptors towards endurance training status – A pilot study considering sex and age <i>Mooren JM, Mooren FC, Teschler M, Bloch W, Javelle F, Heidecke H, Wahl P</i> GERMAN SPORT UNIVERSITY COLOGNE, Germany
OP-01-02	Physical fitness modulates the acute Klotho response to exercise in young and older adults <i>Stiebler M, Tiedemann S, Piechowiak C, Kunz N, Lading Y, Arndt P, Medunjanin S, Mattern H, Chakrabarty S, Rauwolf T, Schreiber S, Braun-Dullaeus R, Müller P</i> KLINIK FÜR KARDIOLOGIE UND ANGIOLOGIE, Universitätsklinik Magdeburg, Germany
OP-01-03	Targeted saliva multi-omics captures recent exercise and captures recovery <i>Wenzel C, Kalaycik B, Billig A, Trebing S, Joisten N, Kolodziej M, Braun M, Lippelt L, Gerharz A, Millard M, Wieder O, Kipper K, Iebod A, Groll A, Walzik D, Zimmer P</i> TU DORTMUND UNIVERSITY, Germany
OP-01-04	Enhanced satellite cell activation and differentiation after heavy resistance exercise with eccentric overload <i>Quermann A, Heß C, Rittweg M, Brockhaus M, Friedmann-Bette B</i> UNIVERSITY HOSPITAL HEIDELBERG, Germany
OP-01-05	Exercise rewires glucose towards anabolism in cultured skeletal muscle fibers <i>Kalemba LGD, van den Berg E, Schomakers B, van Weeghel M, Jaspers RT, Wüst RCI</i> VU AMSTERDAM, Netherlands
OP-01-06	Repeated resistance exercise reshapes sarcomeric damage in human skeletal muscle via mechanosensitive protein networks <i>Gehlert S, Kuppusami M, Jacko D, Schaaf K, Sieger S, Gupta R, Bersiner K, Zacher J, Bloch W, Hüsken P, Höhfeld J</i> UNIVERSITY OF HILDESHEIM, Germany

Chairs: W. Bloch, A. Schmidt-Trucksäss

08:00 – 09:15

OP-02-01	Comparison of telemedicine-assisted psychotherapy, exercise therapy, or a combination of both in patients with post-COVID syndrome (TelPoCo): A randomized controlled therapy trial <i>Beyer S, Mackenrodt S, Radziwolek L, Zachen M, Tegtbur U, Häckl S, Thomas NH, Rummel KD, Klawonn F, de Zwaan M, Haufe S, Nöhre M</i> HANNOVER MEDICAL SCHOOL, Germany
OP-02-02	Effects of a structured, individualized training program on exercise capacity, fatigue, and red blood cell morphology in Long COVID <i>Krüger A-L, Haiduk B, Grau M</i> DEUTSCHE SPORHOCHSCHULE KÖLN, Germany
OP-02-03	Platelet-poor plasma mitochondrial DNA, but not platelet-free plasma or cell-free DNA discriminates post-COVID-19 condition from matched healthy controls during cardiopulmonary exercise testing. <i>Schneider L, Weber V, Geiß C, Zentgraf S, Tomaskovic A, Brahmer A, Hillen B, Simon P, Neuberger E</i> JOHANNES GUTENBERG UNIVERSITY OF MAINZ, Germany
OP-02-04	Effects of Low-Load Blood Flow Restriction Training Versus High-Load Resistance Training on Lower-Limb Strength, Aerobic and Anaerobic Power, and Cycling Performance in Trained Male Mountain Bikers <i>Bleischmied R, Röcker K, Centner C, Girard O, Granacher U</i> ALBERT-LUDWIGS-UNIVERSITÄT FREIBURG, Germany
OP-02-05	Resistance Training Reshapes the Gut Microbiome in a Longitudinal 8-Week Intervention in Sedentary Adults <i>Straub D, Englert T, Beller A, Stadelmaier J, Stahl M, Kilian J, Borzym J, Rotermund C, Akbuğa-Schön T, Krakau S, Czernmel S, Weiler S, Pettenkofer M, Pettenkofer J, Maser U, Dammeier S, Nieß AM, Enderle MD, Nahnsen S</i> ERBE ELEKTROMEDIZIN GMBH, Germany
OP-02-06	The effect of a 6-week neuroathletic training intervention on the vestibulo-ocular reflex in football players <i>Petersen C, Scullard CD, Meyer T, Reinsberger C</i> INSTITUTE OF SPORTS MEDICINE / PADERBORN UNIVERSITY, Germany

Chairs: B. Wolfarth, B. Friedmann-Bette

08:00 – 09:15

OP-03-01	Normative values of neurophysiological and neuropsychological tests in soccer, basketball and handball athletes <i>Schlosser O, Weike N, Reinsberger C</i> INSTITUTE OF SPORTS MEDICINE PADERBORN UNIVERSITY, Germany
OP-03-02	Acute effects of mouth taping during physical exertion in elite athletes - Results of the Taped mouth Performance Differences study (TaPeD study) <i>Ehmer R, Barsch F, Krumnau O, Prettin S, Maier P, Sahlmann J, Morath O, Deibert P</i> UNIVERSITY HOSPITAL OF FREIBURG, Germany
OP-03-03	Head Injury Management in Football: A Qualitative Study of Referees in Germany <i>Gorgoni G, Hauzel F, Meyer T</i> SAARLAND UNIVERSITY, Germany
OP-03-04	Postponing early morning training for swimmers – the effect on sleep, performance and fatigue (SleepTrain) <i>Forster S, Brandts M, Meyer T</i> UNIVERSITÄT DES SAARLANDES, Germany
OP-03-05	Individualized approaches to vitamin D optimization: Integrating genetic and non-genetic determinants in elite athletes <i>Hacker S, Reichert L, Lenz C, Henne S, David F, Heilmann-Heimbach S, Zentgraf K, Krüger K</i> JUSTUS-LIEBIG-UNIVERSITÄT GIESSEN, Germany
OP-03-06	Low Relative Energy Intake is Linked to Iron Depletion in Elite Athletes: Evidence from a National Squad Field Study <i>Nolte S, Lenz C, Fink A-K, Klügel S, Hacker S, Krüger K</i> JUSTUS-LIEBIG UNIVERSITÄT GIESSEN, Germany

Chairs: W. Bloch, D. König

09:30 – 10:45

GLP-1 RA in Diabetes and Obesity - Evidence from RCTs <i>A. Birkenfeld</i> Tübingen, Germany
GLP-1 medicines and muscle wasting - fact or fiction? <i>H. Langer</i> Berlin, Germany
Beyond the scale: Weight loss with GLP-1-RA falls short without exercise <i>D. Pesta</i> Köln, Germany

Chairs: K. Königstein, A. Hecksteden

11:00 – 12:15

OP-04-01	Effects of Aerobic and Resistance Exercise Interventions on Cardiovascular Health in Children and Adolescents with Overweight or Obesity: An Umbrella Review <i>Bissig V, Müller L, Hauser C, Hanssen H</i> UNIVERSITY OF BASEL, Switzerland
OP-04-02	Is Low Body Fat a Marker of Low Energy Availability in Adolescent Athletes? A Sex-Specific Analysis <i>Eghbali SP, Engel T, Atay S, Brogan C, Sonnenburg D, Mayer F</i> UNIVERSITY OF POTSDAM, Germany
OP-04-03	VO₂ plateau detection is protocol-dependent and yields frequent false positives: evidence from a pediatric cohort <i>Dettenhofer M, Wagner J, Freilinger S, Mühlbauer F, Engl T, Köble K, Ledergerber R, Niemeyer M, Takken T, Schmidt-Trucksäss A, Oberhoffer R, Königstein K*, Knaier R* (*contributed equally)</i> TECHNICAL UNIVERSITY OF MUNICH, Germany
OP-04-04	Effects of bracing on return to sport and healing of lumbar bone stress injuries in adolescent athletes <i>Cassel M, Engel T, Lopez-Gomez F, Beckendorf C, Mayer F</i> UNI POTSDAM, Germany
OP-04-05	Current Practice and Implementation Gaps in Exercise-Therapy Assessments in Pediatric Oncology: Stakeholder Survey Across the Network Activeoncokids <i>Tomaskovic A, Blümer V, Gauß G, Dieckelmann M</i> UNIVERSITY MEDICINE FRANKFURT, Germany
OP-04-06	Physical Activity and Physical and Mental Health in Pediatric Cancer Patients and Survivors: A Systematic Review and Meta-Analysis <i>Schneider AC, Anzeneder S, Rehbein L, Ciaccioni S, Brack E, Schmidt M, Benzing V</i> UNIVERSITY BERN, Switzerland

Chairs: K. Krüger, J. Ruas

11:00 – 12:15

OP-05-01	Cardiorespiratory fitness shapes the proteomic landscape of human immune cells <i>Walzik D, Joisten N, Proschinger S, Schenk A, Wenzel C, Zimmer P</i> TU DORTMUND UNIVERSITY, Germany
OP-05-02	From myokines to cellular response: an integrative meta-analysis of acute exercise-induced immunoregulation <i>Ringleb M, Bloch W, Dreisigacker F, Puta C, Javelle F</i> DEUTSCHE SPORTHOCHSCHULE KÖLN, Germany
OP-05-03	Time-Driven Immune Responses with Modality-Specific Signatures in Inflammation, Proteome, Oxidative Stress, and Mitochondrial Regulation <i>Gebhardt K, Klügel S, Adamzik M, Sitek B, Bayer M, Koos B, Ziehe D, Krüger B, Krüger K</i> JLU GIESSEN, Germany
OP-05-04	Time-of-day effects of exhaustive exercise on the cellular and plasma-proteomic signature of lymphocyte trafficking <i>Proschinger S, Walzik D, Wenzel C, Winker M, Linnig M, Krüger M, Zimmer P</i> TU DORTMUND UNIVERSITY, Germany
OP-05-05	Transcutaneous Vagus Nerve Stimulation Alters Inflammatory Profile and Proteome Signatures after Eccentric Endurance Exercise <i>Gebhardt K, Abromeit V, Adamzik M, Sitek B, Bayer M, Koos B, Ziehe D, Krüger K, Krüger B</i> JLU GIESSEN, Germany
OP-05-06	The clinical and immunological effects of 6-week high-intensity interval training in metastatic lung cancer patients receiving immunotherapy <i>Leuchte K, Luu TV, Bech Horsted C, Fresnillo Saló S, Stensøe Oksen M, Moretto Krog S, Madsen K, Ottosen LH, Pries Olsen A, Christiansen AB, Kramer Mikkelsen M, Lorentzen T, Ragle A-M, Becker J, Nielsen DL, Vinther A, Fredberg Persson G, Straten PT, Holmen Olofsson G</i> COPENHAGEN UNIVERSITY HOSPITAL HERLEV, Denmark
OP-05-07	exercise training as a modulator of inflammasomes in neurodegenerative and neuropsychiatric disorders: a systematic review <i>Hoseinpor AN, Javelle F, Saremi M, Bloch W</i> DEUTSCHE SPORTHOCHSCHULE KÖLN, Germany

