

Source: <http://www.sportrix.at/uncategorized-en/ecss-amsterdam-day-2?lang=en>

## [ECSS @ Amsterdam, day 2](#)



The second day started with a session on ... motor learning and control on dynamics and stability. Directly afterwards it was all about cardiovascular exercise physiology, where they nicely showed the positive effect of HIT training in elderly rehab-patients followed by a talk on variability and blood pressure. It looks like mere constant training has served its time also in rehab and therapy.

The afternoon sessions were primarily on motor learning. Talks on the different approaches were followed by a short sneak into sport nutrition and back to the moving brain and sleep and motor performance as well as testing in rehabilitation.

The results demonstrate that not only for elite athletes but also in therapy and rehab, sleep and recovery should not be underestimated if it's about re/un-learning a movement (pattern)! Better sleep on it 🙌 as already a power nap boosts motor learning!

- Posted in: [Uncategorized](#)
- By: admin
- on July 3, 2014
- » Comments Off

## [ECSS @ Amsterdam, day 3](#)



Today was my d-day with my presentation on motor learning and the effects on physiological and metabolic parameters. Prior to my session I attended interesting talks on exercise and training in diverse patient groups. One talk was on Parkinson's disease, where they did gait training with their patients on uneven treadmills. They found positive effects after only 20 min of continuous walking. Perhaps this may be improved by using another form of sensory input to improve performance – shoulda think of things like vibrating insoles, lads! It's much about the sensory system.

The core stability session was a highly attended session, however, for my point of view, the topics were too mechanically stressed, I wanted a bit more practical guidelines, but they nicely showed that core stability may be the window to less injuries.

In my final session of the day, the topic was again on interval training, this time high intensity interval training (HIIT). The results of HIIT in different populations (e.g. Cardiac or lung patients) show promising effects. To do such training, it's necessary to do VO2 max testing (so sub-maximal testing is not enough for HIIT) whereas interval times differ between groups. Do not forget to check RPE, HR or lactate!

For my presentation, well I really enjoyed it; it just passed far too fast!

- Posted in: [Uncategorized](#)
- By: admin
- on July 4, 2014
- » Comments Off