

# SCHEDULE 2016

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