Chairs: K. Hollander, A. Hirschmüller

11:00 – 12:15

OP-06-01	Does habituation change running economy benefits in advanced footwear technology? – A 12-week randomized controlled trial <i>Schwalm L, Mai J, Fohrmann D, Schaffarczyk M, Menge C, Rückemann L, Gronwald T, Hollander K</i> MSH MEDICAL SCHOOL HAMBURG, Germany
OP-06-02	Effectiveness of an eccentric and perturbation-based training for the prevention of sports-related injuries in adolescent athletes before entering a competitive sports career <i>Engel T, Stoll J, Joost T, Risch L, Mayer F</i> UNIVERSITY OF POTSDAM, Germany
OP-06-03	Horizontal speed deceleration distance: a practical tool for manipulating eccentric training load in male youth soccer players <i>Sammoud S, Negra Y, Bouguezzi R, Prieske O, Königstein K, Müller P, Hachana Y, Chaabene H</i> UNIVERSITY HOSPITAL MAGDEBURG; OTTO-VON-GUERICKE UNIVERSITY, Magdeburg, Germany
OP-06-04	Into the (Track and) Field: Biomechanical Changes during a Competitive 5000m Race Captured by Markerless Motion Capture <i>Fohrmann D, Schwalm L, Mai J, Schaffarczyk M, Menge C, Rückemann L, Gronwald T, Dalos D, Hollander K</i> MSH MEDICAL SCHOOL HAMBURG, Germany
OP-06-05	Functional shoulder screening does not predict throwing-related shoulder problems in amateur handball <i>Henze A-S, Deutsch V, Bottke P, Schwarz E, Matits L, Bizjak DA, Schulz SVW, Kirsten J</i> UNIVERSITY HOSPITAL ULM, Germany
OP-06-06	Perspectives and limitations of extended reality (XR)-based sport therapy on chronic non-specific low back pain: Systematic review and meta-analysis <i>Wolter I, Brixius K</i> UNIVERSITÄT ZU KÖLN, Germany

13:15 – 13:30**Opening and Welcoming**

A. Nieß - Congress President

C. Reinsberger – Chair Scientific Board DGSP

Hot topics in elite sports medicine | Plenary session-02

H25

*Chairs: T. Meyer, A. Hirschmüller***13:30 – 14:45**

Turning up the heat: New insights in elite performance <i>F. Brocherie</i> Paris, France
Concussion <i>C. Reinsberger</i> Paderborn, Germany
Effects of a 16-Week Digital Intervention on Sports Nutrition Knowledge, Behavior and Low Energy Availability Markers Among Swiss National Team Cross-Country Skiers and Biathletes (<i>Short Oral Presentation</i>) <i>M. Gräfings, A. Melin, A. Schmidt-Trucksäss, E. Hoffman, T. Steiner, E. Bucher, M. Klungland Torstveit</i> Basel, Switzerland
Sex-specific and shared endocrine signatures of REDs severity in a large cohort of German elite athletes (<i>Short Oral Presentation</i>) <i>K. Krüger, L. Guerra Minuzzi, S. Hacker, A. Roffler, K. Zentgraf, C. Lenz</i> Gießen, Germany

Exercise in ageing societies | Plenary session-03

H25

*Chairs: A. Carlsohn, K. Krüger***15:00 – 16:15**

Is there a sarcopenic triad of lower muscle mass, higher fat mass and impaired glucose homeostasis? <i>H. Wackerhage</i> München, Germany
Physical activity and physical exercise for the prevention of functional decline in older adults <i>J. Bauer</i> Heidelberg, Germany
“Multicomponent exercise training in senior care facilities - The bestform trial” <i>N. Schaller</i> München, Germany

Chairs: K. Steindorf, P. Zimmer

16:30 – 17:45

	The Effects of Exercise on Clinical Outcomes and Quality of Life in Women with Breast Cancer: Recent Advances <i>K. Steindorf</i> Heidelberg, Germany
	Exercise effects on T-cell mobilization and immune surveillance – consequences for breast cancer prognosis <i>H. Rundqvist</i> Huddinge, Sweden
	Supervised exercise modulates systemic immune profiles in metastatic breast cancer - evidence from a multicenter RCT (<i>Short Oral Presentation</i>) <i>E. Heyrman</i> Huddinge, Sweden
	Mitochondrial dysfunction: a key player in doxorubicin-induced skeletal and cardiac muscle damage? (<i>Short Oral Presentation</i>) <i>A. Hiensch</i> Utrecht, Netherlands

PP-01 | Elite Sports | Poster presentation

H24

17:45 – 19:30

Chairs: B. Wolfarth, B. Friedmann-Bette

PP-01-01	Cross-Sectional and Longitudinal Echocardiographic Changes in Competitive Rowers: Evidence for Development-Related Cardiac Adaptation and Age-Specific Reference Ranges <i>Beckendorf C, Engel T, Cassel M, Mayer F</i> UNIVERSITY OF POTSDAM, Germany
PP-01-02	Determinants of body composition in elite athletes: from anthropometric thresholds to genetic markers (CART analysis) <i>Zhumagaliyeva D, Bacheva I, Ibrayeva L, Rybalkina D</i> KARAGANDA MEDICAL UNIVERSITY, Kazakhstan
PP-01-03	In-season changes in athletic performance of young professional basketball players: an observational study <i>Burger J, Latzel R, Voit T, Moser O, Henze A-S</i> UNIVERSITY HOSPITAL ULM, Germany
PP-01-04	Infection-induced iron restriction impairs erythropoiesis during altitude training in elite athletes <i>Schimweg P, Nolte S, Schwalm L, Kastner T, Wüstenfeld J, Walter N, Fleckenstein D, Relógio A, Stauber T, Krüger K, Hollander K</i> MSH MEDICAL SCHOOL HAMBURG, Germany
PP-01-05	Influence of Menstrual Cycle Phases and Psychometric Well-being on Heart Rate Variability in Female Athletes <i>Rückemann L, Gronwald T, Schaffarczyk M</i> MSH MEDICAL SCHOOL HAMBURG, Germany
PP-01-06	Iron Metabolism in Athletes: A Network Physiology Perspective Across Hypoxia, Immunity, Energy Availability and Sex Specific Aspects <i>Nolte S, Maier C, Klügel S, Hacker S, Lenz C, Malhan D, Klemmer A, Kastner T, Walter N, Fleckenstein D, Keck J, Gebhardt K, Weyh C, Stauber T, Relógio A, Hollander K, Krüger K</i> JUSTUS-LIEBIG UNIVERSITÄT GIESSEN, Germany
PP-01-07	Is the Phase Angle a predictor of Low Energy Availability? An exploratory view of the Relative Energy Deficiency in Sport (REDs) register study among female competitive athletes in Germany <i>Haigis D, Wagner S, Nieß AM, Kopp C, REDs register study team</i> UNIVERSITÄTSKLINIKUM TÜBINGEN, Germany
PP-01-08	Prevalence of Oral Health among German National Squad athletes <i>Plein N, Sayahpour B, Haarer J, Reichert L, Zentgraf K</i> GOETHE UNIVERSITY FRANKFURT, Germany

PP-01-09	Structures of Medical and Performance Departments in Professional German Football <i>Gondwe B, Meyer T, Frenger M</i> INSTITUTE OF SPORTS AND PREVENTIVE MEDICINE, Saarbrücken, Germany
PP-01-10	The effect of race scheduling on swimming performance in major events: A retrospective analysis <i>Brandts MME, Stehle JH, Wiewelhove T, Markov A</i> IST UNIVERSITY OF APPLIED SCIENCES, Germany
PP-01-11	Vitamin D Status, Exercise Capacity and Cardiac Remodeling in 773 Elite Athletes: A Cross-Sectional Study <i>Groesser V, Most A, Sedighi J, Böttger P, Sossalla S, Bauer P</i> JUSTUS-LIEBIG UNIVERSITÄT GIESSEN, Germany

