

Source: <http://theolympicssports.com/other-sports/ecss-metropolisruhr.html>

22nd annual congress of the European College of Sport Science ECSS MetropolisRuhr 2017

Posted on July 20, 2017 by [Abdul Rahim](#) in [OTHER SPORTS](#) [No Comments](#)



Essen, Germany, July 19, 2017: The 22nd annual congress of the European College of Sport Science was an outstanding celebration of sport science in the city of Essen, Germany (ECSS MetropolisRuhr).



The three hosting institutions: Ruhr University Bochum, TU Dortmund, and University of Duisburg-Essen, built an amazing multidisciplinary programme in collaboration with the ECSS Scientific Board and Committee.



Sport science was presented in many different formats by both high profile sport scientists and the emerging generation.

This year, the congress attracted a total of 2,301 international participants.

The scientific programme was built with high level expertise and emphasised the congress theme “Sport science in a Metropolitan Area” through four ‘I’s: inclusion, individuality, inactivity, identification (also the themes for the four plenary sessions and some of the invited sessions).

The latest sport science research was presented in different formats, such as plenary sessions, invited sessions, oral and mini-oral sessions, as well as conventional poster sessions.



E-posters were also part of the congress and were available on 5 e-poster screens for open discussion.

Together with great exchange lectures, symposia and workshops every congress participant had something to choose from.

The ECSS Young Investigators Award (YIA) once again showcased high quality science practiced by young and emerging scientists around the world and the best 10 in two categories (oral and mini-oral) were awarded on Saturday afternoon. Please find all winners here.

In Essen, congress participants were welcomed with extraordinary hospitality and the social programme around the congress was exhilarating!

The opening ceremony really emphasised the host team's devotion and enthusiasm for sport science and the ECSS 2017 congress as a whole.

Thank you all for being part of this successful congress and we look forward to seeing you all again next year!Congress statistics

Total number of... Participants 2,301

Exhibitors 53

Volunteers 70

Participating countries 64

Abstracts presented 1,750

Plenary sessions 4

Invited sessions 37

Exchange sessions 3

Sponsored sessions 3

Oral sessions 112

Mini-Oral sessions 41

Conventional print poster sessions 30

E-posters 203

Top six abstract topics Training and Testing 239 17 %

Physiology 233 16 %

Health and Fitness 178 12 %

Biomechanics 125 9 %

Sport medicine & orthopaedics 88 6 %

Psychology 88 6 %

Social media outreach #ECSS2017

Contributors 625

Tweets posted 1,483

Global reach 1,108,212

Source: HashtrackingTM

ECSS Young Investigators Award 2017

- Total number of YIA applicants: 132
- Total number of YIA finalists: 86 ECSS Young Investigator Award Winners 2017
- Oral presentationo

1st Brent Raiteri, Germany, Muscle-tendon Length and Force Affect Human Tibialis Anterior Central Aponeurosis Stiffness In Vivo

- Mini-Oral (Poster) presentation

1st Matthew Brook, United Kingdom, A Novel D2O Technique for Dynamic Quantification of Skeletal Muscle RNA Synthesis in Relation to Exercise and Ribosomal Biogenesis See all winners [Here](#).

EJSS Best Paper Award 2017

Winner

Author: Lennart Raudsepp

Title: [Bidirectional association between sedentary behaviour and depressive symptoms in adolescent girls](#)

Published in Volume 16, Issue 8 | DOI: 10.1080/17461391.2016.1174312

Runner up Authors: [Stine D. Søndergård, Flemming Dela, Jørn W. Helge, Steen Larsen](#)

Title: Actovegin, a non-prohibited drug increases oxidative capacity in human skeletal muscle
Published in Volume 16, Issue 7 | DOI: 10.1080/17461391.2015.1130750

[All winners listed here.](#)

GSSI Sports Nutrition Award 2017

Winner Antonio Paoli, Italy, Effects of Ten Months of Intermittent Fasting on Strength, Body Composition and Metabolism in Athletes

[All winners are listed here.](#)

Aspetar Excellence in Football Award 2017

Winner Ric Lovell, Australia, Scheduling of Injury Prevention Exercises during the Soccer Micro-Cycle: Insights from Muscle Damage, Soreness and Performance Recovery Profiles

[All winners are listed here.](#)

DTB Tennis Award 2017

Winner Danielle Gescheit, Australia, Measures of load and injury in tennis: Are there relationships?

