



## *Interuniversity Doctoral School 12 May 2014*

### *State of the Art in Exercise Physiology*

**International speakers:** David Bishop and Paul Greenhaff

**National speakers:** Louise Deldicque, Wim Derave, Marc Francaux,  
Peter Hespel and Romain Meeusen

#### **PROGRAMME**

8h45-9h00: Welcome

9h00-9h05: Introduction

9h05-10h00: Paul Greenhaff (University of Nottingham, UK)

*Regulation of muscle fuel metabolism and mass under non-inflammatory and inflammatory conditions*

10h00-10h30: Wim Derave (UGent)

*Carnosine in muscle: new functions for an old molecule*

10h30-10h50: coffee break

10h50-11h50: 4x15 min oral presentations by docs/post-docs

- Cinthia Maria Saucedo Marquez (KU Leuven): *Brain derived neurotrophic factor (BDNF) levels after high interval training are higher than after an intense continuous exercise in healthy young men*

- Kevin De Pauw (VUB): *Cycling & recovery in the heat: what can the brain tell us?*

- Stéphanie Hody (ULg): *The small Heat Shock Proteins (sHSPs) response following eccentric exercise*

- Laura Blancquaert (UGent): *Gene expression of carnosine-related enzymes and transporters in human skeletal muscle: influence of chronic beta-alanine supplementation*

11h50-12h20: Louise Deldicque (KU Leuven)

*Regulation of muscle mass by hypoxia*

12h20-13h20: lunch

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13h20-14h20: David Bishop (Victoria University, Australia)

*15 years of applied sport science research: highlights and lessons learned?*

14h20-14h50: Romain Meeusen (VUB)

*What happens in the brain during exercise?*

14h50-15h20: 3x15 min oral presentations by docs/post-docs

- Hendrik Mommaerts (KU Leuven): *Muscle development in NOGGIN null mice*

- Julie Rodriguez (UCLouvain): *Identification of urolithin B as a new regulator of skeletal muscle mass*

- Pieter-Henk Boer (UGent): *The influence of sprint interval training on body composition, physical and metabolic fitness in adolescents and young adults with intellectual disability: a randomized controlled trial.*

15h35-15h55: coffee break

15h55-16h25: Marc Francaux (Université catholique de Louvain)

*The role of autophagy in muscle remodeling induced by exercise*

16h25-16h55: Peter Hespel (KU Leuven)

*Hypoxic training to improve exercise performance*

16h55-17h25: 2x15 min oral presentations by docs/post-docs

- Sven Feys (KU Leuven): *Damage Associated Molecular Pattern and innate cytokine release in the airways of competitive swimmers*

- Tine Bex (UGent): *Both endurance and sprint-interval training improve BA-induced muscle carnosine loading*

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## PRACTICAL INFORMATION

### Venue

Faculteit Bewegings- en Revalidatiewetenschappen (FaBeR)

Building: De Nayer

Room: Aula

Tervuursevest 101

3001 Heverlee

Belgium

### How to get there

Detailed information: <http://faber.kuleuven.be/english/education/route.php>

### Catering

Food and drinks will be provided for free for participants during the coffee and lunch breaks.

### Language

English

### Registration

The seminar is free but all participants need to register by sending an e-mail at [louise.deldicque@faber.kuleuven.be](mailto:louise.deldicque@faber.kuleuven.be) before Wednesday 7 May 2014.

### Abstracts

PhD students and post-docs are encouraged to send an abstract of max 250 words which will be reviewed by the organizing committee. The 6 best abstracts within the PhD students and the 2 best abstracts within the post-docs will be selected for an oral presentation. Deadline for submission: Monday 14 April to [louise.deldicque@faber.kuleuven.be](mailto:louise.deldicque@faber.kuleuven.be). You will be notified on Wednesday 23 April whether you were selected for an oral presentation as well as the schedule of your presentation. There is no poster session.



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