

Inaugural Energy Stress Meeting 2022 Programme

Thursday 15th September 2022, 9.30-16.30 hs

Liverpool John Moores University, Liverpool, UK

| Time | Activity |
|--------------------|---|
| 9.00-9.30 | Registration and Networking (please be early) |
| 9.30-9.45 | Welcome and Introduction Prof. Bill Baltzopoulos. Head of the Research Institute for Sport and Exercise Sciences (RISES), LJMU. Welcome. Dr. José L Areta, Lecturer in Sports Nutrition, LJMU. Introduction. |
| 9.45-11.00 | SESSION 1 <i>Chair: Prof. Neil Walsh, Liverpool John Moores University</i> |
| 9.45-9.50 | Introduction |
| 9.50-10.15 | Prof. James Betts, University of Bath <i>Talk title: Nutrient Timing & Metabolic Regulation</i> |
| 10.15-10.25 | Questions |
| 10.25-10.50 | Prof. José Calbet, University of Las Palmas of Gran Canaria, Spain. <i>Talk title: Endocrine and physiological responses to a severe energy deficit in overweight and obese individuals: The Östersund walking study.</i> |
| 10.50-11.00 | Questions |
| 11.00-11.30 | Coffee break |
| 11.30-12.25 | SESSION 2 <i>Chair: Prof. Lewis Halsey, Roehampton University.</i> |

11.30-11.35 *Introduction.*

11.35-11.55 **Dr. Eimear Dolan, University of São Paulo, Brazil.**

Talk title: *Energetic trade-offs within athletes with low energy availability*

11.55-12.00 **Questions**

12.00-12.20 **Dr Jose L Areta, Liverpool John Moores University.**

Talk title: *The effect of energy deficit with concomitant exercise on skeletal muscle phenotype shift*

12.20-12.25 **Questions**

12.25-13.25

Lunch break

13.25-14.20

SESSION 3

Chair: Prof. Kirsty Elliot-Sale, Manchester Metropolitan University

13.25-13.30 **Introduction**

13.30-13.50 **Dr. Mark Hopkins, University of Leeds.**

Talk title: *The effect of diet and exercise-induced energy deficit on appetite responses in overweight/obese and athletic populations*

13.50-13.55 **Questions**

13.55-14.15 **Dr. Carl Langan-Evans, Liverpool John Moores University.**

Talk title: *The psychophysiological effects of low energy availability during weight making and subsequent recovery in combat sport athletes*

14.15-14.20 **Questions**

14.20-14.50

Coffee break

14.50-14.55

SESSION 4

Chair: Dr. José L Areta, Lecturer in Sports Nutrition, LJMU

14.50-14.55 **Introduction**

14.55-15.20 **Prof. Karsten Koehler, Technical University of Munich, Germany.**

Talk title: *Elite athletes and overweight individuals – parallels and differences in the metabolic response to energy deprivation at the opposite ends of the exercise spectrum*

15.20-15.30 **Questions**

15.30-16.10 | **Prof. John Speakman**, University of Aberdeen, Scotland, and Chinese Academy of Sciences.

Talk title: *Did reductions in physical activity energy expenditure help to fuel the obesity epidemic?* (**Keynote lecture**)

16.10-16.20 | **Questions**

16.20-16.25

Closing of meeting

16.25-17.25

Post-meeting social: hang out and talk to your favourite people or meet new people