[Read more here.](#)

Congress

venue

The two buildings used at Messe Essen for the 22nd annual congress of the ECSS were well functioning and the onsite technical team worked efficiently to ensure the smooth running of the congress.

Scientific highlights

Plenary sessions

Wednesday, 5 July 2017

- Individuality – Social and Physiologic Perspectives for Fitness and Healtho Speakers:♣ Consumers, Active Leisure and Performative Rationalization, Sassatelli, R. (Italy)♣ Individuality – A Physiological Perspective, Hoppeler, H. (Switzerland)

Thursday, 6 July 2017

- Development of Talented Players to World Champions In Footballo Speakers:♣ Developing Elite Football Players: Practice, Specificity, and Plasticity, Williams, A. (United States)♣

Scientific Support for Elite Football – Lessons from Brazil 2014, Meyer, T. (Germany)Friday, 7 July 2017

- Back Pain – Prevention and Therapy in the Modern Societyo Speakers:♣ New Insights into Motor Adaptations in Low Back Pain and Neck Pain: Implications for Sports Medicine and Rehabilitation, Falla, D. (United Kingdom)♣ Physical Activity and Biopsychosocial Modulation in Musculoskeletal Pain: how to Conceptualize Health-Promoting Activity?, Hasenbring, M. (Germany)Saturday, 8 July 2017

- Inclusion in Sporto Speakers:♣ Prostheses and Orthoses – How Do They Effect Load Management and Sports Performance?, Brüggemann, G. (Germany)♣ The Business of Inclusive Sport: a Philosophical Anthropology of Utopia, Howe, P. D. (United Kingdom)Presidential LectureSaturday, 8 July 2017

- Prof. Joan Duda – Presidential LectureSatellite SymposiaTuesday, 5 July 2017From the Lab to the Track – Current Aspects of Testing, Training and Recovery in Elite Sports – hosted by the Faculty of Sport Science of the Ruhr-University BochumWednesday, 6 July 2017Lab to the Field: Translation of Sports Nutrition into Practical Application – hosted by Gatorade Sport Science Institute (GSSI) Chair: Keith Barr, UC Davis, USA

- Welcome, James Carter (GSSI)• Dietary nitrate: a tool for all? Training aid or competition specific? Anni Vanhatalo (University of Exeter, UK)

- Is there a need for gender-specific sports, nutrition and recovery strategies? Emma Stevenson (Newcastle University, UK)

- Hydration: Time to re-think rehydration, Lewis James (Loughborough University, UK)

- Translation to the field: Use of nitrates, rehydration and nutrition recommendations in high performance sport, Jeni Pearce (High Performance Sport New Zealand, New Zealand)All plenary sessions and some of the invited sessions were available via livestream at the 2017 congress. In the future these can be found on the ECSS YouTube Channel.

Special thanks to the exhibitors!

We thank all 53 exhibitors for showcasing their state-of-the-art products and services during the congress.

Participants had the opportunity to engage with a wide range of new businesses and organisations, learning about their scientific solutions and thus increasing their knowledge of the latest developments and trends available in the market.

Follow up

We would like to encourage all congress speakers and presenters to submit their findings to the European Journal of Sport Science (@EurJSportSci), listed in Medline and with a 2.690 2016 Impact Factor!

Instructions can be found here.Please keep the important discussions going and share your congress highlights via #ECSS2017 on Twitter and Instagram.

We very much appreciate your support and hope to welcome you at [**ECSS Dublin 2018!**](#)