

Bampouras, Theodoros ORCID: <https://orcid.org/0000-0002-8991-4655> and  
Hayes, Lawrence ORCID: <https://orcid.org/0000-0002-6654-0072> (2018)  
Exercise as a countermeasure to human ageing. In: Physical Activity in Ageing  
Symposium, 15 June 2018, University of Cumbria, Lancaster, UK. (Unpublished)

Downloaded from: <http://insight.cumbria.ac.uk/id/eprint/3930/>

*Usage of any items from the University of Cumbria's institutional repository 'Insight' must conform to the following fair usage guidelines.*

Any item and its associated metadata held in the University of Cumbria's institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available [here](#)) for educational and not-for-profit activities

**provided that**

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
  - a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

**You may not**

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator's reputation
- remove or alter the copyright statement on an item.

The full policy can be found [here](#).

Alternatively contact the University of Cumbria Repository Editor by emailing [insight@cumbria.ac.uk](mailto:insight@cumbria.ac.uk).



**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 15<sup>th</sup> June, Alexandra Building, Lancaster campus, University of Cumbria

**Programme**

<b>09.30</b>	Registration and networking	<b>Refreshments</b>
<b>10.15</b>	Welcome to the University of Cumbria	<b>Drs Theo Bampouras &amp; Lawrence Hayes</b> <b>Active Ageing Research Group</b>
<b>10.30</b>	<b>Exercise as a countermeasure to human ageing</b>	<b>Drs Theo Bampouras &amp; Lawrence Hayes</b> <b>University of Cumbria</b>
<b>11.00</b>	<b>Coffee Break</b>	
<b>11.15</b>	<b>Exercise and nutrition: Partners in the fight against muscle weakness</b>	<b>Dr Theoharis Ispoglou</b> <b>Leeds Beckett University</b>
<b>11.45</b>	<b>Engaging the local community in physical activity</b>	<b>Julie Clifford</b> <b>iCan Community Centre, Carlisle</b>
<b>12.15</b>	<b>Lunch</b>	
<b>13.30</b>	Research Presentations	<b>Chairs: Drs Theo Bampouras &amp; Lawrence Hayes</b>
<b>15.00</b>	Speed networking Summary & Actions Depart	<b>Drs Theo Bampouras &amp; Lawrence Hayes</b>
<b>16.00</b>	Division of Physical Activity for Health meeting	<b>Chair: Professor Mike Duncan</b>

**Cost:** £10 / £5 for BASES members. Cost includes coffee and lunch.

**Register here:** <https://bit.ly/2LaiRFc>

## **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 be 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](mailto:activeageing@cumbria.ac.uk), subject title 'Abstract submission'. Deadline for submission is 10<sup>th</sup> 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**

