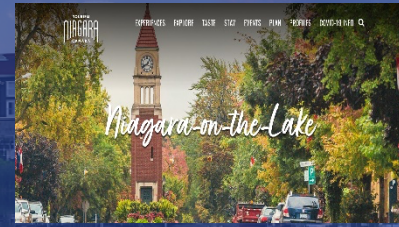


Saltin International Graduate Course in Exercise and Clinical Physiology

Exercise for Health: Mechanisms, Function and
Performance

October 2-6, 2022

Queen's Landing, Niagara-on-the-Lake



October 2 **Arrival: Sunday afternoon/evening**
Queen's Landing (155 Byron St., Niagara-on-the-Lake)

Day 1: **Monday October 3**

8:00-8:10 **Welcome**
Robert Boushel, University of British Columbia

8:10-9:00 **Presenting scientific findings: The art of the talk**
Morten Zacho, Rigshospitalet, Copenhagen

Experimental Models in Exercise Physiology

Chair: Michael Kjær, University of Copenhagen

9:00-9:25 **Design of rodent studies to increase clinical translation**
Greg Steinberg, McMaster University

9:25-9:50 **The study of 'exercising' human muscle cells *in vitro* and myokines**
Celine Aguer, McGill University (Outaouais Campus)

9:50-10:15 **Mitochondrial function: Analytical approaches**
Chris Perry, York University

10:15-10:45 **Coffee**

10:45-11:45 **Student-faculty discussion: talks/presentations and the art of the talk**
Chair: Morten Zacho, Rigshospitalet, Copenhagen

11:45-12:00 **Introduction to Poster Presentations**
Michael Kjær, University of Copenhagen

Thematic Lecture

12:00-12:30 **Effect of training on insulin secretion**
Flemming Dela, University of Copenhagen

12:30-13:30 **Lunch**

13:30-17:30 **Recreation and network discussion**

17:30-18:30 ***Fireside Chat:* Experimental models/study design**

Chair: Cathy Chan, University of Alberta

Jørgen Wojtaszewski, André Carpentier, Niels Ørtenblad, Jose Calbet, Mary-Ellen Harper

18:30-19:30 **Dinner**

Day 2 **Tuesday, October 4**

Thematic Lecture

8:00-8:45 **Mitochondrial adaptations to exercise**
Darrell Neufer, East Carolina University

Cardiopulmonary Physiology

Chair: Jerome Dempsey, University of Wisconsin

8:45-9:10 **Exercise and pulmonary-circulatory interactions**
Bill Sheel, University of British Columbia

9:10-9:35 **The microcirculation**
Graham Fraser, Memorial University

9:35-10:00 **The circulation and oxygen transport in maximal exercise performance**
Jose Calbet, University of Las Palmas

10:00-10:30 **Coffee**

10:30-12:00 **Student Poster Presentations**

12:00-13:00 **Lunch**

Sex and Age Differences

Chair: Jenna Gillen, University of Toronto

13:00-13:25 **Estrogen and the vasculature**
Ylva Hellsten, University of Copenhagen

13:25-13:50 **Metabolic responses to exercise**
Michaela Devries-Aboud, University of Waterloo

13:50-14:15 **Age, sex, exercise and the tendon**
Michael Kjær, University of Copenhagen

14:15-18:00 **Field Trip: Brock University Faculty of Health Sciences**

Thematic lecture

18:00-19:00 **Physiological lessons from nature**
Michael Joyner, Mayo Clinic, Rochester, Minnesota

19:00-20:30 **Dinner**

Day 3 Wednesday, October 5

Thematic Lecture

8:00-8:45 **Exercise and adipose tissue metabolism**
Laurie Goodyear, Joslin Diabetes Center, Harvard University

Exercise, Nutrition and Lifestyle Approaches in Clinical Settings

Chair: Kristi Adamo, University of Ottawa

8:50-9:15 **Brown adipose tissue, lipids and metabolism**
André Carpentier, Université de Sherbrooke

9:15-9:40 **Exercise-nutrition interactions**
Cathy Chan, University of Alberta

9:40-10:05 **Exercise in the prevention and treatment of cardiometabolic diseases**
Jenna Gillen, University of Toronto

10:05-10:30 **Coffee**

10:30-12:00 **Student Posters**

12:00-13:00 **Lunch**

Novel Exercise Targets

Chair: Jane Shearer, University of Calgary

13:00-13:25 **Exercise and the brain**
Rebecca McPherson, Brock University

13:25-13:50 **Exercise and muscle stem cells**
Michael De Lisio, University of Ottawa

13:50-14:15 **Endothelial cell-derived EPO in mediating exercise capacity**
Brittany Edgett, University of Calgary

14:15-18:00 **Recreation and network discussion**

18:00-19:00 ***Fireside Chat: Mechanisms, Function and Performance***

Chair: Rebecca McPherson
Bill Sheel, Michael Joyner, Michael Koehle

19:00-20:30 **Dinner**

Day 4 Thursday, October 6

Thematic Lecture

8:00-8:45 **Exercise signaling in insulin sensitivity**
Jørgen Wojtaszewski, University of Copenhagen

Responses to Exercise

Chair: Ylva Hellsten, University of Copenhagen

8:50-9:15 **Exercise and glycogen metabolism**

Niels Ørtenblad, University of Southern Denmark

9:15-9:40 **Placental responses to exercise**

Kristi Adamo, University of Ottawa

9:40-10:05 **Exercise and the microbiome**

Jane Shearer, University of Calgary

10:05-10:35 **Coffee**

10:35-11:00 **Exercise and pollution**

Michael Koehle, University of British Columbia

11:00-11:30 **Perspectives on graduate student training in exercise and clinical physiology**

Jerome Dempsey, Professor, University of Wisconsin

11:30-12:00 **Closing Discussion and Course Evaluation**

Robert Boushel, University of British Columbia

Morten Zacho, Rigshospitalet, Copenhagen