

**„applied neurosciences
in sports & exercise“
international summerschool
for BA-students**

**5th – 9th
of September**

Place

Department of Exercise & Health;
Faculty of Science – University of Paderborn

Course language

English

Participants

Participants are expected to be BA students in their second or third year in the field of sport sciences, neurosciences & sports or health & sports.

The number of students will be 12 including participants from various countries and cultures.

Lectures

Katrin Hemschemeier, Rasmus Jakobsmeyer,
Kirsten Reinecke, Claus Reinsberger, Solveig Vieluf

Guest lectures (tbd)

Experts in applied training, therapy & science

Course fee

150 € / participant

The course fee covers participation in the course including lunch, coffee breaks, and dinner-talk.

Travel and accommodation have to be paid by the participants.

Certification

A certificate of attendance will be delivered to each participant.

Call for application

Please send your Short CV,
a letter of motivation and
your transcript of records
as .pdf via E-Mail to:
reinecke@sportmed.upb.de

Deadline: June 30th, 2016

Applicants will be informed
of their acceptance in July.

Contact

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reinecke@sportmed.upb.de



**brain@sports
summerschool
2016**

Aims and topics

The summerschool aims to approach neuroscientific relevance in sports and exercise settings. The exclusive fields refer to “therapy of neurological and neurodegenerative diseases or injuries” as well as “training and performance development”. Because of a methodological focus, participants get the chance to work with common and novel neuroscientific methods in the related fields (EEG, ANS diagnostics, vHIT). In addition to a scientific based knowledge all contents are conveyed and discussed with strong emphasis to application and occupational relevance.

Organization and program

Incubation lessons show areas of application, important questions, new approaches, problems and future research directions. In keynote lectures experts will address current trends and major issues in the field. They will also be available for discussions and individual supervision. In addition, there will be workshops and transfer lessons for knowledge transfer and practical relevance with tutorials in learning by doing, strategies of research and discussions on relevant themes. All students will have the opportunity to „be creative“ in developing and presenting their own project idea and get feedback from experts and other students.

Out of lessons we enjoy a whole host of organized evening activities including sports, challenges, dinnertalk and more ...



SCHEDULE 2016

	MO (incubation)	TU (methods)	WE (therapy)	TH (performance)	FR (ideas & projects)
8:00 – 9:30	welcome & opening	state of the art Electroencephalography diagnostics (EEG) in sports medicine	incubation Diseases in the nervous system – a social challenge	incubation Neuroscientific basics in sports & exercise	being creative 1 Brainstorming (research ideas and projects)
9:30 – 10:00	BREAK				
10:00 – 12:00	incubation Occupational relevance of „applied neuro- sciences in sports and exercise“	learning by doing – EEG Basics in collecting and analysing data	transfer Sports and exercise in the therapy of neurological diseases	transfer Monitoring performance and training load	being creative 2 Systematically developing study designs
12:00 – 13:00	BREAK				
13:00 – 15:00	update & transfer Occupational relevance of „applied neuro- sciences in sports and exercise“ Expert talks	state of the art Autonomous nervous system (ANS) diagnostics in sports medicine	workshop: diagnostics in therapy ANS diagnostics and EEG in the field of therapy (case examples)	workshop: diagnostics in sports & exercise ANS diagnostics and EEG in the field of sports and exercise (case examples)	short presentation Presenting and discussing
15:30 – 17:00	update Basics in neuroanatomy	learning by doing – ANS Basics in collecting and analysing data			closing
18:30 – 22:00	Guided tour Paderborn	Game night: Beat the brain@sports team	Athletic get together	Dinnertalk	

