

Program of the 12th congress of the SGS/4S in Basel

Thursday, 06.02.2020

08:30 – 09:15

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Opening of registration / Speakers Ready Room

09:15 – 09:45

Thursday, 06.02.2020

Opening of the congress (Aula)

09:50 – 10:30

Thursday, 06.02.2020

Keynote 1

Aula **Vascular Adaptation to Exercise in Children and Adults: Role of Hemodynamic Stimuli**
Prof. Dick Thijssen (Liverpool John Moores University)
Chair: Henner Hanssen

11:00 – 12:00

Thursday, 06.02.2020

Symposia 1

Room 115 **Verläufe im Kinder- und Jugendsport – ein Symposium des Forschungskomitees Sportsoziologie**
Chair: Claudia Klostermann; Markus Lamprecht, Siegfried Nagel

11:00 Veränderung des Sportverhaltens zwischen Kindheit, Jugend und Adoleszenz
Angela Gerbert

11:20 Who stays on? The link between psychosocial patterns and changes in exercise and sport behaviour when adolescents make transitions in education
Julia Schmid

11:40 Sport im Jugendalter als Motor für ein lebenslanges Sporttreiben? Ein narratives Review
Lars Lenze

Room 117 **Sports didactics – current trends and tendencies in Switzerland**
Chair: Christelle Hayoz

11:00 Learning and teaching in physical education (LELEPS)
Christelle Hayoz

11:20 Des tâches complexes pour enseigner et apprendre la course de durée à l'école en Suisse romande
Nicolas Voisard

11:40 Professionelle Kompetenzen von Sportlehrpersonen und ihre Wirkungen auf Unterricht und Schülerleistungen (PCK-Sport 3:1).
André Gogoll

Aula	Sports and Exercise Science & Sports and Exercise Medicine: A Joint Session Chairs: Arno Schmidt-Trucksäss; Bengt Kayser
11:00	Exercise in the Prevention and Treatment of Heart Disease <i>Christian Schmied</i>
11:20	Exercise and brain health with a special focus on GABAergic (inhibitory) processes <i>Wolfgang Taube</i>
11:40	Exercise and Vascular Health during the Lifespan: From Exercise Physiology to Patient Care <i>Henner Hanssen</i>

Room 118	Motorische Basiskompetenzen im Kindesalter Chairs: Uwe Pühse; Christian Herrmann
11:00	Motorische Basiskompetenzen im Kindergarten – Monitoring und Fremdeinschätzung durch die Lehrpersonen. <i>Ilaria Ferrari</i>
11:20	Monitoring motorischer Basiskompetenzen von 6-10-jährigen Primarschulkindern in zwölf europäischen Ländern <i>Christian Herrmann</i>
11:40	Gender-specific Sport Socialization and Basic Motor Competencies (MOBAK) predictor – A Mediation Model <i>Elke Gramespacher</i>

13:00 – 14.40

Thursday, 06.02.2020

Young Investigator Award (YIA)

Aula	Chair: Mirko Schmidt
13:00	Development of a model in vitro system to study skeletal muscle adaptations to sprint interval training in normoxia and normobaric hypoxia <i>Chris Donnelly</i>
13:20	Long-term Effects of Physical Activity, Body Mass Index and Blood Pressure on Retinal Microvascular Health in School Children: The Sportcheck Follow-Up Study <i>Giulia Lona</i>
13:40	The social meaning of steps. User reception of a mobile health intervention on physical activity <i>Bastien Passet</i>
14:00	Can we optimize the use of transcranial direct current stimulation to improve endurance performance? <i>Christel Schäfer</i>
14:20	Cardiorespiratory Fitness, Executive Functions and Scholastic Performance: examining the cognitive mediation mechanisms <i>Marc Yanguéz Escalera</i>

15:10 – 15:50

Thursday, 06.02.2020

Keynote 2

Aula	Sports & Kids - more activity, better performance, less injuries <i>Prof. Evert Verhagen (VU Amsterdam)</i> Chair: Oliver Faude
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16:00 – 17:30

