

## PhD Interactions between nutrition and exercise: health-promoting effects across the life span

	Monday 29/1 Basic Physiology I	Tuesday 30/1 Basic Physiology II	Wednesday 31/1 Health across the lifespan I	Thursday 1/2 Health across the lifespan II	Friday 2/2 Perspectives & Presentations
	Weight & overweight & Muscle  Chairperson: Faidon Magkos	Cognition & Brain  Chairperson: Anke Karabanov	Focus on Life span  Chairperson: Anke Karabanov	Focus on Life span  Chairperson: Inge Tetens	Genetics and Perspectives  Chairperson: Erik Richter
9.00-9.15	Welcome to the course				
9.15-9.20	Daily overview	Daily overview	Daily overview	Daily overview	Daily overview
9.20-10.05	Nutrition, Exercise and skeletal muscle metabolism (Luc van Loon)	Effects of Exercise on Memory and cognitive performance (Anke Karabanov)	Early nutrition and its effects on growth and bone development (Christian Mølgaard)	Nutrition and dietary patterns for healthy aging (Inge Tetens)	Interactions between lifestyle and genetic susceptibility to obesity (Ruth Loos)
10.10-10.40	Student Presentation  2 presentations 15 min each	Student Presentation  2 presentations 15 min each	Student Presentation  2 presentations 15 min each	Student Presentation  2 presentations 15 min each	Aerobic Exercise Intervention, Cognitive Performance, and Brain Structure (Carl Johan Boraxbekk)
10.40-11.15	<b>Coffee-break</b>	<b>Coffee-break</b>	<b>Coffee-break</b>	<b>Coffee-break</b>	<b>Coffee-break</b>
11.15-12.00	Diet and exercise in the development and treatment of obesity (Faidon Magkos)	The effect of Nutrients on cognitive functions (Lotte Lauritzen)	Influence of lifestyle factors on epigenetics (Jan-Wilhelm Kornfeld)	Physically active learning and school performance (Jacob Wieneke)	Wrap up and perspectives
12.15-13.00	<b>Lunch-break</b>	<b>Lunch-break</b>	<b>Lunch-break</b>	<b>Lunch-break</b>	<b>Lunch-break</b>
13.00-14.00	<b>Paper Discussion:</b> 2 Papers with opposing perspectives  Paper selection: Faidon	Student pitches  3 min each	<b>Paper Discussion/</b> Paper selection: Jan-Wilhelm or Christian	<b>Paper Discussion/</b> 2 Papers with opposing perspectives. physiological effects of PA vs embodiment  Paper selection: Anke & Jacob	Evaluation panel gives feedback on projects

14.-14.45	Muscle glucose metabolism in health and disease (Erik Richter)	Gut-brain coupling and Introspection (Tahnee Engelen )	Oestrogen, Exercise and Vascular function (Ylva Hellsten)	Physical activity in older age: perspectives for healthy aging (Jens Bangsbo)	
15.00-16.45	Reading time / preparation time	Reading time / preparation time	Reading Time / preparation time	Movement, Joy and Togetherness - a holistic movementpsychological workshop (Helle Winther)	
19.00		Social dinner		Alternative date for social dinner	