



Official News Bulletin of the

European College of Sport Science

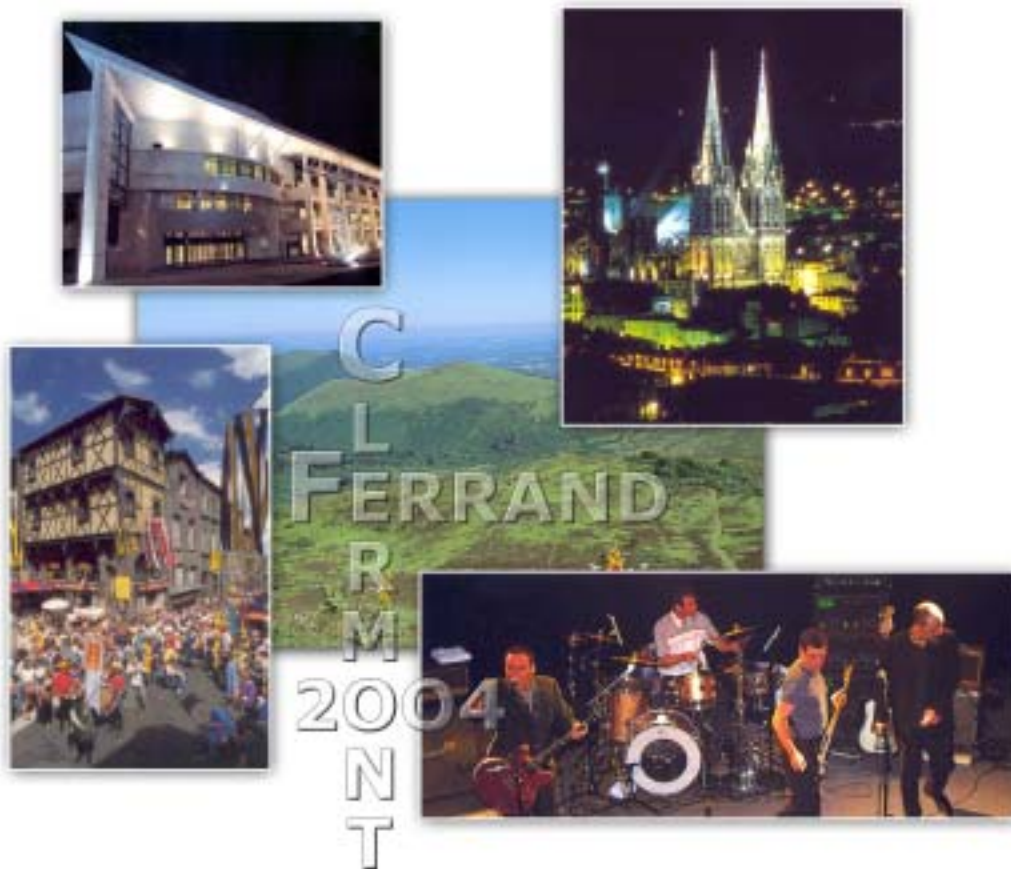


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THE BULLETIN IN BRIEF

Message from the President

Michael Kjaer reviews the Salzburg Congress and gives an outlook on the future projects, page 3-4.

What's New

Election results of the Executive Board, the new Executive Editor of the EJSS, website information etc. on page 5.

Call for bidders

From 2007 the ECSS is open to bidders interesting in hosting an annual Congress. Read page 6 and submit proposal to supplied address.

EJSS - call for papers

In its third year the online journal offers papers from all areas of sport science to be published, see page 7.

Salzburg Congress 2003

Inside story, statistics and the finalists of the Young Investigators Award, find out more on pages 8-14.

Masterfoods

Sylvie Chartron's address to the ECSS members on occasion of the 8th Annual Congress in Salzburg 2003 on pages 15-16.

JSPFSM Exchange Programme

Pernille Keller 2nd in the YIA gives a report on this years exchange programme between the ECSS and the Japanese Society of Physical Fitness and Sports Medicine (JSPFSM), pages 17-18.

Clermont-Ferrand Congress 3-6 July 2004

In 2004 the annual Congress is hosted by Clermont-Ferrand, France. Congress information and registration forms are available at: <http://www.ecss2004.com>.

ECSS Sponsorship

Sponsorship options and contact for more detailed information on page 21.

Membership form

Become a member and take advantage of reduced registration fees and other membership benefits, page 22.

Imprint

Contact details on page 23.



New President of the ECSS
Michael Kjaer

MESSAGE FROM THE PRESIDENT

Dear ECSS members,

I greet you all after the successful congress in Salzburg which I think both scientifically, and with regards to social exchange, showed that the ECSS is improving both in terms of quantity and quality. 1559 participants from 61 different nations attended the ECSS Congress and a total of 1225 abstracts from all areas of sport science were submitted of which 597 were poster presentations.

