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THE BULLETIN IN BRIEF

Message from the President
Michael Kjaer reflects on the work of the College and looks forward to the 10th annual Congress in Belgrade, page 3.

What’s New
Election of the Executive Board, Position Statement Project and extended Scientific Board on page 4.

Call for candidates
The positions of President-Elect, General Secretary and Treasurer from July 2005 until July 2007 are open for election. Submit proposals on page 5.

Call for bidders
In order to organise an annual ECSS Congress from 2009 onward turn to page 6.

EJSS - call for papers
Publish your paper in the European Journal of Sport Science, see page 7.

Clermont-Ferrand Congress 2004
Statistics, impressions and the finalists of the Young Investigators Award, find out more on pages 8-13.

Masterfoods
Sylvie Chartron’s scientific affairs manager emphasises the close relationship of Masterfoods and the ECSS on pages 14-15.

JSPFSM Exchange Programme
Wolfgang Taube and Gianpiero DeMonte represented the ECSS at the exchange programme of the ECSS and the Japanese Society of Physical Fitness and Sports Medicine (JSPFSM), pages 16-17.

10th annual Congress in Belgrade 13-16 July 2005
The jubilee Congress in Serbia Montenegro. Excellent scientific programme and great hospitality will make this Congress a memorable event. Celebrate the first 10 years with the ECSS. Pages 18-20.

ECSS Sponsorship
Sponsorship options and contact, more detailed information on page 21.

Membership form
Become a member and take advantage of reduced registration fees, free EJSS subscription and other membership benefits, page 22.

Imprint
Contact details on page 23.
MESSAGE
FROM THE PRESIDENT

Dear ECSS members,

The first decade of ECSS - a good decade for sports science

Our 10th anniversary is coming up soon - with another annual congress being prepared. A lot has been achieved since the College was established, but let’s not rest on the past but work energetically to improve the quality of sports science on every level that we can think of.

It is important to realize that good basic science and knowledge is the platform on which sports science always will rest, whereas the fascination for sports is what lifts science into being relevant to sports. This is the basis, and let the College support interaction between research groups, establish informative forums where exchange of knowledge can be performed and ensure that the different approaches in entire Europe can be displayed and that these learn to understand one another.

This year (2005) the congress will take place in Belgrade (Serbia-Montenegro) from the 13-16th of July, and the organisers are working hard on finalising a fascinating program. Apart from trying to let the 10th congress of the ECSS contain high quality presentations, the geographical location of the congress will present a part of Europe where the ECSS has not been before. One of the strengths of the College is, that congresses are placed in very different regions of Europe and that one congress is never quite similar to the previous one. This allows for the local flavour to come through and is in my view an advantage for the ECSS, and is a part of what attracts researchers from all over the world to participate in our congresses. The combination of high quality research in plenary sessions and symposia, interesting new data in oral sessions and on posters, and the presentation of a new and locally influenced social program gives the ingredients that will mix a good cocktail, and ensure that participants will chose the ECSS congresses.

In addition to the annual congress, the ECSS is right now establishing task forces within a variety of different scientific topics, and already now the first position statements are being finalised and by the spring of 2005 several review papers and position statements are to be published. These will be of help for the many members, organisations and countries that need consensus statements from the college in order to locally influence health politics and exercise research funding. We hope that these efforts will help the members in achieving as good conditions for research and health as possible.

With this I wish you a happy 2005

Michael Kjaer
Members of the ECSS are invited to propose candidates for the positions of President Elect, General Secretary and Treasurer for the term beginning after the Congress in Belgrade in 2005 and ending at the Jyväskylä Congress in 2007.

Acting Executive Board:
President: Michael Kjaer
President-Elect: Erich Müller
Past President: Paolo Parisi
General Secretary: Albert Gollihofer
Treasurer: Mike McNamee

ECSS Congress 2005 Belgrade
The 10th Annual Congress between 13 – 16 July will take place in Belgrade, Serbia-Montenegro.
More information is available on the ECSS website at: http://www.ecss2005.com

Future Congresses
The 11th Congress will take place in Lausanne Switzerland. Board decisions were taken regarding the 12th and 13th Congress at the Clermont Congress. The year 2007 was granted to Jyväskylä Finland and 2008 to Lisbon Portugal.

