



11th International Conference for Strength Training 2018
30 November - 2 December 2018
Perth Convention and Exhibition Centre
Perth, Western Australia



Program updated 22/10/2018

Finish		FRIDAY 30 NOVEMBER 2018
12:00	20:00	Registration
BelleVue Ballroom 2		
15:00	15:40	Opening Ceremony
<i>Chairperson: Tony Blazeovich</i>		
15:40	16:30	Dr Matt Jordan
16:30	17:20	Dr Nic Gill - <i>Strength & power training: practical application in collision sport with consideration of travel, injury prevention and recovery</i>
17:20	17:50	Q&A - Per Aagaard and Nic Gill
18:00	20:00	Welcome Reception



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Start	Finish	SATURDAY 1 DECEMBER 2018	
8:00	17:00	Registration Opens	
BelleVue Ballroom 2			
<i>Chairperson: Greg Haff</i>			
8:30	9:30	Prof Avery Faigenbaum - Youth resistance training: survival of the strongest	
9:30	10:30	Prof Charlotte Suetta - Muscle plasticity with aging, disuse and rehabilitation – effects of strength training	
10:30	11:00	Morning Tea	
BelleVue Ballroom 1		BelleVue Ballroom 2	
<i>Chairperson: Keijo Häkkinen</i>		<i>Chairperson: Sophia Nimphius</i>	
11:00	11:45	Assoc Prof Greg Haff - Untangling periodisation controversies	Prof Caroline Finch - Injury perspectives: incorporating strength training approaches into implementable injury prevention practices
11:45	12:30	Dr Ritva Taipale - Concurrent training and the endocrine system	Dr Matt Jordan - Approaches for assessing mechanical muscle function in ACL reconstructed elite athletes
12:30	13:15	Lunch (Posters on display)	
BelleVue Ballroom 1		BelleVue Ballroom 2	
13:15	14:15	Free Communications (Clinical)	Free Communications (Sports)
<i>Chairperson: Dennis Taaffe & Charlotte Suetta</i>		<i>Chairperson: Duncan French & Jean-Benoit Morin</i>	
13:15	13:30	Moritz Schumann - Associations between cancer-related fatigue and muscle strength in breast cancer survivors following 12 weeks of supervised strength training	Aaron Uthoff - Resisted sprint training in adolescences: the effectiveness of backward versus forward sled towing on speed, power and stretch-shorten cycle measures in youth athletes.
13:30	13:45	Michael Tse - The effects of a 12 week exercise intervention on physical function and psychosocial wellness of breast cancer survivors in Hong Kong	Jonas Rikardo Hansen - Retention in muscle strength and cycling performance following resistance training in well-trained cyclists: an explorative pilot study
13:45	14:00	Christine Kudiarasu - Comparison between eccentric and concentric resistance training effects on muscle strength, physical function and body composition in adults with type 2 diabetes	Carson Patterson - The 2-minute loaded repeated jump test: longitudinal anaerobic testing in elite alpine ski racers
14:00	14:15	Simon Walker - Effects of resistance training frequency on markers of metabolic syndrome and low-grade inflammation in healthy older men and women	Paige Rice - Muscle action of strength assessment influences performance ranking in ankle-dominant athletes
14:15	14:45	Poster Session	
14:45	15:15	Afternoon Tea (Poster Session continued)	
BelleVue Ballroom 2			
<i>Chairperson: Per Aagaard</i>			
15:15	16:15	Dr Duncan French - Strength and power as determinants of performance in world class MMA	
Optus Stadium			
17:00	19:00	Social Event and Stadium Tour (1.5 hour tour) Buses to depart Perth Convention and Exhibition Centre at 17:00	



