

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)

09h45 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 Aghrouh, 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

Room 2 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 Krstrup, 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)

		<p>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)</p> <p>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 Krstrup)</p>
		<p><u>Oral Communications:</u> Recreational Team Sports</p> <p>Chair: Susana Póvoas</p> <p>Presentation 1: Walking handball as an alternative to conventional walking and recreational team handball (Ricardo Martins, Peter Krstrup, Carlo Castagna, Magni Mohr, Jorge Teixeira, Ivone Carneiro, Susana Póvoas)</p> <p>Presentation 2: Who Should Deliver “Football is Medicine”? A Competency Profile for Implementing Recreational Football Programs Across Populations (Carlo Castagna, Fiorenzo Moscatelli, Peter Krstrup, Susana Póvoas)</p>
11h00	Room 3	<p>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 Krstrup, Steve Daly, Steven O’Connell)</p> <p>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)</p> <p>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)</p>
11h00		Coffee Break
11h45	Room 1	<p>Keynote 1: Treating Cardiovascular and Metabolic Diseases with Team Sports Training with Special Emphasis on Drug and Exercise Interactions</p> <p>Speaker: Magni Mohr (University of the Faroe Islands)</p> <p>Chair: Rui Ornelas</p>
12h30		Lunch
14h00	Room 1	<p><u>Oral Communications:</u> Cardiovascular, Metabolic and Musculoskeletal Fitness</p> <p>Chair: Adam Field</p> <p>Presentation 1: Heat stress according to the time of day during football matches of young Brazilian players (Diêgo Augusto, João Brito, Fabrício Vasconcellos)</p> <p>Presentation 2: Core temperature and heart rate responses of female football referees in the heat (Catarina B. Oliveira, Júlio A. Costa, André Pinto, Hélder Dore, Mónica Sousa, João Brito)</p> <p>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)</p> <p>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).</p> <p>Presentation 5: Walking football injuries: is there a metabolic reason? (Maite Lejonagoitia-Garmendia, Iraia Bidaurreazaga-Letona, Iratxe Duñabeitia, Izaro Esain, Rakeł Berriozabalgoitia, Begoña Sanz, Xabier Monasterio, Susana Gil)</p>

Oral Communications: Wellbeing and Health in Children and Youth

Chair: Cíntia França

- Room 2** **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)
- 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 Larsenc)
- 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

- Room 3** **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 Bidaurreazaga-Letona)
- 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

Oral Communications: Cardiovascular, Metabolic and Musculoskeletal Fitness

Chair: Malte Nejst Larsen

- 09h45** **Room 1** **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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		<p>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 Poullos, Dimitrios Draganidis, Konstantinos Papanikolaou, Niki Syrou, Georgios Metsios, Athanasios Chatzinikolaou, Georgios Ermidis, Magni Mohr, Peter Krstrup, Athanasios Z. Jamurtas, Ioannis G. Fatouros)</p> <p>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)</p> <p>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)</p> <p>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 Frstrup, Marie Hagman, Jesper Løvind Andersen, Jørn Wulff Helge, Per Aagaard, Peter Krstrup)</p>
		<p>Oral Communications: Cancer, and Other Patient Groups</p> <p>Chair: May-Britt Skoradal</p> <p>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)</p> <p>Presentation 2: - The Faroese Diabetes Football Study: Football training improves metabolic health profile of patients with T2DM irrespective of GLP-1 RA treatment (May-Britt Skoradja esal, Tórir Sjúðarson, Jacobina Kristiansen, Adam Field, Susana C Povoas, Annika H. Davidsen, Magni Mohr)</p> <p>Presentation 3: Walking football versus recreational football training in older adults with Type 2 Diabetes Mellitus (Field A, Pinto H, Leifsson EN, Sjúðarson T, Nikontovic A, Harper L, Povoas SC, Nikoleizig L, Johannesen H, Krstrup P, Mohr M, and Skoradal MB)</p> <p>Presentation 4: Walking Football a Promising Therapeutic Strategy to Manage Multiple Sclerosis: a narrative review (Parisa Ghasemi, Hugo Sarmiento, Antonio Figueiredo, Mohammad Faramarzi, Liliana C. Baptista)</p> <p>Presentation 5: Walking football: a new treatment strategy in multiple sclerosis: harnessing inflammation, health, and functional outcomes (Parisa Ghasemi, Hugo Sarmiento, Antonio Figueiredo, Mohammad Faramarzi, Liliana C. Baptista)</p>
11h00		Coffee Break
11h45	Room 1	<p>Keynote 3: Wellbeing and health in children and youth - Which role can football play?</p> <p>Speaker: Anne-Marie Elbe (University of Leipzig)</p> <p>Chair: Hugo Sarmiento</p>
12h30		Lunch
14h00	Room 4	<p>Poster Session</p> <p>Chairs: Adilson Marques, Cíntia França, Honorato Sousa</p> <p>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)</p> <p>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)</p> <p>Poster 3: The Effect of Hip Muscle Training on Static Balance in Young Football Players (Chitraporn Thongkong, Yupaporn Kanpetta, Charee Jansupom, Ashira Hiruntrakul)</p>

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 Poullos, Panagiotis Tsimeas, Niki Syrou, Georgios Metsios, Georgios Ermidis, Ilias Tsaousidis, Athanasios Jamurtas)

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

24/01/2026 - Saturday

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