KINGS - Symposium
“Resistance Training in Young Athletes”

Main Topics
- Development of the Youth Athlete (Neil Armstrong)
- Youth Physical Development-Model: an Update (Rhodri Lloyd)
- Youth Athlete Development-Risk and Rewards (Jon Oliver)
- Effects of Resistance Training (Urs Granacher)
- Resistance Training Modalities (David G. Behm)
- Muscle and Tendon Adaptations (Adamantios Arampatzis)
- Signs of Immunological Stress Response (Christian Puta)
- Performance in Health (Holger Gabriel)

The German Federal Institute of Sport Science (BiSp) and the KINGS-research consortium host a symposium on
“Resistance Training in Young Athletes”
at Humboldt-University Berlin from June 22nd to 23rd, 2018.

Coaches, researchers in the field, performance directors and those interested in the topic are warmly welcome.

Renowned scientists from Great Britain, Canada, and Germany will provide keynote lectures on the topic “Resistance Training in Young Athletes”.

- Prof. Adamantios Arampatzis (Humboldt University Berlin, Germany)
- Prof. Neil Armstrong (University of Exeter, Great Britain)
- Prof. David G. Behm (Memorial University Newfoundland, Canada)
- Prof. Holger Gabriel (Friedrich Schiller University Jena, Germany)
- Prof. Urs Granacher (University of Potsdam, Germany)
- Prof. Rhodri Lloyd (Cardiff Metropolitan University, Great Britain)
- Prof. Jon Oliver (Cardiff Metropolitan University, Great Britain)
- PD. Dr. Christian Puta (Friedrich Schiller University Jena, Germany)

A simultaneous English-German and German-English translation will be provided for all lectures.
Please note that the conference language is German.
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June 22nd

11:00 Arrival and Registration
11:15 Words of Welcome
   Eva Inés Obergfell, Vice President for Academic Affairs, Humboldt-Universität zu Berlin
   Gabriele Neumann, Deputy Head, German Federal Institute of Sport Science (BISp)
   Beate Lohmann, Head of the Directorate Sport, Federal Ministry of the Interior, Building and Community
   Adamantios Arampatzis, Deputy Scientific Head KINGS-Study, Humboldt-Universität zu Berlin

Session 1: General Aspects of Youth Athlete Development

12:00 Neil Armstrong
   Children’s Health and Exercise Research Centre, University of Exeter, UK
   Development of the Youth Athlete

13:00 Rhodri S. Lloyd
   Cardiff School of Sport & Health Sciences, Cardiff Metropolitan University, Cardiff, Wales
   The Youth Physical Development Model: an Update

14:00 Coffee break

Session 2: Specific Aspects of Youth Athlete Development

14:30 Jon Oliver
   Cardiff School of Sport, Cardiff Metropolitan University, Cardiff, Wales
   Youth Athletic Development: Minimizing Risks to Maximize rewards

12:00 Urs Granacher
   Faculty of Human Sciences, Research Focus Cognition Sciences, Division of Training and Movement Sciences, University of Potsdam, Potsdam, Germany
   Resistance Training in young athletes: What the KINGS-Study adds

16:30 David Behm
   School of Human Kinetics and Recreation, Memorial University of Newfoundland, Newfoundland, Canada
   Effective Resistance Training Modalities, Olympic Weightlifting, Plyometrics & Traditional Resistance Training in Children

17:30 Summary day 1: Meet the Expert
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**June 23rd**

**Session 3: Physiological and Immunological Adaptions in Young Athletes**

9:00  **Adamantios Arampatzis**  
Department of Training and Movement Sciences, Humboldt-Universität zu Berlin, Berlin, Germany  
*Imbalances in the Adaptation of Muscle and Tendon in Young Athletes*

10:00 **Christian Puta**  
Department of Sports Medicine and Health Promotion, Friedrich Schiller University Jena, Jena, Germany  
*Exercise-induced Immunological Stress Responses in Young Athletes*

11:00  **Coffee Break**

**Session 4: Perspectives**

11:30 **Holger Gabriel**  
Department of Sports Medicine and Health Promotion, Friedrich Schiller University Jena, Jena, Germany  
*Performance in Health - Risks and Resources*

12:30 **Urs Granacher**  
Faculty of Human Sciences, Research Focus Cognition Sciences,  
Division of Training and Movement Sciences, University of Potsdam, Potsdam, Germany  
*Quo Vadis KINGS - Study*

13:00  **General Discussion**  
*Recommendations from the KINGS consortium for Resistance Training in Young Athletes?*

14:00  **Farewell and Lunch**