

Mini-Seminar:

“Research on Paralympic Sports – where we are and where we are heading”

9.30 – 10.15

Dr. Christof Leicht: Keynote on «Lessons learnt from sport to inform exercise and health research in populations with disabilities»

10.15 – 10.40 Break

10.40 – 11.10

Julia Kathrin Baumgart & Prof. Øyvind Sandbakk: «Research in the Paralympic and Olympic Sports at the Centre for Elite Sports Research in Trondheim»

11.20 – 11.50

Knut Nystad & Cato Zahl Pedersen: «Foundation VI (English: WE) – equal opportunities to perform»

Location: Konferansesenter, Toppidrettssenteret Granåsen, Smistadgrenda 11, 7026 Trondheim

Please send an e-mail to Julia Baumgart (julia.k.baumgart@ntnu.no) before October 16th if you will attend.



Dr. Christof Leicht is a Lecturer in Exercise Physiology at Loughborough University in the UK and is currently leading the Health and Wellbeing Strand at the Peter Harrison Centre for Disability Sport. This center aims to improve knowledge about Paralympic sport and to promote the substantial health and quality of life benefits that can be gained through participation in disability sport and physical activity. The center is heavily involved in research, in addition to providing sport science support to a number of GB squads. Christof's main research focus has evolved from Applied Exercise Physiology in populations with disabilities to research in the fields of Spinal Cord Injury, Upper Body Exercise, and Inflammation.



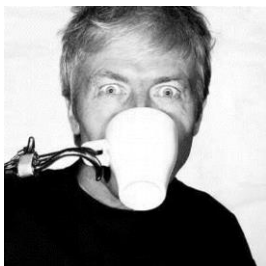
Julia Kathrin Baumgart will have defended her Phd on endurance exercise performance in Paralympic sitting sports at the Centre for Elite Sports Research in Trondheim. Next to her Phd, she has been involved in other ongoing research projects in the Paralympic field here in Norway. Her main research interest is to understand how and up to what extent the body is able to adjust to different disabilities.



Professor Øyvind Sandbakk is the daily leader of the research activities at the Centre for Elite Sports in Trondheim and leader for research and development at the Norwegian Olympic Centre. His research focus is on increasing the understanding on performance in elite sports, mainly through investigating physiological and biomechanical mechanisms, effects of strength and endurance training and implementation of new technology to create knowledge on these factors during training and competition.



Knut Nystad is the leader of the newly lanced foundation "VI" (in English: WE). The vision of the foundation is to create a more meaningful and active lifestyle for people with a disability and to increase their integration in society. Knut worked as the head of the Norwegian waxing team from 2006-2018, and was involved in the research and development projects at the Norwegian Olympic Centre both as a project leader and participant. Sports have been a big part of his live through different roles and formed and define who he is.



Cato Zahl Pedersen is the leader of Paralympic sports at the Norwegian Olympic Centre, and part of the board of foundation «VI». He used to be a Paralympic athlete himself and won 13 medals, after which he has been engaged in others experiencing achievement as well. He was involved in building up and led the CatoSenteret, a rehabilitation centre that focuses on possibilities and sense of achievement instead of limitations linked to a variation of diagnoses.