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THE BULLETIN IN BRIEF

Message from the President
Read a short overview of the Congress activities and objectives, page 3.

What’s New
Elections of the Executive Board and the Board of Directors, Biochemistry and Sports Medicine Congresses, IOC Prize Committee information and a message from Mr. Mario Pescante on page 4.

Elections
All members of the ECSS are invited to submit proposals, see proposal sheet on page 5.

Call for bidders
Interesting in hosting an annual Congress of the ECSS from 2007 onward? Read page 6 for details.

EJSS - call for papers
The online journal is open to submissions in all subdisciplines of sport science. Find out more, page 7.

Athens Congress 2002
Photos of the Congress, statistics and details on the finalists of the Young Investigators Award, pages 8-12.

Masterfoods
William G. Fry’s address to the ECSS members on occasion of the 7th Annual Congress in Athens 2002 on pages 13-14.

JSPFSM Exchange Programme
Two finalists of the Athens Young Investigators Award travelled to Japan for the scientific exchange programme between the ECSS and the JSPFSM, pages 15-16.

IOC Medical Commission
Bengt Saltin was awarded the Olympic Medal by IOC President Jaques Rogge. See pages 17-18.

Salzburg Congress 9-12 July 2003
The 8th Annual Congress of the ECSS will take place in Salzburg, Austria. An brief overview can be seen on pages 19-20. More details are available on the website at: http://www.ecss2003.at

ECSS Sponsorship
Why not become a sponsor of the ECSS and target sport scientists in more than 50 different countries and more than 1000 sport scientists each year at the Congresses? Page 21 for more information.

Membership form
Join the ECSS on page 22.

Imprint
Contact details on page 23.
MESSAGE
FROM THE PRESIDENT

I am very pleased to address you as the President of the College, a body that in a very few years has become a prominent reality on the European scene.

It was only in 1995 when its foundations were laid and our congress series started. Seven years. Seven years of commitment, energy and skill of those who wanted all this, and of increasing participation and enthusiasm. We reached and passed the target of 1000 participants three years ago in Rome, had a peak of almost 1600 last year in Cologne, and some 1100 in Athens. More are expected in Salzburg next July, while plans have already been made to meet in Clermont Ferrand 2004, Belgrade 2005 and Lausanne 2006.

Bodies such as the IOC, the EU, governmental agencies and the Presidents' universities, along with other sponsors, supported us over the years making these achievements possible.

Since its very beginning, the College has committed itself to scientific standards. This is how our Congresses have become the most widely attended, and the reference European event in the area. Our highly successful program the Young Investigators Award, generously funded by Mars/Masterfoods, continues to prove a great asset toward the goal of scientific excellence. The over 6000 abstracts published so far, and the bimonthly journal (EJSS) we have started with Human Kinetics, which also includes selected articles from our congress proceedings, testify to the quality and scope of our growing field. A project is being developed to videotape some of the best lectures at our congresses and distribute them through the web. Our appreciation goes to all those who contribute to these efforts, our Congress participants to start with, and then particularly our Scientific Committee, Editors and Board Members, and the Office of course.

We live in a time when society, culture, and science are becoming increasingly aware of the great challenges and values connected to sports, when its relevance to health is recognised by the World Health Organisation, and its value as “a powerful educational instrument and tool for promoting integration” is stressed by the European Commission, which declared 2004 the “European Year of Education through Sport”.

We have attempted to promote sport science in the broadest perspective, and in fact our members and congress participants represent a wide array of areas of scientific and social endeavour in over 60 countries of the world.

We have developed a policy of friendly interchange with related organisations, and will try to implement this further, with the aim of enriching our perspective with the experience of others, of establishing a harmonious dialogue, attempting to reach consensus on relevant issues, in a spirit of mutual respect for the individual differences. Diversity is a richness, both biologically and socially, and fosters respect, mutual understanding, and flexibility.

These are the values of sport. And sport science is by definition the area of integration. Integration among different areas of scientific and social endeavour, among different cultures and nationalities, among the inquisitive, intellectual dimensions of the mind, and the emotional, experiential dimensions of the body.

All my very best to you all.