Position Statements
From 2005 the ECSS will launch its project “position statements”. The overall aim is to provide a short review on the present knowledge within a certain area with relevance for sports science - especially in relation to potential health promoting effects of physical activity in both healthy and chronically diseased patients as well as to the recommendations within training and sports injury development. Additionally practical recommendations are provided as to the requested field and future areas of research are highlighted (“hot topics”). The position statements will be published in the European Journal of Sport Science.

ECSS Office
The ECSS Office has changed rooms at the German Sport University Cologne. It is now affiliated to the Institute of Motor Control and Movement Technique headed by our former EJSS Executive Editor Heiko Strüder. Phone and fax numbers have remained the same.

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 Scientific Boards
The ECSS has enlarged its scientific core group. The Scientific Board is supplemented by a Scientific Committee. The Scientific work of the ECSS will be shouldered by these two bodies working closely together.

Scientific Board:
Chair: Tom Reilly, UK
Peter Bärtsch, GER
Werner Helsen, BEL
Paavo Komi, FIN
Gertrud Pfister, DEN
Anton Wagenmakers, UK

Scientific Committee
Jan Cabri, POR
Daniela Caporossi, ITA
Flemming Dela, DEN
Hans-Hermann Dickhuth, GER
Joan Duda, UK
Steve Harridge, UK
Bente Klarlund-Pedersen, DEN
Sigmund Loland, NOR
Romain Meeusen, BEL
Caroline Nicol, FRA
Pekka Oja, FIN
Hermann Schwameder, AUT
Mark Williams, UK

ECSS membership
Membership for the year 2005 can be paid either by regular invoice membership form or combined with the registration fee for the Belgrade Congress in 2005. So as to receive access to the first two 2005 issues of the EJSS, the ECSS recommends to pay at the beginning of 2005 along with the online invoice, which each member will receive.

Membership for developing countries have been reduced to Euro 30,-- for students, Euro 55,-- for regular members and Euro 75,-- for fellows. See http://www.ecss.de/html/Membership.htm for more details.
ELECTIONS

CALL FOR PROPOSALS

*Invitation to all members for proposal submission.*

The members of the Executive Board (President-Elect, General Secretary, Treasurer) *will be elected by secret online ballot. Candidates must be ECSS members.*

The results for the positions of the President-Elect, General Secretary and Treasurer shall be determined by the majority of votes expressed.

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 two Congresses later 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 suggest candidates by filling in the proposal sheet below and send it to the ECSS Office by 15 February 2005:

Gerard King  
ECSS Office  
Carl-Diem-Weg 6  
50933 Cologne  
Germany  
Fax: +49 221 4982 7650  
E-mail: king@ecss.de

**Proposals Executive Board**

President-Elect:

General Secretary:

Treasurer:
CALL FOR BIDDERS
Proposal to host an Annual Congress of the ECSS from 2009 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 7640
Fax: +49 221 4982 7650
E-mail: king@ecss.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 since 2001
- Free subscription for ECSS members, quarterly
- 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
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
## CLERMONT-FERRAND 2004

### ATTENDANCE AND STATISTICS

9th annual Congress of the ECSS
Clermont-Ferrand
3-6 July 2004

Attendance
1176 from 60 nations

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<thead>
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<th>Countries &amp; Participants</th>
<th>Total number of participants: 1176</th>
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<tr>
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<td>NORWAY 19</td>
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<tr>
<td>AUSTRIA 16</td>
<td>POLAND 25</td>
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<td>BELGIUM 49</td>
<td>PORTUGAL 52</td>
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<td>SERBIA &amp; MONTENEGRO 7</td>
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<td>TAIWAN 9</td>
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<tr>
<td>GREECE 11</td>
<td>THE NETHERLANDS 13</td>
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<td>TUNESIA 2</td>
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<tr>
<td>HUNGARY 6</td>
<td>TURKEY 13</td>
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<td>ICELAND 2</td>
<td>UNITED ARAB. EMIRA. 1</td>
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<td>IRAN 2</td>
<td>UNITED KINGDOM 125</td>
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<tr>
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<td>USA 20</td>
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<td>NEW ZEALAND 2</td>
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</table>

