

Thursday, September 24, 2026 (Scientific Congress)

	Lecture Hall 1 (Main Hall)	Lecture Hall 2	Lecture Hall 3	Lecture Hall 4	Lecture Hall 5
07:00	Registration Kupferbau				
08:00	Short Oral Presentations				
	(OP-01)	(OP-02)	(OP-03)		
	Molecular & cell biology	Mixed session: Covid 19 / Training intervention	Elite Sports		
09:15	Coffee Break				
09:30	<p>GLP-1-RA in diabetes and obesity – Is exercise out?</p> <p>A. Birkenfeld <i>GLP-1 RA in Diabetes and Obesity - Evidence from RCTs</i></p> <p>H. Langer <i>GLP-1 medicines and muscle wasting - fact or fiction</i></p> <p>D. Pesta <i>Beyond the scale: Weight loss with GLP-1-RA falls short without exercise</i></p>				
10:45	Coffee Break				
11:00	Short Oral Presentations				
	(OP-04)	(OP-05)	(OP-06)		
	Sports Pediatrics	Immunology	Orthopedics & Biomechanics		
12:15	Lunch Break (Preparation of Postersession in 4 Rooms)				
13:15	Opening Scientific Congress				
13:30	<p>Hot Topics in Elite Sport</p> <p>F. Brocherie <i>Turning up the heat: new insights in elite performance</i></p> <p>C. Reinsberger <i>Concussion</i></p> <p>M. Gräfnings <i>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 (Short Oral Presentation)</i></p> <p>K. Krüger <i>Sex-specific and shared endocrine signatures of REDs severity in a large cohort of German elite athletes (Short Oral Presentation)</i></p>				
14:45	Coffee Break				
15:00	<p>Exercise in ageing societies</p> <p>H. Wackerhage <i>Is there a sarcopenic triad of lower muscle mass, higher fat mass and impaired glucose homeostasis?</i></p> <p>J. Bauer <i>still pending</i></p> <p>N. Schaller <i>Multicomponent exercise training in senior care facilities - The bestform trial</i></p>				
16:15	Coffee Break				
16:30	<p>Exercise is Medicine in Oncology - Clinical evidence and mechanistic insights</p> <p>K. Steindorf <i>The Effects of Exercise on Clinical Outcomes and Quality of Life in Women with Breast Cancer: Recent Advances</i></p> <p>H. Rundqvist <i>Exercise effects on T-cell mobilization and immune surveillance – consequences for breast cancer prognosis</i></p>				

E. Heyrman | *Supervised exercise modulates systemic immune profiles in metastatic breast cancer - evidence from a multicenter RCT*
(Short Oral Presentation)

A. Hiensch | *Mitochondrial dysfunction: a key player in doxorubicin-induced skeletal and cardiac muscle damage?*
(Short Oral Presentation)

17:45

Poster Presentations (2 Sessions per Room)

PP-01: Elite Sports &
PP-07: Fitness, Exercise Training & Health

PP-02: Molecular & Cell Biology &
PP-08: Stress Response & Biomarker

PP-03: Neurology & Psychiatry &
PP-06: Sports Cardiology

PP-04: AI & DiGA's &
PP-05: Clinical Cases & Sports Orthopedics

19:30

self-organised transfer to the evening Event

20:00

Evening Event (Location: Beletage Museums-gesellschaft Tübingen)

00:00

Food and surprising Live Act (additional registration required)