

**Faculty of Physical
Activity and Sport
Sciences University of
León (Spain)**

February 10, 2012



HISPANO-LUSO WORKSHOP ON SCIENCES IN EXERCISE AND ACTIVE LIFE

Organized by

**The Institute of Biomedicine
(IBIOMED), University of León,
Spain**

**The Polytechnic Institute of
Braganza, University of Tras-os-
Montes and Alto Douro, Portugal**

**The Research Centre in Sports
Sciences, Health Sciences and
Human Development, (CIDESD)
Portugal**



Programme

12,00	Wellcome	Marta Zubiaur, Dean Physical Activity and Sport Sciences School ULE
12,05	Inauguration	Alberto Villena, Research Vicerrector, ULE
12,10	Workshop Introduction	José Antonio de Paz, IBIOMED
12,15	CIDESD Presentation	Victor Lopes, CIDESD
12,20	IBIOMED Presentation	Javier González- Gallego, IBIOMED
	Research lines	
12,30	Exercise physiology, Acute and chronic responses, Cardiorespiratory adaptations	Catarina Abrantes, UTAD
12,40	Exercise physiology, Oxidative stress, Ageing, Muscle damage, DNA damage	Paula Mota, UTAD
12,50	Neuromuscular control, Strength, Biomechanics	Carolina Felix, IP Bragança
13,00	Strength, Equilibrium, Physical activity in the elderly, Functional assessment	Pedro Bezerra, IP Viana do Castelo
13,10	Motor coordination, Energy expenditure, Growth and maturation, Obesity,	Vítor P. Lopes, IP Bragança
13,20	Exercise prescription and disease	José Antonio de Paz, IBIOMED
13,30	Physical activity and health, Children, Obesity, Motor coordination	Luis Paulo Rodrigues, IP Viana do Castelo
13,40	Physical activity quantification, Physical exercise, Osteoporosis, Chronic renal failure	André Novo, IP Bragança

13,50	Lunch, Visit to IBIOMED and Physical Activity and Sport Sciences School	
	Research lines	
15,30	Psychology, Physical activity and exercise	José Vasconcelos, UTAD
15,40	Obesity, Physical activity promotion, Psychosocial factors	Maria João Almeida, U Madeira
15,50	Exercise, health and quality of life	Sara Márquez, IBIOMED
16,00	Obesity, Body Image, Physical activity	Eduarda Coelho, UTAD
16,10	Obesity and lifestyle in children and youth, Physical activity in the elderly	Isabel Mourão, UTAD
16,20	Exercise, Diabetes, Ageing, Cardiovascular diseases, Obesity	Pedro Magalhães, IP Bragança
16,30	Exercise and gene expression	Javier González- Gallego, IBIOMED
16,45	Satellite Meetings Special Interest Groups	
	Conclusions	José Antonio de Paz, IBIOMED Javier González- Gallego IBIOMED, Vítor P. Lopes, CIDESD



Institute of Biomedicine (IBIOMED)
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