TOTAL number of countries: 60
Technical exhibition on the Congress site and registration desks

Opening reception

Closing banquet
20 finalists of the Young Investigators Award. Far left: Marc Veilly and Sylvie Chartron from the Sponsor Masterfoods. Far right: President of the ECSS Michael Kjaer

One of the 360 sessions at the Congress

Marc Veilly and Sylvie Chartron from the YIA Sponsor Masterfoods
**Wolfgang Taube - Germany**  
**Influence of Motor Cortex Control on Reflex Stimulating Postural Tasks**

**Personal:** born 24 March 1975 in Tettnang, Germany. **Academic Report:** 1995-2002 Institute for Sport and Sport Sciences (IfSS) and Institute of Biology in Freiburg. 1999-2000 Scholarship at University of Sydney (Sports Sciences; Biology). 2000-2002 Co-worker at the IfSS in Freiburg. From 2003 on: PhD student at the IfSS. **Employment:** research assistant at the IfSS in Freiburg. **Research Interests:** motor control and the influence of training on motor control strategies. Evaluation of neuromuscular mechanisms during functional movements. Joint stability in the knee.

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**Camilla Skov-Jensen - Denmark**  
**Contribution of Exercise Superimposed on Insulin Stimulation: Role of Insulin Resistance**

**Personal:** born 27 August, 1976 in Herning Denmark. **Academic Report:** Bachelor degree in Physical Education and Sports Science from University of Copenhagen. Master degree in Human Nutrition from the Royal Veterinary and Agricultural University of Copenhagen, Department of Human Nutrition. Master thesis performed at the Copenhagen Muscle Research Centre, Department of Medical Physiology, University of Copenhagen Denmark. **Employment:** research Assistant at the Copenhagen Muscle Research Centre. **Research Interests:** insulin resistance

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**Masaki Ishikawa - Finland**  
**Prestretch and Concentric Phase Intensities Influence the Fascicle and Tendinous Tissue Interaction during Stretch-Shortening Cycle Exercise**

**Personal:** born 9 September 1974 in Osaka, Japan. **Academic Report:** 1998-2000 Master of Sports Science, Osaka University of Health and Sports Science, Japan. 2001- PhD student University of Jyväskylä, Finland. **Employment:** research assistant of Neuromuscular Research Center, University of Jyväskylä, Finland. **Research Interest:** muscle-tendon interaction during human movements.

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**Joffrey Zoll - Switzerland**  
**Exercise Training in Normobaric Hypoxia in High-Level Athletes: Changes in the Transcriptional Make Up of Skeletal Muscle**

Pierre Lemyre - Norway

**OVERTRAINING AND ATHLETE BURNOUT: A PSYCHO-PHYSIOLOGICAL PERSPECTIVE**

**PERSONAL:** born 12 July 1972 in Montreal, Canada. **ACADEMIC REPORT:** September 2000 Masters degree in Sport and Exercise Psychology + European Masters degree (Socrates), Norwegian University of Sport Science, Oslo. August 2002 – May 2003 pre-doctoral visiting scholar, Arizona State University, USA. January 2001 – present: PhD candidate in Sport Psychology, Norwegian University of Sport Science. **RESEARCH INTERESTS:** psycho-physiological determinants of sport performance and underperformance.

Katja Heinemeier - Denmark

**EFFECTS OF DOWNHILL RUNNING ON EXPRESSION OF TGF-BETA-1 AND COLLAGEN IN RAT SKELETAL MUSCLE**

**PERSONAL:** born 8 May 1974 in Aarhus, Denmark. **ACADEMIC REPORT:** 2002 master candidate in human biology from University of Copenhagen. Since 2002 PhD student at Institute of Sports Medicine, University Hospital at Bispebjerg, Copenhagen, Denmark. **EMPLOYMENT:** PhD student at Institute of Sports Medicine, University Hospital at Bispebjerg, Copenhagen, Denmark. **RESEARCH INTERESTS:** characterisation and influence of transforming growth factor beta (TGF-beta) on connective tissue of tendon and muscle in relation to exercise.

