

08:00 – 09:00	Welcome and Installation
Opening 09:00 – 09:15	President of the Polytechnical Institute of Santarém IPS President of the Rio Maior School of Sport ESDRM SPF Directive Board

SESSION SPARC Moderators Rafael Oliveira, ESDRM-IPS & Telmo Pereira, ESCTS-IPC	
09:30 – 11:00	8 min ± 2 min Presentations OC 1.1 Effects of innovative "living low - training high" methods on performance and physiological responses in well trained swimmers Dália Curto, Cristina Bento, Catarina Matias, Mario Espada, José Morgado, Manuel Nicolau, Talita Fernandes, Cristovão Rosa, Ricardo Minhalma, Joana Reis OC 1.2 The Effect of Resistance Training Proximity-to-Failure on Bioimpedance Metrics in Resistance-Trained Males and Females Tiago Vasconcelos, Ana Alves Ruivo, João Paulo Brito, Rafael Oliveira OC 1.3 Sprint-by-Sprint vs Accumulated Set Analysis of Muscle Oxygenation in Upper-Body Repeated Sprints Cristóvão H Rosa, Cristina P Monteiro, Cláudia Barata, Mário C Espada, Maria João Valamatos, André Bento, Ricardo J Minhalma, Joana Filipa Reis OC 1.4 Integrating Threshold-Focused Cycling and Running Technique Training to Enhance Strength, VO ₂ Max, and Running Biomechanics: A New Approach Ester Alves, José Fonseca, João Munhoz, David Rosa, Mónica Rodrigues OC 1.6 Physical Fitness Comparisons Between Singles and Doubles Badminton Players from the Portuguese National Team André Pito, Rafael Oliveira, Renato Fernandes, Jorge Cação, Nuno Pimenta OC 1.7 Post-exercise circulatory occlusion differentially modulates soleus spinal and supraspinal excitability André Gonçalves, Andréia Terra, Rodrigo Marques, P. Pezarat-Correia, Carolina Vila-Chã, Gonçalo Mendonça Q & A
POSTER VISIT & COFFEE BREAK 11:00 – 12:00 11:05 – 11:20 11:25 – 11:40	On site Poster Presentation (by 1st author) Areas V & S 3 min presentations SESSION 1: V1.01 to V1.05 and S1.11 to S1.15 SESSION 2: V2.06 to V2.10 and S2.16 to S2.19 <i>Moderated by the Scientific Commission</i>

SESSION NEUROMA Moderators Cristina Sena, Physiology Institute FMUC & Miguel Brito, ESCTS-IPL	
12:00 – 13:15	8 min ± 2 min Presentations OC 2.8 Evaluation of the Physiological and Cognitive Effects of the Use of Exoskeletons in Overhead Tasks in the Automotive Industry Daniely Vieira, Filomena Carnide, Ana Assunção, Tiago Carvalho, Vera Gomes, António Veloso, Hugo Ferreira OC 2.9 Connecting the Dots Between CKD and Muscle Wasting: Is Nrf2 Involved? Sara Mendes, Adriana Rodrigues, Tiago Duarte, Diogo Leal, Henrique Almeida, João L Viana, Elisabete Silva OC 2.10 Lack of Adrenaline Mitigates Age-Associated Fear Memory and Thus Stress Susceptibility João Munhoz, João Santos, Rafaela Seixas, Ana Oliveira, Mónica Moreira-Rodrigues OC 2.11 Impact of aging on the rat behavioural responses to mismatch novelty and mismatch novelty training: correlation with hippocampal and prefrontal cortex monoaminergic markers. Diana Cunha-Reis, Daniela Fernandes, Vasco Pinto, Rafael Ajuda, Angela Amaro-Leal, Fátima Aidil-Carvalho OC 2.12 Classification of EEG Signals Evoked by Pure Odorant Molecules Using Deep Learning Models Diogo Alves da Silva, Inês Inácio, Duarte Oliveira-Saraiva, Helena Pereira Rico, Filomena Martins, Hugo Ferreira OC 2.13 Can we predict brain volumes from linear measurements in neonatal MRI? Tânia Vaz, Nima Naseh, Bárbara Coutinho-Ferreira, Margarida Paulino-Miguel, Lena Hellström-Westas, Nuno Canto-Moreira, Nuno Matela, Hugo Ferreira OC 2.14 Divergence Between Tau PET and Anatomical MRI Asymmetry in Alzheimer's Disease and Cognitively Normal Aging Helena Rico Pereira, José Manuel Fonseca, and Hugo Alexandre Ferreira Q & A
13:15 – 14:15	LUNCH PAUSE AND POSTER VISIT

KEYNOTE SPEAKER Moderator João Brito, ESDRM-IPS	
14:15 – 15:00	Professor José Gomes Pereira <i>Universidade de Lisboa, Faculdade de Motricidade Humana</i> “Cardiovascular and Respiratory Physiology – Applicability from Sports to Clinics” Q & A