Paolo Parisi
Elections

The Executive Board and the Board of Directors will be elected and commence their term at the 8th Annual Congress in Salzburg between 9-12 July 2003. Voting forms will be dispatched to all ECSS members following the compilation of candidates.

Executive Board until July 2003:
Paolo Parisi, President
Joachim Mester, Past President
Michael Kjaer, President-Elect
Erich Müller, General Secretary
Susan Ward, Treasurer

Board of Directors until July 2003:
Hans-Hermann Dickhuth, Ilse Hartmann-Tews, Christian Préaut, Tom Reilly, Roland Renson, Alf Thorstensson

IOC Prize Committee

ECSS Past President Joachim Mester has been appointed as a member of the IOC Olympic Prize Selection Committee chaired by Benno Nigg from the University of Calgary.

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.

Message from Mr. Mario Pescante

Message to the Seventh Annual Congress of the European College of Sport Science from the President of the European Olympic Committees, Hon. Mario Pescante on occasion of the 7th Annual Congress in Athens, Greece between 24 - 28 July 2002.

Excerpts:

Dear friends,

The Olympic world has recently faced one of its worst crises and is now focused on reestablishing values which are the foundations of the Olympic spirit and which recently seemed to have been misunderstood.

And you, as scientists, physicians, physical educators and sport professionals can help us in this battle, just as you have done for years with great dedication and commitment. The Olympic world needs you more and more. Be the keepers of the most important factor that we have to defend, the health of the athletes.

The National Olympic Committees of Europe intend to take a leading role in strengthening the ethical principles, and encourage the whole sport world, and specifically the sport science and the sport medicine components, with their respective European organisations, to cooperate and help win this battle.

ECSS Congress 2003 Salzburg

The 8th Annual Congress between 9 - 12 July will take place in Salzburg. Erich Müller and his team are looking forward to welcoming you to the city of Mozart. More information is available on the ECSS website at: http://www.ecss2003.at

ECSS Congresses for the future are:
2004 Clermont-Ferrand
2005 Belgrade
2006 Lausanne

Biochemistry Congress

A biochemistry congress dealing with the biochemical basis of the health effects of exercise, will take place at the Maastricht University between 13-16 July 2003. More detailed information at: http://www.biochemex.org/ibec2003/

Sports Medicine Congress

The Third European Congress of Sports Medicine in Hasselt, Belgium 14 - 16 May 2003. Read more under the following website address:
http://www.mediacongress.com
ELECTIONS

CALL FOR PROPOSALS

*Invitation to all members for proposal submission.*

*The members of the Executive Board (President-Elect, General Secretary, Treasurer) and the six Fellows to serve on the Board of Directors shall be elected by secret mail ballot.*

Candidates for all elected positions shall only be Fellows of the College.

The results for the positions of the President-Elect, General Secretary and Treasurer shall be determined by the majority of votes expressed. The results concerning the positions of the Fellows of the Board of Directors shall be determined on a plurality of votes basis.

The terms of office of the elected officers of the ECSS shall begin at the first annual congress of the ECSS following their election and end at the second annual congress of the ECSS following the beginning of their mandate.

In the event that one or more ECSS annual congresses do not take place, the terms of office shall begin upon election and terminate two years later.

Please fill in the proposal sheet and send it to the ECSS Office by 15 February 2003 at:

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

**Proposals Executive Board**

President-Elect:

General Secretary:

Treasurer:

**Proposals Board of Directors**

Six Fellows of the ECSS, two from the area of natural science, two from social-/behavioural science and two from sports medicine.

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2.

3.

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6.

other
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

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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:

Prof. Dr. Heiko Strüder
German Sport University Cologne
Carl-Diem-Weg 6
50933 Cologne
Germany
E-mail: strueder@dhs-koeln.de
Sylvie Chartron and William Fry (Masterfoods)

President Paolo Parisi crowning YIA oral winner Mads Dalsgaard from Denmark.

