



7-9 March 2016, Wageningen, the Netherlands
1st edition

Energy metabolism and body composition in nutrition and health research

in co-operation with Human Nutrition, and Human & Animal Physiology,
Wageningen University, and Human Biology, Maastricht University

Background

Changes in energy balance result in weight gain or loss and changes in body composition. And disturbances in energy metabolism like mitochondrial dysfunction and metabolic inflexibility are linked to metabolic health and chronic diseases. Both diet and physical activity can affect energy metabolism and energy balance.

Aim of the course

- provide a solid scientific background on aspects of energy metabolism and health at the physiological level, with – this year – particular attention for dietary protein
- provide an overview of state-of-the-art in vivo methods to measure body composition and energy expenditure in humans, with some practical experience with analysis of physical activity data

Target group

The course is aimed at research professionals (PhD level) who are at the start of their career in nutritional or health sciences, or other scientists who want to become familiar with the field of Energy metabolism and Body composition in nutrition and health research.

Participants should have a background in biology, medicine, food/nutritional science, or other life sciences and should have basic knowledge of human biology, physiology and nutrition.

Course design

The course comprises three days (Monday 10.00 – Wednesday 15.00). The course consists of a series of lectures, supported by a computer-assisted exercise. As part of the programme the opportunity will be provided to discuss participant's own research (plans).

The focus of this year's course is on dietary protein, more specifically different aspects of dietary proteins in relation to human function and health.

Participants are encouraged to apply for a short oral presentation or a pitch. An abstract should be sent to Dr. Marco Mensink before 1 February 2016. Six abstracts will be selected and included as part of the programme ('master class')

Organisation

Division of Human Nutrition, WU:

Dr. Marco Mensink

Human and Animal Physiology Group, WU:

Dr. Arie Nieuwenhuizen

Department of Human Biology, UM:

Dr. Guy Plasqui

Graduate School VLAG

Mrs. Yvonne Smolders

Other Faculty

• **Prof Daniel Tomé**, AgroParisTech, Paris, France, visiting professor Wageningen University

• **Prof Luc van Loon**, Maastricht University

Other faculty to be announced

Provisional programme

The following topics will be addressed:

- o energy metabolism, mitochondrial function and health
- o energy balance and physical activity
- o methods to assess energy expenditure (e.g. DLW, accelerometry) and body composition (e.g. kinantropometry and imaging)
- o protein metabolism and protein requirements
- o protein and sports, and protein and ageing

COURSE DETAILS

Duration/Language

The course will be held from Monday 7 – Wednesday 9 March 2016 and will be conducted in English.

Study load

The study load of this course is 1.0 ECTS credits.

Venue/accommodation

The course venue is hotel and conference centre “Hof van Wageningen”. The town Wageningen is located 5 kms from the train station of Ede-Wageningen. This railway station can be reached by train from Schiphol Airport in about one hour. The organisation has blocked a number of hotel rooms at “Hof van Wageningen” for course participants, but only until 25 January 2016. Accommodation costs are € 75 (incl. breakfast, excl. tax) per night. You can visit www.hofvanwageningen.nl for more information. Participants have to book their own hotel room by sending an e-mail to: info@hofvanwageningen.nl. Please mention booking code EM16.

Registration

Please register on-line by completing the registration form at:

www.vlaggraduateschool.nl/courses/energy-metab.htm

The final registration date is **7 February 2016**.

Applicants will be informed of acceptance of their registration before 5 February. They will then receive instructions for payment, and further course details. Cancellations may be made free of charge until 7 February 2016. After this date the charge will be 25 % of the course fee paid or due. Substitutions may be made at any time.

Fee

The course fee (which includes materials, coffee/tea during breaks, lunches and one dinner but does not cover accommodation) depends on the participant’s affiliation:

- Industry/ For-Profit Org. €1200
- University staff/ Non-Profit Org. € 600
- PhD students € 400
- VLAG/WU PhD students € 185

Information

For more information please contact:

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REGISTRATION details and a PRELIMINARY PROGRAMME are available at:

<http://www.vlaggraduateschool.nl/courses/energy-metab.htm>

Registration before 7 February 2016