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One day symposium on **Physical Activity in Ageing**

in collaboration with

**the British Association of Sport and Exercise Sciences**

Department of Medical and Sport Sciences, University of Cumbria
Friday 15th June, Alexandra Building, Lancaster campus, University of Cumbria

**Programme**

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<td>Welcome to the University of Cumbria</td>
<td>Drs Theo Bampouras &amp; Lawrence Hayes, Active Ageing Research Group</td>
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<td>Exercise as a countermeasure to human ageing</td>
<td>Drs Theo Bampouras &amp; Lawrence Hayes, University of Cumbria</td>
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<td>Exercise and nutrition: Partners in the fight against muscle weakness</td>
<td>Dr Theoharis Ispoglou, Leeds Beckett University</td>
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<td>Engaging the local community in physical activity</td>
<td>Julie Clifford, iCan Community Centre, Carlisle</td>
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**Cost:** £10 / £5 for BASES members. Cost includes coffee and lunch.

ABSTRACTS AND PRESENTATION

We strongly encourage all delegates, particularly early career researchers, to be involved with the symposium by submitting and presenting their work. All accepted abstracts will be made available in print to the delegates on the day and presented following the ‘three minute Thesis’ format.

Abstract formatting

- Abstracts should submitted in Word and be a maximum 300 words
- Font should be Times New Roman, size 12
- Abstracts can include tables, figures and references
- Please include (in this order):
  - Title of the abstract
  - Author(s) (with presenting author underlined)
  - Affiliation(s)
  - Correspondence e-mail
  - Abstract

Abstract submission

Please submit your abstract to activeageing@cumbria.ac.uk, subject title ‘Abstract submission’. Deadline for submission is 10th June 2018.

Presentation guidelines:

We will be using the ‘3 minute thesis’ format (https://bit.ly/1NmKzJw), followed by 10 minutes of questions. Three Minute Thesis challenges presenters to present a compelling spoken presentation on their research topic and its significance in just three minutes. This presentation format entails:

- A single static PowerPoint slide is permitted. No slide transitions, animations or 'movement' of any description are allowed. The slide is to be presented from the beginning of the presentation.
- No additional electronic media (e.g. sound and video files) are permitted.
- No additional props (e.g. costumes, musical instruments, laboratory equipment) are permitted.
- Presentations are limited to 3 minutes maximum and presenters exceeding 3 minutes are stopped.
- Presentations are to be spoken word (e.g. no poems, raps or songs).
- Presentations are to commence from the stage.
- Presentations are considered to have commenced when a presenter starts their presentation through either movement or speech.

Presentations can focus on studies already completed but we are also happy for early career researchers or research students to present proposed methods/designs of forthcoming work in order to receive constructive and developmental feedback. Presentation at the symposium does not preclude you from presenting data elsewhere.
**Speed Networking**

In this session we will ask you to work in small groups in order to put together a ‘hot list’ of research topics that the Division should be driving / focusing on. Following that, we will ask people to align themselves, along with some expertise / interest, to one or more of those topics. Subsequently, smaller groups will be formed to discuss ideas and collaborative projects.

**Divisional Meeting**

The divisional meeting will:
- Update on progress from previous Divisional day
- Discuss further what the members would want BASES to do
- Propose direction for divisional research through speed networking

**How to get to University of Cumbria, Lancaster campus**

**By road**

From the north, leave the M6 at junction 34 and follow signs to the city centre. Travel south, keeping in the left lane of the one-way system. Just past the Royal Lancaster Infirmary (on the right), take the first exit at the large roundabout onto Bowerham Road. The entrance to the campus is 300 yards on the left, opposite Bowerham Primary School.

From the south, leave the M6 at junction 33 and follow the A6 into Lancaster. At the first roundabout, take the third exit onto Bowerham Road. The entrance to the campus is 300 yards on the left, opposite Bowerham Primary School. Park in any of the Pay & Display car parks, displaying the parking permit (e-mailed to you following symposium registration).

**By rail**

Lancaster is on the main west coast rail line from London to Glasgow. The campus is a 20-minute walk, 10-minute cycle (please see below) or short taxi ride away.

**Walking / cycling from the station**

Leave the station passing the main ticket office and via the station slip road and left onto Meeting House Lane. Continue to the traffic lights at the bottom of the hill and turn right onto King St/A6. Continue straight ahead, against the flow of road traffic. At the canal bridge traffic lights, continue straight ahead, remaining on A6. At the roundabout, take the 1st exit onto Bowerham Rd. The entrance to the campus is 300 yards on the left; bicycle racks are available.

The symposium building is Building No 1 (Alexandra building) on the campus map overleaf.