Photos by Gerard King
### Athens 2002 Attendance and Statistics

**Attendance**

Athens Congress 24 - 28 July 2002

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**Total number of countries:** 53

**Total number of participants:** 1090
Mads Dalsgaard – Denmark

THE CEREBRAL METABOLIC RESPONSE TO POST-EXERCISE MUSCLE ISCHEMIA IN HUMANS

PERSONAL: Born 3 January 1975 in Slagelse, Denmark. ACADEMIC REPORT: 1996-2000 Copenhagen University Medical School, 2000-2001 Research Scholarship, Department of Anaesthesia, Rigshospitalet, Copenhagen 2001, Fall Vanderbilt University School of Medicine, 2002 Copenhagen University Medical School. EMPLOYMENT: Co-worker at the Department of Anaesthesia & The Copenhagen Muscle Research Centre. RESEARCH INTERESTS: Cerebral metabolic response to exercise in humans.

Frank Engel – Germany

KNOWLEDGE AND PERFORMANCE IN VOLLEYBALL

PERSONAL: Born 5 February 1978 in Konstanz, Germany. ACADEMIC REPORT: 2002 B. Sc. in Sport Science at the German Sport University Cologne, Germany. 2002 PhD student at the Institute of Sport Psychology, German Sport University Cologne. EMPLOYMENT: Co-worker at the Institute of Sport Psychology. RESEARCH INTERESTS: Cognition & motor control.

Y. N. Kraniou – Australia

EXERCISE AND GLUT-4 EXPRESSION IN HUMAN SKELETAL MUSCLE: EFFECTS OF EXERCISE INTENSITY

PERSONAL: Born 7 August 1972 in Melbourne, Australia. ACADEMIC REPORT: 1995 B.Sc. School of Physical Education and Sports Science University of Athens, 1998 B.Sc. School of Health Sciences, Deakin University, 1999 Transfer from Master of Science to Ph.D. degree, Deakin University, 2001 Ph.D. School of Health Sciences, Deakin University. RESEARCH INTERESTS: Signalling mechanisms leading to upregulation of carbohydrate metabolism related genes and proteins in skeletal muscle.

Morten Donsmark - Denmark

PROTEIN KINASE C AND A MITOGEN-ACTIVATED PROTEIN KINASE (MAPK) SIGNALING PATHWAY ARE INVOLVED IN THE CONTRACTION-INDUCED ACTIVATION OF HORMONE-SENSITIVE LIAPSE (HSL) IN RAT SKELETAL MUSCLE

PERSONAL: Born 14 May 1971 in Glostrup, Denmark. ACADEMIC REPORT: 2000 Master of sciences in Human Biology (cand. Scient. Humanbiol.) at the Faculty of Health Sciences, University of Copenhagen. EMPLOYMENT: 2001 Employed as supervisor at the Human Biology study at The Faculty of Health Sciences, University of Copenhagen. RESEARCH INTERESTS: Lipid metabolism in skeletal muscle.
Denise Linnane - Ireland

THE EFFECTS OF HYPERTHERMIA ON THE METABOLIC RESPONSES TO HIGH-INTENSITY EXERCISE

PERSONAL: Born 9 August 1976 in Limerick, Ireland. ACADEMIC REPORT: 1997 B.Sc. in sport and exercise science, University of Limerick. 1999 M.Sc. sport and exercise science, Manchester Metropolitan University, UK. Presently Ph.D. student at Coventry University, UK. EMPLOYMENT: Tutorial assistant at Coventry University, UK. RESEARCH INTERESTS: Heat stress and high-intensity exercise.

Dimitrios Patikas - Greece

INVESTIGATION OF SPINAL MECHANISMS DURING A SUSTAINED SUBMAXIMAL MUSCLE CONTRACTION

PERSONAL: Born 18 June 1974 in Thessaloniki, Greece. ACADEMIC REPORT: 1996 B.Sc. at the Department of Physical Education & Sport Science of the Aristotle University of Thessaloniki. 1998 Master's degree at the Department of Physical Education & Sport Science of the Democritus University of Thrace. 2002 Ph.D. degree at the Aristotle University of Thessaloniki. EMPLOYMENT: Research assistant in the gaitlab of the Orthopedic Clinic of Heidelberg, Germany. RESEARCH INTERESTS: Investigation of response of the central nervous system during different situations.