The Executive Board of the ECSS will over the next years try to encourage improved scientific quality and increased activity level of the College. There are specific points where we will encourage other activity levels.

1) The most important asset of the College are the annual congresses, and here we will aim at getting the top class level in sport science despite the fact that we also will encourage areas to attend, which not necessarily have such a big history within sport science. We will also try to bring together more basic and applied science and attract researchers from other areas to move into sport science and medicine. In an attempt to improve the quality, the Scientific Committee will be enlarged and supplemented by a Scientific Board. It will work together with the local organizers of each congress. We will try to increase the scientific information to the members and make lectures from the different conferences available on the web. Let there be no doubt that the work of the Scientific Committee is among the most important work in the College, and I thank Albert Gollhofer for his job as a chair for the Scientific Committee so far and welcome him as General Secretary to the Executive Board. I most warmly welcome Tom Reilly as new chair of the Scientific Committee and look very much forward to the work here.

2) The College will try to encourage information level with regards to training, health and sports and specific task force groups will be formed in order to provide small reviews and position statements that can not only be regarded as information to the members, but can also serve as a political prerequisite in the discussion of the different countries in Europe on physical activity and health. One point will be to link physical activity to a visible platform in the EU and build it into guidelines for EU regarding health. Furthermore these position statements will be published in the EJSS and I welcome here Asker Jeukendrup as the new EJSS Editor and thank Heiko Strüder for his large work so far with the journal. With regards to our international collaboration our position statements can also be used for a closer interaction discussing different approaches to sport science and health between continents (e.g. North America). It is important that the ECSS serves as a stronger platform in uniting the different research approaches all over Europe offering recommendations on health, training and sport.

3) The College will encourage the continuing education and has already provided information on the ECSS Certification Program, which will be developed further, and it is my hope, that within the next couple of years we can establish a strong educational program which can be of help for all people and all levels within sport science.

There are several people which should be thanked warmly and maybe not could be thanked enough for their contribution over the last years, and especially in relation to the last congress. A warm thanks to Erich Müller and his whole team for the tremendous effort with the Salzburg Congress and I welcome Erich as the new President Elect. Furthermore I would also like to thank our founding sponsor, Masterfoods, for the price money for The Young Investigators Award, where 30.000 Euro were distributed among 20 finalists selected from 190 candidates. A thanks to Sylvie Chartron, Masterfoods and the competing candidates. I really think that this competition is helping to raise the scientific quality of the congress. Thank you also to the IOC, Dr. Patrick Schamasch, Medical Director of the IOC and to our colleges from ACSM, EFSM, ENSSEE, ICSSPE and JSFPSM for contributing substantially to the meeting regarding collaborating activities in the future amongst the scientists. I would also like to thank my predecessor Paolo Parisi, the former Past President Joachim Mester and the former treasurer Susan Ward for leaving the College in such a healthy condition.

Finally my warmest thanks to Managing Director Gerard King, without whom several things would be much more complicated and who's a part of the backbone of the society. I look forward to seeing you all next year in Clermont-Ferrand as well as in the following years coming up with Belgrade in 2005 and Lausanne in 2006.

Best wishes

Michael Kjaer



WHAT'S NEW ?



Elections

The new Executive Board took Office following the 8th Annual Congress of the ECSS in Salzburg. Our thanks goes out to the former members of the Executive Board. Joachim Mester as one of the founding members of the ECSS has left the Executive Board his place as Past President is taken by Paolo Parisi. The former treasurer Susan Ward has also left the Board and is replaced by Mike McNamee. Erich Müller has been voted the President Elect and Albert Gollhofer is the new General Secretary.

New Executive Board 2003-2005

Michael Kjaer, President
Paolo Parisi, Past President
Erich Müller, President-Elect
Albert Gollhofer, General Secretary
Mike McNamee, Treasurer

ECSS Congress 2004 Clermont-Ferrand

The 9th Annual Congress between 3 - 6 July will take place in Clermont-Ferrand, France.

More information is available on the ECSS website at: <http://www.ecss2004.com>

Future ECSS Congresses:

2005 Belgrade
2006 Lausanne

New EJSS Executive Editor

Heiko Strüder has been succeeded by Asker Jeukendrup as Executive Editor of the European Journal of Sport Science. Sincere thanks to Heiko Strüder for his two year term of office and dedication to the ECSS and its internet journal.

Heiko Strüder

Asker Jeukendrup

We look forward to working with the new Executive Editor of the EJSS.



Young Investigators Award regulations

Participants must be under the age of 32 at the time of the Congress. ECSS membership is mandatory. Award winners will not be eligible for an award in the same category (oral or poster) in subsequent ECSS Congresses.