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Start	Finish	SUNDAY 2 DECEMBER 2018	
8:00	17:00	Registration Opens	
BelleVue Ballroom 2			
Chairperson: Ken Nosaka			
8:30	9:30	Prof Janet Taylor - Central fatigue: failure of the nervous system during exercise	
9:30	10:30	Prof J-B Morin - Force-velocity-power profiling: new concepts, new methods, new insights into jump and sprint performance	
10:30	11:00	Morning Tea	
BelleVue Ballroom 1		BelleVue Ballroom 2	
Chairperson: Dietmar Schmitbleicher		Chairperson: Dusan Hamar	
11:00	11:45	Prof Tony Blazeovich - Training for high velocity movement	Prof Rob Newton - Why would cancer patients do weight training?
11:45	12:30	Prof Jeff McBride - Identifying and refining mechanisms for maximal stretch-shortening cycle performance	Prof Dennis Taaffe - Specificity of resistance and impact training for maintaining bone in healthy and patient populations
12:30	13:15	Lunch (Posters on display)	
BelleVue Ballroom 1		BelleVue Ballroom 2	
Chairperson: Matt Jordan		Chairperson: Chris Abbiss	
13:15	14:00	Dawn Scott - Realities of applying the science to sport	Dr Brendan Scott - Novel resistance training methods: blood flow restriction and hypoxia
14:00	15:00	Free Communications (Training methodology)	Free Communications (Population-specific)
Chairperson: Avery Faigenbaum & Shona Halson		Chairperson: Janet Taylor & Ritva Taipale	
14:00	14:15	Lucas Bet da Rosa Orssato - Photobiomodulation therapy effects on resistance training volume and discomfort in trained subjects: A randomized, double-blind, placebo-controlled trial	Lesley Sommerfield - Relationship between maturation and performance measures in youth females
14:15	14:30	Sergio Maroto Izquierdo - Effects of unilateral accentuated eccentric iso-inertial resistance training on muscle mass and function of the trained and untrained legs	Neda Kiani Mavi - Muscle strength measures on isokinetic dynamometer do not reflect the increases in muscle strength after eccentric resistance training of the elbow flexors and extensors in older adults
14:30	14:45	Thue Kvorning - Effects of combined blood-flow restricted training and heavy-load resistance training on mechanical muscle function	Andrew Pichardo - Relationship between maturation, strength, movement competency and motor skill performance in adolescent males
14:45	15:00	Juha Ahtiainen - Should non-responders to resistance training increase training frequency?	Dee Dee Ayra - Characterizing the metabolic and cardiovascular intensity of walking football in southeast asian women
15:00	15:30	Poster Session	
15:30	16:00	Afternoon Tea (Poster Session continued)	
Chairperson: Nic Gill			
16:00	17:00	Dr Shona Halson - Maximising the training stimulus - what is the role of fatigue, recovery and sleep?	
Island Brewhouse, Elizabeth Quay			
19:00	23:00	Conference Gala / Casual Cocktail Party	



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Start	Finish	MONDAY 3 DECEMBER 2018 - ECU
9:00	10:00	Registration Opens (ECU Joondalup)
Edith Cowan University		
<i>Chairperson: Rob Newton</i>		
10:00	10:45	Prof Ken Nosaka - <i>Eccentric exercise as medicine</i>
10:45	11:30	Prof Keijo Häkkinen - <i>Concurrent Training (Where from and where to?)</i>
11:30	12:15	Poster Session
12:15	13:15	Lunch (Poster Session continued)
Edith Cowan University		
<i>Chairperson: Jeff McBride</i>		
13:15	14:00	Prof Travis Triplett - <i>Training female athletes: special considerations for optimizing performance and avoiding injury</i>
<i>Chairperson: Dawn Scott</i>		
14:00	14:45	Assoc Prof Jacqueline Alderson & Assoc Prof Sophia Nimphius - <i>Neuromuscular training and change of direction mechanics: performance & injury</i>
<i>Chairperson: Tony Blazeovich & Travis Triplett</i>		
14:45	15:15	Panel Discussion - <i>Past, present and future in resistance training research</i>
15:15	16:15	Tours of Edith Cowan University
16:15	16:30	Closing Ceremony
16:30	18:30	Drinks by the Lake