



# 第三届“一带一路”冰雪运动科学训练国际论坛

The 3<sup>rd</sup> “Belt and Road” International Forum on Scientific Training in Winter Sports

## 会议指南

### Conference Guide

主办单位：北京体育大学

ORGANIZER: BEIJING SPORT UNIVERSITY

2019年12月7-8日

Dec.7-8, 2019

## 冰雪运动“一带一路”联合实验室简介

### The Introduction of the Belt and Road Joint Laboratory for Winter Sports

北京体育大学冰雪运动“一带一路”联合实验室是落实党中央“一带一路”重大倡议、实现不同国家间的科技创新合作的需要、保障2022年北京冬奥会以及实现我国冰雪运动可持续发展的需要，于2017年9月25日成立。已与捷克、克罗地亚、芬兰、瑞士、奥地利、瑞典、丹麦七个国家的大学冰雪运动实验室和研究所签署了合作意向书。目前，已经开展了两届冰雪运动科学训练国际论坛，邀请了挪威、瑞典、丹麦、芬兰、瑞士、奥地利、美国、英国等国家专家进行讲学，并与北京体育大学进行了广泛的国际合作与交流。合作研究的目的一方面是为我国冰雪项目成绩提高提供支持，另一方面是通过深入的理论研究，提高我国冰雪项目科研水平。今后，将会以此为平台，继续加大北京体育大学与国际间的合作与交流，包括互派师生访学交流、国际科研课题合作等。目标是建成世界一流的冰雪运动实验室和研究基地，为我国冬季项目训练创新提供保障以及冰雪运动科技的发展提供强力的支撑，为全民参与冰雪运动提供智力支持和服务保障。

该实验室组成人员主要由北京体育大学运动人体科学、运动医学、运动心理学和运动训练学等专家教授人员组成，也聘请国内外在冰雪运动训练、理论和冰雪产业方面的专家教授作为我们实验室专家顾问，为中国冰雪运动的发展提供智力支持。



## The Introduction of the Belt and Road Joint Laboratory for Winter Sports

**The Belt and Road Joint Laboratory for Winter Sports** of Beijing Sport University (BSU) was established on 25 October 2017. It is an international and open platform to implement China’s “The Belt and Road Initiative”, to facilitate cooperation among different countries in science, technology and innovation, to serve and support 2022 Beijing Winter Olympic Games and to realize sustainable development of winter sports in China. It has established official collaboration by signing MOUs with university laboratories and research institutions in Czech, Croatia, Finland, Switzerland, Austria, Sweden and Denmark.

By now, BSU has successfully held two international forums on scientific training of winter sport games, where experts from countries including Norway, Sweden, Denmark, Finland, Finland, Switzerland, Austria, the US and the UK were invited to give lectures and build cooperation with BSU. The purpose of international collaboration is to provide scientific and technological support for the performance improvement of China’s winter sports; and to improve the level of scientific research at BSU. In the future, BSU will strengthen international cooperation in forms of faculty members and students mobility and joint research via this platform, with the objective of reaching the highest level in scientific research and providing support for public participation in winter sports.

Staff in this laboratory are BSU experts in sport science, sport medicine & physical therapy, strength and conditioning, and sport psychology, etc. Domestic and foreign scientists are also invited to be advisers in this laboratory to provide intellectual support for the development of China’s winter sports.

## 会议日程

## Forum Schedule

报到 Sign in	12月7日 8:20前 Before 8:20	北京体育大学 体育科学楼312 Room 312, Sport Science Building, Beijing Sport University
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姓名 Name	时间 Time	单位 Institution	报告 Presentation
开幕致辞 Opening Speech	12月7日 8:30-8:40	北京体育大学 Beijing Sport University	Director of the Belt and Road Joint Laboratory Zhou Yue “一带一路”冰雪实验室主任 周越
Jorgen Jensen	12月7日 8:40-9:30	挪威体育学院 Norwegian School of Sport Sciences	Innovation of endurance training for elite athletes: Contributions from science 优秀运动员耐力训练的创新： 来自科学的贡献
José Gonzalez-Alonso	12月7日 9:30-10:20	英国布鲁内尔伦敦大学 Brunel University London, UK	Core temperature and human performance – the two sides of the same coin 核心温度与人类表现 ——硬币的两面
<b>茶歇 Tea Break (10:20-10:30)</b>			
Morten Hostrup	12月7日 10:30-11:20	丹麦哥本哈根大学 University of Copenhagen, Denmark	Respiratory complications in elite athletes and anti-asthmatic treatment 优秀运动员呼吸并发症及抗哮喘 治疗

