

# Football is Medicine 2026

Local: University of Madeira – Colégio dos Jesuítas

**21/01/2026 - Wednesday**

10h00	Registration open/Networking (Colégio dos Jesuítas)
14h00	Social Event
16h00	Opening Ceremony and Honorary Reception (Funchal City Hall)

**22/01/2026 - Thursday**

## Oral Communications: Cardiovascular, Metabolic and Musculoskeletal Fitness

Chair: Júlio Costa

**Presentation 1: A seasonal analysis of training and match load influence on non-contact muscle injuries in elite male soccer players** (Rafael Oliveira, Mauro Mandorino, Piotr Zmijewski, Ben Ryan, Toni Modric, Jose Teixeira, Alexandre Moreira, Ryland Morgans)

**Presentation 2: Machine Learning-Based Prediction of Muscle Injury Risk in Professional Football: A Four-Year Longitudinal Study** (Francisco Martins, Hugo Sarmento, Élvio Rúbio Gouveia, Paulo Saveca, Krzysztof Przednowek)

**Room 1** **Presentation 3: Effect of match outcome on physical performance variables across the weekly microcycle in professional football** (Rodrigo Silva, Christian Castilla-López, Miquel Artigues-Aguiló, Eduardo Abade, Nuno Batalha, Hugo Folgado, Bruno Gonçalves)

**Presentation 4: Effect of linear sprints and change-of-direction training versus small-sided soccer games on physical performance in highly trained young female soccer players: a randomized cross-over study** (Abdelwahid Aboulfaraj, Fatiha Laziri, Salah Eddine Haddou, Salah Lahlou, Mohamed Aghrouch, Ali Belamjahad, Juan Del Coso, Hassane Zouhal)

**Presentation 5: Effects of Elastic Band Resistance Training on Athletic Performance in Female Football Players** (Henrique Sousa, Eduardo Abade, Júlio A. Costa, João Barreira, Aarón Miralles-Iborra, Filipe Maia, Rui Marcelino)

## Oral Communications: Wellbeing and Health in Children and Youth

Chair: Duarte Freitas

**Presentation 1: Sensitivity of the InBody270 multi-frequency body composition analyser to longitudinal changes in body composition in 10–12-year-old children** (Carlo Castagna, Peter Krustrup, Susana Póvoas, Malte Nejst Larsen)

**Presentation 2: Reliability of self-administered school-based field testing in Danish Adolescents** (Malte Nejst Larsen, Christina Birch Meiner, Sofie Koch, Paulina Sander Melby, Lars Breum Christiansen, Jesper Sandfeldt)

**Presentation 3: Profiling Youth Football Players in Timor-Leste: Anthropometric and Physical Characteristics Across Age Categories** (Nuno André Nunes, Gavin Comber, Chris Neville, Kevin Braybrook, Adam L. Kelly, Alexander B. T. McAuley)

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**Presentation 4: Well-being and physical fitness of Danish adolescents following a summery holiday break: results from a 1-year longitudinal study** (Giampiero Tarantino, Sofie Koch, Magnus Gjesing Christensen, Caroline Eckert, Jonathan Ziebe, Kristian Overgaard Pødenphant, Malte Nejst Larsen, Peter)

**Presentation 5: FIT FIRST 10: Effects on Leisure-Time Sport Transitions and Links to Physical Well-Being** (Caroline Eckert, Cecilie Thøgersen-Ntoumani, Malte Nejst Larsen, Sofie Koch, Lars Breum Christiansen, Christina Birch Meiner, Chiara Cimenti, Giampiero Tarantino, Nikos Ntoumanis, Peter Krustrup)

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**Oral Communications: Recreational Team Sports**

**Chair:** Susana Póvoas

**Presentation 1: Walking handball as an alternative to conventional walking and recreational team handball** (Ricardo Martins, Peter Krustrup, Carlo Castagna, Magni Mohr, Jorge Teixeira, Ivone Carneiro, Susana Póvoas)

**Presentation 2: Who Should Deliver “Football is Medicine”? A Competency Profile for Implementing Recreational Football Programs Across Populations** (Carlo Castagna, Fiorenzo Moscatelli, Peter Krustrup, Susana Póvoas)

**Room 3**

**Presentation 3: A hybrid, efficacy and translational formative evaluation of a community-based recreational football initiative for men to assess effectiveness and implementation when replicated** (Paula Carroll, Tom Egan, Aisling McGrath, Laura Finnegan, Michael Harrison, Rory Sheppard, Eoin King, Chief Ibrahim, Panos Papageorgiou, Noel Richardson, Peter Krustup, Steve Daly, Steven O’Connell)

