

INTERNATIONAL SYMPOSIUM

**ACTIVE BRAINS FOR ALL:
EXERCISE, COGNITION
AND MENTAL HEALTH**

GRANADA, 12TH JUNE 2017

#PROGRAM



INTRODUCTION

Brain research is considered one of the key challenges of the 21st century. The brain is the most complex organ in the human body, and the cross talk between bodily-based physical activity and brain function is virtually unknown. The new and recent advances in neuroelectric and neuroimaging technologies provide a new era for further exploring and understanding how brain, cognition function and mental health can be stimulated by environmental factors, such as exercise, across the lifespan.

The International Symposium «ACTIVE BRAINS FOR ALL» aims to discuss the state of-the-art regarding the role of physical activity, sedentary behavior, physical fitness, and nutrition in relation to brain, cognition, academic achievement and mental health in different age groups.

This Symposium will be held in Granada (Spain), on 12nd June 2017. We are proud to spotlight that Charles Hillman, a world leader in exercise and brain will attend as keynote speaker. In addition, Francisco B. Ortega and their collaborators will present the most relevant findings from the ActiveBrainsProject, a randomized control trial based on the effect of an exercise program on brain, cognition, academic achievement and mental health in overweight and obese children. Furthermore, other experts in the field will also present advances in the area.

MAIN-THEMES:

The “ACTIVE BRAINS FOR ALL” International Symposium will highlight concentrated effort at a national and international level in the following key areas:

Sub-theme 1: Physical activity, sedentary behavior, physical fitness, nutrition and **brain** across the lifespan.

Sub-theme 2: Physical activity, sedentary behavior, physical fitness, nutrition and **cognitive** performance across the lifespan.

Sub-theme 3: Physical activity, sedentary behavior, physical fitness, nutrition and **academic achievement** across the lifespan.

Sub-theme 4: Physical activity, sedentary behavior, physical fitness, nutrition fitness and **mental health** across the lifespan.

Organized by the **PROFITH** research group under the umbrella of the **UCEES** (Unidad Científica de Excelencia: Ejercicio y Salud), with the support from:



Department of Physical Education and Sports
Faculty of Sport Sciences



UNIVERSIDAD
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ActiveBrains



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<http://www.finut.org>



EXERNET

<http://www.spanishexernet.com/>



<http://profith.ugr.es/>



<http://www.redsamid.net/es/>

More information: Technical secretariat: www.granadacongresos.com/activebrains
Organizing group : profith.ugr.es

HONOR COMMITTEE

Dra. Pilar Aranda Ramírez. Rector of University of Granada, Spain.

Dr. Enrique Herrera Viedma. Vice-Rector for Research, University of Granada, Spain.

Dr. Aurelio Sánchez Vinuesa. Dean of Faculty of Sport Sciences, University of Granada, Spain.

Dr. Víctor Soto Hermoso, Director of Research Institute of Sport and Health (iMUDS), University of Granada, Granada, Spain.

SCIENTIFIC COMMITTEE

Chairs:

Dr. Francisco B Ortega. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Dr. Andrés Catena. Director of Mind, Brain and Behavior Research Center (CIMCYC), University of Granada, Granada, Spain.

Secretary:

Irene Esteban-Cornejo . Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Members:

Dr. Jonatan Ruiz Ruiz. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Dr. Miguel Martín Matillas. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Dra. Palma Chillón Garzón. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Dr. Pontus Henriksson. Department of Biosciences and Nutrition, Karolinska Institutet, Huddinge, Sweden.

Dra. Hanna Henriksson, Department of Biosciences and Nutrition, Karolinska Institutet, Huddinge, Sweden.

Dra. Signe Altmäe. Competence Centre on Health Technologies, University of Tartu, Tartu, Estonia.

Dr. José César Perales. Department of Experimental Psychology, University of Granada, Granada, Spain.

ORGANIZING COMMITTEE

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Dra. Signe Altmäe. Competence Centre on Health Technologies, University of Tartu, Tartu, Estonia.

Mr. José Rafael Mora González Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain.

Ms. Cristina Cadenas Sánchez. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Mr. Jairo Hidalgo Migueles. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Ms. María Rodríguez García. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Mr, Pablo Molina García. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Ms. María Victoria Muñoz Hernández. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Ms. Wendy Daniela Martínez Ávila. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

Ms. María Elisa Merchán Ramírez. Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, Spain

SYMPOSIUM PROGRAM

Monday, 12nd June 2017

08:00-9:00 Registration

09:00-9:30 Official Welcome

Dra. Pilar Aranda Ramírez. Rector of University of Granada, Spain.
Dr. Enrique Herrera Viedma. Vice-Rector for Research, University of Granada, Spain.

Dr. Aurelio Sánchez Vinuesa. Dean of Faculty of Sport Sciences, University of Granada, Spain.

Dr. Víctor Soto Hermoso, Director of Research Institute of Sport and Health (iMUDS), University of Granada, Granada, Spain.

