

# Lab Visit – Human Movement Sciences

Department of Human Movement Sciences, Sport and Health  
University of Graz

Thursday, June 20<sup>th</sup>, 2024 at 3 pm

15:00 **Welcome** Vice Rector **Joachim Reidl**  
BioTechMed-Graz Director **Rudolf Zechner**, Co-Director **Robert Krause**

## Short Talks – Biomechanics laboratory

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- 15:05 **Markus Tilp:** „The Laboratory of Biomechanics & Human movement Science – projects on the plasticity of the muscle-tendon unit.“
- 15:15 **Andreas Konrad:** „Muscle stretching and its alternatives: The effects on muscle-tendon function and structure.“
- 15:25 **Gerhard Tschakert:** „Prescription of exercise intensity and duration – need for individualization.“
- 15:35 **Peter Hofmann:** „Why and how to apply Training Therapy to gain beneficial effects in chronic diseases?“

## Stationen – Demonstrationen bzw. Hands on:

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- 15:45 **Labor für Biomechanik & Trainingsraum B:**
- 3D motion – capture, EMG, Kraftmessplatte – Sprunghöhenmessungen
  - 1080 Synchro Kraftmessungen & Ultraschall
- 16:15 **Labor für Sportphysiologie:**
- Kardiorespiratorische Messungen am Fahrradergometer
  - Laktat-Stoffwechsel bei Laufband-Belastungen & Kurz-Besichtigung Trainingsraum A

## 16:45 Get together & buffet

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### Venue:

Department of Human Movement Science, Sport and Health, University of Graz  
Aigner-Rollett-Allee 13, A-8010 Graz  
➔ New training and diagnostics centre (USI)



### Childcare:

will be provided from **2.30 to 5.30 pm** (if 3 or more children are registered)

Please register at [office@biotechmedgraz.at](mailto:office@biotechmedgraz.at) until June 18, 2024.

We are looking forward to welcoming you!