

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.
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✓ **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**
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✓ **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)
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✓ **12:15-13:00 – Closing Remarks & Awards Ceremony (Grande Auditório)**

Closing session
