

INTERNATIONAL SYMPOSIUM

**ACTIVE BRAINS FOR ALL:
Exercise, cognition and mental
health.**

GRANADA (SPAIN)

12nd June 2017



PROGRAM

INTRODUCTION

Brain research is considered one of the key challenges of the 21st century. The brain is the most complex organ in the human body, and the cross talk between bodily-based physical activity and brain function is virtually unknown. The new and recent advances in neuroelectric and neuroimaging technologies provide a new era for further exploring and understanding how brain, cognition function and mental health can be stimulated by environmental factors, such as exercise, across the lifespan.

The International Symposium «ACTIVE BRAINS FOR ALL» aims to discuss the state of-the-art regarding the role of physical activity, sedentary behavior, physical fitness, and nutrition in relation to brain, cognition, academic achievement and mental health in different age groups.

This Symposium will be held in Granada (Spain), on 12nd June 2017. We are proud to spotlight that Charles Hillman, a world leader in exercise and brain will attend as keynote speaker. In addition, Francisco B. Ortega and their collaborators will present the most relevant findings from the ActiveBrainsProject, a randomized control trial based on the effect of an exercise program on brain, cognition, academic achievement and mental health in overweight and obese children. Furthermore, other experts in the field will also present advances in the area.

MAIN-THEMES:

The “ACTIVE BRAINS FOR ALL” International Symposium will highlight concentrated effort at a national and international level in the following key areas:

Sub-theme 1: Physical activity, sedentary behavior, physical fitness, nutrition and **brain** across the lifespan.

Sub-theme 2: Physical activity, sedentary behavior, physical fitness, nutrition and **cognitive** performance across the lifespan.

Sub-theme 3: Physical activity, sedentary behavior, physical fitness, nutrition and **academic achievement** across the lifespan.

Sub-theme 4: Physical activity, sedentary behavior, physical fitness, nutrition fitness and **mental health** across the lifespan.

Organized by the **PROFITH research group** under the umbrella of the **UCEES** (Unidad Científica de Excelencia: Ejercicio y Salud), with the support from:



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<http://www.spanishexernet.com/>



<http://profith.ugr.es/>



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cimcyc

More information: Technical secretariat: www.granadacongresos.com/activebrains
Organizina aroup : profith.uar.es

HONOR COMMITTEE

Dra. Pilar Aranda Ramírez. Rector of University of Granada, Spain.

Dr. Enrique Herrera Viedma. Vice-Rector for Research, University of Granada, Spain.

Dr. Aurelio Sánchez Vinuesa. Dean of Faculty of Sport Sciences, University of Granada, Spain.

Dr. Víctor Soto Hermoso, Director of Research Institute of Sport and Health (iMUDS), University of Granada, Granada, Spain.

SCIENTIFIC COMMITTEE

Chairs:

Dr. Francisco B Ortega. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Dr. Andrés Catena. Director of Mind, Brain and Behavior Research Center (CIMCYC), University of Granada, Granada, Spain.

Secretary:

Irene Esteban-Cornejo . Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Members:

Dr. Jonatan Ruiz Ruiz. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Dr. Miguel Martín Matillas. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Dra. Palma Chillón Garzón. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Dr. Pontus Henriksson. Department of Biosciences and Nutrition, Karolinska Institutet, Huddinge, Sweden.

Dra. Hanna Henriksson, Department of Biosciences and Nutrition, Karolinska Institutet, Huddinge, Sweden.

Dr. José César Perales. Department of Experimental Psychology, University of Granada, Granada, Spain.

ORGANIZING COMMITTEE

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Dr. José César Perales. Department of Experimental Psychology, University of Granada, Spain.

Dra. Signe Altmäe. Competence Centre on Health Technologies, University of Tartu, Tartu, Estonia.

Mr. José Rafael Mora Rodríguez. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain.

Ms. Cristina Cadenas Sánchez. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Mr. Jairo Hidalgo Migueles. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

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Mr, Pablo Molina García. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Ms. María Victoria Muñoz Hernández. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Ms. Wendy Daniela Martínez Ávila. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Ms. María Elisa Merchán Ramírez. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

SYMPOSIUM PROGRAM

Monday, 12nd June 2017

08:00-9:00 Registration
09:00-9:30 Official Welcome

Dra. Pilar Aranda Ramírez. Rector of University of Granada, Spain.
Dr. Enrique Herrera Viedma. Vice-Rector for Research, University of Granada, Spain.
Dr. Aurelio Sánchez Vinuesa. Dean of Faculty of Sport Sciences, University of Granada, Spain.
Dr. Víctor Soto Hermoso, Director of Research Institute of Sport and Health (iMUDS), University of Granada, Granada, Spain.