Dr. Francisco B Ortega Porcel. Chair of the Scientific and Organizing Committees

09:30-10:00 Presentation of the Symposium

Dr. Francisco B Ortega Porcel. Chair of the Scientific and Organizing Committees

Dra. Irene Esteban-Cornejo. Secretary of the Scientific and Organizing Committees

10:00-11:00 **Opening lecture.** Exercise, cognition and mental health.
Chair: Dr. David Jiménez Pavón.

Dr. **José Cesar Perales**, Granada (Spain): Physical activity and emotional regulation

Drs. **Daniel Sanabria** and **Antonio Luque**, Granada (Spain): Understanding the cognition and physical exercise relationship: Insights from the brain and the heart

Dr. **David Cárdenas**, Granada (Spain): Physical condition as a mediator of the impact of mental load experienced by military helicopter pilots.

11:00-12:00 Selected Oral Communications
Chair: Dr. Diego Moliner Urdiales.

12:00-12:30 *HIIT, Coffee break and visit to posters*

12:30-13:30 **Keynote lecture. Charles Hillman**, Boston USA: Role of physical exercise and fitness on brain, cognition and academic performance.
Chair: Dr. Francisco B Ortega Porcel.

13:30-14:15 Poster presentation session.

14:15-15:30 *Lunch*

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- 15:30-16:30 Selected Oral Communications
Chair: Dra. Oren Contreras-Rodríguez.
- 16:30-17:00 *HIIT, Coffee break and visit to posters*
- 17:00-18:00 **Closing lecture. Francisco B Ortega and collaborators**, Granada (Spain): Past, present and future of the ActiveBrains, SmarterMove and CoCa projects
Chair: Dr. Jonatan R. Ruiz.
- 18:00-18:30 Symposium summary and Awards to best oral communications
Dr. Francisco B Ortega Porcel and Dra. Irene Esteban-Cornejo.
- 19:45-21:45 Cultural running/walking
- 22:00 *Tapas Dinner* (not included in the registration fee)

MAIN SPEAKERS

Charles Hillman, Department of Psychology and Department of Health Sciences Northeastern University, Boston USA.



PhD, Department of Kinesiology, University of Maryland at College Park, 2000
MS, Department of Exercise and Sport Sciences, University of Florida, 1997
BA, University of Miami, 1994

Dr. **Hillman's primary research** emphasis is to better understand factors that relate to increased **cognitive health** and **effective functioning** of individuals **across the lifespan**. Specifically, his research focuses on the relationship between both acute and chronic physical activity participation and cognitive function from a neuroelectric perspective. Dr. Hillman, has been appointed to the 2018 Physical Activity Guidelines Advisory Committee.

Francisco B Ortega, Department of Physical Education and Sport, University of Granada, Spain Granada (Spain).



PhD in Exercise Physiology (First PhD), Department of Physiology, University of Granada, 2008.
PhD in Medical Sciences (Second PhD), Department of Biosciences and Nutrition, Karolinska Institutet, 2008.
BA, University of Granada, 2002.

Dr. **Ortega** is co-director of the **PROFITH** research Group and Head of the Research Unit of Physical Activity and Health Promotion in the Research Institute of Sport and Health (iMUDS). Dr. Ortega's **main research interests** are focused on (i) assessment of physical fitness and physical activity, (ii) effects of exercise on physical and mental health outcomes, as well as on cognition and brain and (iii) exercise-based interventions using mobile technology (m-Health).

David Cárdenas Vélez, Department of Physical Education and Sport, University of Granada, Spain Granada (Spain).



Ph.D. in Physical Education and Sport Sciences, Department of Personality, Evaluation and Psychological Treatment, University of Granada, 1995.
BA, University of Granada, 1987.

Dr. Cárdenas is Senior Lecturer at the University of Granada and head of the research group "Structure and Process Involved in Interaction Sports" (HUM 844). His **main research interests** are focused on (i) the bidirectional relationship between brain function (mainly mental workload), physical exercise and sport and (ii) decision making and learning process in sports.

José Cesar Perales, Department of Experimental Psychology, University of Granada, Spain, Granada (Spain).



PhD. in Experimental Psychology, Department of Experimental Psychology, University of Granada, 2002.

BA, University of Granada, 1992.

Dr. **Perales** is Associate Professor at University of Granada and Senior Member of the Learning, Emotion and Decision Research Group (CTS-176).

His **research interests** range from human learning to judgment and decision making processes, with a special focus on self-regulation in daily life behavior, including drug use, gambling, and physical activity.

Daniel Sanabria, Department of Experimental Psychology, University of Granada, Spain Granada (Spain).



PhD. in Experimental Psychology, Department of Experimental Psychology, University of Oxford, 2005.

BA, University of Granada, 1999.

Dr. Sanabria is Associate Professor at the University of Granada and Head of the Psychology, Ergonomic and Physical Activity research group (HUM-957)

His main **research interest** is focused on the relationship between cognition (mainly attention), brain, physical exercise and sport.

Antonio Luque-Casado, Department of Experimental Psychology, University of Granada, Spain Granada (Spain).



PhD. in Biomedicine, Department of Experimental Psychology, University of Granada, Spain, 2016.

MS, Department of Physical Education and Sport, University of Granada, Spain, 2012.