Luc van Loon - The Netherlands

THE EFFECTS OF CREATINE LOADING AND PROLONGED SUPPLEMENTATION ON METABOLISM AND PERFORMANCE


Marko Laaksonnen - Finland

MUSCLE PERFUSION AND OXYGEN EXTRACTION DURING TWO ISOMETRIC EXERCISE MODES STUDIED USING PET

PERSONAL: Born 30 May 1975 in Hollola, Finland. ACADEMIC REPORT: 2001 Master of Science, University of Jyväskylä, 2001 Ph.D. student at the University of Turku, Faculty of Medicine, Finland. EMPLOYMENT: Co-worker at the Turku PET Centre, University of Turku. RESEARCH INTERESTS: Skeletal muscle and myocardial metabolism during exercise.
ORAL PRESENTATIONS

Katie Butler - United Kingdom
BRANDING AND OLYMPISM: A CONTRADICTION IN TERMS? A CASE STUDY OF THE SALT LAKE CITY 2002 WINTER OLYMPICS
Department of Physical Education, Sports Science and Recreation Management, Loughborough University, United Kingdom

Jouni Kallio - Finland
EFFECTS OF MUSCLE HISTORY ON SHORT LATENCY STRETCH REFLEX OF THE SOLEUS MUSCLE
Neuromuscular Research Center, Department of Biology of Physical Activity, University of Jyväskylä, Finland

Charlotte Keller - Denmark
IL-6 GENE EXPRESSION IS INDUCED VIA A Ca2+ DEPENDENT PATHWAY IN HUMAN MUSCLE CELLS
Copenhagen Muscle Research Centre, Department of Infectious Diseases, University of Copenhagen, Denmark

Riikka Kivelä - Finland
LYMPHATIC VESSEL DISTRIBUTION IN HUMAN SKELETAL MUSCLE VISUALIZED WITH VEGFR-3 ANTIBODY
LIKES Research Center, Department of Biology of Physical Activity, University of Jyväskylä, Finland

Anatoli Petridou - Greece
ACUTE CHANGES IN HORMONE-SENSITIVE LIPASE ACTIVITY OF HUMAN ADIPOSE TISSUE DURING EXERCISE
Department of Physical Education and Sport Science, Aristotle University of Thessaloniki, Greece

Adam Steensberg - Denmark
INTERLEUKIN-6 PLASMA CONCENTRATIONS, AS CAN BE EVOKED BY EXERCISE, ENHANCES LIPOLYSIS
Copenhagen Muscle Research Centre, Denmark

POSTER PRESENTATIONS

Patrick Avogadro - France
EFFECT OF 5% FORWARD PULLING ON DYNAMICS OF TREADMILL RUNNING
Laboratory of Physiology - GIP Exercise, University of St. Etienne, France

Christel Chaux - France
EFFICIENCY OF POSITIVE WORK AND ENERGY TRANSFER IN RUNNING
Laboratory of Physiology - GIP Exercise, University of St. Etienne, France

Sylvain Dorel - France
POWER OUTPUT AND PHYSIOLOGICAL RESPONSES DURING REPEATED CYCLING SPRINTS DEPEND ON VELOCITY
Laboratory of Physiology - GIP Exercise, Faculty of Medicine Lyon, University of Auvergne, France

Johann Edge - Australia
MUSCLE BUFFER CAPACITY AND AEROBIC FITNESS PREDICT REPEATED SPRINT ABILITY (RSA) IN FEMALES
School of Human Movement and Exercise Science, University of Western Australia, Australia

Andrea Rohrer - Austria
EXERCISE CAPACITY AND PERFORMANCE DIAGNOSTICS OF HEART TRANSPLANT RECIPIENTS
Department of Sport Science, University of Vienna, Austria

Giorgos Sakkas - USA
THE EFFECT OF TYPE II DIABETES ON SKELETAL MUSCLES IN PATIENTS WITH RENAL FAILURE
Department of Medicine, University of California San Francisco, USA
Thank you Mr. President for asking me to speak for a few minutes. The one condition I placed on Professor Parisi was that I would not be questioned by the Scientific Committee following my talk!

