

# **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)

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**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 22<sup>nd</sup> to 23<sup>rd</sup>, 2018.**

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

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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.

## KINGS - Symposium "Resistance Training in Young Athletes"

June 22nd

- 11:00 Arrival and Registration  
11:15 Words of Welcome  
**Eva Inés Oberfell**, 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**

## **KINGS - Symposium “Resistance Training in Young Athletes”**

**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