

VLAG course 'Energy metabolism and Body composition in Nutrition and Health Research'

March 7-9 2016, Wageningen - NL

PROGRAMME

Monday March 7

9.30	<i>arrival, registration and coffee</i>	
10.00-11.00	Introduction	Marco Mensink
- <u>Energy Metabolism and Health</u> -		
11.00-11.45	Challenged energy metabolism	Marco Mensink
11.45-12.15	Mitochondrial function and Health	Arie Nieuwenhuizen
	<i>Lunch</i>	
13.15-14.15	Measuring mitochondrial function	Arie Nieuwenhuizen
- <u>Energy Expenditure and Physical activity</u> -		
14.15-14.45	Energy expenditure and physical activity	Guy Plasqui
14.45-15.30	Measuring physical activity	Guy Plasqui
	<i>Tea break</i>	
16.00-17.30	tutorial / assignment physical activity	Guy Plasqui
	<i>light snack</i>	
18.00-19.00	<u>Master class:</u>	
	Effects of dairy proteins on gene expression levels of inflammatory related genes in young and elderly subjects	Gyrd Gjevestad (Uni of Oslo, Norway)
	Diet rich in trans-fat leads to serious pathological state of the liver	Antwi-Boasiako Oteng (WUR, NL)
19.15	<i>welcome dinner</i>	

Tuesday March 8

9.00-10.00	<u>guest lecture 1</u>	
	Introduction in whole body protein metabolism	Prof Daniel Tomé
- <u>Body Composition</u> -		
10.00-10.45	Kinanthropometry	Guy Plasqui
	<i>coffee break</i>	
11.15-12.15	<u>Master class:</u>	
	Effect of a 0 or a 30 day dry period on metabolic health in lactating dairy cows	Renny van Hoeij (WUR, NL)
	The effect of physical exercise on dairy cow metabolism	Roselinde Gosselink (WUR, NL)
	<i>(early) lunch</i>	
13.00-14.00	<u>guest lecture 2</u>	
	Assessing Protein requirements and quality	Prof Daniel Tomé
14.15-18.30	excursion/social activity	
	<i>Diner at own expense</i>	

Wednesday March 9

9.00-9.30	Visualizing fat: Imaging	Marco Mensink
- Protein, Body Composition and Health -		
9.30-10.30	quest lecture 3: Fighting sarcopenia in the elderly	Prof Lisette de Groot
	<i>coffee break</i>	
11.00-12.00	quest lecture 4: Optimizing muscle protein synthesis in athletes	Prof Luc van Loon
12.00-13.00	Master class: Resistance exercise in combination with an increased protein intake in elderly people: feasibility and potential impact in real life setting	Ellen van Dongen (WUR, NL)
	Habitual protein intake and adequacy in active elderly people	Margot de Regt (ZGV Ede, NL)
	<i>lunch</i>	
14.00-15.00	wrapping-up	