<b>Liu Hui 刘卉</b>	12月7日 11:20-12:10	北京体育大学 Beijing Sport University	冬季项目生物力学数据 采集方法与应用 Methods and applications of biomechanical data collection in winter sports
<b>午餐 (Lunch 12:20-13:20)</b>			
<b>Antonio Cicchella</b>	12月7日 13:30-14:20	意大利博洛尼亚大学 University of Bologna, Italy	Ski biomechanics, physical training and injury prevention 滑雪生物力学, 身体训练与损 伤预防
<b>David S. Rowlands</b>	12月7日 14:20-15:10	新西兰梅西大学 Massey University, New Zealand	Dietary protein and feeding for recovery and performance in endurance athletes 耐力运动员恢复和提高表现的 合理营养与膳食
<b>茶歇 Tea Break (15:10-15:20)</b>			
<b>Guan Hongwei</b>	12月7日 15:20-16:10	美国伊萨卡学院 Ithaca College, USA	The critical importance of establishing ski patrol and rescue in China
<b>Wang Jun 汪军</b>	12月7日 16:10-17:00	北京体育大学 Beijing Sport University	耐力运动员能力诊断 The diagnostic of endurance athletics' performance
<b>晚餐 (Dinner 18:00-19:30)</b>			
<b>交流座谈主题</b> <b>Discussion Topic</b>	<b>时间</b> <b>Time</b>	<b>地点</b> <b>Avenue</b>	<b>参会人员</b> <b>Participants</b>
体育科学科研平台建设与发展 Construction and Development of Sports Science Research Platform	12月8日 9:00-11:30	北办公楼 229 会议室 Room 229, North Administration Building	国外专家 Foreign Experts 北京体育大学各级重点实验室 主任 Directors of Key Laboratories at BSU



## 参会专家介绍

### Participating Experts

#### **Jorgen Jensen** 挪威体育学院

Jorgen Jensen, Professor. Department of Physical Performance, Norwegian School of Sport Sciences, Norway. His special fields include exercise performance, metabolism, physiology, biochemistry, recovery, and research management.

挪威体育大学的体育科学学院体能系教授,运动生理学家。Jensen 教授的专业领域涉及与运动相关的运动能力、代谢、生理、生物化学、恢复和研究管理。

#### **Jos é Gonzalez-Alonso** 英国布鲁内尔伦敦大学

José González-Alonso is a professor of exercise and cardiovascular physiology and the Director of the Centre for Human Performance, Exercise and Rehabilitation (CSMHP) at Brunel University London.

运动与心血管生理学教授，英国布鲁内尔伦敦大学运动表现与康复中心（CSMHP）的主任。

#### **Morten Hostrup** 丹麦哥本哈根大学副教授

Associate Professor, PhD, Section of Integrative Physiology, Department of Nutrition, Exercise and Sports, University of Copenhagen, Faculty of Science.

哥本哈根大学理学院营养，运动与体育系综合生理学部副教授，博士。

#### **刘卉** 北京体育大学

Professor of Sports Biomechanics, Director of China Institute of Sport and Health Science, Beijing Sport University.

北京体育大学中国健康研究院院长，运动生物力学教授。

### **Antonio Cicchella 意大利博洛尼亚大学**

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Research Interests : Biomechanics and bioenergetics of human movement and sport.

Children, exercise and obesity, Motor learning.

意大利博洛尼亚大学运动科学系生物力学教授，研究方向：人体运动的生物力学和生物能学。儿童，运动与肥胖，动作控制。

### **David S. Rowlands 新西兰梅西大学**

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David S. Rowlands, Prof and Director of the Exercise Physiology Lab and Metabolic and Microvascular Research Group, School of Sport, Exercise, and Nutrition, College of Health, Massey University, New Zealand.

新西兰梅西大学，健康学院，运动与营养系，运动生理学和代谢微血管实验室教授，主任。

### **Guan Hongwei 美国伊萨卡学院**

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Associate Professor, Department of Health Promotion and Physical Education, School of Health Sciences and Human Performance, Ithaca College, NY, USA.

美国纽约伊萨卡学院健康科学与运动表现学院健康促进与体育学系副教授。

### **汪军 北京体育大学**

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Professor of the Department of Exercise Physiology, School of Sport Science, Beijing Sport University, Deputy Director of the Belt and Road Joint Laboratory.

北京体育大学运动人体科学学院运动生理学教研室主任，教授，冰雪实验室副主任。