Lecture by dr hab. Adam Kawczyński
University School of Physical Education
Faculty of Sport Science
Wrocław
Poland

Time: Wednesday 22 August 2018 at 11.00-12.00

Place: Aalborg University, Fredrik Bajers Vej 7, room no. D2-106

Title: Sensory and Viscoelastic properties of skeletal muscle assessed in laboratory and field environments

Abstract: Research on sensory and viscoelastic properties of skeletal muscles and tendons is a developing and promising area. Such assessments can now be made in both laboratory and field environment. In sport sciences, it is important to be as close as possible to training and competition. Changes in skeletal muscle sensory properties due to eccentric exercise have not only been studied as mean to induce muscle soreness but also as recovery strategy after e.g. football game. More recently, we have studied changes in muscle viscoelastic properties after eccentric exercise among karate fighters and swimmers. Skeletal muscle and tendon viscoelastic properties investigated by ultrasonography are currently being conducted in athletes. This lecture will present novel knowledge that can be used by strength and conditioning professionals following training or competition.

All interested are welcome.

Yours sincerely,

Uwe Kersting
Professor, PhD
Performance and Technology Group, Sport Sciences