**Presentation 4: Exploring the Role of Adapted Recreational Team Sports in Promoting Physical Activity and Well-being Among Adults and Older Adults: A Scoping Review** (Francisco Santos, Hugo Sarmento, André Seabra, Diego Orejuela-Aristizabal, Élvio Rúbio Gouveia)

**Presentation 5: Walking Football in Older Adults: Influence of Age, Gender, and Sports Background on Intensity and Locomotor Demands** (Francisco Santos, Hugo Sarmento, Diogo Martinho, André Seabra, Francisco Teixeira, Humberto Fernandes, Tiago Romão, Élvio Rúbio Gouveia)

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11h00

**Coffee Break**

11h45 **Room 1**

**Keynote 1: Treating Cardiovascular and Metabolic Diseases with Team Sports Training with Special Emphasis on Drug and Exercise Interactions**

**Speaker:** Magni Mohr (University of the Faroe Islands)

**Chair:** Rui Ornelas

12h30

**Lunch**

**Oral Communications: Cardiovascular, Metabolic and Musculoskeletal Fitness**

**Chair:** Adam Field

**Presentation 1: Heat stress according to the time of day during football matches of young Brazilian players** (Diogo Augusto, João Brito, Fabrício Vasconcellos)

**Presentation 2: Core temperature and heart rate responses of female football referees in the heat** (Catarina B. Oliveira, Júlio A. Costa, André Pinto, Hélder Dores, Mónica Sousa, João Brito)

14h00 **Room 1**

**Presentation 3: Inflammation, Genes, and Performance: How Cytokine Variants Shape Aerobic and Metabolic Fitness** (Kinga Humińska-Lisowska, Monika Michałowska-Sawczyn, Barkın Bıçakçı, Patrizia Proia, Piotr Aschenbrenner, Agata Leońska-Duniec)

**Presentation 4: Prolonged cardioinhibitory vasovagal syncope mimicking epileptic seizure in a competitive football player** (Carolina Xavier, Ana Rita Ferreira, Paulo Pinheiro, Diogo Simões, Filipe Fonseca, Carolina Caldeira, Victor Coelho).

**Presentation 5: Walking football injuries: is there a metabolic reason?** (Maite Lejonagoitia-Garmendia, Iraia Bidaurrezaga-Letona, Iratxe Duñabeitia, Izaro Esain, Rakel Berriozabalgoitia, Begoña Sanz, Xabier Monasterio, Susana Gil)

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**Oral Communications: Wellbeing and Health in Children and Youth**

**Chair:** Cíntia França

**Presentation 1: Generation Healthy Kids: Effects of the overall intervention on cardiovascular fitness and health profile** (Kristian P. Overgaard, Peter Krstrup, Mette Kurtzhals, Pia Sandfeld Melcher, Paulina Sander Melby, Frederik Holmegaard Jensen, Anna Gro Eilersen, Ulla Toft, Jesper Lundbye-Jensen, Glen Nielsen, Jens Troelsen, Nikolai Nordsborg, Anders Grøntved, Camilla T. Damsgaard, Malte Nejst Larsen)

**Room 2**

**Presentation 2: "11 for Health" in Pakistan: Improving Health-Knowledge and Wellbeing Through School-Based Football Intervention Over 5 and 11 Weeks** (Farman Ullaha, Hanqian Xub, Kristina Pfefferc, Anne Fischer, Maryam Khand, Mayyam Mukhtar Kianie, Eiraj Altafd, Peter Krstrup, Malte Nejst Larsen)

**Presentation 3: Exercise intensity and perceived experience of the 11 for Health program for socially challenged and overweight 8–15-year-old girls and boys** (Loftur Gísli Jóhannsson, Malte Nejst Larsen, Trine Kjeldgaard Møller, Mads Madsen, Christina Ørntoft, and Peter Krstrup)

**Presentation 4: Exploring effects on motor skills of the "Ball-based play in pre-schools" intervention: a stepped wedge case-controlled pilot study** (Malte Nejst Larsen, Vibeke Grandt, Marlene Rosager Lund Pedersen, Christina Birch, Meiner, Trine Top Klein-Wengel, Lars Breum Christiansen)

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**Oral Communications: Mental Disorders and Wellbeing**

**Chair:** Adilson Marques

**Presentation 1: Age-Related Differences in a Walking Football Tournament: Physical, Psychological, and Game Demands** (Maite Lejonagoitia-Garmendia, Susana M Gil, Xabier Monasterio, Izaro Esain, Iratxe Duñabeitia, Jone Torre-Sainz, Rakel Berriozabalgoitia, Iraia Bidaurrezaga-Letona)