ECSS Website relaunch

The new ECSS website has been launched with new design and functions. We are open to criticism and suggestions from our members. <http://www.ecss.de>

New design of the EJSS

The website of the EJSS has been re-launched with an altered design facilitating login procedures <http://www.humankinetics.com/ejss>

ECSS membership

Membership for the year 2004 can be paid either by regular invoice, membership form or combined with the registration fee for the Clermont-Ferrand Congress in 2004.

Application for fellowship

Members interested in becoming fellows of the ECSS may apply to the ECSS Office.

Requirements are:

3 year membership, fellows shall support the goals of the College by distinguished activities. They shall have obtained a doctor's degree and have made a significant contribution to the development of sport science through research.

Call for bidders

CALL FOR BIDDERS

Proposal to host an Annual Congress of the ECSS from 2007 onwards

Please fill in the proposal sheet and send it to the ECSS Office:

Gerard King
ECSS Office
Carl-Diem-Weg 6
50933 Cologne
Germany
Phone: +49 221 4982 764
Fax: +49 221 4982 765
E-mail: king@dshs-koeln.de

Proposal to host an ECSS Congress

Last Name

First Name

Institution

Address

Phone

Fax

E-mail

You will be notified regarding the guidelines and sent additional information following your submission of the proposal.





CALL FOR PAPERS

The European Journal of Sport Science

Some facts:

- Issued by the ECSS in collaboration with Human Kinetics since 2001
- Free subscription for ECSS members, bimonthly
- Peer reviewed, refereed scientific journal
- Based on research and clinical experience
- Covers the biological, behavioural and social sciences concerning sport science
- Facilitates and enhances communication across all subdisciplines
- Full-color illustrations, video, animation and interactive software possible
- Back issues availability online, keyword search

Editors in Chief

Paavo Komi
Joachim Mester
Roland Renson
Bengt Saltin

Please feel free to view the following link for more detailed information:
<http://www.humankinetics.com/ejss>

The ECSS invites you to submit a paper for publication.

Please send to:

Asker Jeukendrup
University of Birmingham
School of Sport and Exercise Sciences
Edgbaston
B15 2TT Birmingham
United Kingdom
E-mail: a.e.jeukendrup@bham.ac.uk
Fax: +44 121 414 4121
Phone: +44 121 414 4124

SALZBURG CONGRESS 2003



Salzburg castle viewed across the river Salzach

Opening ceremony, concert, outside the Congress centre, Congress clothing gear



Part of the local Salzburg team

SALZBURG CONGRESS 2003

Registration desk, entrance hall, Mirabell Gardens, closing ceremony, dinner



SALZBURG CONGRESS

An account by the
local team
Salzburg 2003

ECSS 2003...

FROM THE INSIDE

Report by the Salzburg Congress Managing Director

Gerhard Zallinger

One often tends to characterize a Congress by the impressive participation figures. I would like to first outline the lasting impressions for us Congress organisers.

What fascinated me most were the mental key moments of the Congress. Opening remarks signalling to all co-workers that the Congress has begun. Scores of people at the registration desks, dissolving all doubts as to the reliability of the e-mail newsletter. Satisfied expressions of the participants underlining the correct choice of the social programme. In particular the moments in which the team which had toiled for months on end receives positive feedback and gratitude will remain a treasured memory. Hungry evenings due to having forgotten the dinner in front of the computer, short nights and hours of meetings are a thing of the past. It became apparent, that some of us repressed their need of sleep and yet were able to produce outstanding work results. Others developed the capability of writing a mail while at the same time making a phone call and seemingly following a conversation simultaneously.

No one was able to withdraw themselves from the international flair filling the Congress centre for 4 days and resulting in mental as well as physical top performance. Thus the ECSS Congress 2003 paid off in various ways. Although I was not able to personally follow up every comment and remark made by participants, I would still like to believe that the scientific programme was excellent. I definitely wanted to witness the finals of the Young Investigators Award but cannot remember which phone call prevented me from doing so.

The planning and preparation of the evenings was complemented by the lively and enjoyable social programme, used by some to explore local and regional specialities, by others to engage in discussions with colleagues. After the exhausting evenings it was a great advantage, that the locations were close together exposing the participants to physiological safe performance levels.

A small insight into the preparations demands to take a look at what led to 4 wonderful days in Salzburg. Approximately 2.500 incoming and about the same amount of outgoing e-mails to the Congress Office. The same amount sent to the Scientific Office emphasizes the main communication channel. 80 members of staff working around the clock in three different task forces. More than 1.500 guests from all continents giving the Congress a true international flair, and finally a Congress President who always had an overall and clear view and gave the Congress its gentle trademark... In Austria one likes to close with the words: "Thank you - I was very pleased!".