Stephane Baudry - Belgium

**MUSCLE FATIGUE DURING CONCENTRIC AND ECCENTRIC CONTRACTIONS IN ELDERLY SUBJECTS**

**PERSONAL:** born 25 January 1974 in Melun, France. **ACADEMIC REPORT:** June 2001 Masters of physiology and biomechanics – University of Paris V. June 2001-present: PhD student at the laboratory of applied biology, Université Libre de Bruxelles, Belgium. **EMPLOYMENT:** since 2002, scholarship with grant of the European community. **RESEARCH INTERESTS:** short and long-term neurophysiological adaptations in humans.

Charlotte Keller - Denmark

**EXERCISE INHIBITS DYSREGULATED TNF-A GENE EXPRESSION IN TNF RECEPTOR KNOCKOUT MICE**

**PERSONAL:** Born 16 August 1977 in Hilleroed, Denmark. **ACADEMIC REPORT:** Masters degree in Biochemistry obtained April 2002, June-August 2002: research assistant at the Copenhagen Muscle Research Centre, September 2002-2005: PhD student at The Copenhagen Muscle Research Centre, Denmark. **EMPLOYMENT:** PhD student at The Copenhagen Muscle Research Centre, Denmark. **RESEARCH INTERESTS:** Interleukin-6 in relation to exercise, metabolism, and type II diabetes.
Oral Presentations

Les Ansley - United Kingdom
The Work of Breathing Does Not Limit the Maximal Exercise Performance of Humans at Sea-Level
School of Life Sciences, Kingston University, United Kingdom

Gregory Blain - France
Influence of Ventilation (VI) on Respiratory Sinus Arrhythmia (RSA) at Exercise
Department of Ergonomics of Sports and Performance, University of Toulon, France

Gianpiero De Monte - Germany
Motion Transmission within the Muscle-Tendon Unit of the M. Gastrocnemius Medialis During a Passive Ankle and Knee Joint Rotation in Vivo
Institute of Biomechanics, German Sport University Cologne, Germany

Shona Halson - Australia
Effects of Carbohydrate Supplementation on Performance and Carbohydrate Oxidation During Overreaching
Australian Institute of Sport, Belconnen, Australia

Douglas Mahoney - Canada
Real-Time RT-PCR Analysis of Housekeeping Genes in Human Skeletal Muscle Following Acute Endurance and Resistance Exercise
Medical Sciences, McMaster University Hamilton, Canada

Esther van Sluijs - The Netherlands
The Effect of Physical Activity Measurements on Subjects’ Physical Activity Behaviour
University Medical Center - Social Medicine - E.M.C.O., Amsterdam, The Netherlands

Poster Presentations

Vanessa Bussau - Australia
A 10-Second Sprint Acutely Prevents an Exercise-Mediated Decrease in Glycaemia in Individuals with Type 1 Diabetes Mellitus
University of Western Australia, Australia

Gaele Ducher - France
Specific Effects of Tennis Playing on Trabecula and Cortical Skeletal Sites: Comparison Between Young and Adult Players
Laboratory of Performance Motrice - U.F.R. S.T.A.P.S., Orleans, France

Caroline Gouraine - France
Cortisol/Cortisone Ratio: A Predicative Marker of Overtraining
University Victor Segalen - Inserm U471, Bordeaux, France

Leen Haerens - Belgium
Body Composition in Relation to Physical Activity and Physical Endurance in 11 to 13 Years Olds
Institute of Movement and Sports Sciences, Ghent, Belgium

Carsten Lundby - Denmark
Lactate Metabolism During Exercise in Hypoxia
Copenhagen Muscle Research Centre, Copenhagen, Denmark

Lisa Sharp - United Kingdom
Age Related Changes in Cardiac Power Output in Healthy Women
Research Institute of Sport and Exercise Sciences, Liverpool John Moores University, United Kingdom
Sylvie Chartron  
Scientific Affairs Manager  
Masterfoods (Mars, Incorporated)  

Masterfoods supports the research on physical activity.

The special partnership between the European College of Sport Science and Masterfoods is going from strength to strength and encouraging an even greater awareness and understanding of sport science. The 9th Annual Congress of the European College of Sports Science from July 3-6 2004 in Clermont Ferrand (France) was a sure sign of the commitment of both organisations to keep the momentum going in improving the wealth of research into sport and nutrition and the benefits of physical activity for health.