Thursday, 06.02.2020

3 oral sessions & 1 extended symposium

Room	Sport, Exercise & Mental Health
115	Chairs: Markus Gerber & Christin Lang
16:00	Can you ever do too much sport? Differences in psychiatric profile between individuals above and below the cutoff for exercise addiction <i>Flora Colledge</i>
16:15	Exploring psychosocial mediators of remote physical activity counselling: A secondary analysis of data from a 1-year randomized control trial (Movingcall) <i>Xenia Fischer</i>
16:30	Eignet sich Sprint Intervall-Training als Therapieform in der Depressionsbehandlung? <i>Markus Gerber</i>
16:45	The Acute Effects of Heightened Physiological Arousal and Focus of Attention on State Interoceptive Accuracy <i>Amie Jones-Wallmann</i>
17:00	Associations of acute and habitual physical activity and aerobic fitness with endocrine, autonomous and psychological stress reactivity – results from two TSST studies <i>Manuel Mücke</i>
17:15	Low Intensity Morning Exercise for Adolescents with late Chronotype. A Novel Treatment to Improve Sleep Health <i>Christin Lang</i>
Room	Sport Participation & Sport Sociology
117	Chair: Grégory Quin
16:00	Sport and exercise-related socialization in single-parent and two-parent families <i>Roman Zehl</i>
16:15	Which motivational patterns are more promising in individual sports? A prospective longitudinal study <i>Michael J. Schmid</i>
16:30	Stabilität und Veränderbarkeit von psychosozialen Mustern des Sportverhaltens von Jugendlichen während des Bildungsübergangs <i>Vanessa Gut</i>
16:45	Professionalization types and organizational problems of sport clubs: is there a relationship? <i>Grazia Lang</i>
17:00	Situer autrement le rôle des activités physiques et sportives dans les enjeux éducatifs et sanitaires: la dimension sociale automatique de l'engagement corporel <i>Nicolas Margas</i>
17:15	Environnement spécifique du football professionnel en Suisse et modèles sportivo-économiques des clubs <i>Zahid Mustafi</i>

Aula	Endurance, Training, Testing Chair: Fernando Beltrami & Christina Spengler
16:00	Modelling training adaptation in swimming using artificial neural network geometric optimisation <i>Justin Carrard (YIA applicant)</i>
16:15	Repeated-Sprint Training in Hypoxia in Well-Trained Tennis Players <i>Thomas Blokker (YIA applicant)</i>
16:30	Comparison of thermoregulatory responses between Swiss high- and low-point wheelchair rugby players during a real game <i>Fabian Grossmann (YIA applicant)</i>
16:45	Effectiveness of endurance training guided by oxidative stress analysis <i>Amélie Parolini (YIA applicant)</i>
17:00	The Blood Steroidal Profile: Impact of Topical Testosterone Treatment in Healthy Women <i>Olivier Salamin (YIA applicant)</i>
17:15	Effects of parameter definition for performance prediction during 40-km cycling time-trials <i>Fernando Beltrami</i>

Room 118	Extended Symposium: From the field to the lab to the field – Transferring the demands of coaches into evidence-based practice. Chair: Oliver Faude
16:00	Tradition und Innovation für den Leistungssport <i>Silvio Lorenzetti</i>
16:20	Implementing performance enhancement and injury prevention strategies: why the context and evidence matters?! <i>Jörg Spörri</i>
16:40	Long-term development of neuromuscular ‘Key Performance Indicators’ in elite youth athletes – Insights from the FC Basel 1893 Academy <i>Thomas Bernhard</i>
17:00	Performance diagnostics in sport climbing: Inefficient force generation <i>Peter Wolf (added to symposium)</i>
17:15	Blood flow restriction during low intensity rowing increases $\dot{V}O_2$ max in highly trained endurance Athletes: A 5-weeks randomized controlled trial <i>Steffen Held (added to symposium)</i>

17:40 – 18:40

Thursday, 06.02.2020

Aula	General assembly of the SGS/4S <i>Details: see invitation</i>
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Friday, 07.02.2020

08:30 – 09:30

Friday, 07.02.2020

Symposia 2

Room 115	Travail, Trajectoires, Transferts - Le football suisse au prisme de ses migrations Chairs: Grégory Quin; Siegfried Nagel
08:30	Repenser l'arrêt Bosman. Réflexions préliminaires sur l'internationalisation du football suisse (1980-2010) <i>Grégory Quin</i>
08:50	Soziale Integration in Schweizer Fussballvereinen <i>Matthias Buser</i>
09:10	Sport as a Tool for Social Inclusion. The Example of FLAG21 in Geneva <i>Kataria Mridul</i>
Room 117	Associations of physical activity and health-related factors in children Chair: Martin Keller; Henner Hanssen
08:30	Cardiovascular prevention in primary school children: The Sportcheck Study <i>Giulia Lona</i>
08:50	The SOPHYA cohort on objectively measured physical activity trajectories in Swiss youth <i>Johanna Hänggi</i>
09:10	Swiss Preschoolers' Health Study (SPLASHY) <i>Amar Arhab</i>
Aula	VO₂max in Health and Performance Chair: Arno Schmidt-Trucksäss
08:30	VO ₂ max - The most underused health marker <i>Arno Schmidt-Trucksäss</i>
08:50	Aerobic fitness: testing for endurance exercise assessment and prescription <i>Davide Malatesta</i>
09:10	VO ₂ max - Variability and verification – important implication for measurement <i>Raphael Knaier</i>
Room 118	Intensität im gymnasialen Sportunterricht: Untersuchungen an der Schnittstelle Forschung - Praxis Chair: Roger Scharpf
08:30	Status quo in HIT research <i>Christina Spengler and/or Fernando Beltrami</i>
08:50	Effektivität von HIT-Circuits und verschiedenen Tabatas <i>Ch. Huber/ N. Müller</i>
09:10	Resultate eines 6- bzw. 8-wöchigen HIT-Trainings im Grundlagenfach resp. Ergänzungsfach Sport <i>D. Häner / Ch. Fässler</i>