**Room 3**

**Presentation 2: Does Gamification in Combination with a Health-Oriented Team Sport Promote Adherence to Physical Activity? Rationale behind the FitKickLiga** (Armin Weers, Bastian Schrader, Joachim Schrader, Albrecht Elsässer)

**Presentation 3: 11 for the Planet – movement education and teamwork for eco-awareness and climate competences as well as mental and physical health** (Magnus Gjesing Christensen, Malte Nejst Larsen, Eva Lykkegaard, Anna Dyrberg Stage, Sebastian Mernild, Ane Qvortrup, Peter Krstrup)

**Presentation 4: Understanding the Walking Football Population: Sociodemographic, Health, Lifestyle, and Participation Insights from a National Tournament Cohort** (Ian Varley, Bradley Sprouse, Philip J. Hennis, John Hough, Ali Ahmed, Thaila Hibberd, Alfie Price)

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15h30

**Coffee Break**

16h00

**Room 1**

**Keynote 2: Stepping and Cancer: Epidemiology, Prevention, and Survivorship**

**Speaker:** Pedro Saint-Maurice (Champalimaud Foundation)

**Chair:** João Brito

17h00

**DAY 1 CLOSING REMARKS**

**23/01/2026 - Friday**

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**Oral Communications: Cardiovascular, Metabolic and Musculoskeletal Fitness**

09h45 **Room 1**

**Chair:** Malte Nejst Larsen

**Presentation 1: Football as the Champion of Cardiovascular Prevention: Results of the 3F (Fit&Fun with Football) and MY-3F study** (Armin Weers, Bastian Schrader, Joachim Schrader, Albrecht Elsässer)

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**Presentation 2: One is Good, More is Better: Results from a Dose-Response Randomized Controlled Trial on “Football as Medicine” Training in Adults with Metabolic Syndrome** (Panagiotis Tsimeas, Athanasios Poulios, Dimitrios Draganidis, Konstantinos Papanikolaou, Niki Syrou, Georgios Metsios, Athanasios Chatzinikolaou, Georgios Ermidis, Magni Mohr, Peter Krustrup, Athanasios Z. Jamurtas, Ioannis G. Fatouros)

**Presentation 3: Feasibility and Outcomes of a Soccer-Based Health Program in Diverse Aftercare Settings** (Jordan Foster, Arturo Juarez Jr, Jordan Pelkmans, Staci Fluellen, Kevin Li, Eva Li, Jocelyn Lee, Malte N. Larsen, Jennifer K. Frediani)

**Presentation 4: Evaluating Exercise Intensity in Walking Football Game Among Older Men and Women** (Júlio A. Costa, Catarina Pereira, Ana Barbosa, André Seabra, João Brito, Ana Pinto, Catarina Martins, Rafaela Moreira, Bruno Gonçalves)

**Presentation 5: Retainment of mechanical lower limb muscle function and functional performance in elderly female Team handball players – a cross-sectional study** (Georgios Ermidis, Bjørn Fristrup, Marie Hagman, Jesper Løvind Andersen, Jørn Wulff Helge, Per Aagaard, Peter Krustrup)

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**Oral Communications: Cancer, and Other Patient Groups**

**Chair:** May-Britt Skoradal

**Presentation 1: Recreational football for men with prostate cancer undergoing androgen deprivation therapy – a long-term pilot study** (Susana Póvoas, Sofia Mesquita, Diogo Nunes-Carneiro, David Sá-Couto, Mário Santos, Avelino Fraga, Miguel Silva-Ramos)

**Presentation 2: - The Faroese Diabetes Football Study: Football training improves metabolic health profile of patients with T2DM irrespective of**

**Room 2 GLP-1 RA treatment** (May-Britt Skoradjá esal, Tórur Sjúrðarson, Jacobina Kristiansen, Adam Field, Susana C Povoas, Annika H. Davidsen, Magni Mohr)

**Presentation 3: Walking football versus recreational football training in older adults with Type 2 Diabetes Mellitus** (Field A, Pinto H, Leifsson EN, Sjúrðarson T, Nikontovic A, Harper L, Povoas SC, Nikoleizig L, Johannessen H, Krustrup P, Mohr M, and Skoradal MB)

**Presentation 4: Walking Football a Promising Therapeutic Strategy to Manage Multiple Sclerosis: a narrative review** (Parisa Ghasemi, Hugo Sarmento, Antonio Figueiredo, Mohammad Faramarzi, Liliana C. Baptista)

**Presentation 5: Walking football: a new treatment strategy in multiple sclerosis: harnessing inflammation, health, and functional outcomes** (Parisa Ghasemi, Hugo Sarmento, Antonio Figueiredo, Mohammad Faramarzi, Liliana C. Baptista)