As a responsible leading manufacturer of food products, Masterfoods is dedicated to improving the awareness of healthy lifestyles, and especially the importance of physical activity for health and the importance of nutrition. Through its partnership with the European College of Sport Science, Masterfoods encourages the communication of science to sports and health professionals.

In 1996 the ECSS held their first annual congress in Nice. The congress welcomed 457 participating scientists from Europe to discuss "Frontiers in Sports Science, the European Perspective". Following the success of this event, the ECSS and Masterfoods have worked together to organise conferences over the last years. Now in 2004 over 1,000 participants from all over Europe discussed relevant themes in the advancement of sports sciences for future generations.

As a founding sponsor, Masterfoods supports ECSS Congress activities via the mechanism of the Young Investigators Awards, rewarding excellence in young sport scientists. Every year they want to recognise the work that 20 young men and women have carried out and raise the interest of other young scientists for future research in this area (10 best oral communications and 10 best posters). The panel of world-renowned scientists who have the responsible task of selecting a winner always find the quality of the abstracts presented, outstanding. Previous winners have come from a variety of countries including Belgium, Denmark, Greece, the UK, Germany, France, Sweden and the Netherlands, etc., presenting topics including physiology, biology, nutrition, biochemistry, biomechanics, psychology, sociology, history, epidemiology, training and testing, education etc. The quality of these abstracts reflect the quality they, at Masterfoods, strive to achieve in all of their endeavours and which they expect from all scientific endeavours.
With the growing interest in how diet affects sports performance, and how physical activity affects health, Masterfoods appreciates the opportunity to encourage and learn from these scientists and in particular the scope of new research available from the younger generation of men and women involved in sport science. The congresses help to understand the current situation of health and nutrition in other countries and allow us to exchange best practice ideas and further promote the range of knowledge on these topics.

Masterfoods commitment to health and nutrition dates back to the 1960’s (Tour de Flandres) and over the last nine years they have been honoured to be involved in initiatives, such as this ECSS congress that facilitates the generation of scientific knowledge and its dissemination to the scientific community and sportsmen all around the world. Masterfoods will support the next Young Investigators awards in Belgrade in July 2005.

Sylvie Chartron
The 59th annual Meeting of the Japanese Society of Physical Fitness and Sports Medicine (JSPFSM) in Tokyo hosted the 7th international exchange of the ECSS and the JSPFSM.

Wolfgang Taube (Institute for Sport and Sport Sciences, Freiburg Germany) and Gianpiero De Monte (Institute of Biomechanics, German Sport University Cologne) represented the ECSS. Wolfgang Taube gives a personal report on the event.

Thus, it all started with the congress in Clermont-Ferrand. From a personal point of view, the participation at the ECSS was already a very exciting experience: first of all, it was the first congress I attended. Furthermore, I was honoured to be chosen for the finals of the Young Investigators Award competition and could give insights into our research interests. The presentation titled “Influence of Motor Cortex Control on Reflex Stimulating Postural Tasks” briefly described a methodological approach to evaluate the cortical influence during a functional relevant postural task. For this purpose we used transcranial magnetic stimulation (TMS) and H-reflex stimulation. The conditioning of the H-reflex with TMS revealed that specific pathways - presumably direct monosynaptic projections - are involved and furthermore, that the excitability of the motor cortex is enhanced in association with this postural reaction.

After the presentation at the ECSS I did not expect any other “big surprises”. But shortly after the return from Clermont-Ferrand, Dr. Gerard King, the managing director of the ECSS, invited me to participate at the Meeting of the Japanese Society of Physical Fitness and Sports Medicine in Tokyo. This invitation provided me with both, the chance to visit another interesting congress and beyond that to get an insight in the Japanese way of life.

I arrived on 14th of September and was not really aware that Tokyo is located on the same latitude as North Africa. But leaving the air conditioned rooms this fact became quite obvious at once. After a short check in period at the hotel, Gianpiero de Monte (he too won a prize at the ECSS) and me were invited for dinner by Professor Katsumura. He and Ryotaro Kime, one of his co-workers, familiarised us with the excellent Japanese cuisine. We enjoyed all kinds of seafood, including dishes of snails, crawfish, shells and raw fish and of course - drank sake.