I am delighted to be here. This is my first visit to the ECSS congress, and it has been wonderful. What a buzz! There is friendly excitement everywhere.

As many of you know, Mars, Inc has combined our food, ice cream, snackfood, and petfood businesses in Europe into one company called Masterfoods, Europe. So don’t get confused when you hear Masterfoods, we are the same. I happen to be from the parent company, which is still called Mars, Incorporated.

Masterfoods/Mars has been very pleased to have been asked to collaborate with the ECSS since its beginning in early 1995, and we have been sponsoring the Young Investigators Award since the first meeting in 1996. Over the last several days I have heard more than a few stories of how your great congress was created and developed.

We at Mars have many interests. I ask myself, with all the ways our business has to invest money, why do we do this? I came here to Athens to confirm what I believed to be true. It is quite simply because we are both strongly committed to the development and encouragement of healthy lifestyles – and you hold some important keys to the locks.

Both the ECSS and Masterfoods are interested in total lifestyle, including the dynamic of energy in and energy out. Whereas you are primarily involved in understanding the “energy out” side of this balance; Masterfoods is primarily in the business of helping supply the “energy in” side. That is where our synergistic collaboration comes into play.

It is crucial that we develop the science to understand what the drivers of a healthy lifestyle are – a large portion of which involves physical activity. Therefore, it is essential that this science continues to be vigorous, and this requires a steady influx of talented, bright people. We hope that our participation in the Young Investigators Award is in someway a catalyst for encouraging the best young scientists to build careers which answer the key questions.

Of course, there are many great objectives, but I thought I would tell you of a couple of my personal favorites which I have been sharing with Prof. Parisi and others over the past few days and would like to share with you:
1. First, we know that physical activity is an important element of a healthy lifestyle. But how do we get people to embrace this, and adopt physical activity for a lifetime, rather than a few weeks? What are the motivating factors, not only to introduce activity into a lifestyle, but also to sustain it? What are the critical success factors for these successful sustained interventions?

2. Secondly there is a need for a simple measurement of personal fitness for home use, that would enable all the family to have regular feedback on their fitness levels. What might this look like?

In order to convince public to change their lifestyles to be more physically active, we need to help governments and health authorities in setting up national programs. To enable Governments to make the right decisions about the benefits of physical activity, we need serious research and solid science. This is where you come in. You play a pivotal role in this area.

Most great car companies invest in high performance racing. Why? Because the knowledge they gain cascades down into the cars you and I buy. Similarly, the understanding of top athletic performance can cascade down to help even fellows like me! There is a continuum of science here – from the top sportsman, to developing children, to the elderly - which are equally important and interrelated.

Therefore, for the 7th time, Mars is proud to be a partner of ECSS and to congratulate the 143 young scientists who participated in this year’s awards. You are the ones who will provide the solid science that we need – to professional athletes and to everyday consumers.

Now the time has come to find out the results. Thanks again to Professor Parisi and his team for this great 7th congress. I would like to extend my special gratitude to the members of the Scientific Committee who had the difficult task of judging the participants. Good luck to all of you.

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

William G. Fry,
Director of Scientific Affairs
JSPFSM REPORT


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).

Impressions from the 57th Annual Congress of the Japanese Society of Physical Fitness and Sports Medicine in Kochi, Japan

Who could have guessed that participating in the finals of the Young Investigators Award in Athens within the framework of the 7th Annual Congress of the ECSS would also be a ticket to explore Japanese culture and hospitality? Nevertheless, as the plane set down on Shikoku, the fourth largest of the Japanese islands, I realized that this was indeed the case. My destination was the city of Kochi where the 57th Annual Congress of The Japanese Society of Physical Fitness and Sports Medicine (JSPFSM) would take place. I line with an admirable job of keeping me informed prior to departure, I never had time to recognize the difficulty of interpreting signs as my hosts for the following days, i.e. staff from Tokyo Medical University, greeted me upon arrival.