PP-02 | Molecular & Cell Biology | Poster presentation

H23

17:45 – 19:30

Chairs: H. Wackerhage, S. Gehlert

PP-02-01	An innovative comprehensive methodology to assess mitochondrial dysfunction in colonic epithelium of patients with ulcerative colitis <i>Jerg A, Bizjak DA, Bohr V, Arnold H, Eßlinger E, Schwarz E, Henze A-S, Kirsten J, Schulz SVW, Read C, Klaus J, Calzia E, Hentschel V, Kaltenbach T</i> UNIVERSITY HOSPITAL ULM, Germany
PP-02-02	Divergent skeletal muscle metabolite exchange in IGF-1-stimulated myotubes and resistance-exercised human muscle <i>Eggelbusch M, Havers T, Meinhold M, Sing K, Okrojek R, Artati A, Witting, Lutter D, Starke C, More T, Hiller K, Dela F, Schönfelder M, Kafka A, Geisler S, Wackerhage H</i> TECHNICAL UNIVERSITY OF MUNICH, Germany
PP-02-03	Haemoglobin Mass Reduction After a Whole Blood Donation and Its Impact on Endurance Performance and the Induction of the Hypoxia-Inducible-Factor-1-alpha Pathway: A Proof-of-Concept Study <i>Pracht M, Schulz SVW, Kirsten J, Tippl C, Bizjak DA</i> UNIVERSITÄTSKLINIK ULM, Germany
PP-02-04	High-frequency targeted multi-omics saliva testing: Reliability, 24-hour kinetics and response to physical Exercise <i>Kalaycik B, Billig A, Trebing S, Joisten N, Kolodziej M, Braun M, Lippelt L, Gerharz A, Kalaycik B, Billig A, Trebing S, Joisten N, Kolodziej M, Braun M, Lippelt L, Gerharz A</i> TU DORTMUND UNIVERSITY, Germany
PP-02-05	Influence of a single exhaustive exercise bout on effector protein expression in natural killer cells <i>Schenk A, Claus M, Watzl C, Trebing S, Walzik D, Zimmer P, Joisten N</i> TU DORTMUND UNIVERSITY, Germany
PP-02-06	Influence of exercise modality and energy expenditure on acute cfDNA release: meta-analysis and meta regression <i>Enders K, Schwendner T, Haller N, Krüger K, Simon P, Neuberger E</i> JOHANNES GUTENBERG UNIVERSITY MAINZ, Germany
PP-02-07	Kinetics of immune age, as assessed by the Immune Age Index, following acute exercise: a transient rejuvenation effect <i>Trebing S, Zimmer P, Watzl C</i> TU DORTMUND UNIVERSITY, Germany
PP-02-08	Prevalence of OMultimodal exercise and the kynurenine pathway as mediator in breast cancer – a subanalysis of the PREFERABLE-EFFECT trial ral Health among German National Squad athletes <i>Dreilich J, Hiensch A, May A, Daube N, Heyrman E, Rundqvist H, Bloch W, Clauss D, Gunasekara N, McCann A, Monninkhof E, Müller J, Schmidt M, Stuiver M, Ueland PM, van der Wall E, Wengström Y, Zopf E, Steindorf K, Zimmer P</i> TU DORTMUND UNIVERSITY, Germany
PP-02-09	TauAge: Taurine Supplementation and Physical Performance in Older Adults: A Randomised, DoubleBlinded Control Trial <i>Becker LK, Starzynska K, Al Sadat L, Murr A, Wackerhage H, Hauner H</i> TECHNICAL UNIVERSITY MUNICH, Germany
PP-02-10	XIRP-Based Histology Reveals Training-Dependent Changes in Exercise-Induced Muscle Damage and a Strong Within-Subject Association with Myoglobin <i>Schaaf K, Bersiner K, Jacko D, Gehlert S</i> UNIVERSITY OF HILDESHEIM, Germany

17:45 – 19:30

Chairs: F. Barsch, N. Haller

PP-03-01	Cardiopulmonary exercise testing in patients with major depressive disorder: identifying functional deficits and exercise limitations <i>Troschke I, Simon P, Enders K</i> JOHANNES GUTENBERG UNIVERSITY MAINZ, Germany
PP-03-02	Daily Physical Activity and Same-Day Mental Health Symptoms: An Ecological Momentary Assessment Study During Inpatient Treatment of Stress-Related Disorders <i>Turner W, La Marca R, Infanger D, Brühl AB, Marschall K, Russmann T, Schulze B, Pfaff M, Böker H, Schmidt-Trucksäss A</i> UNIVERSITY OF BASEL AND CLINICA HOLISTICA ENGIADINA, Switzerland
PP-03-03	Developing a sport-specific framework for quality and safety in boxing training for Parkinson's disease <i>Römling F, Brixius K, Körner S</i> GERMAN SPORTS UNIVERSITY COLOGNE, Germany
PP-03-04	Exercise Intensity and Brain Health: A Multilevel Framework Integrating Molecular Signalling, Neuroadaptation, and Cognitive Outcomes in Youth <i>Chaabene H, Alissa S, Müller P, Habacha H, Taubert M, Markov A, Braun-Dullaeus R, Zimmer P, Königstein K</i> UNIVERSITY HOSPITAL MAGDEBURG; OTTO-VON-GUERICKE UNIVERSITY, MAGDEBURG, Germany
PP-03-05	Fatigue in patients with multiple myeloma following first-line treatment: a descriptive study <i>Spiliopoulou P, Eleutherakis-Papaïakovou E, Migkou M, Kanellias N, Ntanasis-Stathopoulos I, Malandrakis P, Theodorakakou F, Fotiou D, Andreatau A, Rousakis P, Panteli C, Terpos E, Gavriatopoulou M, Tsitsilonis OE, Kastritis E, Dimopoulos MA, Terzis G</i> NATIONAL AND KAPODISTRIAN UNIVERSITY OF ATHENS, Greece
PP-03-06	High-intensity interval training versus stretching in major depressive disorder: A 10-week randomized controlled trial on depressive symptoms, self-efficacy and exercise motivation <i>Görg D, Drost L, Dreisigacker F, Schulz C, Reißmayer M, Cyriax M, Ringleb M, Bloch W, Clare E, Cleef S, Kambeitz J, Lichtenstein T, Meißenburg J, Zimmer P, Javelle F</i> GERMAN SPORTS UNIVERSITY COLOGNE, Germany
PP-03-07	Kynurenine Pathway Dynamics and Affective Response to High- and Low-Intensity Resistance Exercise: A Randomized Crossover Trial <i>Dreisigacker F, Reißmayer M, Fabritius F, Joisten N, Bloch W, Javelle F</i> GERMAN SPORTS UNIVERSITY COLOGNE, Germany
PP-03-08	Linking subjective symptom clusters to objective neurocognitive, balance, and vestibulo-ocular outcomes in athletes with sport-related concussion <i>Weike L, Reinsberger C</i> UNIVERSITÄT PADERBORN, Germany
PP-03-09	Potential concussive events in European professional football <i>Shushollari M, Schlagheck ML, Mund FK, Bahtijarevic Z, Verhagen E, Reinsberger C</i> PADERBORN UNIVERSITY, Germany
PP-03-10	Psychophysiological responses to high-intensity interval training and moderate-intensity continuous exercise in insufficiently active, normal and overweight young adults <i>Kappler T, Gutjahr L, Ott T, Meyer T, Venhorst A</i> SAARLAND UNIVERSITY, Germany

17:45 – 19:30

Chairs: S. Vieluf, M. Schumann

PP-04-01	Artificial Intelligence–Based Classification of the Athlete's Heart from Resting ECGs: A Multimodel Study <i>Kolokas I, Götz C, Spielbichler P, Lang S, Schäfer O, Brunner S, Vieluf S</i> LMU KLINIKUM, München, Germany
PP-04-02	Comparison of a self-directed m-health versus blended care exercise intervention in patients with knee osteoarthritis <i>Dieter V, Weber F, Bahns C, Kopkow C, Peschke D, Krauss I</i> UNIVERSITY HOSPITAL TÜBINGEN, Germany

PP-04-03	Comparison of chest belt and wearable derived heart rate variability outcomes in resting sitting condition <i>Jakobsmeier R, Reinsch D, Krueger B, Landgraeber E, Libuda L, Buyken A, Reinsberger C</i> PADERBORN UNIVERSITY, Germany
PP-04-04	Comparison of heart rate variability derived from different wearable sensors and electrocardiography in rest and movement <i>Reinsch D, Jakobsmeier R, Hasija T, Kuschel M, Menne H, Dailey S, Loddenkemper T, Reinsberger C</i> SPORTMEDIZINISCHES INSTITUT PADERBORN, Germany
PP-04-05	Effectiveness of commercial mobile apps for physical activity and weight loss in adults with overweight or obesity <i>Singh G, Nieß AM, Carlssohn A</i> HAW-HAMBURG, Germany
PP-04-06	Effects of an App-based multimodal training program on lung function parameters in patients with post COVID-19 syndrome <i>Claus J, Natale M, Brockhaus M, Friedmann-Bette B</i> UNIVERSITÄTSKLINIKUM HEIDELBERG, Germany
PP-04-07	Evaluation of the validity of VO2max estimation in athletes using Seismofit® <i>Steinbacher V, Scharhag J</i> UNIVERSITY OF VIENNA, Austria
PP-04-08	Instantaneous Effects of an Exergame-Based Training Intervention Using the ICAROS Guardian on Gait in Patients with Parkinson's Disease <i>Maaroufi S, Zeitz F, Brixius K</i> GERMAN SPORT UNIVERSITY COLOGNE, Germany
PP-04-09	Real-Time Calculation of Physiological Performance Metrics on Cycling Computers: Development and Validation of a Data Field <i>Sperber F, Nieß AM, Schneeweiß P, Walter T</i> EBERHARD KARLS UNIVERSITÄT TÜBINGEN, Germany