Gerhard Zallinger

SALZBURG 2003 ATTENDANCE AND STATISTICS

Attendance

Salzburg Congress 9 - 12 July
2003

Countries & Participants

ARMENIA	1	LATVIA	13
AUSTRALIA	27	LITHUANIA	14
AUSTRIA	181	MALAYSIA	3
BELGIUM	44	MEXICO	1
BOSNIA & HERZ.	3	MOLDOVA	11
BRAZIL	29	NEW ZEALAND	2
BULGARIA	2	NIGERIA	25
CANADA	30	NORWAY	37
CHILE	3	POLAND	31
CHINA	5	PORTUGAL	37
COLOMBIA	1	ROMANIA	15
CROATIA	16	RUSSIA	10
CZECH REPUBLIC	9	SAUDIA ARABIA	2
DENMARK	67	SERBIA & MONTENEGRO	13
ESTONIA	12	SINGAPORE	2
FINLAND	60	SLOVAKIA	1
FRANCE	53	SLOVENIA	18
GERMANY	213	SOUTH AFRICA	20
GHANA	8	SPAIN	24
GREECE	37	SWEDEN	22
HONG KONG	3	SWITZERLAND	36
HUNGARY	44	TAIWAN	5
ICELAND	1	THE NETHERLANDS	27
INDIA	1	TUNESIA	2
IRAN	17	TURKEY	5
IRAQ	1	UKRAINE	3
IRELAND	5	UNITED ARAB. EMIRA.	1
ISRAEL	3	UNITED KINGDOM	78
ITALY	89	USA	55
JAPAN	74		
KAZAKHSTAN	2		
KOREA	5		

TOTAL number of countries: 61

TOTAL number of participants: 1559

YOUNG INVESTIGATORS AWARD 2003

WINNERS OF THE ORAL PRESENTATIONS

1st



Pascal Delheye – Belgium

STATISTICS AND GYMNASTICS: THE ORIGINS OF MOVEMENT SCIENCE IN BELGIUM (1869-1908)

PERSONAL: Born 24 November 1978 in Roeselare, Belgium. **ACADEMIC REPORT:** 1996-2000 Master in Physical Education (+ European University Degree in Sport Management), K.U.Leuven. 2000-2001 Research Scholarship, Department of Movement Sciences, K.U.Leuven + Complementary Studies in Economy, K.U.Leuven. **EMPLOYMENT:** Research assistant of the Fund for Scientific Research Flanders (Belgium), K.U.Leuven. **RESEARCH INTERESTS:** History of science, sports history and socio-cultural kinesiology.

2nd



Pernille Keller - Denmark

EXERCISE AND RHIL-6 INFUSION INCREASES IL-6 AND PPAR γ GENE EXPRESSION IN HUMAN SKELETAL MUSCLE AND ADIPOSE TISSUE

PERSONAL: Born 19 October 1974 in Hillerod, Denmark. **ACADEMIC REPORT:** April 2001 Masters of Science in Biology, University of Copenhagen. May 2002 – present: PhD student at University Hospital of Copenhagen, Denmark. **EMPLOYMENT:** May-August 2001 research assistant at Institute of Molecular Pathology, University of Copenhagen, Denmark. August 2001- April 2002 research assistant at Department of Genetics, University of Copenhagen, Denmark. **RESEARCH INTERESTS:** Effects of exercise on metabolism in muscle and adipose tissue in humans.

3rd



Jean Benoit Morin - France

A SIMPLE METHOD FOR FIELD ASSESSMENT OF STIFFNESS DURING RUNNING

PERSONAL : Born 30 October 1979 in Besançon, France. **ACADEMIC REPORT:** 1996-2000 Master in Sport Sciences, Sport Science University, Besançon; 2001-2003 PhD student Human Movement and Sport Performance, Biomechanics, University of Saint-Etienne. **EMPLOYMENT:** Assistant teacher, University of Sport Sciences, Saint-Etienne. **RESEARCH INTEREST:** Running Biomechanics, Sprint Running Performance.

4th



Lars Andersen - Denmark

INCREASED MAXIMAL UNLOADED MOVEMENT SPEED AND ALTERED MHC ISOFORM COMPOSITION FOLLOWING DETRAINING SUBSEQUENT TO STRENGTH TRAINING

PERSONAL: Born 16 May 1974 in Kalundborg, Denmark. **ACADEMIC REPORT:** 1995-2002 Institute of Exercise & Sport Sciences, University of Copenhagen. **EMPLOYMENT:** Co-worker at the Sports Medicine Research Unit/Team Denmark. Testcenter, Bispebjerg Hospital, Denmark. **RESEARCH INTERESTS:** Neural and muscular adaptations to resistance training and detraining.