09:30-10:00 Presentation of the Symposium
Dr. Francisco B Ortega Porcel. Chair of the Scientific and Organizing Committees
Dra. Irene Esteban-Cornejo. Secretary of the Scientific and Organizing Committees

10:00-10:45 **Opening lecture.** Exercise, cognition and mental health.
Dr. José Cesar Perales, Granada (Spain): Physical activity and emotional regulation
Drs. Daniel Sanabria and Antonio Luque, Granada (Spain): Understanding the cognition and physical exercise relationship: Insights from the brain and the heart

10:45-11:30 Selected Oral Communications

11:30-12:00 *HIIT, Coffee break and visit to posters*

12:00-13:00 **Keynote lecture. Charles Hillman,** Boston USA: Role of physical exercise and fitness on brain, cognition and academic performance.

13:00-13:45 Poster presentation session.

13:45-15:00 *Lunch*

15:00-16:00 Selected Oral Communications

16:00-16:30 *HIIT, Coffee break and visit to posters*

16:30-17:30 **Closing lecture. Francisco B Ortega and collaborators,** Granada (Spain): Past, present and future of the ActiveBrains, SmarterMove and CoCa projects

17:30-18:00 Symposium summary and Awards to best oral communications
Dr. Francisco B Ortega Porcel and *Dra. Irene Esteban-Cornejo.*

19:30-20:30 Cultural running/walking
22:00 *Tapas Dinner* (not included)

MAIN SPEAKERS

Charles Hillman, Department of Psychology and Department of Health Sciences Northeastern University, Boston USA.

PhD, Department of Kinesiology, University of Maryland at College Park, 2000



MS, Department of Exercise and Sport Sciences, University of Florida, 1997

BA, University of Miami, 1994

Dr. **Hillman's primary research** emphasis is to better understand factors that relate to increased **cognitive health** and **effective functioning** of individuals **across the lifespan**. Specifically, his research focuses on the relationship between both acute and chronic physical activity participation and cognitive function from a neuroelectric perspective. Using this approach, he has examined the relationship of cardiovascular activity on underlying

processes involved in attention, memory, and processing speed. Dr. Hillman, has been appointed to the 2018 Physical Activity Guidelines Advisory Committee.

Francisco B Ortega, Department of Physical Education and Sport, University of Granada, Spain Granada (Spain).

PhD in Exercise Physiology (First PhD), Department of Physiology, University of Granada, Spain, 2008.



PhD in Medical Sciences (Second PhD), Department of Biosciences and Nutrition, Karolinska Institutet, Sweden, 2008.

BA, University of Granada, 2002.

Dr. **Ortega** is co-director of the **PROFITH** research Group and Head of the Research Unit of Physical Activity and Health Promotion in the Research Institute of Sport and Health (iMUDS).

Dr. Ortega's **main research interests** are focused on (i) assessment of physical fitness in young people, (ii) objective assessment of physical activity using accelerometry, (iii) effects of exercise on physical and mental health outcomes, as well as on cognition and brain in young people and (iv) exercise-based interventions using mobile technology (SmartPhones), the so called m-Health approaches.

ABSTRACT GUIDELINES

• The “ACTIVE BRAINS FOR ALL” Organizing Committee invites authors to submit abstracts for presentation within any of the symposium themes listed below. Submissions are sought for oral and poster presentations. The Scientific Committee will select the high relevance abstracts to present as Oral Communication. General details of these sessions are outlined below:

- **Oral Communications:** will be 8 mins of presentation. The presentation should be done in English. Abstracts will be grouped by theme and each session will have approx. 4 papers, a Chair who will provide comments on the field of research covered in the session highlight particular findings and stimulate Q&A.
- **Poster Presentations:** will be a 3 mins of presentation. The presentation could be done either in English or Spanish. Abstracts will be grouped by theme and each session will have a Chair who will provide questions and suggestions. Posters should be in vertical and measure 60cm wide x 90cm high. Each author should place the poster in the given place at registration time.

