

**AUTUMN OPEN SCIENTIFIC SEMINAR OF THE DEPARTMENT OF SPORTS
DIETETICS**

[Jesiennie otwarte seminarium naukowe Zakładu Dietetyki Sportowej]

2021-11-25

- 10:00-11:15 **Rehabilitation for Post-COVID-19 Syndrome Through a Supervised Exercise Intervention. The RECOVE project (NCT04718506) – Dr. Javier Courel Ibáñez, PhD** (*Faculty of Sport Sciences, University of Murcia, San Javier, Murcia, Spain*)
- 11:15-12:30 **Skeletal muscle physiology, imaging and evaluation – Dr. Tereza Jandová, PhD** (*Department of Physiology and Biochemistry, Faculty of Physical Education and Sport, Charles University, Czech Republic*)

Coffee break

- 13:00-14:15 **Muscle loss with age (sarcopenia): pathophysiology of muscle loss and current diagnostic methods and possible treatments – Dr. Tereza Jandová, PhD** (*Department of Physiology and Biochemistry, Faculty of Physical Education and Sport, Charles University, Czech Republic*)
- 14:15-15:30 **The effects of HMB supplementation in addition to exercise in institutionalized older adults. The HEAL study (NCT03827499) – Dr. Javier Courel Ibáñez, PhD** (*Faculty of Sport Sciences, University of Murcia, San Javier, Murcia, Spain*)

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Z powodu ograniczeń liczby osób na sali uprzejmie prosimy o wysłanie wiadomości mailowej o chęci uczestnictwa (z podaniem nazwiska i imienia uczestnika) na adres: nowaczyk@awf.poznan.pl