PP-05 | Clinical Cases & Sports Orthopedics | Poster presentation

H21

17:45 – 19:30

Chairs: J. Kirsten, J. Kubosch

PP-05-01	Acute chest pain in an elite rugby player: A rare case of polyserositis with cardiac involvement <i>Betz T, Natale M, Friedmann-Bette B</i> UNIVERSITY HOSPITAL HEIDELBERG - MEDICAL CLINIC, Germany
PP-05-02	Case Report Hyperthyroidism <i>Natale M, Betz T, Friedmann-Bette B</i> HEIDELBERG UNIVERSITY HOSPITAL, Germany
PP-05-03	Detecting functional improvement with a lifting task after 6-week stabilization training in individuals with low back pain: a non-randomized controlled trial <i>Miletic K, Risch L, Engel T, Stoll J, Mayer F</i> UNIVERSITY OF POTSDAM, Germany
PP-05-04	Electrically-assisted bicycles and road safety: a prospective comparative observational study <i>Boyen J, Haupe S, Holzward D, Kueck M, Licker L, Zeidler J, Jänsch M, Koch A, Tegtbur U, Johannsen H</i> HANNOVER MEDICAL SCHOOL, Germany
PP-05-05	Exercise-induced Dyspnea in a 45-Year Old Man – A clinical case report with Implications for Sports Medicine Diagnostics <i>Urban T, Barsch F, Krumnau O, Prettin S, Deibert P</i> UNIVERSITÄTSKLINIK FREIBURG, Germany
PP-05-06	Feasibility and Effects of a Home-Based Eccentric Training on Muscle Strength and Functional Performance in Adults at Risk of Sarcopenia – Proveof-concept study <i>Sonnenburg D, Engel T, Mayer F</i> UNIVERSITY OF POTSDAM, Germany
PP-05-07	How Much Change Is Real? Reliability and Measurement Error of Single-Leg Jump Testing <i>Quarmby A, Khajoei M, Kurtz P, Kim MH, Mayer F, Engel T</i> UNIVERSITY OF POTSDAM, Germany
PP-05-08	Injury risk after return-to-play from lower-limb injuries in women's football: A time-to-event analysis <i>Zhang G, Brink M, Huber L, Szymiski D, Krutsch W, Alt V, Meyer T, Lemmink K, Hecksteden A</i> INSTITUTE OF SPORTS AND PREVENTIVE MEDICINE, Saarland University, Germany
PP-05-09	Metabolic efficiency in individuals with impaired lung function during an all-out cycling sprint <i>Haase R, Oehme V, Richter M, Hammerschmidt S, Nitzsche N</i> TECHNISCHE UNIVERSITÄT CHEMNITZ, Germany

PP-05-10	Participation in Physical Activity and Sports after Limb Amputation in Germany <i>Sontheimer V, Burkhardt M, Baumann M, Kellmeyer P, Kubosch EJ</i> UNIVERSITÄTSKLINIKUM FREIBURG, Germany
PP-05-11	Physiological monitoring of a 58-year-old athlete during the Race Across America (RAAM): a continuous multimodal toolkit <i>Fesseler L, Heinz V, Pilz N, Bothe T</i> CHARITÉ - UNIVERSITÄTSMEDIZIN BERLIN, Germany
PP-05-12	The relationship between functional performance tests and lung function parameters in people with chronic lung diseases <i>Oehme V, Haase R, Richter M, Hammerschmidt S, Nitzsche N</i> TECHNISCHE UNIVERSITÄT CHEMNITZ, Germany

PP-06 | Sports Cardiology | Poster presentation

H22

17:45 – 19:30

Chairs: C. Lang, C. Ahlgrim

PP-06-01	Cardiac Adaptation to High-Intensity Functional Training: Characterization of the 'CrossFit Heart' <i>Diktanaite D, Sonntag A, von Hösslin T, Wagner J, Konrad CJ, Marggraf M</i> UNIVERSITY OF BASEL, Switzerland
PP-06-02	Decline in Cardiorespiratory Fitness and its Association with Vascular Aging and Subclinical Atherosclerosis in Healthy Older Adults: A Three-Year Longitudinal Study <i>Groesser V, Weyh C, Frech T, Sommer N, Eder K, Most A, Sossalla S, Krüger K, Bau</i> JUSTUS-LIEBIG UNIVERSITÄT GIESSEN, Germany
PP-06-03	Dysfunctional breathing patterns detected by cardiopulmonary exercise testing in post-COVID patients <i>Brockhaus M, Peter R, Natale M, Friedmann-Bette B</i> UNIVERSITÄTSKLINIK HEIDELBERG, Germany
PP-06-04	From Prevention to Protection: Impact of a SixMonth Individualized Endurance Program on the Cardiovascular and Metabolic Health of Pre- and Postmenopausal Women <i>Grams L, Kück M, Lödding P, Tegtbur U</i> HANNOVER MEDICAL SCHOOL, Germany
PP-06-05	Impaired exercise capacity in post-COVID-19 condition is not explained by chronotropic incompetence <i>Weber V, Tomaskovic A, Ochmann DT, Zentgraf S, Hillen B, Simon P</i> JOHANNES GUTENBERG-UNIVERSITY MAINZ, Germany
PP-06-06	Influence of Muscle Thickness, Subcutaneous Adipose Tissue, and Sex on Arterial Occlusion Pressure <i>Barawi S, Happ K, Behringer M</i> INSTITUTE OF SPORTS SCIENCES, Goethe University Frankfurt, Frankfurt am Main, Germany
PP-06-07	Preterm Birth and Arterial Stiffness in Children and Adolescents: The Compensatory Potential of Cardiorespiratory Fitness <i>Müller M, Chaabene H, Donatius J, Müller P, von Salzen L, Königstein K</i> OTTO-VON-GUERICKE UNIVERSITY MAGDEBURG, Germany
PP-06-08	Ravercise as a Music-Driven Physiological State: Cardiovascular and Autonomic Dynamics in a SingleCase Field Analysis <i>Özgün I, Özlevent EI, Balcioglu TH</i> FENERBAHÇE UNIVERSITY, Turkey
PP-06-09	Relevance of initial peak of blood glucose of low GI beverages for heart rate variability among young students <i>Krueger B, Landgraeber E, Jakobsmeier R, Reinsch D, Reinsberger C, Libuda L, Buyken A</i> PADERBORN UNIVERSITY, Germany
PP-06-10	Sex-specific differences in cardiorespiratory fitness in patients with chronic heart failure <i>Lödding P, Beyer S, Kück M, Tegtbur U</i> HANNOVER MEDICAL SCHOOL, Germany
PP-06-11	Efficacy and Limitations of Pharmacological Therapy in Isolated Exercise-Induced Hypertension: A Retrospective Analysis <i>Kühn C, Glowka S, Mayer F, Halle M, Fiorentini C</i> TECHNISCHE UNIVERSITÄT MÜNCHEN, Germany

17:45 – 19:30

Chairs: L. Bensen, K. Röcker

PP-07-01	Association of prematurity and cardiorespiratory fitness <i>von Salzen L, Chaabane H, Donatius J, Müller M, Müller P, Königstein K</i> OTTO-VON-GUERCKE-UNIVERSITÄT, Magdeburg, Germany
PP-07-02	Children's motor and psychosocial swimming ability – Evaluating „Wundine on Wheels“ using a pre-post Design <i>Uldrian H, Greule C, Fahrner M, Brand R, Timme S, Nieß AM, Sudeck G</i> UNIVERSITY OF TUEBINGEN, Germany
PP-07-03	Competitive gaming affects pressure pain sensitivity but not muscle stiffness: a randomized controlled crossover trial <i>Soffner M, Tomschi F, Hilberg T</i> UNIVERSITY OF WUPPERTAL, Germany
PP-07-04	Decreasing Intervals Are Not Superior to Other Interval Structures for VO 2max Utilization: Evidence of Large Inter-Individual Variability <i>Wolff DW, Schneeweß P</i> UNIVERSITÄT TÜBINGEN, Germany
PP-07-05	Does a standardized warm-up improve fat oxidation outcomes and test-retest reliability during FatMax testing? <i>Daniel L, Mohr E, Räss M, Meyer T</i> UNIVERSITÄT DES SAARLANDES, Germany
PP-07-06	Increasing physical activity in adolescents during school: A cluster-randomized controlled trial <i>Gartmann J, Schönbach DMI, Bernewitz L, Beyer S, Braun AC, Scholze P, Haverich A, Haufe S, Tegtbur U</i> MEDIZINISCHE HOCHSCHULE HANNOVER, Germany
PP-07-07	Participation profile, training frequency and sustained exercise participation within a workplace health promotion program <i>Wochner F, Uldrian H, Schmidt J, Nieß AM</i> UNIVERSITÄTSKLINIKUM TÜBINGEN, Germany
PP-07-08	Physically active versus passive commuting characteristics and health-related outcomes of members at Hannover universities (DiNaMo-active): A prospective observational study <i>Beyer M, Boyen J, Tegtbur U, Haufe S</i> MEDIZINISCHE HOCHSCHULE HANNOVER, Germany
PP-07-09	Rebirth active School – Baseline data of a cluster randomized waitlist-controlled trial on primary school students' health in the region of Hanover <i>Schönbach DMI, Bernewitz L, Gartmann J, Homeyer D, Braun C, Holzward D, Kück M, Melk A, von der Born J, Haverich A, Haufe S, Tegtbur U</i> HANNOVER MEDICAL SCHOOL, Germany
PP-07-10	Subjective Perceived Exertion at the Individual Anaerobic Threshold and Its Association with Psychological Parameters – Evidence from the TwinFit Study <i>Erz G, Wensing M, Nieß AM, Enck P, Weimer K</i> UNIVERSITÄTSKLINIKUM TÜBINGEN, Germany
PP-07-11	Validity of VO2max Estimates (Whoop, Polar, SeisMofit and Ergonizer lactate software) in Comparison with CPET in Austrian Elite Rowers - Experiences within the AIROW-study <i>Nader D, Groher J, Weber I, Hautsch N, Scharhag J</i> UNIVERSITY OF VIENNA, Austria

17:45 – 19:30

Chairs: A. Hecksteden, K. Hollander

PP-08-01	Analysis of innovative biomarkers for stress sensitivity and reliability in load management <i>Tirekoglu P, Walscheid R, Bothur E, Samel S, Hacker S, Reichel T, Krüger K</i> JUSTUS-LIEBIG-UNIVERSITÄT GIESSEN, Germany
PP-08-02	Bridging Animal and Human Exercise Physiology: Quantitative Analysis of Age-Related Responses to Incremental Exercise in C57BL/6 Mice <i>Yoshikawa A, Iizuka M, Kanamaru M, Ohtaki H, Izumizaki M</i> SHOWA MEDICAL UNIVERSITY, Japan