YOUNG INVESTIGATORS AWARD 2003

WINNERS OF THE POSTER PRESENTATIONS

1st

Thomas Pedersen - Denmark

LOSS OF FORCE INDUCED BY HIGH EXTRACELLULAR K^+ - EFFECT OF TEMPERATURE, LACTIC ACID AND β_2 AGONIST IN RAT SOLEUS MUSCLE

PERSONAL: Born 18 August 1975 in Sønderborg, Denmark. **ACADEMIC REPORT:** 2003 Master degree in Biology from The University of Aarhus, Department of Physiology. **EMPLOYMENT:** Co-worker at the Department of Physiology. **RESEARCH INTERESTS:** The protective effect of lactic acidosis against loss of excitability in K^+ -depressed muscles.

2nd

Ariane Pochon - Switzerland

INFLUENCE OF ANTHROPOMETRIC PARAMETERS ON SYNCHRONIZED SWIMMING PERFORMANCE

PERSONAL: Born 13 March 1976 in Lausanne, Switzerland. **ACADEMIC REPORT:** 1998 Graduated in Physical Education by University of Lausanne, Switzerland. 2003 Graduated in Sport Sciences (training and management) by University of Lausanne, Switzerland. **EMPLOYMENT:** 1999-2002 synchronized swimming coach for the Swiss junior national team. **RESEARCH INTERESTS:** Synchronized swimming.

3rd

Daisuke Kumagawa - Japan

EFFECTS OF MUSCLE STRUCTURE AND FUNCTION DUE TO GROWTH AND DEVELOPMENT ON SKATING PERFORMANCE IN MALE AND FEMALE SPEED SKATERS

PERSONAL: Born 1 February 1979 in Gunma Prefecture, Japan. **ACADEMIC REPORT:** 2001-2003 Master's Program student, Graduate School of Sport System Kokushikan University. 2003 Doctoral Program Student of Sports Biomechanics in Graduate School of Sport System Kokushikan University, Japan. **RESEARCH INTERESTS:** Effects of growth and development and gender on muscle performance in humans.

4th

Toshijuki Homma - Japan

THE EFFECTS OF A 3-WEEK FOREARM IMMOBILISATION AND TRAINING ON MUSCLE FUNCTION AND ENERGETICS

PERSONAL: Born 7 October 1971 in Yokohama, Japan. **ACADEMIC REPORT:** 1998-2002 Graduate School of Tokyo Medical University. **EMPLOYMENT:** 2002-2003 Research Fellow, Department of Preventive Medicine and Public Health Tokyo Medical University. **RESEARCH INTERESTS:** Muscle energy metabolism during exercise in humans.

YOUNG INVESTIGATORS AWARD 2003

EQUAL FIFTH ORAL AND POSTER PRESENTATIONS

Oral Presentations

Jatin Burniston - United Kingdom

MYOTOXIC AND HYPERTROPHIC EFFECTS OF A LOW DOSE OF CLENBUTEROL

Research Institute for Sports and Exercise Sciences, Liverpool John Moores University, United Kingdom

Geir Jordet - Norway

PERCEPTUAL TRAINING IN FOOTBALL: A LONGITUDINAL INTERVENTION CASE STUDY

Department for Sport & Biological Sciences, Norwegian University of Physical Education, Oslo Norway

Alison Kirk - United Kingdom

EXERCISE CONSULTATION INCREASED PHYSICAL ACTIVITY AND IMPROVED BOTH GLYCAEMIC CONTROL AND CARDIOVASCULAR RISK FACTORS IN PEOPLE WITH TYPE 2 DIABETES

Centre for Exercise Science and Medicine, University of Glasgow, United Kingdom

Goran Tufekovic - Denmark

CHANGES IN EXPLOSIVE MUSCLE STRENGTH DUE TO HEAVY RESISTANCE STRENGTH TRAINING WITH CREATINE, PROTEIN OR CARBOHYDRATE SUPPLEMENTATION

Sports Medicine Research Unit, Bispebjerg Hospital, Copenhagen, Denmark

Janina Vitt - Germany

EFFECTS OF AN IN-PATIENT REHABILITATION PROGRAMME IN CHILDREN WITH CHRONIC DISEASES

Institute for Rehabilitation and Sports for the Disabled, German Sport University Cologne, Germany

Karen Zentgraf - Germany

ACTIVATION OF MOTOR AND RELATED AREAS DURING OBSERVATION AND MENTAL IMAGERY OF GYMNASTIC MOVEMENTS: AN fMRI STUDY

Institute of Sport Science, University of Gießen, Germany

Poster Presentations

Stefanie Karl - Germany

IMPACT OF FLEXIBLE LUMBAR CORSETS ON THE FUNCTIONAL STABILITY OF THE LUMBAR SPINE DURING A SIMULATED SLIP

Institute of Sport Sciences, University of Freiburg, Germany

Bastian König - Germany

AUTONOMIC CARDIOVASCULAR CONTROL AND HEART RATE VARIABILITY IN CASE OF OVERWEIGHT COMPARED TO HEALTHY SEDENTARIES

Center for Internal Medicine, Department of Rehabilitation, University of Freiburg, Germany