10:00 – 11:15

Friday, 07.02.2020

SGS-presentation and panel discussion

Aula	10:00-10:30: SGS/4S-presentation: Lukas Zahner 10:30-11:15: Panel discussion (Jürg Stahl, Walter Mengisen, Bengt Kayser, Christelle Hayoz)
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11:30 – 12:00

Friday, 07.02.2020

Workshop of the exhibitors

booth	Prophysics/Kistler: Control your performance
Room 118	Novotec Medical: Funktionsdiagnostik mit Leonardo Mechanographie und neuromuskuläres Training mit Galileo
Room 117	Imedos Systems: Retinal Vessel Analysis in Cardiovascular Prevention: Focus on Exercise Therapy
Room 115	Neurolite: Non-invasive quantification of tissue oxygenation in exercise physiology

13:00 – 13:40

Friday, 07.02.2020

Keynote 3

Aula	Health and physical activity in marginalized settings <i>Jürg Utzinger (Swiss TPH)</i> Chairs: Uwe Pühse & Markus Gerber
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14:00 – 15:30

Friday, 07.02.2020

3 oral sessions & 1 extended symposium

Room 115	Physical Activity in Educational & Clinical Settings Chairs: Magali Descoedres; Sandra Jourdan
14:00	« C'est un peu la fête en gym ». Analyse de l'activité située d'adolescentes au sein d'une classe non mixte en EPS <i>Antoine Bréau</i>
14:15	Les élèves à besoins spécifiques : une source de développement pour l'enseignant novice ? <i>Magali Descoedres</i>
14:30	Nutzung kooperativer Lernformen bei Schülern im Sportunterricht <i>Sandra Jourdan</i>
14:45	How can situational interest increase students' physical activity in a design-based bike exergame? <i>Cédric Roure</i>
15:00	Patterns of physical activity, depression, sleep complaints and mental toughness in people with diagnosed diabetes mellitus Type 2 <i>Serge Brand</i>
15:15	Two types of aquatic exercising improved depression, subjective sleep and cognitive performance in persons with Multiple Sclerosis <i>Dena Sadeghi Bahmani</i>

Room 117	Ageing and Inactivity
	Chair: Oliver Faude & Lars Donath
14:00	The burden of physical inactivity in Switzerland in 2017 <i>Renato Mattli</i>
14:15	First Cardiorespiratory Fitness Reference Values for Switzerland: The COMpLETE-Health Study <i>Jonathan Wagner</i>
14:30	Association between handgrip and leg strength in different age groups in the COMpLETE study. <i>Eric Lichtenstein</i>
14:45	Generations on the Move: a five-armed intergenerational exercise-and health promotion trial <i>Alice Minghetti</i>
15:00	Unstable stepping using exergaming: Findings of a 3-armed randomized controlled trial <i>Lars Donath</i>
15:15	Respiratory muscle endurance training improves exercise performance but not resting blood pressure and sleep in healthy active elderly <i>Jan Stutz</i>

Aula	Mechanisms in sports sciences
	Chair: Nicolas Place
14:00	Neurophysiological mechanisms underlying the fitness-cognition relation in young adults: A simultaneous EEG-fNIRS study <i>Sebastian Ludyga</i>
14:15	More temporally focused motor commands with an external focus of attention <i>Yves-Alain Kuhn</i>
14:30	Neural control of perturbations when standing on an instable surface <i>Michael Wälchli</i>
14:45	Oxidative stress as a mechanism for exercise-induced stem and progenitor cell mobilization <i>Michelle Schmid</i>
15:00	Exercise and vascular ageing: a cross-sectional and randomized controlled trial <i>Lukas Streese</i>
15:15	Low energy availability in sports: What about wheelchair athletes? <i>Joëlle Flück</i>