PP-08-03	Expectations Meet Reality: Individual differences in physiological responses to endurance training prescriptions based on physical exercise testing <i>Köbel L, Haller N, Strepp T, Stöggel T</i> JOHANNES GUTENBERG UNIVERSITY, Mainz, Germany
PP-08-04	Immune response to a competitive football match: Indications for compromised function? <i>Duarte Muñoz M, Meyer T, Becker S</i> UNIVERSITÄT DES SAARLANDES, Germany
PP-08-05	Iron status and peak power output in post COVID-19 condition: an exploratory analysis <i>Weber V, Tomaskovic A, Ochmann DT, Zentgraf S, Hillen B, Simon P</i> JOHANNES GUTENBERG-UNIVERSITÄT MAINZ, Germany
PP-08-06	Longitudinal seroprevalence of SARS-CoV-2 in German athletes – Data from the CoSmo-S study <i>Pecher A-C, Widmann M, Preuß B, Nieß AM, Klein R, CoSmo-S consortium</i> UNIVERSITY HOSPITAL TÜBINGEN, Germany
PP-08-07	Marathon-Induced Changes in Hematological and Inflammatory Biomarkers: A Comparison of Runners Across Performance Levels <i>Wohlfarth D, John L, Lüders N, Munk M, Wiesing A, Kirsten J, Henze A-S, Schulz SVW, Bizjak DA</i> UNIVERSITY CLINIC ULM, Germany
PP-08-08	Market(rain)ing? Physiological, Metabolic, and Mitochondrial Adaptations to a One-Week Endurance Training Camp in Rec-reational Athletes: An Observational Study <i>Bizjak DA, John L, Munk M, Reiter M, Lüders N, Kirsten J, Henze A-S, Schulz SVW</i> UNIVERSITÄTSKLINIKUM ULM, Germany
PP-08-09	Metabolomics using dried blood spots in young, healthy, sedentary subjects <i>Munz B, Dick L, Krauß I, Nieß AM</i> UNIVERSITY MEDICINE TÜBINGEN, Germany
PP-08-10	MetaExtreme: Exercise increases plasma levels of N-acetylated amino acids in controls and adolescent athletes <i>Schönfelder M, Schraner D, Kastenmüller G, Wackerhage H</i> TECHNICAL UNIVERSITY OF MUNICH, Germany
PP-08-11	Prevalence and time-loss of respiratory illness in adolescent athletes <i>Nolte C, Risch L, Beckendorf C, Engel T, Mayer F</i> UNIVERSITÄT POTSDAM, Germany

Evening Event

Evening Event at the Belétage Museumsgesellschaft Tübingen

19:30 – 00:00

Self-organized transfer to the evening Event. For participation an additional registration is needed.

The conference's evening event, will take place on the elegant belétage of the Tübingen Museum Society. A venue steeped in historical and cultural charm in the heart of Tübingen.

The evening begins at 7.30 pm with a champagne reception, marking the start of a specially curated program in an extraordinary setting.

A buffet will be served in the museum's impressive rooms, rounding off the evening with culinary delights. As the highlight of the event, we are offering a surprise performance that promises to be an unforgettable experience in this unique setting.

Attendance at the evening event is optional and requires separate registration. The participation fee is €30 per person.

We look forward to welcoming you to an evening that combines a cultural atmosphere with a special program.

More information on our Website: [German Congress of Science in Sports Medicine](#)

Timetable

7:00	Registration
08:00 – 09:15	OP-07/08/09: Oral presentations
	<i>Coffee break</i>
09:30 – 10:45	PL-05: Exercise and training in cardio vascular disease
	<i>Coffee break</i>
11:00 – 12:15	PL-06: Femoroacetabular impingement (FAI) – threat for the hip of elite athletes
	<i>Lunch break</i>
13:15 – 14:30	OP-10/11/12: Oral presentations
	<i>Coffee break</i>
14:45 – 16:00	PL-07: Exercise is Medicine in Neurological Disorders
	<i>Coffee break</i>
16:15 – 17:30	PL-08: AI in Sports Medicine

OP-07 Metabolism | Oral presentation

H24

Chairs: D. Pesta, P. Deibert

08:00 – 09:15

OP-07-01	Acute Effects of High-Intensity Endurance Training on Klotho Levels in Young and Older Adults, and Potential Modulation by SGLT-2 Inhibitors <i>Tiedemann S, Stiebler M, Piechowiak C, Kunz N, Al-Zawity S, Hubert P, Lading Y, Arndt P, Medunjanin S, Königstein K, Chaabene H, Mattern H, Chakrabarty S, Rauwolf T, Schreiber S, Braun-Dullaeus R, Müller P</i> UNIVERSITÄTSKLINIKUM MAGDEBURG A.Ö.R., Germany
OP-07-02	Acute exercise responses of N-lactoyl-phenylalanine (Lac-Phe) – a potential mediator of exercise-induced anorexia <i>Hecksteden A, Schwindling S, Meyer T, Kiemer AK, Maalouli Schaar J, Meyer MR</i> UNIVERSITÄT INNSBRUCK, Austria
OP-07-03	Intensity- and sex-specific modulation of brain insulin response following a single session of aerobic exercise in adults with normal weight <i>Bierenstiel A, Schneeweiss P, Veit R, Ester-Nacke T, Ahrens J, Wacker K, Müller C, Sandforth L, Jumpertz-von Schwartzberg R, Birkenfeld AL, Niess AM, Preissl H, Weigert C, Kullmann S</i> IDM AT THE UNIVERSITY OF TÜBINGEN, Germany
OP-07-04	Local TGF-β signaling causes impaired contractility and low-response to exercise in human skeletal muscle <i>Dreher SI, Schöler R, Zorn K, Martin J, Kühnle J, Goj T, Ruoff L, Leffek K, Loskill P, Birkenfeld AL, Peter A, Weigert C</i> UNIVERSITY HOSPITAL TÜBINGEN, Germany
OP-07-05	Phosphoproteomic profiling reveals acute hepatic signaling responses to endurance exercise in mice <i>Hoene M, Taschke B, Goj T, Hartwig S, Sbierski-Kind J, Vollmer I, Birkenfeld AL, Peter A, Lehr S, Weigert C</i> UNIVERSITY HOSPITAL TÜBINGEN, Germany
OP-07-06	Pre-exercise hyperventilation and repeated-sprint performance during inclined high-intensity sprints <i>Fesseler L, Heinz V, Pilz N, Bothe T</i> CHARITÉ - UNIVERSITÄTSMEDIZIN BERLIN, Germany

Chairs: A. Carlsohn, T. Meyer

08:00 – 09:15

OP-08-01	Caffeine mouth rinsing as a central ergogenic strategy: a systematic review on performance and cognition <i>Saremi M, Hoseinpour AN, Shahriari F, Bloch W</i> DEUTSCHE SPORTHOCHSCHULE KÖLN, Germany
OP-08-02	Effect of 20 g whey protein on the plasma metabolome in young and sarcopenic participants: a test for digestion speed and anabolic resistance? <i>Havers T, Martini S, Hillgärtner M, Rana G, Schönfelder M, Witting M, Lutter D, Erdogan G, Baumert P, Geisler S, Drey M, Wackerhage H</i> IST UNIVERSITY OF APPLIED SCIENCES, Germany
OP-08-03	Supplements Do Not Correct Nutritional Deficits in Elite Athletes: Protein oversupply versus carbohydrate Deficit <i>Grebe SM, Lenz C, Krüger K</i> JUSTUS-LIEBIG UNIVERSITY, Germany
OP-08-04	Customized Workshop on Optimizing Nutrition Knowledge in Youth Competitive Sports <i>Lenz C, Grebe SM, Hacker S, Schwarzenbrunner K, Zentgraf K, Krüger K</i> JUSTUS-LIEBIG UNIVERSITY, Germany
OP-08-05	Beyond thinness: Profiles of sport- and performance-driven disordered eating in athletes <i>Esser-Seraphin AJ, Nguyen VTM, Muehlbauer T, Paslakis G, Dinse H, Seitz J, Gradl-Dietsch G, Skoda E-M, Teufel M, Bäuerle A</i> LVR-UNIVERSITÄTSKLINIK ESSEN, Germany

Chairs: G. Sudeck, K. Röcker

08:00 – 09:15

OP-09-01	Comparison of psychophysiological responses to self-determined and prescribed moderate running intensities in insufficiently active, normal and overweight young adults <i>Ott T, Gutjahr L, Kappler T, Meyer T, Venhorst A</i> UNIVERSITÄT DES SAARLANDES, Germany
OP-09-02	Psychophysiological responses to vigorous and moderate intensity exercise in insufficiently trained normal and overweight young adults <i>Gutjahr LP, Kappler T, Ott T, Meyer T, Venhorst A</i> UNIVERSITY OF SAARLAND, Germany
OP-09-03	Optimizing exercise prescription: a meta-analysis examining the dose-response of exercise duration on cardiorespiratory fitness following HIIT and MICT <i>Mattioni Maturana F, Nieß AM</i> UNIVERSITÄTSKLINIKUM TÜBINGEN, Germany
OP-09-04	Intensity matters: how physical activity's impact on mortality varies across cardiovascular conditions <i>Schwendinger F, Schmidt-Trucksäss A</i> UNIVERSITY OF BASEL, Switzerland
OP-09-05	Continuous vs fragmented intense physical activity and mortality risk: a prospective US-based population study <i>Schwendinger F, Schmidt-Trucksäss A</i> UNIVERSITY OF BASEL, Switzerland
OP-09-06	The effects of the exercise intensity reference method on acute responses during continuous exercise in distance runners: a replicated crossover study <i>Mazzolari R, Paul S, Liebel P, Hecksteden A</i> MEDICAL UNIVERSITY OF INNSBRUCK, Austria

