



**ACTIVE
BRAIN
2020**

19 - 21 May 2020
Canberra, Australia
The brain on physical activity
Towards optimising health & performance

#ActiveBrain2020



PROGRAM

MONDAY 18 MAY 2020

Time	Details	Room
3.00 - 5.00pm	Registration opens	Location TBC
5.30 - 7.30pm	Welcome Reception and registration Drinks and canapes will be served	Sportex, AIS

TUESDAY 19 MAY 2020

Time	Details	Room
7.30am	Registration / Information desk open	Conference Centre
8.20 - 8.30am	Welcome Address	Charlesworth Theatre
8.30 - 9.30am	KEYNOTE 1: Physical activity, adiposity, and brain health in children Professor Charles Hillman Center for Cognitive and Brain Health, Northeastern University, USA	
9.30 - 9.50am	Morning tea - exhibition and poster viewing	Gold Room
9.50 - 10.50am	HEALTHY BRAIN AGING Chair: Panel Session 1: 9.50 A data-driven map of the literature on healthy brain ageing <i>Erin Walsh, Australian National University</i> 10.10 Effects of high-intensity exercise and tDCS on motor learning in middle-aged adults <i>Clare Quinlan, University of Canberra</i> 10.30 Peripheral plasma and serum BDNF in elderly: Effects of physical and cognitive exercise, and association with baseline cardiorespiratory fitness <i>Olga Tarassova, The Swedish School of Sport and Health Sciences</i>	Charlesworth Theatre
10.50 - 12.10pm	EXERCISE FATIGUE & ATHLETIC PERFORMANCE Chair: Panel Session 2: 10.50 The effects of mental fatigue on visuomotor response time <i>Bart Roelands, Vrije Universiteit Brussel</i> 11.10 Thirst perception exacerbates mental fatigue <i>Stephen Goodman, University of New England</i> 11.30 Decision making under pressure: what features open-skill athletes <i>Gabriele Russo, University of Bologna</i> 11.50 Impact of 6-week brain endurance training on cognitive and cycling performance in highly trained individuals <i>Walter Staiano, University of Valencia / Optimal X</i>	

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TUESDAY 19 MAY 2020		
Time	Details	Room
12.10 - 1.30pm	<i>Lunch - exhibition and poster viewing</i>	<i>Gold Room</i>
1.30 - 3.00pm	<p>KEYNOTE 2:</p> <p>The contribution of the nervous system to fatigue with exercise Professor Janet Taylor <i>Human Neurophysiology at Edith Cowan University, WA</i></p> <p>Mental fatigue – What is it, what can we do about it, and how can we use it to our advantage? Kristy Martin <i>Postdoctoral Research Fellow, Research Institute for Sport and Exercise, University of Canberra</i></p>	<i>Charlesworth Theatre</i>
3.00 - 4.40pm	<p>CLINICAL CONDITIONS – MENTAL HEALTH</p> <p>Chair:</p> <p>Panel Session 3:</p> <p>3.00 The association between physical activity, sedentary behaviour and burn-out in adults: a systematic review <i>Yanni Verhavert, Vrije Universiteit Brussel</i></p> <p>3.20 Differential depressive symptom changes in response to an integrated motivational interviewing and exercise intervention among young people with major depression <i>Yasmina Nasstasia, University of Newcastle</i></p> <p>3.40 Contributions of Psychology to research examining motor imagery training: A systematic review <i>Judith Buchholz, University of Canberra</i></p> <p>4.00 Interrupting 8 hours of prolonged sitting with frequent bouts of standing exercises reduces blood pressure in stroke survivors: Dose-escalation trial <i>Paul Mackie, University of Newcastle</i></p> <p>4.20 The association between physical activity and burn-out in secondary school teachers: a cross-sectional study <i>Yanni Verhavert, Vrije Universiteit Brussel</i></p>	<i>Charlesworth Theatre</i>
4.40pm	<p>Close of Day 1</p> <p>Free evening to network and explore Canberra</p>	