Pirita Leppänen - Finland

REGIONAL MUSCLE BLOOD FLOW AND LYMPH FLOW RESPONSES TO EXERCISE IN TRAINED AND UNTRAINED MEN

Likes Research Center and Neuromuscular Research Center, University of Jyväskylä, Finland

Ulla Ramer Mikkelsen - Denmark

EXCITATION-INDUCED CALCIUM INFLUX AND SKELETAL MUSCLE DAMAGE

Department of Physiology, University of Aarhus, Denmark

Ross Roberts - United Kingdom

THE EFFECTS OF MOTIVATIONAL IMAGERY ON PHYSICAL PERFORMANCE AND RPE IN A CONTROLLED SPORT SETTING

School of Sport, Health and Exercise Sciences, University of Wales, Bangor, United Kingdom

Roel Vaeyens - Belgium

THE RELATIVE AGE EFFECT IN SENIOR SOCCER: A SHIFT SINCE 1997

Department of Movement and Sports Sciences, Ghent University, Belgium



<http://www.masterfoods.com>

Masterfoods
Mars Incorporated

FOUNDING SPONSOR MASTERFOODS (MARS INC.)

Speech on occasion of the Young Investigators Award at the ECSS
Congress Salzburg, Austria 12 July 2003

Sylvie Chartron
Scientific Affairs Manager
Masterfoods (Mars, Incorporated)

"Welcome to everybody!"

It gives me very great pleasure to be with you again for this awards ceremony. Since 99 in Rome, I have had the privilege to speak on behalf of Masterfoods. Maureen Edmondson, who did it during the first congresses sends you her kind regards from her peaceful Ireland where she is enjoying her retirement. Bill Fry who did enjoy so much to be with you last year asked me to apologise for him not being able to attend this year.

I missed only one congress, in 1997 in Copenhagen, but every year by looking at the list of participants, I notice so many familiar names of enthusiastic ECSS friends that I can speak about a kind of family reunion! In the course of my own ECSS history, which started in Nice, I have become familiar with the pleasant and friendly atmosphere at the congresses, and with the serious atmosphere during this Mars/Masterfoods Young Investigators Award ceremonies. I am already impatient to congratulate the 20 new scientists who have been nominated for these Awards and to let them also feel heartily welcome to our family.

I am more and more impressed by what the ECSS has achieved since 1996. The ECSS has developed into an organisation which receives world wide recognition and appreciation. All members are working in a climate of almost continuous change with regard to the rapid advances in scientific achievement, changing health priorities, and the ever present concerns of research funding. To keep up with these changes, it is increasingly important that we meet yearly for sharing updated scientific knowledge and exchanging ideas. Since the beginning of ECSS, there has been a fruitful partnership between the College and Mars/Masterfoods: we are both strongly committed to the development and encouragement of healthy lifestyles - and you hold some important keys to the locks. We need the College to meet the leading scientists and get early access to the news in the field. The College recognises that the Young Investigators Award is one of the most attractive parameters for young scientists to attend the congresses.

This year 190 abstracts applied for the competition.

For the 8th time, Mars is particularly proud to support this Award and to congratulate the young scientists who participated in this year's competition. They are the ones who will provide the solid science that we need and we are delighted to participate in the College's efforts in order to activate and motivate young scientists.



<http://www.masterfoods.com>

I am convinced that the relationship between ECSS and Mars will continue to be fruitful.

As a leading food company, Masterfoods has a role to play in consumers information on the principles of healthy eating and living, in order for them to make free choices on their lifestyle. Masterfoods strongly believes in the benefits of both physical activity and good nutrition.

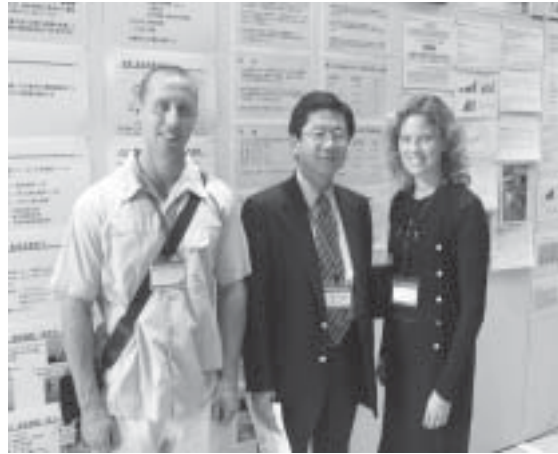
I do not want to abuse to much of your time, it is fair now to congratulate the winners, but before giving the floor to the jury's president I would like to thank the Scientific Committee who had the difficult task of judging the participants. I would also like to congratulate and thank Erich Müller and his team for the huge work they achieved in the preparation of this 8th congress which will remain in all our memories.