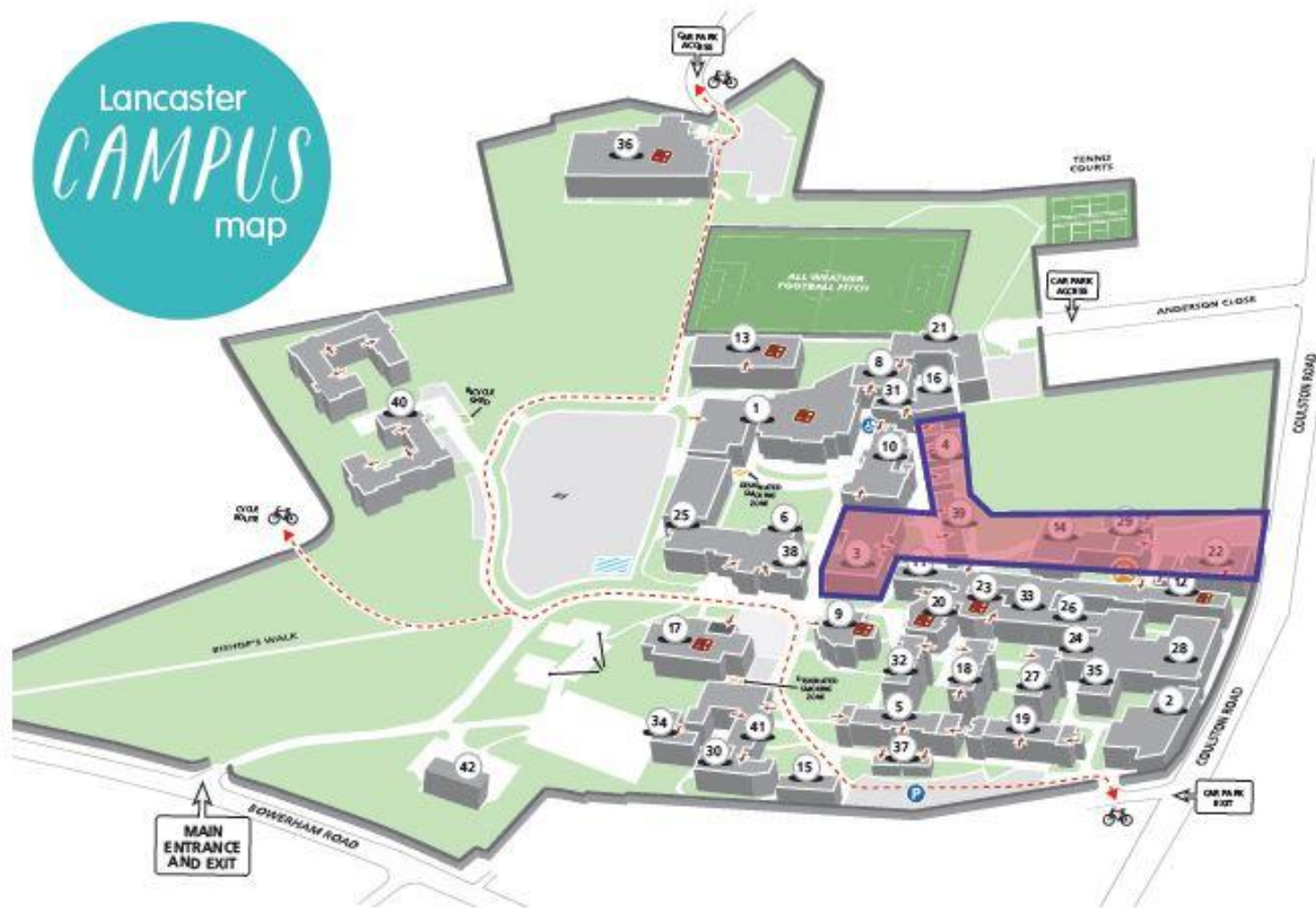
Lancaster is on the main west coast rail line from London to Glasgow. The campus is a 20-minute walk, 10-minute cycle (please see below) or short taxi ride away.

#### **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.

# Lancaster CAMPUS map



**Address**  
University of Cumbria,  
Bowerham Road, Lancaster,  
Lancashire LA1 3JD

**Telephone**  
01524 590800

**Visit**  
[www.cumbria.ac.uk](http://www.cumbria.ac.uk)

## Campus map key

- R** Main reception
- Building access
- Accessible entrance
- P** Car park
- Designated disabled persons parking bay
- Bicycle parking
- Loop system
- Designated smoking zone
- Cycle route
- Construction work area

## University buildings

	no		no		no		no				
AXB	Alexandra building	1	N	College Main	10	HB	Humanities building	21	SC	Science labs	33
	Art studio	2	S	College North	11		Ingleton House	22	SEC	Secondary centre	34
AB	Askwith building	3		College South	12	KSLT	Kay Shuttleworth lecture theatre	23		Social bar	35
	Baby unit	29	DB	Dalton building	13		Library—Harold Bridges	25	LSP	Sports complex	36
	Backs	4	DC	Donald Coggan building	14		Long corridor	26		Squash courts	14
	Barbon	5		Estates	15		Melting	27	TB	Temporary buildings 6-11	37
BCB	Bishop Cross building	6	F	Fieldhead	16		Old dining room	28	K	The Keep	38
	Black Box theatre	24		Gateway building	17		Pre-school centre	42	R	The Range	39
	Cafe Martineau	8		Gressingham halls	18	PCC	Primary curriculum centre	30		Video conferencing facilities	1 & 10
	Chapel	9	HPLT	Hornby	19		Print unit	31		Waddell halls	40
				Hugh Pollard lecture theatre	20		Sarah Witham Thompson halls	32	WT	William Thompson halls (Music rooms)	41