**PROGRAMME**

**Saturday, 25 January – Conference Program**

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| 8:00 | Registration opens |
| 9.00 – 11:45 | Free oral presentations |
| 11:45 – 12:15 | Book presentation – *Football as Medicine* - Peter Krustrup and Dan Parnell |
| 12.15-13.15 | Lunch break |
| 13:15 – 14:00 | **Official opening**  Kaj Leo Holm Johannesen, Minister of Health  Gunnvør Balle, Vice-Mayor of Tórshavn  Chik Collins, Rector of the University of the Faroe Islands  Christian Andreassen, President of the Faroese Football Association  Magni Mohr, Chairman, Scientific Committee |
| 14:00 – 15:30  Chair: Magni Mohr | **Football as Medicine – World-wide perspectives**  Emmanuel Stamatakis (Australia) – *The WHO Global Action Plan on Physical Activity 2018-2030 (GAPPA): opportunities and hurdles ahead (20 min)*  Matthias Ried-Larsen (Denmark) – *Why Prescribe Exercise as Medicine for Type 2 Diabetes: we have a pill for that! (20 min)*  Peter Krustrup (Denmark) – *Football as Medicine – for the World (20 min)*  30 min Round table discussion  *Football is Medicine – World-Wide Perspectives* Moderator Sólvit Nolsø  Panel: Emmanuel Stamatakos, Peter Krustrup, Matthias Ried-Larsen, Maria Skaalum Petersen (Head of Centre of Health Science), Kaj Leo Holm Johannesen (Minister of Health), Herborg Johannesen (MD, Endocrinologist, Faroese National Hospital). |
| 16:00 –16:30 | Coffee break |
| 16:30 – 18:00  Chair: Peter Krustrup | **Scientific programme** Eva Wulff Helge (Denmark) – *Football as osteogenic training (20*min)  Magni Mohr (Faroe Islands) – *Football Training and Skeletal Muscle Adaptations (20 min)*  Jacob Uth (Denmark) – *Football as rehabilitation for women treated for breast cancer: The Football Fitness After Breast Cancer (ABC) study (20*min)  Maysa de Sousa (Brazil) – *Football and diet in treating type 2 diabetes (20*min) |
| 19:30 – | Conference dinner |

**Sunday, 26 January - Conference**

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| 09:00 – 10:30  Chair: João Brito | **Scientific programme**  May-Britt Skoradal (The Faroe Islands) – *Self-organized Football Fitness for women (20 min)*  Morten B Randers (Denmark) – *Organizing Football Fitness Training (20 min)*  Malte Nejst Larsen (Denmark) – *Game formats in youth football (20 min)*  Anne-Marie Elbe (Germany) – *Getting FIM players to start and keeping on going (20 min)* |
| 10:30 – 11:00 | Coffee break |
| 11:00 – 12:30  Chair: Morten B. Randers | Carlo Castagna (Italy) – *Monitoring fitness in Football Fitness (20 min)*  Susana Póvoas (Portugal) – *Team Handball as Medicine (20 min)*  Carl-Johan Boraxbekk (Denmark) – *How exercise influences brain structure, function, and chemistry**(20 min)*  Dan Parnell (UK) – *Football and society (20 min)* |
| 12:30 – 13:30 | Lunch |
| 13:30 – 15:00  Chair: Malte N Larsen | Donald Kirkendall (USA) – *The history of football science – from performance to health (20 min)*  Nikolai B Nordsborg (Denmark) – *Muscle signalling during exercise -impact of exercise mode (20 min)*  Pasqualina Buono (Italy) – *Long-term football training: effects on myogenic differentiation and epigenetic modifications associated to longevity (20 min)*  Helga Ellingsgaard (Denmark) – *Exercise as signaling for visceral adipose tissue changes (20 min)* |
| 15:00 – 15:30 | Coffee Break |
| 15:30 – 17:00  Chair: Magni Mohr | Pætur Clementsen (Faroe Islands) – *The Faroese Football Model* (20 min)  Søren Bennike (Denmark) – *Football for the Heart – practical perspectives and the social science research strategy (20 min)*  João Brito (Portugal) – *Football for health projects in Portugal: opportunities for developing the game (20 min)*  The FC Trón and AB Football Fitness ladies interview – (Faroe Islands)  (30 min) (Moderator: Brynhild Thomsen) |
| 17:00 – 17:30 | Closing session |
| 18:30 – 20:30 | Football tournament |