I hope to see all of you in Clermont-Ferrand next year to learn of the progress you have made.

Sylvie Chartron

Exchange Symposium ECSS and the JSPFSM

Lars Andersen (left),
Dr. Toshihito Katsumura
(centre), Pernille Keller
(right)



JSPFSM REPORT

6th International Session for Young Investigators in Sports Medicine and Sport Science. A scientific exchange between the European College of Sport Science and the Japanese Society of Physical Fitness and Sports Medicine.

The International Session for Young Investigators in Sports Medicine and Sport Science was first introduced in 1998 as a forum for allowing the exchange of ideas and information between young scientists from the ECSS and the Japanese Society of Physical Fitness and Sports Medicine (JSPFSM).

This summer, I attended the 8th annual ECSS Congress in Salzburg, Austria and gave a talk titled "Exercise and rhIL-6 infusion increases IL-6 and PPAR gene expression in human skeletal muscle and adipose tissue". The talk was based on our group's main interest; the effects of exercise-derived IL-6 on muscle and adipose metabolism. In this study we investigated the effect of exercise and IL-6 infusion on gene expression levels of PPARs (Peroxisome proliferator-activated receptors). PPAR- α , the isoform dominantly expressed in adipose tissue is a target for the insulin-sensitising TZD-drugs and may therefore be important in the prevention of type 2 diabetes. We demonstrated that exercise induces PPAR gene expression, an effect that in part could be mediated by IL-6. By infusing rhIL-6, we showed an autocrine effect of IL-6 on muscle tissue.

With this presentation, I was selected to participate in the finals of the Young Investigators Award competition at the 8th Annual Congress of the ECSS in Salzburg and was placed 2nd. I was very honored and excited when the ECSS invited me to Shizuoka, Japan, to present my talk at The 58th Annual Meeting of the Japanese Society of Physical Fitness and Sports Medicine.

I arrived in Tokyo, Japan on Wednesday 17 September to meet Ms. Kathryn Kempf who had helped in organising my trip. After showing me the way to my hotel, I had the afternoon to enjoy the lively area of Shinjuku, characterised by lots of young people, spontaneous chaos and huge video screens on every corner of the main roads showing ads and video clips. In the evening, Kathryn Kempf, Chihoko Ueda and I had a fantastic traditional Japanese dinner at an exquisite restaurant. We enjoyed dishes of sashimi (raw fish), sushi (raw fish on rice), tempura, fish soup and goyza's (spicy meatball wrappings), just to mention some of the dishes. The following day I went to visit the famous fish-market of Tokyo called Tsukiji. It has an astonishing atmosphere, and is packed with people and of course fish. It covers about 500 m², with fascinating sceneries of fish, some of which I had never even heard of, as well as fish products, squids and calamari in the brightest of colours.

For a European, this was an extraordinary experience. I had a sushi breakfast and enjoyed a couple of hours in the local market located next to the fish-market.

Sightseeing Emperors palace

In the afternoon I visited the National Museum of Tokyo, which includes exhibitions on ancient samurai swords, Buddhist figures and ancient Japanese writings. I carried on to visit Sensoji, an old temple in Asakusa, an area where opposites attract. The road leading to the temple is full of lights, shops and activity, whereas the entrance to the temple, the Thunder Gate, marks a different setting where the spirit of Buddhism, calmness and praying rules. In the evening, Gerard King, Kathryn Kempf, and myself enjoyed Japanese tempura at a local restaurant. Tempura can be anything from fish to prawns to vegetables cooked in batter served with different sauces. During the dinner, Gerard King and I encouraged Kathryn Kempf to teach us a bit of Japanese in order for us to greet Professor Katsumura in the Japanese way the following day.

Friday September 19, Gerard King and myself went to see the Emperor's palace and Ginza, a very modern area of Tokyo.



In the afternoon we met with Lars Andersen (4th place winner at the ECSS) and set off to Shizuoka. We were introduced to Professor Katsumura who invited us all out for sushi. The following day we wanted to visit a 10.000-year-old Japanese style house, but unfortunately a typhoon had attacked Shizuoka, so we had to change our plans. However, there are lots of shopping centres and this city is famous for its tea and we were invited to a teashop to enjoy a cup of traditional Matcha tea. Sunday was the day of the international session of the conference. It consisted of a total of 7 presentations. All the Japanese presenters gave excellent and very interesting talks on subjects ranging from the effect of exercise on brain activity to electrical stimulation of muscles and exercise-induced Ca²⁺-signalling pathways.

Leaving Japan the following morning I looked back with great joy on all the experiences I had had: seeing the great diversity of both Tokyo and Shizuoka, and the delicious Japanese cooking, and the outstanding hospitality and generosity of the JSPFSM and Dr. Katsumura. I would like to express my gratitude for making my stay in Japan a delightful and unforgettable one.