Chairs: M. Halle, A. Nieß

09:30 – 10:45

	Exercise in the Prevention and Treatment of Vascular Aging <i>H. Hanssen</i> Basel, Switzerland
	Exercise in Cardiomyopathies: Risk stratification and clinical decision-making <i>S. Wernhart</i> München, Germany
	Determinants of exercise capacity in heart failure with preserved ejection fraction (Short Oral Presentation) <i>R. Schoch, JM. Kröpfl, BA. Gasser, D. Infanger, H. Hanssen, R. Wick, LM. Prechtel, T. Dieterle, A. Schmidt-Trucksäss</i> Basel, Switzerland
	Endurance exercise training before myocardial infarction reduces decline of myocardial function in aged mice (Short Oral Presentation) <i>Cl. Lang, R. Schenke, S. Schlüter, R. Gäbel, T. Lindner, M. Joksche, J. Kurth, H. Ince, FG. Meinel, M. Halle, C. Lutter, BJ. Krause, B. Vollmar, R. David</i> München, Germany

Chairs: I. Krauß, F. Mayer

11:00 – 12:15

	Why is the young hip at risk for developing FAI: etiology and pathomechanics <i>K. Siebenrock</i> Bern, Switzerland
	Clinical burden of FAI and current treatment alternatives <i>K.-P. Günther</i> Tübingen, Germany
	Real-time visualization and analysis of femoroacetabular impingement in elite badminton players using subject-specific anatomical–kinematic models (Short Oral Presentation) <i>L. Beringer, D. Bachmann, L. Schmitz, O. Steimer, G. Schneider, D. Hell, I. Komnik, T. Meyer T, K. aus der Fünfen, W. Potthast</i> Saarbrücken, Germany
	Ultra-Low-Dose CT Enables Reliable Assessment of Morphological FAI Parameters with significant Radiation Dose Reduction (Short Oral Presentation) <i>JJM. Tejada, C. Liang, M. Brüscke, C. Liang, KP. Günther, G. Keller</i> Tübingen, Germany

Chairs: S. Grau, M. Schumann

13:15 – 14:30

OP-10-01	Diagnostic accuracy of the dynamic retina vessel analyzer: The influence of biological and systemic moderators in healthy individuals <i>Wefelnberg MM, Baumann FT, Guthoff H, von Stein P, Zubac D</i> UNIKLINIK KÖLN, Center for Integrative Oncology, Germany
OP-10-02	ECG foundation models for cardiovascular screening in athletic populations <i>Lang S, Goelz C, Schlichtiger J, Brunner S, Vieluf S</i> LMU KLINIKUM MÜNCHEN, Germany

OP-10-03	Identifying High-Risk Duels in Elite Football Using Machine Learning <i>Lee M, Kim HR, Kweon S, Rein R, Krutsch W, Memmert D, Meyer T</i> SAARLAND UNIVERSITY, Germany
OP-10-04	Modelling skin temperature dynamics during incremental running: A generalized additive mixed modelling approach to physiological and mechanical determinants <i>Zentgraf S, Weber V, Wieprecht DA, Schömer E, Simon P, Hillen B, Nägele M</i> JGU MAINZ, Germany
OP-10-05	UMUD: A Web Application for Easy Access to Musculoskeletal Ultrasonography Datasets <i>Ritsche P, Sarto F, Santini F, Leitner C, Franchi M, Romney G, Faude O, Finni T, Seynnes O, Cronin N</i> UNIVERSITY OF BASEL, Switzerland
OP-10-06	A transfer-oriented digital exercise intervention for rheumatic disease: lessons from the development of DiEgO <i>Wittke T-C, Wegner N, Riester TB, Dopfer-Jablonka A, Happle C, Müller F, Behrens GMN, Vakilan A, Fischer F, Stölting A</i> HANNOVER MEDICAL SCHOOL, Germany

OP-11 Orthopedics | Oral presentation

H23

Chairs: F. Mayer, J. Kubosch

13:15 – 14:30

OP-11-01	Influence of Femoral Morphology on Radiographic Detection of Cam Deformity <i>Brunon N, Hirt J, Marti D, Schwab JM, Laurençon J</i> HFR FRIBOURG - HÔPITAL FRIBOURGEOIS, Switzerland
OP-11-02	Where is the Cam? A Circumferential Analysis of Cam Adolescent Topography <i>Brunon N, Hirt J, Rossanaly G, Marti D, Schwab JM, Laurençon J</i> HFR FRIBOURG - HÔPITAL FRIBOURGEOIS, Switzerland
OP-11-03	Bone Marrow Edema and Pain Characteristics in Adolescent Athletes with Low Back Pain <i>Lopez-Gomez F, Cassel M, Engel T, Mayer F</i> UNIVERSITY OUTPATIENT CLINIC, Sports Medicine & Sports Orthopedics, University of Potsdam, Germany
OP-11-04	Could prophylactic ankle taping be a risk factor for patellofemoral pain syndrome? <i>Utku B, Braun L, Willwacher S</i> HACETTEPE UNIVERSITY MEDICAL FACULTY, Turkey (Türkiye)
OP-11-05	Do advanced footwear technology shoes influence running-related injury risk? An exploratory randomized controlled trial <i>Menge C, Mai J, Fohrmann D, Dalos D, Rückemann L, Radovanovic G, Lutter C, Schwalm L, Hollander K</i> MSH MEDICAL SCHOOL HAMBURG, Germany
OP-11-06	Effects of the 24-week multi-component exercise and lifestyle intervention MultiPill-Exercise in physically inactive adults with multimorbidity: follow-up data of a pragmatic randomized controlled trial <i>Krauß I, Schweda S, Dierkes K, Schmid J, Martus P, Müller G, Munz B, Nieß AM, Sudeck G</i> UNIVERSITÄTSKLINIKUM TÜBINGEN, Germany

OP-12 Sports Neurology & Psychiatry | Oral presentation

H22

Chairs: P. Zimmer

13:15 – 14:30

OP-12-01	High vs. Low Density: Assessing the Impact on Phase Locking Value in EEG <i>van den Bongard F, Nuerenberg M, Reinsberger C</i> PADERBORN UNIVERSITY, Germany
OP-12-02	Functional connectivity in response to submaximal exercise in athletes with sport-related concussion <i>Weike N, Coenen J, Reinsberger C</i> UNIVERSITÄT PADERBORN, Germany
OP-12-03	Biomarkers and Affective Responses to Exercise in Depression: The Role of Individual Preferences <i>Rijßmayer M, Möller S, Jelic S, Jung-Botho M, Demir S, Buller S, Bloch W, Lichtenstein T, Javelle F</i> DEUTSCHE SPORHOCHSCHULE KÖLN, Germany
OP-12-04	Depression and anxiety disorder in former professional football players - SocHealth (NAKO) <i>Schlagheck ML, Berger K, Meyer T, Wellmann J, Reinsberger C</i> PADERBORN UNIVERSITY, Germany

OP-12-05	Process evaluation of an exercise intervention (ImPuls) promoting physical activity for patients with mental disorders <i>Fiedler DV, Rosenstiel S, Peters S, Zwanzleitner L, Flagmeier AL, Ramos-Murguialday A, Sundmacher L, Wolf S, Ehring T, Sudeck G</i> INSTITUTE OF SPORTS SCIENCE, Tübingen, Germany
OP-12-06	Twelve Weeks of High-Intensity Interval Training Improves Quality of Life and depressive symptoms in Persons with Multiple Sclerosis: Results From a Singleblind Randomized Controlled Trial <i>Wences-Chirino T, Proschinger S, Trebing S, Hoenen L, Linnig M, Sperling A, Kupjetz M, Joisten N, Zimmer P</i> TECHNISCHE UNIVERSITÄT DORTMUND, Germany

Exercise is Medicine in Neurological Disorders | Plenary session-07

H25

Chairs: H. Rundqvist, C. Reinsberger

14:45 – 16:00

Exercise is Medicine in Parkinsons disease and Multiple Sclerosis <i>U. Dalgas</i> Aarhus, Denmark
Understanding the crosstalk between muscle function and mental health in Exercise Overtraining Syndrome <i>J. Ruas</i> Michigan, United States of Amerika
Exercise-induced kynurenine pathway modulation in multiple sclerosis: multinational evidence from four randomized controlled trials (Short Oral Presentation) <i>M. Kupjetz, M. Langeskov-Christensen, M. Riemenschneider, S. Inerle, U. Ligges, N. Patt, J. Bansi, RR. Gonzenbach, A. McCann, PM. Ueland, TY. Wences Chirino, N. Joisten, LG. Hvid, U. Dalgas, P. Zimmer</i> Dortmund, Germany
From Acute Inflammatory Responses to Long-Term Clinical Adaptations: High-Intensity Interval Training vs. Stretching Effects on Depressive Symptoms and the Kynurenine Pathway in Major Depressive Disorder (Short Oral Presentation) <i>F. Javelle, E. Clare, S. Cleef, M. Cyriax, F. Dreisigacker, L. Drost, D. Görg, J. Kambeitz, S. Krombholz, T. Lichtenstein, J. Meißenburg, M. Ringleb, M. Rißmayer, C. Schulz, M. Thevis, P. Zimmer, W. Bloch</i> Köln, Germany

AI in Sports Medicine | Plenary session-08

H25

Chairs: V. Farrahi, S. Vieluf

16:15 – 17:30

AI in (Sports) Medicine <i>J. Kleesiek</i> Essen, Germany
AI supported cardiac screening in athletes <i>S. Vieluf</i> München, Germany
Comparing Machine Learning and Conventional Statistical Approaches for Injury Prediction in Young Professional Soccer Players <i>A. Groll</i> Dortmund, Germany

with friendly support by:



Awards for posters and oral presentations

It was announced at the time of the abstract submission that the three best posters and oral presentations in each category would be awarded to young scientists (< 45 years). An awards committee was set up for this purpose, which drew up standardized assessment criteria and applied them consistently. The awards committee will meet once all the presentations have been completed to discuss the awarding of the prizes. The awards ceremony is to take place in a ceremonial atmosphere during the evening events. The poster awards ceremony will take place during the evening event at the Belétage Museumsgesellschaft Tübingen (Thursday, September 24). The oral presentation awards ceremony will take place during the evening event at the Castle Hohentübingen (Friday, September 25) *. The prize will be awarded based on the ranking of the posters and oral presentations:

- 1st place 500, - EUR
- 2nd place 300, - EUR
- 3rd place 100, - EUR

We wish all the speakers every success with their presentations!

