

AMINO ACIDS IN SPORT, EXERCISE AND HEALTH

A 2-day satellite meeting (20th - 21st August) to the

10th INTERNATIONAL CONGRESS ON AMINO ACIDS AND PROTEINS
(20th – 25th August)

At the beach resort of Kallithea, Chalkidiki (south of Thessalonika)
northern Greece

Congress hotel is next to the beach

<http://icaap.web.auth.gr/>



Speakers

L. S. Sidossis, (Greece): “Slowing down the aging process through nutrition and exercise”.

A. R Hipkiss, (UK): “Ageing, protein-protein cross links, protein-carbonyl group interactions and carnosine”.

E. Blomstrand, (Sweden): “Effect of exercise training on protein signalling”.

J. Ivy, (USA): “The effects of CHO/PRO supplementation on exercise performance and recovery”.

W. Apro, (Sweden): "Effect of branched chain amino acids on signalling proteins in resting and exercising muscle".

K. Tipton, (UK): "Does supplementation with proteogenic Amino Acids and Proteins influence post-exercise protein turnover?"

M. Tarnopolsky, (Canada): "Influence of sex differences and endurance exercise on amino acid oxidation and the implications for dietary protein requirements".

M. Francaux, (Belgium): "Taurine and muscle activity".

J. Baxter, (USA): "The leucine metabolite HMB: Mechanistic considerations and clinical outcomes in exercise performance".

L. Castell, (UK): "Some Amino Acids Associated with Physical and Mental Fatigue".

C. Kerksick, (USA): "Effect Prophylactic Supplementation of N-Acetyl-Cysteine and Epigallocatechin Gallate on Markers of Oxidative Stresss, Inflammation and Apoptosis After Eccentric Contraction-Induced Injury in Untrained Males".

V. Mougios, (Greece): "Fatty Acid metabolism in humans during exercise".

P. Greenhaff, (UK): "Regulation of carnitine in muscle and its regulatory effect on fat and carbohydrate metabolism".

D. Bishop (Italy): "Muscle buffering as a limitation to exercise performance"

R. Harris, (UK): "The effects of diet and training on muscle carnosine".

W Derave, (Belgium): "Measurement of muscle carnosine and the effect of beta-alanine supplementation by proton-MRS.

J. Hoffman, (USA): "Beta-alanine supplementation and performance".

N Mitchell, (UK): "Converting science into medals using amino acids and proteins to support performance in elite athletes"

E. Rawson, (USA): "Peripheral Adaptations to Creatine Supplementation: What are the Mechanisms?"

L. Deldicque, (Belgium): "Short-term changes in gene expression by creatine and resistance exercise in human skeletal muscle".

M. Tarnopolsky, (Canada): "Applications of creatine: aging, exercise and muscle disease".

J. Poortmans, (Belgium): "Creatine supplementation and kidney function: the odds and ends.

J. Decombaz, (Switzerland): "Kinetics of Creatine ingested as a component of a Food Bar".

T. McMorris, (UK): "Effect of creatine on cognitive function in young and elderly subjects".

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