

# Scientific Program

**8.30 am** Welcome - Registration

Plenary session		<b>AUDITORIUM 1</b> Conference chair - <b>V. Gangji (Brussels, BE)</b>
	<b>9.00 – 9.20 am</b>	History of women in sport - <b>D. Gavage (Brussels, BE)</b>
	<b>9.20 – 9.40 am</b>	Gender Psychology and sport - <b>J. Brouwers (Antwerp, BE)</b>
	<b>9.40 – 10.00 am</b>	Philosophical approach to women in sport - <b>G. Goetghebuer (Brussels, BE)</b>
	<b>10.00 – 10.30 am</b>	Physiology of sport in women - <b>M. Duclos (Clermont-Ferrand, FR)</b>
	<b>10.30 – 11.00 am</b>	Discussion

**11.00 – 11.30 am** Break + Posters exhibition

Women specificities		<b>AUDITORIUM 1</b> <b>Physiology &amp; performance</b>	<b>AUDITORIUM 2</b> <b>Exercise therapy</b>	<b>AUDITORIUM 3</b> <b>Sports injuries</b>
	<b>Chairs</b>	<b>G. Cheron (Brussels, BE)</b>	<b>M. Chalon (Brussels, BE)</b>	<b>V. Feipel (Brussels, BE)</b>
	<b>11.30 – 12.00 am</b>	Muscle fiber-type specificities in women <b>E. Lievens (Gent, BE)</b>	Cardio-respiratory specificities in women <b>G. Van Heddegem (Mons, BE)</b>	Traumatologie du sport chez la femme * <b>J.P. Castiaux (Brussels, BE)</b>
	<b>12.00 – 12.30 am</b>	Muscle fatigability specificities in women <b>S. Baudry (Brussels, BE)</b>	Pulmonary specificities in women <b>V. Bougault (Lille, FR)</b>	Le Syndrome fémoro-patellaire * <b>J. Van Cant (Brussels, BE)</b>
	<b>12.30 am – 1.00 pm</b>	Over-training syndrome in women <b>L. Decroix (Brussels, BE)</b>	Cancer et pratique physique * <b>M. Duclos (Clermont-Ferrand, FR)</b>	Hip diseases by sportswomen <b>M. Jayankura (Brussels, BE)</b>

**1.00 – 2.00 pm** Lunch + Posters exhibition

Clinical application	<b>AUDITORIUM 1 Pelvipерineology</b>	<b>AUDITORIUM 2 Breast</b>	<b>AUDITORIUM 3 Nutrition &amp; psychology</b>	
	<b>Chairs</b>	<b>T. Roumeguère (Brussels, BE)</b>	<b>J. Haut (Brussels, BE)</b>	<b>J. Brouwers (Antwerp, BE)</b>
	<b>2.00 – 2.30 pm</b>	Perineal trauma <b>I. Etienney (Paris, FR)</b>	Le sein de la sportive * <b>T. Adam (Toulouse, FR)</b>	L'approche psycho-sportive au sein d'une équipe nationale * <b>E. Schouppe (Asse, BE)</b>
	<b>2.30 – 3.00 pm</b>	Physical activity and sport: good or bad for the pelvic floor? <b>K. Kenton (Chicago USA)</b>	Lymphedema and exercises <b>N. Devoogdt (Leuven, BE)</b>	Nutrition chez la femme sportive * <b>N. Boisseau (Clermont-Ferrand, FR)</b>
	<b>3.00 – 3.30 pm</b>	Are there alternative exercises to pelvic floor muscle training? <b>K. Kenton (Chicago USA)</b>	Cancer du sein et pratique physique : pro-contra * <b>M. Lamotte et I. Merckaert (Brussels BE)</b>	Aspects sociologiques de la femme sportive <b>J. Gillet (Brussels, BE)</b>
	<b>3.30 – 4.00 pm</b> Break + Posters exhibition			
	<b>AUDITORIUM 1 Young women</b>	<b>AUDITORIUM 2 Pregnancy</b>	<b>AUDITORIUM 3 Elderly women</b>	
	<b>Chairs</b>	<b>M. Ouchinsky (Brussels, BE)</b>	<b>C. Daelemans (Brussels, BE)</b>	<b>S. De Breucker (Brussels, BE)</b>
	<b>4.00 – 4.20 pm</b>	Le cycle menstruel chez la jeune-femme sportive * <b>L. Baeyens (Brussels, BE)</b>	Grossesse et instabilité du bassin * <b>G.M. Trovarelli (Brussels, BE)</b>	Estrogen and muscle/tendon in postmenopausal women <b>M. Hansen (Aarhus, DK)</b>
	<b>4.20 – 4.40 pm</b>	Core stability in female athletes <b>C. Mickel (Francfort, DE)</b>	Pratique sportive et grossesse * <b>R. Garnir (Brussels, BE)</b>	Physical activity in adult women <b>A. Tornberg (Lund, SE)</b>
<b>4.40 – 5.00 pm</b>	Hormones and muscle / tendon in young women <b>M. Hansen (Aarhus, DK)</b>	Recommandations for pregnant sportswomen <b>V. Faoro et M. Klass (Brussels, BE)</b>	Ménopause et sport * <b>L. Baeyens (Brussels, BE)</b>	

**5.00 pm** Best poster awards and closing session by **A. Laitat Brussels, BE**

\* exposés en français