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WEDNESDAY 20 MAY 2020		
Time	Details	Room
7.30am	Registration / Information desk open	Conference Centre
8.25 - 8.30am	Welcome	Charlesworth Theatre
8.30 - 9.30am	KEYNOTE 3: Exercise & neurotransmission Professor Romain Meeusen <i>Human Performance lab of the Vrije Universiteit Brussel, Belgium</i>	Charlesworth Theatre
9.30 - 10.50am	HEALTHY BRAIN AGEING Chair: Panel Session 4: 9.30 Excess body mass influences the effects of acute exercise on preadolescent brain function and cognition <i>Nicole Logan, Northeastern University</i> 9.50 Long term effects of physical activity on hippocampal volume in middle age and older age <i>Mark Fraser, The Australian National University</i> 10.10 Brain maintenance and physical fitness among elderly <i>Tora Dunås, Umeå University</i> 10.30 Objectively measured physical activity is associated with prefrontal cortex volume in older age <i>Joe Northey, University of Canberra</i>	
10.50 - 11.10am	<i>Morning tea – exhibition and poster viewing</i>	Gold Room
11.10 - 12.40pm	KEYNOTE 4: Muscling up on mental illness: new advances in the integration of exercise as usual care Simon Rosenbaum <i>Senior Research Fellow in the School of Psychiatry, UNSW Sydney and the Black Dog Institute</i> The effects of physical activity and sedentary behaviour on stroke recovery Professor Coralie English <i>Physiotherapy, University of Newcastle</i>	Charlesworth Theatre
12.40 - 1.30pm	<i>Lunch - exhibition and poster viewing</i>	Gold Room
1.30 - 2.20pm	Interactive poster presentations	Charlesworth Theatre
2.20 - 3.00pm	HEALTHY BRAIN AGING Chair: Panel Session 5: 2.20 Physical activity is associated with lower inflammation in old age <i>Professor Nicolas Cherbuin, Australian National University</i> 2.40 Cognitive and physical activity for cognitive health: a PATH sub-study <i>Ben Rattray, University of Canberra</i>	Charlesworth Theatre

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WEDNESDAY 20 MAY 2020		
Time	Details	Room
3.00 - 4.30pm	KEYNOTE 5: The influence of cognitive fatigue on physical performance: A framework and research agenda Clare MacMahon <i>Senior Lecturer, Sports and Exercise Science, LaTrobe University</i> Athlete Injury and Rehabilitation: A Neuroscience Perspective - Assessing Peripersonal Space Changes Professor Gordon Waddington <i>University of Canberra Research Institute for Sport and Exercise / Australian Institute of Sport</i>	Charlesworth Theatre
4.30pm	Close of Day 2	
5.30 - 7.30pm	Networking event Drinks and platters of food will be served Howling Moon, Rex Hotel 150 Northbourne Avenue, Canberra	

THURSDAY 21 MAY 2020		
Time	Details	Room
7.30am	Registration / Information desk open	Conference Centre
8.25 - 8.30am	Welcome	Charlesworth Theatre
8.30 - 9.30am	KEYNOTE 6: Aging, Exercise, and Brain Plasticity Professor Kirk Erickson <i>Human BACH lab, University of Pittsburgh, USA</i>	
9.30 - 10.30am	MIXED SESSION Chair: Panel Session 6: 9.30 A Tool for Monitoring Force Capability: Development and Validation of the Acute Readiness Scale for the Australian Military <i>Richard Keegan, University of Canberra</i> 9.50 To be confirmed 10.10 Postural alignment and upright orientation associations with childhood physical activity and cognition <i>Wayne Haynes, University of Canberra</i>	
10.30 - 11.00am	Morning tea – exhibition and poster viewing	Gold Room

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THURSDAY 21 MAY 2020

Time	Details	Room
11.00 - 12.00pm	ATHLETIC PERFORMANCE & MOTOR LEARNING/DECISION-MAKING Chair: Panel Session 7: 11.00 Transcranial Direct Current Stimulation and Exercise Performance: Research, Application and Unanswered Questions <i>Andrew Flood, University of Canberra</i> 11.20 What are the sleep characteristics of elite female athletes? A systematic review <i>Kathleen Miles, University of Canberra</i> 11.40 Let's get 'PICKy': Investigating persistent inward currents (PICs) of motoneurons via sustained force output and muscle activity during different tasks <i>Christopher Latella, Edith Cowan University</i>	<i>Charlesworth Theatre</i>
12.00 - 1.15pm	Panel Discussion: The Future and Where to Next? Facilitator: Ben Rattray, University of Canberra Panel Members: TBC	
1.15 - 1.30pm	Thanks & Goodbyes Ideas for the future of this conference	

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