SESSION MECHAN1 Moderators Diana Cunha-Reis (FCUL-BioISI) & Paulo Matafome (ICBR FMUC and H&TRC ESCTS-IPC)	
15:00 – 16:30	8 min ± 2 min Presentations OC 3.15 The protective effect of taurine during the molecular evolution of the visual cortex in animal models of obesity and type 2 diabetes Beatriz Caramelo, Vera M. Mendes, Adriana Cortez, Tamaeh Monteiro-Alfredo, José Sereno, João Martins, Miguel Castelo-Branco, Bruno Manadas, Paulo Matafome OC 3.16 Gestational chronic intermittent hypoxia does not affect whole-body metabolism or liver function in offspring, regardless of sex Joana F. Sacramento, Esther Valverde-Perez, Margarida B. Almeida, Elena Olea, Jesus Prieto-Lloret, Asuncion Rocher, Sílvia V. Conde OC 3.17 Cold and Restraint Stress Exacerbates 5-Fluorouracil-Induced Intestinal Mucositis in Mice Lorena Duarte Silva, Victória Santos, Rodrigues, Lucas Marques, João Pinheiro, Cecília Cunha, Ana Ferreira, Paulo Correia-de-Sá, Moisés Silva, Marcellus Souza, Renan Damasceno OC 3.18 Increased Gastrointestinal Angiotensin Converting Enzyme Activity in Streptozotocin-induced Diabetic Rats Marisa Esteves-Monteiro, Joana Castanheira-Moreira, Mariana Ferreira-Duarte, Manuela Morato, Margarida Duarte-Araújo OC 3.19 Maternal obesity disrupts offspring central neuroendocrine mechanisms in a sex-dependent manner Andreia Amaro, Filipa I. Baptista, Miguel Castelo-Branco, Paulo Matafome OC 3.20 Grape Pomace Flour Modulates Lipid Profile and PON1 Activity in a Rat Model of Dyslipidemia Raphaela Cassol Piccoli , Marisa Nicolai, Paula Pereira, Francieli Moro Stefanello, Roselia Maria Spanevello, Maria Lídia Palma, Rejane Giacomelli Tavares OC 3.21 Dopamine regulates NPY and melanocortin systems in the adipose tissue: therapeutic targets for metabolic diseases. Eduardo Lopes, Diana Sousa, Sílvia Conde, Daniela Rosendo-Silva, Paulo Matafome Q & A
POSTER VISIT & COFFEE BREAK 16:30 – 17:30 16:35 – 16:50 17:00 – 17:15	On site Poster Presentation (by 1st author) Areas U & R 3-minute presentations SESSION 3: U3.20 to U3.24 and R3.30 to R3.33 SESSION 4: U4.25 to U4.29 and R4.34 to R4.37 <i>Moderated by the Scientific Commission</i>

SESSION MECHAN2 Moderators Carmen Brás Silva, RISE Health, Fac. Med. U Porto & Elisabete Silva, CBIOS – U Lusófona	
17:30 – 18:30	8 min ± 2 min Presentations OC 4.22 GLUT-1 Expression in Human Placentas: Fetal Sex-Dependent Differences Emerge with Advanced Maternal Age Elisabete Silva, Ana Rita Pinheiro, Adriana Rodrigues, Liliana Matos, José Costa, Sara Ricardo, Luís Guedes-Martins, Henrique Almeida OC 4.23 Modulating adipocyte metabolism in vitro through a novel curcumin derivative Marlene Rodrigues, Daniela Rosendo-Silva, Paulo Matafome, Sónia Silva OC 4.24 Trunk Flexors, Lumbar Lordosis, Pelvic Tilt, and Functional Disability as Mediators of Pain Sensitivity in Post-Bariatric Surgery Patients Saira Waqqar, Tiago Montanha, Nelson Azevedo, Eduardo Lima-da-Costa, Hélder Fonseca, José Carlos Ribeiro OC 4.25 Comparative study of the relationship between TyG and AIP indices with the development of insulin resistance and adipose tissue dysfunction in individuals with obesity without T2D Carina Carvalho Magalhães, Daniela Rosendo-Silva, João Figueiredo, Paulo Matafome OC 4.26 Effect of an 8-week exercise program under hypoxia conditions in Type II Diabetes and Prediabetic patients in cardiorespiratory variables Tatiana Neto, S. Pais, A. Raimundo, M. Botelho, C. Guerreiro, R. Minhalma OC 4.27 Pomegranate Polyphenols and Metabolic Health: Exploring Nutritional Prevention of Type 2 Diabetes Emília Borba Alves, Andreia Gomes, Mafalda Alves, Joana Chinita, Ângela Rocha, Guilherme Martins, Patrícia Rodrigues, Sofia Ferreira, Carolina Pires, Ana Vasconcelos, Regina Menezes OC 4.28 The bacterial load in visceral adipose tissue is increased in obese individuals with hyperglycemia and correlated with intestinal permeability Daniela Rosendo-Silva and Paulo Matafome Q & A
Closure 18:30 –	Awards Ceremony Wrap-up and Final Remarks Announcement on the 4th Internacional SPF Meeting 2026