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ECSS Dublin 2018 de-brief, Thank you for being with us!

Posted on July 24, 2018 by [Abdul Rahim](#) in [OTHER SPORTS](#) [No Comments](#)



Cologne, Germany, July 23, 2018: The 23rd annual congress of the European College of Sport Science (ECSS Dublin 2018) was an extraordinary congress in the trendy capital of Ireland.

The host institute together with the ECSS Scientific Board and committee and ECSS Reviewing Panel had set-up an excellent scientific programme showcasing the best of the best in different fields of sport and exercise sciences.

The congress was the third largest in the history of the ECSS with a total of 2,900 international participants.

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 oral and 4 in mini-oral categories were awarded on Friday evening and Saturday afternoon.

Please find all winners here.

Dublin was an excellent destination for the ECSS Congress and Irish hospitality could be seen everywhere around the city and especially in within the social programme of the congress.

The opening ceremony highlighted the Irish culture with modern Irish dance and beautiful music.

The congress party at the Guinness Storehouse was an icing on the cake, where a record number of delegates arrived to network, dance and enjoy the ECSS atmosphere.

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 2,900
Exhibitors 54
Volunteers 50
Participating countries 71
Abstracts presented 2,002
Plenary sessions 4
Invited sessions 41
Exchange sessions 3
Sponsored sessions 3
Oral sessions 161
Mini-Oral sessions 43
Conventional print poster sessions 40
E-posters 263
Top six abstract topics
Training and Testing 325 16%
Physiology 293 14,5%
Health and Fitness 217 11%
Biomechanics 142 7%
Sport medicine & orthopedics 134 6,5%
Psychology 116 6%
Social media outreach #ECSS2018
Contributors 1,822
Tweets posted 4,823
Global reach 2M
Source: Unionmetrics

ECSS Young Investigators Award 2017

- Total number of YIA applicants: 141
- Total number of YIA finalists: 86

ECSS Young Investigator Award Winners 2017/ECSS Dublin 2018/ECSS Dublin 2018

- Oral presentation
 - o 1st Alessandro Del Vecchio, Imperial College London, United Kingdom. Populations of Longitudinally Tracked Motor Neurons Increase their Discharge Rate Following Four Weeks of Isometric Strength Training
- Mini-Oral (Poster) presentation
 - o 1st Henri Tilga, University of Tartu, Estonia. The Effects of Web-based Intervention Program on Physical Education Teachers' Autonomy-Supportive and Controlling Behaviour

See all winners [HERE](#).

EJSS Best Paper Award 2017/ECSS Dublin 2018

Winner

Author: Grant M. Tinsley, Jeffrey S. Forsse, Natalie K. Butler, Antonio Paoli, Annie A. Bane, Paul M. La Bounty, Grant B. Morgan & Peter W. Grandjean

Title: Time-restricted feeding in young men performing resistance training: A randomized controlled trial

All winners listed [HERE](#).

GSSI Sports Nutrition Award 2018/ECSS Dublin 2018

Winner

Cas Fuchs, Maastricht University, The Netherlands. Post-Exercise Cooling Impairs the Postprandial Muscle Protein Synthetic Response to Protein Ingestion

All winners are listed [HERE](#).

Congress venue

The CCD provided state-of-the-art facilities for the 23rd annual congress of the ECSS.
Scientific highlights
Plenary sessions

Wednesday

Muscles in Motion: Neural Determinants of Function

Chairs: Madeleine Lowery, University College Dublin [Ireland]

Speakers:

- Neural Strategies of Movement Revealed by in Vivo Decoding of the Neural Drive to Muscles
Farina, D. [United Kingdom]
- Neuromuscular Determinants of Differences in Manual Dexterity
Enoka, R. [United States]

Thursday

Physical Activity and Exercise Behaviour; What Counts Most, Genes or the Social and Physical Environment?

Chair: Willem Van Mechelen, VU University Medical Center [The Netherlands]

Speakers:

- The Genetic Determinants of Regular Voluntary Exercise Behaviour
De Geus, E. [The Netherlands]
- Physical Activity and Exercise Behaviour; Focus on Social and Physical Environments rather than Genes
Bauman, A. [Australia]

Friday

Brain and Muscle Learning: Modern Day Perspectives

Chair: Paul Greenhaff, University of Nottinham [United Kingdom]

Speakers:

- Linking Brain Dysfunction and Motor Unit Physiology in Essential Tremor
Vaillancourt, D. [United States]

- Muscle Memory and a New Cellular Model for Muscle Atrophy and Hypertrophy
Gundersen, K. [Norway]

Saturday

Tom Reilly Memorial Lecture: Physical Activity and Human Enhancement Drugs: A Health Hazard or a Useful Behaviour Change Technique?

Chair: Cecilie Thogersen-Ntoumani, Curtin University [Australia] & Tim Cable, University of Birmingham [United Kingdom]

Speakers:

- Physical Activity and Human Enhancement Drugs: A Public Health Concern?
Backhouse, S. [United Kingdom]

- Pharmacological Facilitation of Physical Activity Behaviour
Marcora, S. [United Kingdom]

Satellite Symposia

Tuesday, 3 July 2017

- Sports Data & Performance Symposium – hosted by Catapult

Wednesday, 4 July 2017

- GSSI Sports Nutrition Satellite: Athlete Health – hosted by Gatorade Sport Science Institute (GSSI)

- Psychosocial and policy related approaches to Mental Health and Wellbeing in Sport-Chartering the path towards a Mental Health and Wellbeing Consensus Statement

- Training load and challenges of the Dose-Response relationship

All plenary sessions and some of the invited sessions were available via livestream at the 2018 congress.

In the future these can be found on the ECSS YouTube Channel.

Special thanks to the exhibitors in the SportEx2018!

We thank all 54 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.

The second ECSS exhibition raffle offered the participants a great chance to get to know the exhibitors even better and enter in the competition to win amazing prizes sponsored by the exhibitors and the ECSS. — [ECSS](#)