## **SCHEDULE 2018**

|               | MO<br>(incubation)   | TU<br>(methods)   | WE<br>(therapy)   | TH<br>(performance)                                  | FR<br>(ideas & projects)                                     |
|---------------|--|---|---|--|--|
| 8:00 – 9:30   | welcome & opening  | state of the art<br>electroencephalography<br>diagnostics (EEG)<br>in sports medicine | update<br>neurodiseases / neuro-<br>logical disorders & sport | update<br>neurosciences in<br>training & performance | incubation<br>neuroscientific career<br>in sports & exercise |
| 9:30 – 10:00  |  |   | BREAK   |  |  |
| 10:00 – 11:30 | incubation   | methods<br>collecting and analysing<br>data EEG                                       | transfer<br>meeting experts –<br>applied sports therapy       | transfer<br>meeting experts –<br>sports & training   | being creative I<br>project- / research ideas                |
| 11:30 – 12:30 |  |   | BREAK   |  |  |
| 12:30 – 14:30 | update neuroanatomy & clinic (focus concussion)  state of the art concussion in sports | state of the art<br>autonomous nervous<br>system (ANS) in sports<br>medicine          | workshop<br>sports therapy                                    | workshop<br>ANS, EEG, vHIT                           | being creative II<br>developing study<br>designs             |
| 14:30 – 15:00 |  |   | BREAK   |  |  |
| 15:00 – 17:00 | methods<br>collecting & analysing<br>data concussion                                   | methods<br>collecting & analysing<br>data ANS   | workshop<br>ANS, EEG, vHIT                                    | workshop<br>ANS, EEG, vHIT                           | short presentation<br>presenting & discussing                |
| 17:00 – 18:30 |  |   | BREAK   |  | closing  |
| 18:30 – 22:00 | guided tour  | game night  | athletic get together   | dinnertalk   |  |



"The brain@sports
summerschool changed my life.
After finishing my bachelor's degree in
education in Mainz (Germany), I am now
a student in the master program "Applied
Neurosciences in Sports & Exercise" at
Paderborn University. Changing the world by
creating sports programs, e. g. for children
with epilepsy, would make my dream
a reality."

un@sports

Jana Bouvain, ANSE student & participant in b@s summerschool 2017