



CIDESD 2025 Scientific Conference

June 5-7, 2025 | University of Beira Interior, Covilhã. Portugal

Faculty of Health Sciences of the University of Beira Interior 1St Floor

Day 1: Thursday, June 5, 2025

√ 14:00-14:45 – Registration & Welcome (Main Hall)

Registration and welcome to all participants

√ 14:45-15:30 – Opening Session (Grande Auditório)

Official opening session of the conference

- Mário Raposo, Rector of UBI
- Pedro Dias, Secretary of State for Sport
- Arminda do Paço, President of the FCSH/UBI
- Henrique Neiva, Chair of the Organizing Committee
- Daniel Marinho, CIDESD Director

√ 15:30-16:45 – Plenary 1 – HEART (Grande Auditório)

Optimizing Health Through Exercise: Science and Application

Chair: Mário C. Marques

Prescription of Precision Physical Exercise in Modern Medicine: Innovative Strategies to Optimize Health and Vitality – Mikel Izquierdo (Public University of Navarra, Spain)

√ 16:45-18:15 – Poster Flash Presentations

Session of poster presentations, with 2 minutes and 1 slide per author

- Anfiteatro Azul: ELITE Session
- Anfiteatro Verde: ELITE/MULTI Session
- ❖ Sala Convencional 3: HEART Session
- Sala Tutoria B14: HEART/MULTI Session

√ 18:30 –Science & Networking Sunset (Bar Syrah Covilhã)

Address: Alameda da Europa 17, 6200-546 Covilhã - Social Scientific event with research networking among participants – Discussion of future trends in Sports and Health Sciences.















Day 2: Friday, June 6, 2025

√ 09:00-10:30 – Oral Presentations (Session 1)

Oral presentation session (8 minutes followed by 4 minutes of discussion)

- ❖ Anfiteatro Azul: ELITE Session 1a
- Anfiteatro Verde: ELITE Session 1b
- Sala Convencional 3: HEART Session 1
- Sala Tutoria B14: MULTI Session 1

√ 10:30-11h00 – Coffee Break and Poster Viewing (Main Hall)

A break for coffee and an opportunity to view and discuss the posters presentations

√ 11h00-12:15 – Plenary 2 – ELITE (Grande Auditório)

Optimizing Performance: From Functional Reserve to Fatigue Management

Chair: Ana Sousa

- Functional reserve: a new variable in exercise performance
 - Jose López Calbet (University of Las Palmas de Gran Canaria, Spain)
- Monitoring Strategies in Team Sports: Readiness and Fatigue
 - João Ribeiro (Sporting Clube de Braga, Portugal)

√ 12:15-14:00 – Lunch | Networking break (free time)

√ 14:00-15:30 – Oral Presentations (Session 2)

Oral presentation session (8 minutes followed by 4 minutes of discussion)

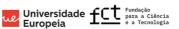
- Anfiteatro Azul: HEART Session 2a
- Anfiteatro Verde: HEART Session 2b
- Sala Convencional 3: MULTI Session 2
- Sala Tutoria B14: ELITE Session 2















√ 15:30-16:45 – Plenary 3 – HEART (Grande Auditório)

Exercise as Medicine: Anti-Inflammation, Cancer, and Clinical Impact

Chair: Alberto Alves

- Moving Through Cancer: from Research to Practice Anna Campbell (Edinburgh Napier University, Scotland)
- Clinical applications of the anti-inflammatory effects of exercise Nicolette Bishop (Loughborough University, UK)

√ 16:45-17h15 – Coffee Break and Poster Viewing (Main Hall)

A break for coffee and an opportunity to view and discuss posters presentations

√ 17:15-18:30 – ELITE talk: from Science to Practice (Grande Auditório)

Chair: António Silva

Discussion session, in Portuguese language, with several experts in the field (Jorge Braz, FPF; Pedro Roque, COP; Gonçalo Neves, ALN; Inês Viegas, CPP; Gabriel Mendes, FPC).

√ 18:30-19:00 – Workshops

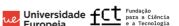
- Anfiteatro Verde: Workshop 1 Carlos Cordeiro
- Anfiteatro Azul: Workshop 2 Pedro Martins
- ❖ Sala Convencional 3: Workshop 3 Leandro Vieira: NeuroExcellence
- Workshop 1: Beyond Publications: Building Biomedical Innovation at the Academic– Industry Interface - Carlos Cordeiro (ParaMedir, The Netherlands)
- ♣ Workshop 2: Bridging expectations and experience of a PhD journey within a Clinical context Pedro Martins (Nephrocare Portugal)
- Workshop 3: Isoinertial training: The NeuroExcellence approach (Leandro Vieira: NeuroExcellence, Portugal)















- ✓ 20:00 Conference Dinner (Hotel Pura Lã, Covilhã)
- Official conference dinner (only with previous reservation);
- > Scientific event with research networking among participants;
- Presentation of the CIDESD activities:
- Discussion of future trends in Sports and Health Sciences.
- 23:00 After Party (Paço 100 Pressa Club, Covilhã)

Address: R. do Peso da Lã. 4, 6200-050 Covilhã After Party session (you are all invited to join us)

Day 3: Saturday, June 7, 2025

√ 09:00-10:30 – Oral Presentations (Session 3)

Oral presentation session (8 minutes followed by 4 minutes of discussion)

- Anfiteatro Azul: MULTI Session 3a
- Anfiteatro Verde: MULTI Session 3b
- Sala Convencional 3: ELITE Session 3
- ❖ Sala Tutoria B14: HEART Session 3
- √ 10:30–11h00 Coffee Break and Poster Viewing (Main Hall)

A break for coffee and an opportunity to view and discuss posters presentations

11:00-12:15 – Plenary 4 – ELITE (Grande Auditório)

From Motivation to Olympic Gold: Pathways to Excellence in Sport

Chair: Diogo Monteiro

- Contribution of motivational climate to well-being and optimal functioning in sport
 - Isabel Balaguer (University of Valencia, Spain)
- Transferring Science into Sports Excellence. The example of a Swimming Olympic Champion
 - Adrian Radulescu (Romanian swimming Federation, Romania)
- ✓ 12:15-13:00 Closing Remarks & Awards Ceremony (Grande Auditório)

Closing session









