

International Biochemistry of Exercise 2024 Draft Programme Full	
Time	Day 1 Tuesday 9th July
08.00-17.00	Registration
08.45-09.00	Opening & Welcome Prof Brian Carson President/Provost UL
09.00-11.00	Session 1: New insights to the 'omics response to exercise Prof Marcos Bamman: Multidimensional Interrogation of Inter-individual Exercise Response Heterogeneity (30 mins) Prof Adam Sharples: Does Skeletal Muscle have a Memory of Disuse Atrophy? (30 mins) Lukas Moesgaard: Remodeling of the human skeletal muscle proteome following resistance training is sex- and fiber type-specific (10 mins) Jiawei Du: Atlas of exercise metabolism in obese women (10 mins) Dale Taylor: New insights into exercise-induced skeletal muscle gene expression in men and women (10 mins) Kevin Murach: The 24-Hour Time Course of Integrated Molecular Responses to Resistance Exercise in Human Skeletal Muscle Implicates MYC as a Hypertrophic Regulator (10 mins)
11.00-11.30	Tea/Coffee & Refreshments
11.30-12.30	Plenary 1: Keynote Speaker Prof Juleen Zierath: Impact of Exercise Timing on Energy Metabolism in Type 2 Diabete
12.30-14.00	Lunch and Poster Viewing
14.00-16.00	Session 2: Nutritional strategies for optimising exercise performance, recovery and adaptation (sponsored by Glanbia Performance Nutrition and Optimum Nutrition) Prof Stuart Phillips: Uncovering the role of dietary protein in augmenting loading-induced gains and in countering unloading-induced losses in muscle mass: implications for athletes, aging, and health (30 mins) Prof James Morton: From Metabolism to Medals: Making Carbohydrate Count! (30 mins) Grith Højfeldt: Nicotinamide and Pyridoxine supplementation in humans stimulates Muscle Stem Cells, a randomized clinical trial on skeletal muscle repair in healthy volunteers (10 mins) Pavis, George: Post-exercise protein-polyphenol ingestion increases postabsorptive muscle protein synthesis rates the day following a bout of muscle damaging eccentric exercise (10 mins) Moreno-Asso, Alba: The effect of oleuropein supplementation on muscle energy metabolism and fatigue: A randomized, double-blind, placebo controlled study in healthy, older males (10 mins) González-Mariscal, Andrea: Isolated or combined effect of aerobic exercise and diet on gut microbiota in patients with type 2 diabetes: preliminary results from a randomized control trial (10 mins)
16.00-16.30	Tea/Coffee & Refreshments

16.30-17.30	Plenary 2: Young Investigator Award Moritz Egglebusch: The impact of bed rest on human skeletal muscle metabolism
	Day 2 Wednesday 10 th July
08.00-17.00	Registration
08.30-10.30	Session 3: Molecular responses and mechanisms of exercise adaptation Prof Abigail Mackey: Plasticity of human skeletal muscle and myotendinous junction Prof Henning Wackerhage: Do hypertrophying muscles reprogram their metabolism like cancer cells? Montalvo, Ryan: Muscle Specific Mitochondria-localized AMPK (mitoAMPK) Regulation of Exercise Adaptations (10 mins) Hibbert, Jamie: The Identification of Regions Of Active Remodeling (ROARs) in Skeletal Muscle After a Bout of Resistance Exercise (10 mins) Yamaguchi, Tatsuhiro: Muscle unloading and immobilization have different effects on neuromuscular junction degeneration and myofiber atrophy (10 mins) Zhou, Lei: The effect of long-term lactate and high intensity interval training (HIIT) on brain neuroplasticity of aged mice (10 mins)
10.30-12.30	The Soccer Match/Tournament
12.30-14.00	Lunch and Poster Viewing
14.00-15.00	Plenary 3: Keynote Speaker Prof Kirsty Elliott-Sale: Ovarian hormones; friend or foe of the sportswoman
15.00-16.00	Session 4: Beyond muscle, the exercise response in liver and bone Prof Cora Weigert: Exercise response from a liver-centred perspective Prof Craig Sale: Title to follow
16.00-16.45	Tea/Coffee & Refreshments Panel Discussion: Postdoctoral careers and alternative pathways to academia
16.45-17.45	Plenary 4: Keynote Speaker Prof Mark Febbraio: Is exercise medicine? Role of exercise derived extracellular vesicles in prevention of age related diseases
19.30-Late	“Trad Session” & Social Night @ Cask Limerick
	Day 3 Thursday 11 th July
09.00-11.00	Session 5: (2 X 30 mins) Prof Richard Simpson: Exercise as an Immune Adjuvant for Cancer Therapy Prof Lykke Sylow: Unraveling the intriguing interplay between exercise, muscle biochemistry, and cancer Malamouli, Melpomeni: Effects of 12-week High-Intensity Interval Training on Clinical and Mitochondrial Characteristics in Women with or without PCOS (10 mins) Hawke, Thomas: The HOMET1D Trial- Skeletal muscle health changes in response to exercise training and disuse in Type 1 Diabetes (10 mins) Ek Orloff, Lisa: CCR2 knockout prevents high-fat diet-induced immune cell infiltration into the colon in a model of colorectal cancer (10 mins) Goulding, Richie: Exercise-induced skeletal muscle GLUT4 translocation in health and type I diabetes(10 mins)
11.00-11.30	Tea/Coffee & Refreshments
11.30-12.30	Plenary 5: Prof Jacques Poortmans Honour Award Prof Laurie Goodyear

12.30-14.00	Lunch and Poster Viewing
14.00-15.00	<p>Session 6 : Regulation of metabolism by exercise and tissue crosstalk</p> <p>Walzik, David: Acute exercise boosts NAD metabolism in peripheral blood mononuclear cells (10 mins)</p> <p>Braunsperger, Alexander: ExBAT: Effects of acute exercise on EPOC and SDHA expression in human white adipocytes (10 mins)</p> <p>Van der Stede, Thibaux: Cellular deconstruction of the human skeletal muscle microenvironment identifies an exercise-induced histaminergic crosstalk (10 mins)</p> <p>Craige, Siobhan M.: Transcriptional Insights into Acute Exercise-Induced Stress Responses in Myocytes and Endothelial Cells (10 mins)</p>
15.00-16.00	<p>Session 7: “What now, what next, where to? Recent advances and future perspectives in biochemistry of exercise”</p> <p>Prof Karyn Esser: MoTrPAC update (Talk title to follow)</p> <p>Prof Brendan Egan: “What now, what next, where to? Recent advances and future perspectives in biochemistry of exercise”</p>
16.00-17.00	<p>Closing Ceremony and Prizes, Tea/Coffee & Refreshments</p> <p>Prof Marc Francaux, Prof Brian Carson</p>

