

Clinical Symposium

FREITAG | 25.09.2026

14:30 **Sporternährung**
Empfehlungen der AG Sporternährung der DGE
A. Carlssohn | D. König

15:30 **Sportorthopädie/Bewegungstherapie – Rücken**
Überblick spezifische und unspezifische Rückenschmerzen im Sport | F. Mayer
Die Rolle sportlicher Aktivitäten bei der Prävalenz von Rückenschmerzen bei Kindern und Jugendlichen | T. Wirth
Return-to-play nach Operationen der Wirbelsäule im Sport | A. Disch

Pause

17:00 – 18:45 **„Olympischer/Paralympischer Sport und Gesundheit: Ein Widerspruch?“**

Impulsreferate & Podiumsdiskussion

u.a. mit Anja Hirschmüller | Tim Meyer | Ansgar Thiel

SAMSTAG | 26.09.2026

08:30 **Prävention und sportmedizinische Vorsorgeuntersuchungen**
Aktuelle Bewegungsempfehlungen | K. Pfeiffer
Lifestyle Faktoren als Determinanten der kardiovaskulären Gesundheit | A. Schmidt-Trucksäss
Leitlinie Sportmedizinische Vorsorgeuntersuchung | C. Joisten

09:30 **Sportkardiologie**
Das Sportherz | C. Burgstahler
Plötzlicher Herztod im Sport | J. Niebauer
Wirksamkeit der Trainingstherapie bei kardiologischen Erkrankungen | M. Halle

Pause

11:00 **Entwicklung Trainingstherapie Erkrankungen**
Prähabilitation – aktuelle Datenlage | R. Schier
Onkologische Erkrankungen | P. Zimmer
Cox- und Gonarthrose | I. Krauss

12:00 **Leistungsdiagnostik und Trainingssteuerung**
Laktat-Leistungsdiagnostik | K. Röcker
„Ergometrie bei unterschiedlichen Zielgruppen: Was für wen?“ | C. Ahlgrim
Thema Nr. 3 | N.N.

Topics der Sportgynäkologie | SAMSTAG 26.09.2026

09:30 **Fertilität und Kinderwunsch bei intensiver sportlicher Betätigung** | K. Wittich
Beckenboden und (In-)Kontinenz im Sport | M. Hübner
Schwangerschaft und Geburt bei intensiver sportlicher Betätigung | J. Pauluschke-Fröhlich

Pause

11:00 **Endometriose und Sport** | J. Andress
Zyklusadaptiertes Training | K. Dreser
Sekundäre/primäre Amenorrhö und REDs aus gynäkologischer Sicht | K. Rall

Dates

Pre-Day of the YoungDGSP:
September 23, 2026



Scientific Congress:
September 24 and 25, 2026



Clinical Symposium:
September 25 and 26, 2026



Venue

September 23 to 25, 2026 **Universität Tübingen**
Kupferbau
Hölderlinstraße 5
72074 Tübingen

September 26, 2026 **Universitätsklinikum Tübingen**
CRONA, Geb. 400,
gr. Hörsaal, Ebene 4
Hoppe-Seyler-Straße 3
Konferenzzentrum (Sportgyn.)
Otfried-Müller-Straße 6
72076 Tübingen

Further information and registration:



<https://www.medin.uni-tuebingen.de/de/science-in-sports-medicine>

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www.medin.uni-tuebingen.de/sportmedizin

Medizinische Universitätsklinik
Abteilung Sportmedizin

German Congress of Science in Sports Medicine

Including Pre-Day and Clinical Symposium

September 23 to 26, 2026
Tübingen



Sponsored by



Universitätsklinikum
Tübingen

Welcome to Tübingen

It is our pleasure to welcome you to the German Congress of Science in Sports Medicine, organized by the Scientific Board of the German Society of Sports Medicine and Prevention (DGSP). This congress marks a new era for German Sports Medicine and Exercise Science. We are pursuing new ideas with the aim to facilitate the exchange between established colleagues and young scientists. Held in English to foster international ex-change, it highlights openness, excellence, and global collaboration.

