

# International Workshop Female Physiology and Metabolism

Amphithéâtre Recherche – Campus des Cézeaux – 4 Av. Blaise Pascal, 63170 Aubière, France

## Day 1: 10<sup>th</sup> of May 2023

09:30 – 10:00 Welcoming and registrations

10:00 – 10:30 Opening introduction

10:35 – 11:35 **Pr Hackney AC** (*University of North Carolina, USA*)

**What we know and do not know about female physiology: Exercise and sport implications**

11:40 – 12:00 **Oral presentations**

12:00 – 13:15 Lunch break

13:15 – 14:15 **Dr Oosthuysen T** (*University of the Witwatersand, Johannesburg and University of Cape Town, South Africa*)

**Physiological effects of protein ingestion during exercise in cyclists: lessons from men and what we know thus far in premenopausal women**

14:20 – 14:50 **Oral presentations**

14:55 – 15:25 Coffee break

15:30 – 16:15 **Dr Areta JL** (*Liverpool John Moores University, UK*)

**Energy Availability and macronutrient availability as key parameters for health, adaptation and performance in female athletes**

16:20 – 16:50 **Oral presentations**

16:55 Closing day 1

18:45 – 20:30 Open public conference **Pr Millet GY** (*Université Jean Monnet, France*)

**Endurance : une qualité typiquement féminine ?**

## Day 2: 11<sup>th</sup> of May 2023

09:00 – 09:25 Welcoming

09:30 – 10:15 **Pr Elliott-Sale KJ** (*Manchester Metropolitan University, UK*)

**Challenges associated with female physiology-based research and how we might overcome these issues, to improve the volume and quality of future research**

10:20 – 11:05 **Dr Strauss JA** (*Liverpool John Moores University, UK*)

**Sex differences and metabolic health: considerations across the lifespan**

11:10 – 11:40 Coffee break

11:45 – 12:00 **Oral presentations**

12:05 – 12:50 **Pr Redman LM** (*Pennington Biomedical Research Center, USA*)

**Physiology and metabolism in pregnancy**

12:55 Closing ceremony

Registration: <https://api.dsi.uca.fr/paybag/registration/form/event/FeMeWorkshop>

