Paediatric Sport & Exercise Medicine
27.08.2018 - 31.08.2018

summerschool UTRECHT

Course Director: *Tim Takken, PhD*
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Saturday and Sunday, 25/26.08.2018		
Time	**Activity**	**Description**
12.00-18.00	*Key pick up*	*You will find the exact key pick up location in the pre-departure information, which becomes available after you have paid the course fee.*

Monday, 27.08.2018		
Time	**Activity**	**Description**
8:45	Registration	*Registration*
9:00-9:15	Lecture	*Course introduction and welcome (Takken)*
9:15-10:15	Lecture	*Introduction in Paediatric Sports & Exercise Physiology (Takken)*
10:15	Break	
10:30-11:30	Lecture	*Is Chronological Age Enough?(Sarah Moore PhD,Cananda)*
11:30	Break	
11:45-12:30	Lecture	*TBD*
12:30-13:15	Lunch	
13:15-14:45	Lecture	*Clinical Application of Paediatric Sports & Exercise Medicine (Hulzebos)*
14:45	Break	
15:15-17:00	Workshop	*Anthropometry*
17:00		*End*

Tuesday, 28.08.2018		
Time	**Activity**	**Description**
9:00-10:30	Lecture	*How to measure physical activity? (Bogaards)*
10:30	Break	
10:45–11:30	Lecture	*The Physical Activity Report Card for Children and Youth (TBC)*
11:30	Break	
11:45-12:30	Lecture	*Gaming & Health (TBC)*
12:30-13:15	Lunch	
13:15	Lecture	*Physical activity & fitness in children with disability (TBC)*
14:45	Break	
15:15-17:00	Workshop	*Physical activity monitoring*

Wednesday, 29.08.2018		
Time	**Activity**	**Description**
9:00-10:30	Lecture	*Principles of exercise testing in the lab & field (Takken)*
10:30	Break	
10:45-11:30	Lecture	*Pediatric Sports Medicine in Practice (Versloot)*
11:30	Break	
11:45-12:30	Lecture	*TBD*
12:30-13:15	Lunch	
13:15-17:00	Practical assignment	*Exercise test*
17:00-19:30	*Tour & Drinks in the WKZ*	*Supported by the Child Health program of the UMC Utrecht*

Thursday, 30.*08.2018*		
Time	**Activity**	**Description**
9:00-10:30	*Lecture*	*Exercise prescription in children (Van Brussel & Hulzebos)*
10:30	*Break*	
10:45-12:30	*Lecture*	*HAYS & Sport 2 Stay Fit Study (Zwinkels & Lankhorst)*
12:30-13:15	*Lunch*	
13:15-14:30	*Lecture*	*Exercise physiology meets brain health (Eero Haapala, PhD, Finland)*
14:45	*Break*	

15:15	*Workshop*	*Health Monitoring*
17:00	*END*	
17:30		*Social activity in City Center*

Friday, 31.08.2018		
Time	**Activity**	**Description**
9:00-10:30	*Workshop*	*Interpretation of exercise test data (van Brussel)*
10:30-12:00	*Group assignment*	*Presentations group assignment*
12:00-12:30	*Q&A*	
12:30	*END*	*FAREWELL*

This summerschool is supported by **Dynamics of Youth** & **Child Health**.

Dynamics of Youth is one of Utrecht University's four strategic themes. www.uu.nl/doy

Child health, science for life

About the research program 'Child Health'

The UMC Utrecht is a center of excellence and has the formal position to deliver specialized care (so-called 'topreferente zorg'). Continuous improvement of high quality of care can only be achieved by high standards of scientific research and a clear focus on specific disease areas.

All diseases in focus of the Child Health program are characterized by their influence on the individuals' entire lifespan. These disorders often start at the beginning of life, or even before birth, and can have consequences far into adulthood. Within the Child Health program the 'Cycle of Life' approach is strongly intertwined with the so called 'Cycle of Innovation'. In this 'Cycle of Innovation' ambitious interdisciplinary teams of patients, clinicians and investigators – from bench to bedside to society - strive to develop and implement novel approaches for treatment, (early) diagnosis, prognosis and monitoring of maternal health and children with chronic diseases to fulfill unmet medical and psychosocial needs, to improve the lives of these women, (unborn) chronically ill children and their relatives. Both cycles interact at any moment in our hospital.

The Child Health program links top referent care for pediatric and maternal patient groups to interdisciplinary research from fundamental to translational to longitudinal applied medical research. All maternal and pediatric chronic diseases in focus of the Child Health program share that they start in early beginning of life and can have consequences far into adulthood. These patient-focus areas are: periconceptional, ante- and perinatal damage, congenital and hereditary disorders, severe inflammatory disorders and oncology.