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11h00

**Coffee Break**

11h45

**Room 1**

**Keynote 3:** Wellbeing and health in children and youth - Which role can football play?

**Speaker:** Anne-Marie Elbe (University of Leipzig)

**Chair:** Hugo Sarmento

12h30

**Lunch**

**Poster Session**

**Chairs:** Adilson Marques, Cíntia França, Honorato Sousa

**Poster 1: The Impact of Coach Experience and Player Age on Timorese Youth Footballers’ Perception of Coaching Behaviour** (Nuno André Nunes, Artur Jorge Santos, João Almeida, Emma Mosley, Russell Discombe, António Figueiredo)

**Poster 2: A two seasonal analysis of injury influence on match running performance in elite male soccer players** (Rafael Oliveira, David Rhodes, Eduard Bezuglov, Omid Etemad, Rocco Di Michele, Jose Teixeira, Toni Modric, Sime Versic, Ryland Morgans)

**Poster 3: The Effect of Hip Muscle Training on Static Balance in Young Football Players** (Chitraporn Thongkong, Yupaporn Kanpetta, Charee Jansupom, Ashira Hiruntrakul)

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14h00

**Room 4**

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**Poster 4: Effects of Everolimus and Football Fitness on Bone Health and Skeletal Aging in Postmenopausal Women: The RapaLoad Study** (Camilla Prisak Pedersen, Janne Rasmussen, Stine Wikkelsøe Hovvang, Sofie Damkjær Hansen, Georgios Ermidis, Florence Figeac, Peter Krstrup, Moustapha Kassem)

**Poster 5: Effects of 12-week recreational football program on body composition and motor competence among Brazilian adolescents** (Isabela Freire, Deborah Gonet, Diego Santos, and Fabrício Vasconcellos)

**Poster 6: Exploring subgroup responses to a two-year multicomponent, multiarena intervention including the FIT FIRST 10 multisport program in 6–9-year-old children – importance of leisure-time sports activity** (Kristian P. Overgaard, Peter Krstrup, Mette Kurtzhals, Pia Sandfeld Melcher, Paulina Sander Melby, Frederik Holmegaard Jensen, Anna Gro Eilersen, Ulla Toft, Jesper Lundbye-Jensen, Glen Nielsen, Jens Troelsen, Nikolai Nordsborg, Anders Grøntved, Camilla Damsgaard, Malte Nejst Larsen)

**Poster 7: Recreational Football as a Tool to Enhance Physical Health and Well-being in Egyptian Adults** (Heba Ali Mohamed Mahmoud Hassan)

**Poster 8: Step, Pass, Thrive: How Walking Football Boosts Health in middle aged and Older Adults** (Carolina Caldeira, Carolina Xavier, Diogo Simões, Filipe Fonseca, Paulo Pinheiro, Victor Coelho)

**Poster 9: More Than 90 Minutes: Menstrual Cycle and Its Impact on Women's Football** (Carolina Caldeira, Carolina Xavier, Diogo Simões, Filipe Fonseca, Paulo Pinheiro, Victor Coelho)

**Poster 10: The IRONMAN Project: Using Interpretable Machine Learning and Explainable AI for Early Detection of Injury Risk in Competitive and Recreational Football** (Ioannis Fatouros, Alexandra Avloniti, Dimitrios Tsakalidis, Nikolaos Alibertis, Athanasios Chatzinikolaou, Dimitrios Draganidis, Athanasios Poulios, Panagiotis Tsimeas, Niki Syrou, Georgios Metsios, Georgios Ermidis, Ilias Tsaousidis, Athanasios Jamurtas)

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15h15	<b>Room 1</b>	<b>Round Table:</b> Football and Team Sports as Health Promotors <b>Speakers:</b> Peter Krstrup (University of Southern Denmark), André Seabra (Portuguese Football Federation), Francisco Moreira (SESARAM)
16h15		<b>CLOSING CEREMONY</b>
19h00		<b>CONFERENCE DINNER</b>

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**24/01/2026 - Saturday**

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09h45	<b>Câmara de Lobos Municipal Stadium</b>	Workshop Part 1: <b>Workshop on recreational football for +50 men and women for football coaches</b> Guest: Peter Krstrup and his Danish Team
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13h00		<b>Lunch</b>
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14h00	<b>Câmara de Lobos Municipal Stadium</b>	Workshop Part 2: <b>Workshop on recreational football for +50 men and women for football coaches</b> Guest: Peter Krstrup and his Danish Team
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16h00		<b>END OF CONFERENCE</b>
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