

DAY 1 – Monday 6th September 2010

Time	Session					
08:30-09:30	Registration and Coffee Hunter Halls					
09:30-10:00	Opening Ceremony Joseph Black Main Lecture Theatre					
10:00-12:00	The Dr Andy Cathcart Symposium The factors which limit maximal oxygen uptake: the head, the heart or an integrated peripheral system Prof Tim Noakes (the head), Prof Bjorn Ekblom (the heart), Prof Peter Wagner (an integrated system) (Chair: Prof Neil Spurway) Joseph Black Main Lecture Theatre					
12:00-13:30	Lunch, exhibition and posters (Poster defence 12:45-13:30) Hunter Halls Divisional meetings (various rooms)					
13:30-15:00	Invited Symposium. Sport science support for elite cycling: the reality of managing the world-class performer. Joseph Black Main Lecture Theatre	Invited Symposium. Behaviour Change in Special Populations. Wolfson Medical School Seminar Room 1 (Yudowitz)	Free Communications 1: Clinical Exercise Science. Wolfson Medical School Seminar Room 3 (Gannochy)	Free Communications 2: Pacing. East Quad Lecture Theatre	Joint BASES/BPS Symposium. Debating the positive and negative effects of self-confidence on competition preparation & performance. Gilbert Scott G466	Free Communications 3: Education and Professional Development. Forehall
15:00-15:45	Coffee, exhibition and posters Hunter Halls					
15:45-17:15	Invited Symposium. Sports nutrition: what's new? Joseph Black Main Lecture Theatre	Invited Symposium. Health benefits of high intensity and resistance exercise. Wolfson Medical School Seminar Room 1 (Yudowitz)	Free Communications 4: Physical activity and sedentary behaviour. Wolfson Medical School Seminar Room 3 (Gannochy)	Free Communications 5: Sport Psychology A. East Quad Lecture Theatre	Free Communications 6: Sports Performance. Gilbert Scott G466	Workshop: Cycling 1) The LSCT, a novel submaximal cycle test to predict performance and monitor fatigue in cycling 2) Bicycle set up: optimal performance and injury prevention West Medical Bdg 242
17:15-19:30						
19:30-20:30	Civic Reception at Glasgow City Chambers – hosted by The Lord Provost of Glasgow					
20:30 until late	Dinner in a restaurant of your choice in the City Centre or West End, before sampling Glasgow hospitality at a City Centre or West End Bar					

DAY 2 – Tuesday 7th September 2010

Time	Session					
08:00-08:30	Registration and Coffee Hunter Halls					
08:30-10:00	Keynote Debate Does dehydration impair exercise performance? Prof Ron Maughan (yes), Prof Tim Noakes (no) (Chair: Prof Ian McGrath) Joseph Black Main Lecture Theatre					
10:00-10:45	Coffee, exhibition and posters Hunter Halls					
10:45-12:00	Invited symposium. Ethnicity, Environment and Health. Joseph Black Main Lecture Theatre	Free Communications 7: Exercise Psychology and Psycho-physiology. Wolfson Medical School Seminar Room 1 (Yudowitz)	Symposium. From Research Methods to the Research Process: A New Approach. Wolfson Medical School Seminar Room 3 (Gannochy)	Free Communications 8: Exercise and Appetite. East Quad Lecture Theatre	Free Communications 9: Physiology and Biomechanics Varia. Gilbert Scott G466	Invited Lecture. Prof Mike Spedding Neurotrophins and inflammatory cytokines may modulate obesity, depression and sporting excellence by neurotrophic pathways and mitochondria Forehall
12:00-13:30	Lunch and exhibition Hunter Halls, (AGM (East Quad Lecture Theatre))					
13:30-15:30	The Great Drugs Debate Prof David Cowan, Prof Bengt Kayser, Prof Martial Saugy, Prof Mike Spedding, Charlie Spedding (Chair: Prof Ian McGrath) Joseph Black Main Lecture Theatre					
15:30-16:00	Coffee, exhibition and posters Hunter Halls					
16:00-17:30	Joint BASES, RCP and FIA Symposium: Linking medicine with exercise science and front-line practice. Joseph Black Main Lecture Theatre	Free Communications 10: Biomechanics. Wolfson Medical School Seminar Room 1 (Yudowitz)	Free Communications 11: Sports Nutrition. Wolfson Medical School Seminar Room 3 (Gannochy)	Free Communications 12: Respiratory Exercise Physiology. East Quad Lecture Theatre	Joint BASES/FEPSAC Symposium. Training of Applied Sport Psychologists. Gilbert Scott G466	Supervised Experience Supervisor/Reviewer Discussion Forum. Forehall
17:30-19:30						
19:30 until late	Gala Dinner and Ceilidh Kelvingrove Art Gallery and Museum					

DAY 3 – Wednesday 8th September 2010

Time	Session					
08:00-09:00	Registration and Coffee Hunter Halls (Lab directors meeting, East Quad Lecture Theatre)					
09:00-10:30	Keynote Debate Can we modulate physical activity in children? Prof John Reilly (yes), Prof Terry Wilkin (no) (Chair: Prof Jo Doust) Joseph Black Main Lecture Theatre					
10:30-11:15	Coffee, exhibition and posters Hunter Halls (Accreditation Drop-in @ BASES Desk)					
11:15-12:45	Invited Symposium. The Female Athlete: a multidisciplinary approach. Joseph Black Main Lecture Theatre	Early Career Researcher Medal Lectures. Wolfson Medical School Seminar Room 1 (Yudowitz)	Free Communications 13: Sports Psychology B. Wolfson Medical School Seminar Room 3 (Gannochy)	Free Communications 14: Molecular Exercise Physiology. East Quad Lecture Theatre	Debate. Balancing the benefits and risks of exercise after stroke. Gilbert Scott G466	
12:45-14:15	Lunch, exhibition and posters (Poster defence 13:30-14:15) Hunter Halls Interest group meetings (various rooms)					
14:15-15:30	Invited Symposium. Measurement of Physical Activity. Joseph Black Main Lecture Theatre	Free Communications 15: Adaptations to Training. Wolfson Medical School Seminar Room 1 (Yudowitz)	Joint BASES/FEPSAC Symposium. Developmental Strategies for Consultants Working in Elite Youth Sport Programs. Wolfson Medical School Sem. Room 3 (Gannochy)	Symposium. Are RPE Scales Fatigued? Athlete Emancipation from the RPE Straightjacket. East Quad Lecture Theatre	International Centre for East African Running Science (ICEARS) Symposium. Gilbert Scott G466	Symposium. More, less, better - pervasive science and challenging Dutch dogmas on food, exercise and health. Forehall
15:30-16:00	Coffee and exhibition Hunter Halls					
16:00-17:00	Keynote Lecture Are we really less active than we used to be: what does the objective evidence show? Prof John Speakman Joseph Black Main Lecture Theatre					
17:00-17:30	Prize giving, handover and close					