The next day the international session of the JSPFSM Congress took place. A new experience was the so called “lunch session”. While eating finger food we listened to the presentations. All the Japanese presenters gave excellent and very interesting talks.
After the international session Prof. Katsumura showed us some very lively spots in the inner city of Tokyo: we admired electronic stores which offered an unbelievable variety of every imaginable technical device, got almost crushed in the stuffed subway of Tokyo and experienced Tokyo’s unique atmosphere with its colourful illuminated advertisements and the coexistence of modern skyscrapers and ancient temples standing side by side.

Enjoying these impressions the time flew by until the next highlight approached: another delicious diner. We went into a special restaurant where barbecue grills were implemented into the tables. A special sauce could be used for every kind of meat and all the international guests shared the opinion of never having eaten better meat before.

The next two days we had the opportunity to explore Tokyo by ourselves. We visited the Tokyo National Museum, Sensoji, an old temple in Asakusa, a Bonsai exhibition, and Shinjuku area - the part of the city with the highest and most impressive skyscrapers. On the 50th floor you have an amazing view over the world’s largest urban settlement (Tokyo and Yokohama are melted together).

After the JSPFSM Congress my girlfriend and I spent two more weeks in Japan. We were surprised about the diversity of the Japanese landscape. We enjoyed white beaches at the sea, climbed on steaming volcanoes looking like moonscapes, and felt reminded of the black forest in some parts of the country.

As interesting as the landscape were the ancient sightseeing attractions all over Japan. Kyoto surely has to be mentioned in this context. Since the emperor seat had been located in Kyoto for some 1000 years, the city offers uncountable unique temples, palaces and gardens. We were especially attracted to the gardens, which provide splendid views from every perspective. The world’s largest wooden construction - Higashi-Hongan-Ji Temple - can also be visited in Kyoto.

In the attempt to summarize our impressions I would characterise Japan as a country with immense modern comforts but also high traditional values. I believe that this mixture is a point accountable for the fascination of this Asian country. Another, probably even more fascinating point is the outstanding hospitality of the Japanese people. During the congress as well as during our trip we always had the feeling that it is a personal concern for the Japanese to enable us the experience of an excellent time without any troubles in their country. At this point I want to express my deep gratitude to Prof. Katsumura who made our stay in Tokyo a delightful and unforgettable one. I also want to say special thanks to the hospitality and generosity of the JSPFSM. Last but not least I want to express my sincere thanks to the ECSS for giving me the chance to expand my experiences not only in the scientific field but also in a cultural and social way.

Wolfgang Taube
10th Anniversary in Belgrade from 13-16 July 2005

Congresses so far:
- 1996 Nice, France
- 1997 Copenhagen, Denmark
- 1998 Manchester, United Kingdom
- 1999 Rome, Italy
- 2000 Jyväskylä, Finland
- 2001 Cologne, Germany
- 2002 Athens, Greece
- 2003 Salzburg, Austria
- 2004 Clermont-Ferrand, France

2005 Belgrade, Sava Centre, Serbia Montenegro, 13-16 July

Belgrade: the Congress will take place in Belgrade, which is the capital of Serbia, with about 1.6 million inhabitants. It is located in the south-east of Europe, in the Balkan Peninsula, at the confluence of the Sava and Danube rivers. It is one of the oldest cities in Europe and since ancient times it has been an important traffic focal point, an intersection of the roads of Eastern and Western Europe.

Congress Venue: the Sava Centar is located in immediate vicinity of the Sava and Danube confluence, five minutes away from the City center and fifteen minutes away from the Belgrade airport.

Scientific Programme: the scientific programme will concentrate on three main topics. Each congress day will be dedicated to one of the three topics. The topic will be introduced by a plenary session in which two keynote speakers and the chairman will give an overview of the research state-of-the-art. The plenary session will be followed by invited parallel symposia which aim at providing an interdisciplinary approach. Chronologically speaking these sessions will start off with basic science and end up in the applied fields. Additionally, a large number of invited and thematic sessions for free communication and a large number of poster sessions will be offered. Congress language will be English.