I shared this fortunate opportunity to present before the JSPFSM with another Danish researcher and finalist from Athens, Dr. Morten Donsmark, who is also associated to The Copenhagen Muscle Research Centre. The research presented in Kochi was carried out at the Department of Anaesthesia, Rigshospitalet, University Hospital of Copenhagen. The focus has been the cerebral metabolic response to exercise, and specifically whether cerebral metabolism plays a role in central fatigue. From this work the topic of the presentation in Kochi was how, during exercise skeletal muscle ischaemia influences brain metabolism.
With a few days from arrival until the conference, the schedule allowed us to explore the island, superbly guided by an American student, Mr. Eric Sell, fluent in Japanese. As a sample of the spectacles to which we were exposed I can mention a ferocious dogfight between special bread Mastiffs, the rumble of the Pacific on the beach and the breath of history from an ancient fortress. Eventful days were perfectly rounded off by pleasant evenings arranged by our hosts at charming restaurants serving local specialities and delicacies from traditional Japanese cooking.

The conference took place at The University of Kochi, where we presented at an international session. Subsequently a poster session was subject to investigation as we had a few presented and translated since they were all in Japanese and thus per se beyond comprehension.

The final evening was celebrated according to what I suppose one can refer to as “the three ‘S’”, i.e. sushi, sake and singing Karaoke. Therefore, it was with a camera full of pictures and a mind full of memories that we, several warm handshakes later, set home for Denmark. I am pleased to have this opportunity to express my gratitude to the ECSS and the JSPFSM for making the trip possible, to the Copenhagen Muscle Research Centre for financial support and for the admirable job carried out by our hosts to make the visit to Japan and participation in the conference a memorable stay. I believe the essence of the trip is reflected by my lack of answer to the question posed by Professor Hamaoka in the setting of a wonderful dinner: Whether I considered the science or the social aspect of our visit to be the most important?

Mads Dalsgaard
Professor Bengt Saltin, M.D.,
Receives the IOC Olympic Prize,
The Highest Honor in Movement, Exercise and Sport Sciences
for his contribution to the understanding of the benefits
of Physical Activity in Health Recovery

One day before the opening of the Olympic Winter Games in Salt Lake City, UT (February 7, 2002), the International Olympic Committee (IOC) Medical Commission and Pfizer presented Professor Bengt Saltin, M.D., with the 2002 IOC Olympic Prize on Sport Sciences, the highest honor in the field of movement, exercise and sport sciences, at a special ceremony in Salt Lake City’s Athletes Village. IOC President Jacques Rogge made the presentation.

The IOC Olympic Prize, which is endowed by Pfizer, carries a $500,000 award and is accompanied by an Olympic Medal presented as part of the Olympic Games. The IOC Medical Commission noted Dr. Saltin’s outstanding contributions in basic cardiovascular and muscle physiology, as well as his exceptional findings in the field of exercise physiology, as reasons for his receiving the honor in 2002. “Dr. Saltin’s work epitomizes what this award is all about – helping people live active lives,” said Prince Alexandre de Merode, Chairman, IOC Medical Commission. “The IOC Olympic Prize is a catalyst for scientific discoveries that will benefit athletes and recreational enthusiasts of all ages and abilities.

Together, the IOC and Pfizer are committed to improving research and sharing scientific knowledge in Movement Exercise and Sport Sciences. The impact of Dr. Saltin’s research can be felt throughout society – in the medical field and in the everyday lives of people, from the promotion of basic physical health to the enhancement of elite performance. Through research studying the effects that inactivity has on the body, which was commissioned in part by NASA, Saltin confirmed that exercise should be a part of recovery after experiencing illness/injury instead of bed rest. This marked a major shift in how patients were treated following illness or injury.

“Years ago, it was thought that rest and relaxation were the best ways to recuperate from an injury or illness, but my research proved that, in fact, it’s the opposite,” said Saltin. “People should work with their doctor to create an active recuperation plan following any illness or injury, cardiovascular or athletic.”
Dr. Saltin’s work has focused on aerobic and anaerobic work capacity, as well as the effects of altitude and anemia on blood and oxygen flow. He has provided new insights and perspective on the limitation and regulations of oxygen transport with the invention of his “knee extensor model.” This model gave Dr. Saltin a means to isolate a specific muscle group and opened the door for human study in the field. With that, his experiments have fundamentally changed how we think about the capacity and control of human circulation during exercise, proving that muscles need a steady flow of oxygen as much as they need nutrients in order to function to capacity.

