4-Day Intensive Advanced Graduate-Level Course

This graduate course focuses on the integrated physiological responses to exercise and covers key concepts and methods from the molecular to organ system and whole body levels. Bengt Saltin (1935-2014) was an eminent scientist and educator whose work contributed significantly to advancing knowledge of muscle metabolism, the regulation of circulation and the mechanisms underlying the adaptation to exercise training. This course has been named in his honor and follows in the footsteps of similar intensive graduate training courses in Scandinavia and Canada. The course is taught by a number of internationally recognized Canadian and Danish scholars who will participate throughout the course to allow for formal and informal discussions on topical areas, research approaches and professional development.

The 4-day intensive course combines faculty lectures, student poster sessions, discussion groups, keynote lectures and various informal faculty-student interactions. A unique aspect of this course is the opportunity for students to interact with leaders and peers in the field through one-on-one and small group settings. The course aims to expose students to a broad array of topics, experimental approaches, pan-national and international perspectives on the field, and foster student networks and collaborations between research groups. The course will culminate in a 1-day International Symposium on Exercise as Medicine in a Mechanistic Perspective.

Travel & Accommodation

Acceptance into the course includes accommodation and meals. Students must arrange their own travel.