Room 118	Extended Symposium: Exercise interventions in pediatric cancer (survivors)
	Chair: Valentin Benzing; Sofia Anzeneder
14:00	The Brainfit study: efficacy of working memory training and physical exercise in improving cognitive performance in pediatric cancer survivors <i>Valentin Benzing</i>
14:17	Functional Capacity and Cardiovascular Risk Factors in Childhood Cancer Survivors – Baseline Results from the SURfit Study <i>Christina Schindera</i>
14:34	Can Physical Activity mitigate Low Bone Health in Childhood Cancer Survivors? <i>Ruedi Jung</i>
14:51	Exercise interventions for children with chemotherapy-induced peripheral neuropathy – state of the art <i>Fiona Streckmann</i>
15:08	Physical and mental health outcomes of physical exercise training in young cancer inpatients and survivors - a systematic review of RCTs <i>Sofia Anzeneder</i>
15:25	From academic in 'Exercise is Medicine' to wearing the "cancer patient" shoes first-hand: personal perspectives and reflections on Exercise Oncology in Switzerland <i>Ilaria Croci</i>

15:40 – 16:10

Friday, 07.02.2020

Mini-oral sessions

Room 115	Natural Sciences 1 Chair: Ralf Roth
15:40	Association of High Blood Pressure, Obesity, and Cardiorespiratory Fitness with Central Arterial Stiffness in Children: A Meta-Analysis <i>Christoph Hauser</i>
15:45	Modulation of the force evoked by wide-pulse, high-frequency neuromuscular electrical stimulation: potential implications for rehabilitation <i>Chris Donnelly</i>
15:50	play more football <i>Mirjam Hintermann</i>
15:55	The reliability of assessing biceps femoris long head architecture using extended field of view ultrasound <i>Paul Ritsche</i>
16:00	Neuromuscular activity before ACL rupture and during 12 months of rehabilitation - a case report. <i>Angela Gentsch</i>
Room 117	Natural Sciences 2 Chair: Fiona Streckmann
15:40	Unfallprävention bei J+S - Gelangen die Sicherheitsempfehlungen in die Praxis? <i>Tobias Arnold</i>
15:45	Urinverlust im (Spitzen-)Sport - (k)ein Problem? Ein narratives Review. <i>Monika Leitner</i>
15:50	What happens in wheelchair athletics? – A 10 year analysis of women's T54 performance development. <i>Claudio Perret</i>
15:55	Recovery of mobility function and life-space mobility after ischemic stroke (MOBITEC-Stroke): Study protocol <i>Roland Rössler</i>
16:00	New Secondary Exhaustion Criteria for Cardiorespiratory Fitness Testing in Healthy Adults Aged from 20 to 90 Years Old <i>Jonathan Wagner</i>
Room Aula	Social Sciences 1 Chair: Lukas Zahner
15:40	Face-to-face and remote physical activity counselling in in-patients with major depressive disorders – The PACINPAT randomized controlled trial <i>Robyn Cody</i>
15:45	The PACINPAT study: First experiences with a 12-month physical activity-counselling program in in-patients with major depressive disorders <i>Jan-Niklas Kreppke</i>
15:50	The acute effects of aerobic exercise on sleep in patients with depression: study protocol for a randomized controlled trial <i>Gavin Brupbacher</i>
15:55	In persons with Multiple Sclerosis (MS) subjective moderate and vigorous physical activity indices are associated with objectively shorter sleep-onset latency, lower subjective sleep complaints, and lower daytime fatigue, but not with EDSS scores and mental toughness <i>Dena Sadeghi Bahmani</i>
16:00	Cardiorespiratory fitness but not physical activity buffers real-life stress responses in police officers. <i>René Schilling</i>
16:05	Effects of self-regulatory skill training on cognitive antecedents and exercise and sport behaviour in high school students: A cluster randomized controlled trial <i>Manuel Coimbra</i>

Room	Social Sciences 2
118	Chair: Markus Gerber
15:40	Changes in self-reported physical activity predict health-related quality of life among South African schoolchildren: findings from the DASH intervention trial <i>Stefanie Gall</i>
15:45	KaziHealth: First experiences with a workplace health promotion programme designed for teachers working in disadvantaged primary schools in South Africa <i>Nandi Joubert</i>
15:50	Potential impact of aerobic exercise intervention with male refugees living in a refugee camp in Greece: An exploratory study <i>Florian Knappe</i>
15:55	Sleep and physical activity patterns among children from three African countries. Findings from the KaziAfya study <i>Christin Lang</i>
16:00	Association between nutritional status, physical activity (PA), physical fitness and soil transmitted helminth infections in marginalized areas, Port Elisabeth (PE), South Africa. <i>Johanna Beckmann</i>
16:05	Physical activity and cardiorespiratory fitness as independent predictors of clustered cardiovascular risk in children living in disadvantaged communities in South Africa: A cross-sectional study <i>Ivan Müller</i>

16:20 – 16:40

Friday, 07.02.2020

Aula	Do the eyes tell the truth? Mechanisms of peripheral-vision usage and practical implications Christian Vater (Winner of the SGS-Dissertationspreis 2019) Chair: Siegfried Nagel
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16:40

Friday, 07.02.2020

Aula	Closing words and end of the conference <i>Uwe Pühse & Lukas Zahner</i>
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