The Olympic Winter Games in Salt Lake City mark the fourth time the coveted IOC Olympic Prize has been awarded. The IOC Medical Commission and Pfizer believe the IOC Olympic Prize heightens the recognition for research of movement and mobility, and thus attracts brilliant scientific minds to study and further human performance.

“Pfizer is committed to sharing research and inspiring healthy living,” said Randall Kaye, M.D., Senior Director of Olympic Affairs for Pfizer. “By supporting scientific advances, we underscore the importance of exercise and physical activity in cardiovascular and other disease treatment. This research is crucial to improving human movement, providing preventive care, and better managing disease states for people who seek healthy lifestyles.”

To ensure that the IOC Olympic Prize reflects scientific work of the highest degree, a Selection Committee composed of worldwide renowned scientists and thought leaders evaluates peer nominations of candidates from multiple fields of science. Rigorous criteria guide the selection of a scientist whose contributions to movement, exercise, and sport sciences have a significant impact on science and/or society.

Although the IOC Olympic Prize on Sports Sciences is the main focus of the Pfizer/IOC Medical Commission partnership, Pfizer also endows three other major IOC Medical Commission initiatives including: IOC Olympic World Congress on Sport Sciences, IOC Olympic Academy on Sport Sciences, and Pfizer/IOC Olympic Research on Sport Sciences. Dr. Bengt Saltin, the winner of the 4th IOC Olympic Prize and Dr. John Holloszy, the winner of the 3rd IOC Olympic Prize was honored during the joint meeting of the American College of Sports Medicine and the IOC Olympic Congress in St. Louis.
ECSS CONGRESS
SALZBURG 2003

From 9 - 12 July 2003 the 8th Annual Congress will take place at the new Congress centre in the city of Salzburg, Austria.

The Scientific Program will focus on three main topics of which one will be dealt with each Congress day by the respective sessions (plenary sessions, invited parallel symposia). The plenary sessions will concentrate on a state-of-the-art overview, whereas the invited sessions will provide an interdisciplinary approach. The program will be completed by the large number of invited and thematic sessions and the poster sessions.

Main topics:
- The significance of exercise and sport in a life span
- Challenges of elite sport
- Physical activity and exercise and their effect on chronic disease and impairments

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

More information can be found at:
ECSS 2003 Congress Secretariat,
University of Salzburg
Akademiestrasse 26
A-5020 Salzburg
Austria
E-mail: ecss2003@sbg.ac.at
Internet: http://www.ecss2003.at

Salzburg 2003
Website & general information
http://www.ecss2003.at
## Program Structure Salzburg 2003

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Congress topics of the free thematic sessions:

- Biochemistry
- Biomechanics
- Communication
- Economics
- Health & Fitness
- History
- Molecular Biology
- Motor Learning
- Nutrition
- Philosophy
- Physiology
- Physical Education and Pedagogics
- Physiotherapy
- Psychology
- Rehabilitation
- Sociology
- Sports Medicine
- Traumatology
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  - News Bulletin
  - EJSS

  including the Congress publications
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- 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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# ECSS MEMBERSHIP FORM 2003

Website Application Form: [http://www.ecss.de](http://www.ecss.de)

## PERSONAL DETAILS

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Last name  
First name

Institute

Address

Postal code
City
Country

Telephone  
Fax  
E-mail

## PAYMENT METHOD

- Transfer – Bank Account  
  Deutsche Bank, Code 370 700 24  
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  Swift Address: Deutdedkdb

Please make sure to state your complete name and “ECSS membership fee 2003” on the transfer

Date & signature

Please send this application form with payment details to the following address:

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World Wide Web
- The official site of the ECSS
  http://www.ecss.de

- The site of the 8th Annual Congress of the ECSS
  Salzburg 9–12 July 2003
  http://www.ecss2003.at

- The site of the EJSS
  http://www.humankinetics.com/ ejss

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