**Please note that this is a private event. Should you win a prize, you will be notified immediately and granted free entry to the evening event.*

Clinical Symposium

Freitag, 25.09.2026

Zeitplan

13:00 – 15:00	Registrierung
14:30 – 15:30	Sporternährung
15:30 – 16:30	Sportorthopädie/Bewegungstherapie - Rücken Kaffeepause
17:00 – 18:00	Impulsvorträge
18:00 – 18:45	anschließende Podiumsdiskussion Olympischer/Paralympischer Sport und Gesundheit: Ein Widerspruch?

Themenblöcke

Sporternährung | Clinical symposium

H21

Chairs: C. Kopp, A. Carlsohn

14:30 – 15:30

Empfehlungen der AG Sporternährung der DGE
A. Carlsohn & D. König
Hamburg, Deutschland; Wien, Österreich

Sportorthopädie/Bewegungstherapie – Rücken | Clinical symposium

H21

Chairs: K.P. Günther, P. Janßen

15:30 – 16:30

Unspezifische Rückenschmerzen im Sport
F. Mayer
Potsdam, Deutschland

Die Rolle sportlicher Aktivitäten bei der Prävalenz von Rückenschmerzen bei Kindern und Jugendlichen
T. Wirth
Tübingen, Deutschland

Return-to-play nach Operationen der Wirbelsäule im Sport
A. Disch
Dresden, Deutschland

Impulsvorträge und anschließende Podiumsdiskussion

Chair: A. Thiel

17:00 – 18:45

„Leistungssport und Langlebigkeit – Was wissen wir“ <i>T. Meyer</i> Saarbrücken, Deutschland
„Paralympischer Spitzensport – Benefit oder Gesundheitsgefährdung?“ <i>A. Hirschmüller</i> Rheinfelden, Schweiz
Mentale Herausforderungen im Spitzensport - Entwicklung der psychologischen Unterstützungsangebote (ein Interdisziplinärer Ansatz) <i>C. Herr</i> DFB, Deutschland
„Performing hurt?! – Psychosoziale Bedingungen gesundheitlich riskanter Entscheidungen im Leistungssport.“ <i>J. Mayer</i> Schwäbisch Gmünd, Deutschland

Podiumsdiskussion - Gäste

Andrea Rothfuss: Deutsche Skirennläuferin des Deutschen Behindertensportverbands. Sie nahm bereits mit 16 Jahren zum ersten Mal an den Winter-Paralympics 2006 in Turin teil, gewann die Silbermedaille im Riesenslalom und weist zahlreiche Erfolge bei Paralympischen Spielen, Ski-WMs sowie Skiweltcup auf. Hierzu zählt auch ihre Goldmedaille 2014 in Sotschi.

Gregor Traber: Deutscher 110-Meter-Hürdenspezialist. Der in Tett nang geborene Athlet zeigte bereits in seiner Jugend beachtliche Erfolge und stellte dabei auch einen deutschen U20-Rekord auf (13.31s). Einer seiner größten Erfolge war die Teilnahme an den Olympischen Spielen in Rio de Janeiro 2016, wo er um 2 Hundertstelsekunden den Finaleinzug verpasst hat.

Ulrich Derad: Hauptgeschäftsführer des Landessportverband Baden-Württemberg seit 2012. Der ehemalige Handballnationalspieler war u.a. nach seiner sportlichen Karriere Geschäftsführer bei zahlreichen nationalen Handballvereinen, darunter auch der Rekordmeister THW Kiel.

Tim Meyer: Deutscher Sportmediziner und ärztlicher Direktor des Instituts für Sport- und Präventivmedizin an der Universität des Saarlandes. Er war über 21 Jahre als Teamarzt der Deutschen Fußballnationalmannschaft tätig und ist als Vorsitzender des Medical Committee der UEFA tätig.

Anja Hirschmüller: Deutsche Sportmedizinerin und leitende Ärztin im ALTIUS Swiss Sportsmed Center sowie wissenschaftliche Mitarbeiterin am Universitätsklinikum in Freiburg. Ihre Tätigkeit für den paralympischen Sport zeigt sich in Ihrer jahrelangen Tätigkeit als Teamärztin des Team Deutschland Paralympics, welche Sie bereits seit 2006 begleitet. Sie wurde mehrfach für Ihr Engagement für den paralympischen Sport ausgezeichnet.

Jochen Mayer: Sportwissenschaftler und Professor für Sportwissenschaft an der Pädagogischen Hochschule in Schwäbisch Gmünd. Die Forschungsschwerpunkte liegen in der psychosozialen Gesundheit und dem Gesundheitsmanagement im Spitzensport, hauptsächlich im Nachwuchsbereich.

Ansgar Thiel: Deutscher Sportwissenschaftler und Rektor der Deutschen Sporthochschule Köln. Er war zuvor Dekan der Wirtschafts- und Sozialwissenschaftlichen Fakultät der Universität Tübingen und von 2010 bis 2022 Direktor des Instituts für Sportwissenschaft in Tübingen.

Samstag, 26.09.2026

Bitte beachten Sie: Der Veranstaltungsort befindet sich auf den Kliniken Berg, CRONA-Klinik bzw. Konferenzzentrum Schnarrenberg!

Zeitplan

7:30	Registrierung CRONA-Klinik
8.00	Registrierung Konferenzzentrum Schnarrenberg
08:30 – 09:30	Prävention / Sportmedizinische Vorsorgeuntersuchung
09:30 – 10:30	Sportkardiologie
	Kaffeepause
11:00 – 12:00	Trainingstherapie – chronische Erkrankungen
12:00 – 13:00	Leistungsdiagnostik und Trainingssteuerung

Themenblöcke

Prävention / Sportmedizinische Vorsorgeuntersuchungen | Clinical symposium

H210/CRONA

Chairs: B. Barisch-Fritz, H. Hanssen

08:30 – 09:30

Nationale Empfehlungen für Bewegung und Bewegungsförderung <i>E. Mino</i> Erlangen, Deutschland
Lifestyle Faktoren als Determinanten der kardiovaskulären Gesundheit <i>A. Schmidt-Trucksäss</i> Basel, Schweiz
Leitlinie Sportmedizinische Vorsorgeuntersuchung <i>C. Joisten</i> Köln, Deutschland

Sportkardiologie | Clinical symposium

H210/CRONA

Chairs: H-H. Dickhuth, C. Burgstahler

09:30 – 10:30

Das Sporthertz <i>C. Burgstahler</i> Tübingen, Deutschland
Plötzlicher Herztod im Sport <i>J. Niebauer</i> Salzburg, Österreich
Wirksamkeit der Trainingstherapie bei kardiologischen Erkrankungen <i>M. Halle</i> München, Deutschland

Chairs: G. Sudeck, S. Wernhart

11:00 – 12:00

Prähabilitation - aktuelle Datenlage <i>R. Schier</i> Köln, Deutschland
Onkologische Erkrankungen <i>P. Zimmer</i> Dortmund, Deutschland
Cox- und Gonarthrose <i>I. Krauss</i> Tübingen, Deutschland

Chairs: J. Scharhag, A. Nieß

12:00 – 13:00

Laktat-Leistungsdiagnostik - ein Anwendungsfall für KI? <i>K. Röcker</i> Furtwangen, Deutschland
„Ergometrie bei unterschiedlichen Zielgruppen: Was für wen?“ <i>C. Ahlgrim</i> Freiburg, Deutschland
VO ₂ max messen und interpretieren: Qualitätsstandards und Fallstricke <i>J. Wagner</i> Basel, Schweiz

Chairs: K. Rall, K. Dreser, C. Kopp

09:30 – 12:00

Fertilität und Kinderwunsch bei intensiver sportlicher Betätigung <i>K. Wittich</i> Tübingen, Deutschland
Beckenboden und (In)kontinenz im Sport <i>M. Hübner</i> Freiburg, Deutschland
Schwangerschaft und Geburt bei intensiver sportlicher Betätigung <i>J. Pauluschke-Fröhlich</i> Tübingen, Deutschland
Endometriose und Sport <i>J. Andress</i> Tübingen, Deutschland
Zyklusadaptiertes Training <i>K. Dreser</i> Tübingen, Deutschland
sekundäre/ primäre Amenorrhö und REDS aus gynäkologischer Sicht <i>K. Rall</i> Tübingen, Deutschland

SEIT DER EISZEIT UNBERÜHRT

EISZEIT *Quell*

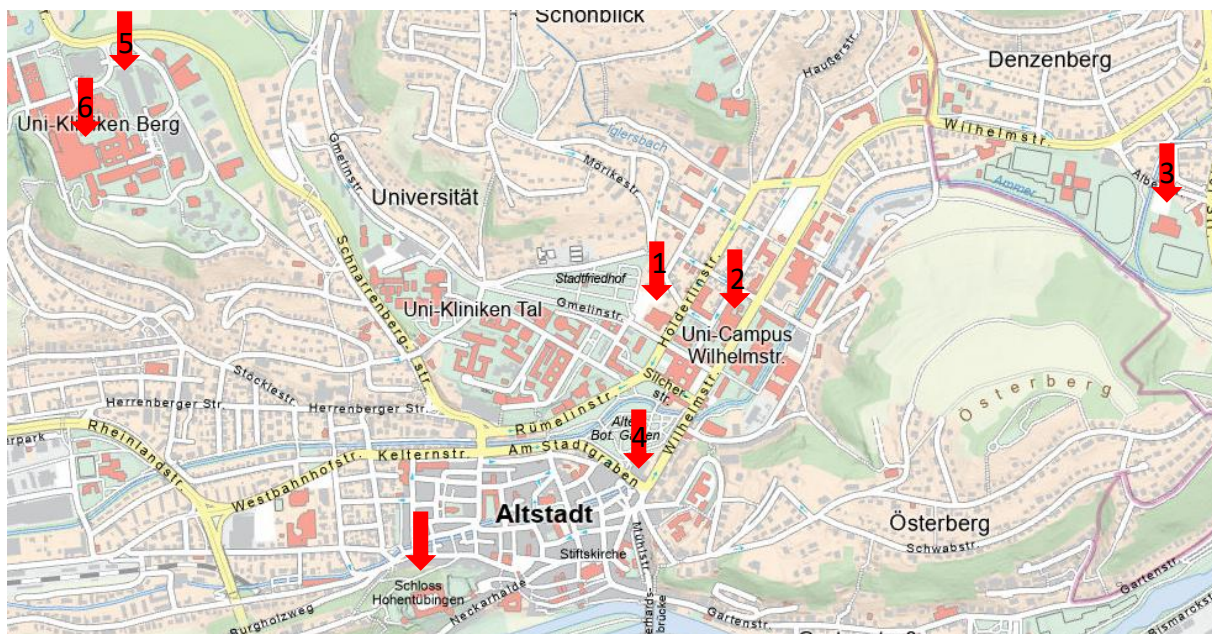
Venues

The main venue of the *German Congress of Science in Sports Medicine* will take place at the Kupferbau lecture hall building of the University of Tübingen. The Kupferbau is located in the center of Tübingen.

