

Paediatric Sport & Exercise Medicine 2025 Location Heidelberglaan 100, Utrecht

Course Director: *Tim Takken, PhD*
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Monday, 18-8-2025 Lecture Room: HVDB 207 Introduction			
Time	Activity	Description	Lecturer
Lecture Room:			
9:00-9:15	Lecture	Course introduction and welcome	Tim Takken, PhD (Utrecht)
9:15-10:15	Lecture	Introduction in Paediatric Sports & Exercise Physiology	Tim Takken PhD (Utrecht)
10:15-10:30	Break		
10:30-11:30	Lecture	Pediatric Sports Medicine in Practice	Prabath Lodewijks, MD
11:45-12:45	Lecture	Growth, Maturation, and Physical Activity in Pediatrics	Sarah Moore PhD (Canada)
12:45-13:30	Lunch		
13:30-14:15	Lecture	The Importance of Physical Literacy	Johannes Noordstar PhD (Utrecht)
14:15-14:45	Break		
14:45 - 16:45	Workshop	Physical Literacy	Johannes Noordstar PhD (Utrecht), Sarah Moore PhD (Canada) & Erik Hulzebos (Utrecht)
17:00		Tour through Children's Hospital & Garden, and Salads	Child Health – Research Focus Area

Tuesday, 19-8-2025 Lecture Room: HVDB 207 Muscle & Body composition			
Time	Activity	Description	
9:00-10:00	Lecture	Pediatric Sports Nutrition	Joyce Obeid PhD, (Canada)
10:15-11:00	Lecture	How Muscles Work	Lisa Pomp, PhD (Utrecht)
	Break		
11:15-12:00	Lecture	Measuring Physical Activity using Wearables	Joyce Obeid PhD, (Canada)
12:00-12:45	Lecture	Testing Muscle Function	Bart Bartels PT, PhD (Utrecht)
12:45-13:30	Lunch		
13:30-17:00	Workshop	Muscle Function assessment Biodex Wingate BOT-II	S4S lab WKZ – Roos Brenninkmeijer, & Ilse Erik Hulzebos & Tim Takken

Wednesday, 20-8-2025 Lecture Room: HVDB 207 Exercise testing in pediatric conditions			
Time	Activity	Description	
9:00-10:00	lecture	Principles of exercise testing in the lab & field	Tim Takken PhD, (Utrecht)
10:00-10:45	lecture	Exercise training in children	Erik Hulzebos PhD, (Utrecht)
10:45-11:00	Break		
11:00-12:00	Lecture	Field testing in Sports	Olav Versloot PhD, (Utrecht)
12:00-12:30	Lecture	Instructions assignment	Marco van Brussel, PhD. (Utrecht) / Tim Takken PhD, (Utrecht)
12:30-13:30	Lunch		
13:30-17:00	Workshop	Fitness and body composition testing (PMC)	Erik Hulzebos & Tim Takken & Marco van Brussel & Ilse

Thursday, 21-8-2025 Lecture Room: HVDB 207 CPET Interpretation			
Time	Activity	Description	
9:00-10:00	Lecture	The importance of sleep	Jeroen Dudink, MD PhD, (Utrecht)
10:30-11:30	Lecture	Systematic Approach to Interpreting & Reporting of CPET data in Pediatrics	Marco van Brussel PhD, (Utrecht)
11:30-12:30	Lecture	Pediatric Obesity & Exercise	Sarah Moore PhD, (Canada)
12:30-13:30	Lunch		
13:30-16:30	Subgroup / plenary discussion	Systematic Approach to Interpreting & Reporting of CPET data in Pediatrics (interpretation sessions)	Marco van Brussel & Tim Takken, (Utrecht)
17:20		SOCIAL DINNER IN UTRECHT	

Friday, 22-8-2025 Lecture room: HVDB 207 Final day			
Time	Activity	Description	
9:00-10:30	Assignment	Preparations for assignment	WKZ
10:30-11:00	Break		
11:00-12:30	Session	Presentations assignment	Marco van Brussel, Erik Hulzebos & Tim Takken, (Utrecht)
12:30-13:00	Lecture	Closing and group picture of the summerschool	Marco van Brussel, Erik Hulzebos & Tim Takken, (Utrecht)
13:00-14:40	Lunch		WKZ

This summerschool is supported by **Dynamics of Youth & Child Health**.

Dynamics of Youth is one of Utrecht University's four strategic themes. www.uu.nl/doy

This summerschool is supported by **Child Health**.

*summer*school
UTRECHT

Child health, science for life



About the research program 'Child Health'



The UMC Utrecht is a center of excellence and has the formal position to deliver specialized care – so-called 'topreferente zorg'. Continuous improvement of high quality of care can only be achieved by high standards of scientific research and a clear focus on specific disease areas.

All diseases in focus of the Child Health program are characterized by their influence on the individuals' entire lifespan. These disorders often start at the beginning of life, or even before birth, and can have consequences far into adulthood. Within the Child Health program the 'Cycle of Life' approach is strongly intertwined with the so called 'Cycle of Innovation'. In this 'Cycle of Innovation' ambitious interdisciplinary teams of patients, clinicians and investigators – from bench to bedside to society - strive to develop and implement novel approaches for treatment, 'early' diagnosis, prognosis and monitoring of maternal health and children with chronic diseases to fulfill unmet medical and psychosocial needs, to improve the lives of these women, 'unborn' chronically ill children and their relatives. Both cycles interact at any moment in our hospital.

The Child Health program links top referent care for pediatric and maternal patient groups to interdisciplinary research from fundamental to translational to longitudinal applied medical research. All maternal and pediatric chronic diseases in focus of the Child Health program share that they start in early beginning of life and can have consequences far into adulthood. These patient-focus areas are: periconceptional, ante- and perinatal damage, congenital and hereditary disorders, severe inflammatory disorders and oncology.