BA, University of Granada, 2010.

Dr. **Luque-Casado** is Postdoctoral Research Fellow at University of Granada and Member of the Psychology, Ergonomic and Physical Activity Research Group (HUM-957).

His **main research interests** are focused on (i) exercise, sport and cognition and (ii) the role of aerobic exercise on brain-heart dynamics in attentional contexts.

ABSTRACT GUIDELINES

• The “ACTIVE BRAINS FOR ALL” Organizing Committee invites authors to submit abstracts for presentation within any of the symposium themes listed below. Submissions are sought for oral and poster presentations. The Scientific Committee will select the high relevance abstracts to present as Oral Communication. General details of these sessions are outlined below:

- **Oral Communications:** will be 7 mins of presentation and 3 mins of questions. The presentation should be done in English. Abstracts will be grouped by theme and each session will have approx. 4 papers, a Chair who will provide comments on the field of research covered in the session highlight particular findings and stimulate Q&A.
- **Poster Presentations:** will be a 3 mins of presentation and 2 mins of questions. The presentation could be done either in English or Spanish. Abstracts will be grouped by theme and each session will have a Chair who will provide questions and suggestions. Posters should be in vertical and measure 60cm wide x 90cm high. Each author should place the poster in the given place at registration time.

• Abstracts should be **up to 300 words**, written preferably in **English** (alternatively in Spanish) for any of the following thematic areas:

- Sub-theme 1: Physical activity, sedentary behavior, physical fitness and brain
- Sub-theme 2: Physical activity, sedentary behavior, physical fitness and cognitive performance.
- Sub-theme 3: Physical activity, sedentary behavior, physical fitness and academic achievement.
- Sub-theme 4: Physical activity, sedentary behavior, physical fitness and mental health.

• Abstract submission. Click **here** to download the template. Please, fill out the form and send to: estudioactivebrains@gmail.com.

• An author may submit a maximum of **ONE** abstract as first author. The **presenting** author **must be registered** in The Symposium.

• **Key dates:**

15th May	Abstract submission deadline
20th May	Latest notification date for accepted abstracts and selected oral communication
25th May	Early bird registration deadline
31st May	Late-breaking abstract submission deadline
4th June	Latest notification date for accepted abstracts and selected oral communication
12nd June Included	Late registration

• All accepted abstracts will be included in a digital book of abstract with ISBN.

AWARDS:

- There will be 3 awards for the best oral presentations:
 - First award: 150 € and ActiveBrains t-shirt.
 - Second Award: 100 € and ActiveBrains t-shirt.
 - Third award: 50 € and ActiveBrains t-shirt.

OFFICIAL LANGUAGE

- Key notes and oral communication will be in English. Preferable language for the Poster is also English, although for poster presentation Spanish will be also allowed.

REGISTRATION FEE

Registration	Deadline	Fee
Early bird registration	Until 31 st May	60€
Late registration	Until 12 th June included	100€

- Registration fee includes coffee breaks, lunch and book of abstracts. Registration will be available at registration desk from 08.00 to 09.00 on 12th June. Click **here** to register now.

- An author may submit a maximum of **ONE** abstract as first author. The **presenting** author **must be registered** in The Symposium.

- Tickets for the Tapas dinner will be available for purchase at the registration desk.

VENUE

The Symposium will take place at the Research Institute of Sport and Health (iMUDS), University of Granada.



The iMUDS is located at Parque Tecnológico de la Salud (PTS) in Granada. Official address: Avenida del Conocimiento s/n. C.P. 18016. Granada (37.1451285°N, 3.6080092°W).

From A-44, take exit 132, and follow the directions:



ACCOMMODATION

The Symposium Organization has reached agreements with the following hotels. Attendees interested in staying at one of these hotels must do their booking by sending an email directly to the hotel and indicating the reference. All hotels information, booking references and pricing are shown in the map below:

<p>NH Granada Centro</p> <p>Double bedroom: 72€ (91,83€ on Saturdays) Double bedroom singular use: 65€ (87,10€) Breakfast included Email: nhgranadacentro@nh-hotels.com Phone: 0034 958 018 400 Reference: 33188988</p>	<p>Andalucía Center</p> <p>Double bedroom: 80€ Double bedroom singular use: 70€ Breakfast included Email: hola@baobabeventos.com Phone: 0034 858 125 284 Reference: Simposio PTS</p>
<p>Ibis Granada</p> <p>Double bedroom: 62€ Double bedroom singular use: 55€ Breakfast included Email: h3700-dm@accor.com Phone: 0034 958 184 250 Reference: Simposio PTS</p>	<p>Abades Nevada Palace</p> <p>Double bedroom: 90€ Double bedroom singular use: 81€ Breakfast included Email: reservasnevada@abades.com Phone: 0034 958 809 999 Reference: 182252</p>

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<http://www.redsamid.net/es/>

cimcyc

More information: Technical secretariat: www.granadacongresos.com/activebrains
Organizing group: profith.ugr.es

COLLABORATING PARTNERS:



Técnicos Deportivos



Formación para profesionales de la salud y el deporte