• Abstracts should be **up to 300 words**, written preferably in **English** (alternatively in Spanish) for any of the following thematic areas:

- Sub-theme 1: Physical activity, sedentary behavior, physical fitness and brain
- Sub-theme 2: Physical activity, sedentary behavior, physical fitness and cognitive performance.
- Sub-theme 3: Physical activity, sedentary behavior, physical fitness and academic achievement.
- Sub-theme 4: Physical activity, sedentary behavior, physical fitness and mental health.

• Abstract submission. Click **here** to download the template. Please, fill out the form and send to: estudioactivebrains@gmail.com.

• **Key dates:**

15th May	Abstract submission deadline
20th May	Latest notification date for accepted abstracts and selected oral communication
25th May	Early bird registration deadline
12nd June Included	Late registration

• All accepted abstracts will be included in a digital book of abstract with ISBN.

AWARDS:

- There will be 3 awards for the best oral presentations:
 - First award: 150 € and ActiveBrains t-shirt.
 - Second Award: 100 € and ActiveBrains t-shirt.
 - Third award: 50 € and ActiveBrains t-shirt.

OFFICIAL LANGUAGE

- Key notes and oral communication will be in English. Preferable language for the Poster is also English, although for poster presentation Spanish will be also allowed.

REGISTRATION FEE

Registration	Deadline	Fee
Early bird registration	Until 25 th May	60€
Late registration	Until 12 th June included	100€

- Registration fee includes coffee breaks, lunch and book of abstracts. Registration will be available at registration desk from 08.00 to 09.00 on 12th June. Click **here** to register now.

- The presenting author must be registered in The Symposium.

- Tickets for the Tapas dinner will be available for purchase at the registration desk.

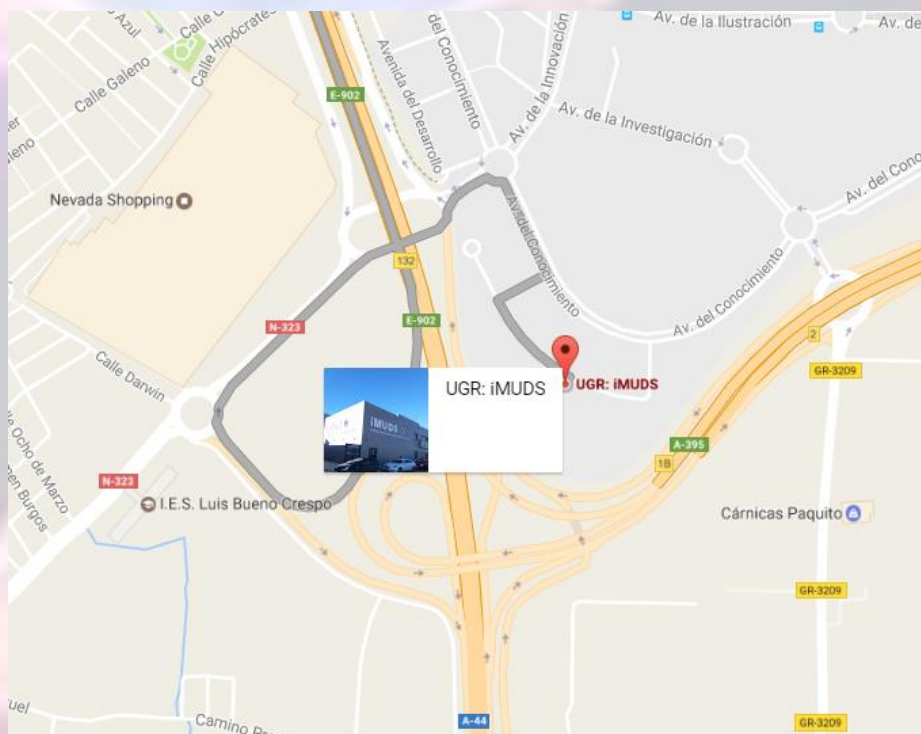
VENUE

The Symposium will take place at the Research Institute of Sport and Health (iMUDS), University of Granada.



The iMUDS is located at Parque Tecnológico de la Salud (PTS) in Granada. Official address: Avenida del Conocimiento s/n. C.P. 18016. Granada.

From A-44, take exit 132, and follow the directions:



ACCOMMODATION

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More information: Technical secretariat: www.granadacongresos.com/activebrains
Organizing group : profith.ugr.es