Attending the conference in Shizuoka has been an outstanding experience for me. It was also very nice to meet Gerard King and Lars Andersen, and I very much enjoyed their company during this trip. Last but not least, I would like to thank the ECSS very much for making this trip possible for me.

Japan is a wonderful and very beautiful country, much of it owing to the friendliness and hospitality of the people, and I would very much like to visit Japan again.

Pernille Keller

ECSS CONGRESS

CLERMONT-FERRAND 2004

From 3 - 6 July 2004 the 9th Annual Congress will take place at the Polydome Congress centre in the city of Clermont-Ferrand, France.

The Scientific Program will focus on four main areas of sport science and related sciences:

- Natural Science
- Human Sciences
- Health Medicine
- Interdisciplinary Sports

Each day starts with a plenary session, in which two experts give an overview of the research state-of-the-art. This is followed by 6 disciplinary symposia and 12 thematic sessions. The afternoon starts with 3 interdisciplinary symposia, 12 thematic sessions and 3 free topics.

Main topics:

- Exercise in health promotion - from genes to behaviour
- New mechanistic approaches in understanding of motor control
- Exercise and sport in the youth

The Young Investigators Award sponsored by Masterfoods will once again take place within the framework of the Congress. Regulations for this event:

- Applicants must be ECSS members
- Under the age of 32 at the time of the Congress
- PhD students or graduates
- Submission of oral or poster presentation
- Former finalists of the oral presentations may only participate in the poster competition and vice versa.

Contact:

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Clermont-Ferrand 2004

Website & general
information

<http://www.ecss2004.com>

PROGRAM STRUCTURE CLERMONT-FERRAND 2004

Saturday 3 July		Sunday 4 July	Monday 5 July	Tuesday 6 July	Wednesday 7 July
	8.15 - 9.30	Plenary Session	Plenary Session	Plenary Session	Satellite Symposia
	9.40-11.10	Symposia & Thematic Sessions	Symposia & Thematic Sessions	Symposia & Thematic Sessions	Excursions
	11.10-11.40	C o f f e e B r e a k			Departure
	11.40-13.10	Symposia & Thematic Sessions	Symposia & Thematic Sessions	Symposia & Thematic Sessions	
	13.10-14.15	L u n c h B r e a k			
14.00 Arrivals & Registration Satellite Symposia	14.15-15.15	Poster Presentations			
	15.15-16.45	Symposia & Thematic Sessions	Symposia & Thematic Sessions	YIA Coffee Break Awards	
17.00 Opening Ceremony	17.00-18.30	Symposia & Thematic Sessions	Symposia & Thematic Sessions	Closing Ceremony Closing Banquet	
18.30 Opening Reception			19.00 ECSS General Assembly		
		20.30 Welcome Party			

Congress topics of the thematic sessions:

- Adapted Physical Activity
- Aquatic sports
- Biochemistry
- Biomechanics
- Cardiology
- Chronic disease & exercise
- Coaching & performance
- Computer science in elite sport
- Engineering & technology
- Environmental physiology
- Ergometry & testing
- Ergonomics
- Exercise & mental health
- Gender studies
- Genetics & molecular biology
- Growth & development
- Hematology & immunology
- Kinanthropometry
- Management & sport law
- Molecular biology & physiology
- Motor control & learning
- Muscle mechanics & neuromusc. control
- Muscle metabolism & hemodynamics
- Nutrition & exercise
- Overtraining
- Physical Activity, health & fitness
- Physiology
- Rehabilitation
- Physiotherapy
- Retro locomotion
- Sport history
- Sports medicine
- Sports pedagogy
- Sports philosophy
- Sports psychology
- Sports sociology
- Traumatology



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Information for companies, organisations or institutes interesting in becoming an ECSS sponsor

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 - News Bulletin
 - EJSS

- including the Congress publications
 - Announcements, Program, Newspaper etc.

- Logo and link on the regular and on the Congress Website
Sponsor material in the Congress bags
- Logo presentation before and after the Congress Symposia
Satellite workshop
- Logo presentation before and after the Congress keynotes
- Branding of the Opening Ceremony or Congress Closing Banquet

Combinations are of course possible.

For more information please fill in the sheet below and send it to the ECSS Office:

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- Mr. Fellow 100 EUR
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Research Areas, 3 keywords:

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World Wide Web

- **The official site of the ECSS**

<http://www.ecss.de>

- **The site of the 9th Annual Congress of the ECSS**

Clermont-Ferrand 3 - 6 July 2004
<http://www.ecss2004.com>

- **The site of the EJSS**

<http://www.humankinetics.com/ejss>

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- **Paavo V. Komi, Joachim Mester, Roland Renson, Bengt Saltin**

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