

# Program of the summer school in Basel

Thursday, 16.06.2022

09:45 – 10:00 (online and on-site)

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**Opening of the summer school (Prof. Dr. Oliver Faude)**

10:00 – 10:50 (online and on-site)

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**Keynote presentation 1: Dr. Nicola Maffioletti (on-site and online)**

“neuromuscular electrical stimulation in health and disease”

10:50 – 11:00 (online and on-site)

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**Keynote discussion**

11:00 – 11:50 (online and on-site)

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**Keynote presentation 2: Prof. Dr. Christoph Handschin (on-site and online)**

“skeletal muscle cell plasticity/molecular processes”

11:50 – 12:00 (online and on-site)

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**Keynote discussion**

12:00 – 14:00 (on-site)

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**Lunch break and active break (dance)**

14:00 – 14:45 (online and on-site)

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**Keynote presentation 3: Prof. Dr. Jesper Lundbye Jensen (on-site and online)**

“neural adaptations to resistance training and age-related disuse”

Discussion included

14:50 – 15:35 (online and on-site)

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**Keynote presentation 4: Prof. Dr. Martino Franchi (on-site and online)**

“structural adaptations of muscles and tendons to resistance training and immobilization”

Discussion included

15:35 – 15:55 (on-site)

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**Coffee Break**

16:00 – 16:45 (online and on-site)

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**Keynote presentation 5: Dr. Christoph Centner (on-site and online)**

“training with blood flow restriction in healthy and disease”

Discussion included

# Program of the summer school in Basel

Friday, 17.06.2022 morning

08:30 – 09:30 (on-site only)

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## Hands-on courses

- Using ultrasound to investigate muscle and tendon architecture in humans (Prof. Dr. Martino Franchi & Paul Ritsche)

09:30 – 10:15 (on-site only)

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## Science Snack (Eric, Alice und Paul)

10:15 – 10:45 (on-site only)

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## Break

10:45 – 11:45 (on-site only)

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- How to correctly apply training with blood flow restriction in healthy and disease (Dr. Christoph Centner)

11:45 – 12:30 (on-site only)

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## Active break Weight Lifting

12:45– 13:30 (on-site only)

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## Lunch break

13:30 – 14:30 (on-site only)

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## Hands-on courses:

- Using transcranial magnetic stimulation and peripheral nerve stimulation for assessing neural mechanisms (Prof. Dr. Lundbye-Jensen & Dr. Martin Keller)

14:30

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## Closing of the summer school