YIA: Applicants for the Young Investigators Award must be ECSS members and PhD students/graduates or equivalent under the age of 32 years at the time of the Congress (birth date 1 July, 1973 or later). This should be verified by an authorized person in the applicant’s department who should also certify that the investigator has made an independent and reasonable contribution to the work submitted for presentation. The verification should be submitted with the abstract before the deadline of 15 February, 2005. Masterfoods will provide generous cash prizes for the finalists. Altogether Euro 30.000 are split up between the 10 best oral and the 10 best poster presentations.

Exhibition: A technical and scientific exhibition will be organized in the Congress Center. Detailed information for exhibitors are available via the Congress Secretariat at: ecss2005@net.yu.

All further Congress information at:
From 13 - 16 July 2005 the 10th Annual Congress will take place at the Sava Centre in the city of Belgrade, Serbia-Montenegro.

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 disciplinary symposia and thematic sessions. A time slot will be reserved for debated poster presentations.

Main topics:
- Human performance and aging
- Going beyond the limits
- Exercise and lifestyle

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
- Must not have won an award in the category at a former ECSS Congress. Award winners will not be eligible for an award in the same category (oral or poster) in subsequent ECSS Congresses.

Contact:
ECSS 2005 Congress Secretariat
Natalija Jurosevic
Sava Center
Milentija Popovica,
11000 Belgrade
Serbia and Montenegro

Congress Office
Phone: +381 11 139 617
Fax: +381 11 135 917
Email: ecss2005@net.yu
Internet: http://www.ecss2005.com
## PROGRAMME STRUCTURE BELGRADE 2005

<table>
<thead>
<tr>
<th>Wednesday 13 July</th>
<th>Thursday 14 July</th>
<th>Friday 15 July</th>
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<tbody>
<tr>
<td><strong>Arrivals &amp; Registration</strong></td>
<td>8.15 - 9.30</td>
<td>Plenary Session</td>
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<td>9.40-11.10</td>
<td>Symposia &amp; Thematic Sessions</td>
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<td>Coffee Break</td>
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<td>Satellite Symposia</td>
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<td>Poster Presentations</td>
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<td>17.00 Opening Ceremony</td>
<td>15.15-16.45</td>
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<td>YIA Coffee Break Awards</td>
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<td>17.00-18.30</td>
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<td>Closing Ceremony</td>
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<td>20.30 Concert</td>
<td>19.00</td>
<td>ECSS General Assembly</td>
<td>20.00 Closing Banquet</td>
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<td>20.30 Social events</td>
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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 & Lifestyle
- Gender studies
- Genetics & molecular biology
- Growth & development
- Hematology & immunology
- Human performance and aging
- 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
- Sports history
- Sports medicine
- Sports pedagogy
- Sports philosophy
- Sports psychology
- Sports sociology
- Traumatology
ECSS SPONSORSHIP

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

- Logo on all ECSS publications
  - 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:
Dr. Gerard King
ECSS Office
Carl-Diem-Weg 6
50933 Cologne
Germany
Phone: +49 221 4982 7640
Fax: +49 221 4982 7650
E-mail: king@ecss.de

Please send sponsorship brochure to:

Last Name
First Name
Institution

Address

Phone
Fax
E-mail
**PERSONAL DETAILS**

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Reduced fees for developing countries. See https://www.ecss.de/ASP/MS1.asp for details

Last name: ___________

First name: ___________

Date of birth: ___________

Institute: ___________

Address: ___________

Postal code: ___________

City: ___________

Country: ___________

Telephone: ___________

Fax: ___________

E-mail: ___________

Research Areas, 3 keywords: ___________

**PAYMENT METHOD**

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Please make sure to state your complete name and “ECSS membership fee 2005” on the transfer

| ☐ | Credit Card |
|   | Visacard | ☐ |
|   | Mastercard | ☐ |

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Expiry Date: ___________

Date & signature: ___________

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

**General Information - Gerard King**

ECSS Office
German Sport University Cologne
Carl-Diem-Weg 6
50933 Cologne, Germany

Phone: +49 221 4982 7640, Fax: +49 221 4982 7650
E-mail: king@ecss.de
Internet: http://www.ecss.de