Emphasizing the principle that exercise is medicine, it bridges sports science and clinical care—from basic mechanisms to prevention and therapy—across metabolism, cardiovascular medicine, oncology, neurology, sports orthopedics, and athlete care. The **Scientific Congress** promotes innovation in training and performance, supports emerging scientists, and expresses a shared long-term goal: to build an internationally recognized, and ambitious German research community that contributes at the highest level to scientific knowledge, athletic performance, and public health. Fortunately, our call for abstracts yielded nearly 200 submissions, allowing us to finalize the program with a broad spectrum of oral and poster presentations.

A **Pre-Day** of the YoungDGSP offers a platform for young scientists for further exchange formats such as interest groups and the discussion of study protocols. In addition, we organize a **Clinical Symposium** which will address actual topics in clinical sports medicine.

Tübingen is delighted and proud to be hosting a German Sports Medicine Congress once again after almost 20 years. We warmly welcome all participants and are expecting an excellent conference, a vivid exchange of scientific knowledge in a friendly atmosphere.

The scientific board of the DGSP and the program committee

WEDNESDAY | PRE-DAY (September 23, 2026)

10:45 **Opening and Welcoming**

11:00 **Interest Groups**
(5 parallel Sessions)

13:00 *Lunch Break*

13:45 **Presentation Study Protocols**

15:45 *Coffee Break*

16:00 **Elections YoungDGSP**
(only for YoungDGSP-members)

17:00 *Individual Transfer to the
Institute of Sports Science Tübingen*

17:30 **Olympic Games of the Institutes**

19:00 **Evening Get together**

Congress Organizer: Scientific Board of the DGSP



Program committee

Lieselotte Bensen | Anja Carlsohn | Daniel Haigis | Martin Halle | Inga Krauß | Frank Mayer | Tim Meyer | Andreas Nieß | Kai Röcker | Henning Wackerhage | Philipp Zimmer

Local Organisation Team

Daniel Haigis | Klara Lange | Andreas Nieß | Joana Schmidt | Luisa Pieper

congress@dgsp-wissenschaftsrat.de

THURSDAY | SCIENTIFIC CONGRESS (September 24, 2026)

08:00 **Short Oral Presentations**
Molecular & Cell Biology | Covid-19 & Training Intervention | Elite Sports

09:15 *Coffee Break*

09:30 **GLP-1-RA in diabetes and obesity - is exercise out?**
A. Birkenfeld | H. Langer | D. Pesta

10:45 *Coffee Break*

11:00 **Short Oral Presentations**
Sports Pediatrics | Immunology | Orthopedics & Biomechanics

12:15 *Lunch Break*
(Preparation of Postersessions in 4 Rooms)

13:15 **Opening and Welcoming**

13:30 **Hot topics in elite sports**
F. Brocherie | C. Reinsberger
2 submitted presentations

14:45 *Coffee Break*

15:00 **Exercise in ageing societies**
H. Wackerhage | J. Bauer | N. Schaller

16:15 *Coffee Break*

16:30 **Exercise is Medicine in Oncology - Clinical evidence and mechanistic insights**
K. Steindorf | H. Rundqvist
2 submitted presentations

17:45 **Poster Presentations**
Elite Sports | Molecular & Cell Biology | Neurology & Psychiatry | AI & DiGA's | Clinical Cases & Sports Orthopedics | Sports Cardiology | Fitness, Exercise Training & Health | Stress Response & Biomarker

19:30 *Transfer to Evening Event (Beletage Museum)*

20:00 **Evening Event**
24:00 (Location: Beletage Museum)

FRIDAY | SCIENTIFIC CONGRESS (September 25, 2026)

08:00 **Short Oral Presentations**
Metabolism | Sports Nutrition | Fitness, Exercise Training & Health

09:15 *Coffee Break*

09:30 **Exercise and training in cardio vascular disease**
H. Hanssen | S. Wernhart
2 submitted presentations

10:45 *Coffee Break*

11:00 **Femoroacetabular impingement (FAI) – threat for the hip of elite athletes**
K. Siebenrock | K.-P. Günther
2 submitted presentations

12:15 *Lunch Break*

13:15 **Short Oral Presentations**
AI & DiGA's | Orthopedics | Sports Neurology & Psychiatry

14:30 *Coffee Break*

15:00 **Exercise is Medicine in Neurological Disorders**
U. Dalgas | J. Ruas
2 submitted presentations

16:00 *Coffee Break*

16:15 **AI in Sports Medicine**
J. Kleesiek | S. Vieluf | A. Groll

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