Further details regarding the exact addresses are listed below.

For information on how to get to the venues, please use the following link: [Public transport EFA](#)

Overview Venues



1. Kupferbau

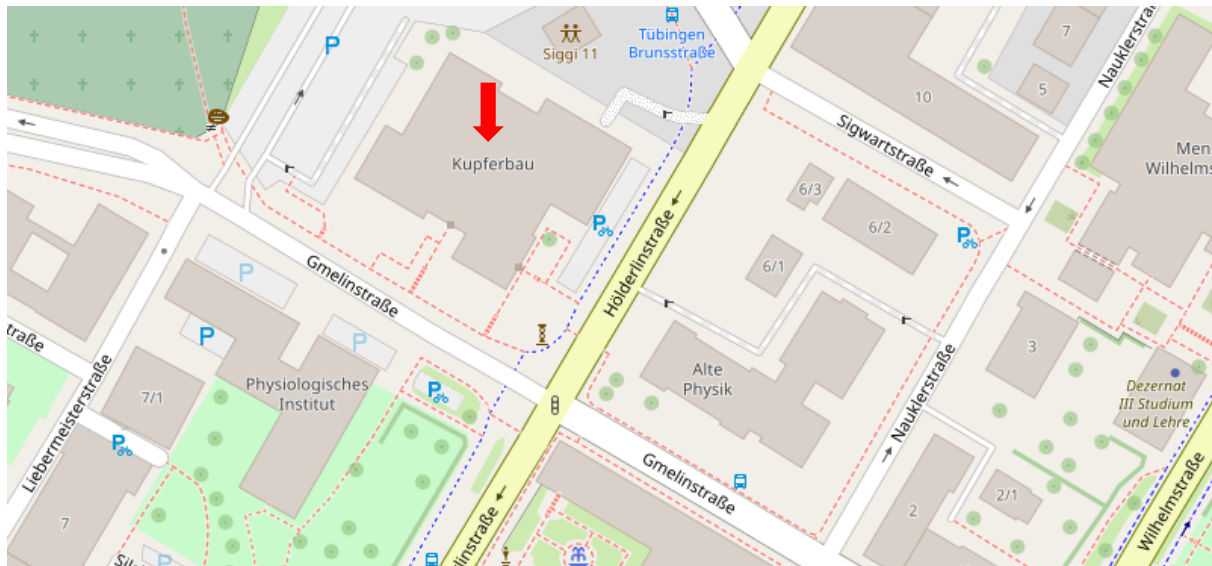
Kupferbau Tübingen

Hölderlinstraße 5

72074 Tübingen

Parking Option: Parking lot Kupferbau (behind the building) (fee required)

Bus Stations: Gmelinstraße, Hölderlinstraße



2. Mensa Wilhelmstraße

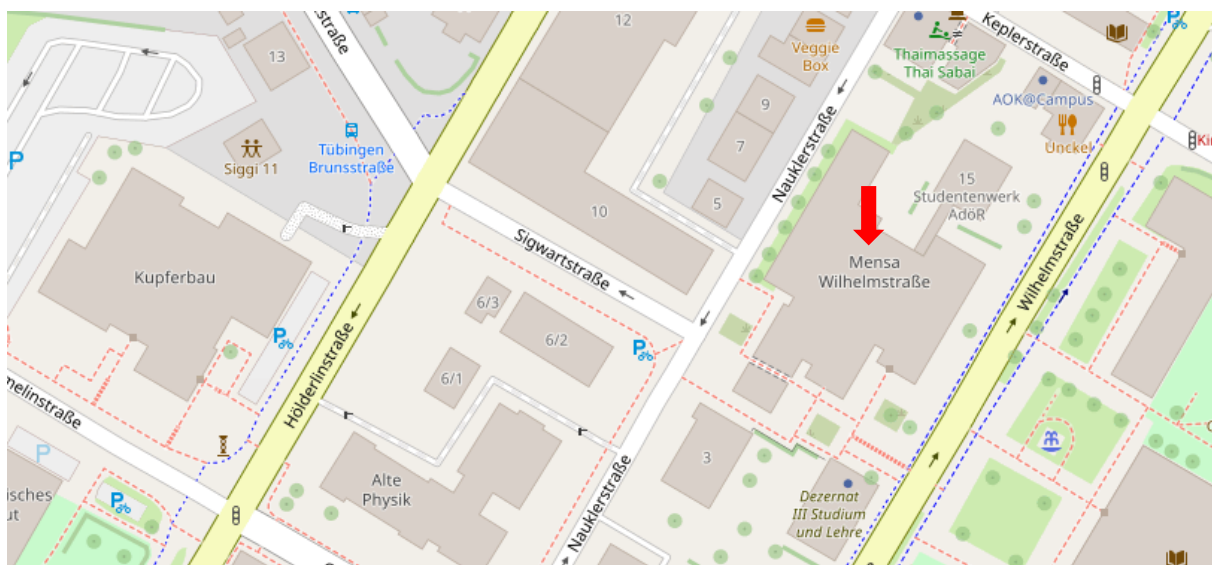
Mensa Wilhelmstraße

Wilhelmstraße 13

72074 Tübingen

Parking Option: Parking lot Kupferbau (behind the building) (fee required)

Bus Station: Uni / Neue Aula



3. Institut für Sportwissenschaft – Universitätssporthalle

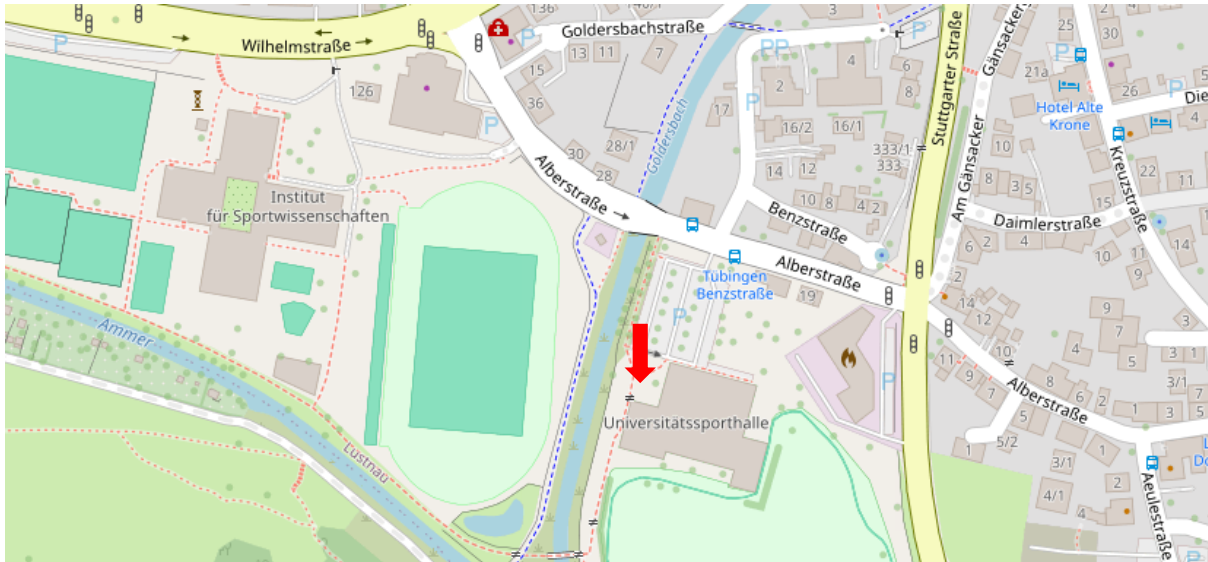
[Universitätssporthalle Tübingen](#)

Alberstraße 27

72074 Tübingen

Parking option: Parking lot in front of the sports hall (Alberstraße 27) (fee required)

Bus Stations: Benzstraße, Landhausstraße



4. Museumsgesellschaft Tübingen

[Museumsgesellschaft Tübingen](#)

Wilhelmstraße 3

72074 Tübingen

Parking option: Parking garage Nonnenhaus(fee required)

Bus Stations: Nonnenhaus, Wilhelmstraße



5. Universitätsklinikum Tübingen – Crona Kliniken (Geb.Nr. 420, Ebene 4, Hörsaal 210)

Crona Kliniken

Hoppe-Seyler-Straße 3
72076 Tübingen

Parking Option: Parkhaus P4 (fee required)

Bus Station: Unikliniken Berg

6. Konferenzzentrum Schnarrenberg (Geb.Nr. 520, 1. OG)

Konferenzzentrum Schnarrenberg

Otfried-Müller-Straße 6
72076 Tübingen

Parking Option: Parkhaus P4 (fee required)

Bus Station: Unikliniken Berg

