

Welcome to the Germany Congress of Science in Sports Medicine 2026 in Tübingen

Willkommen zum German Congress of Science in Sports Medicine 2026 in Tübingen

As the former host of the 35th German Sports Medicine Congress in September 1997, Tübingen is pleased to once again serve as the host city for the scientific congress of German sports medicine in September 2026 29 years later.

Despite the significant rise in digital conference formats during the COVID-19 pandemic, in-person conferences continue to offer the scientific community the opportunity to present the latest findings, engage in vivid discussions and foster contacts between established scientists and early-career researchers who are still developing their expertise in their respective disciplines. This intergenerational networking is only possible at in-person conferences and seems to be of particular importance for a relatively small field such as sports medicine. Furthermore, “scientific conferences provide a sense of belonging and continuity to an academic community”, as S. Cranford mentioned on a former editorial on this topic (1).

Scientific conferences also serve the purpose to disseminate evidence-based findings to the public and society. In light of political developments and the pressure being exerted on the scientific community, this is more important than ever. The distortion and misrepresentation of scientific findings – particularly in areas affecting individual and planetary health – require a clear counterbalance, which we can provide, at least in part, through such conference events in a visible and unbiased manner.

The conception, planning, and support of scientific conferences in the field of sports medicine are among the central tasks of the Scientific Board of the German Society for Sports Medicine and Prevention (DGSP). Over the past years, the DGSP’s main conference has been subject to a variety of different concepts and formats. During the last two years, the Scientific Board of the DGSP has taken this development into account and has defined key principles that will serve as the foundation for the future organization of scientific conferences in our field. Key priorities include a clear focus on our field of expertise, a high visibility of our central topics in sports medicine, rotating venues and hosting the event at our universities, a high degree of international participation, and the involvement of early-career researchers in the planning and organization of the conference. In accordance with these policies, the DGSP’s Scientific

Board, together with other colleagues from the German-speaking sports medicine community, developed the new format of the German Congress of Science in Sports Medicine.

PreDay of YoungDGSP

Among the new elements of the congress is a Pre-Day, which is planned and organized by the Young DGSP. This event is designed to facilitate scientific exchange through interest group sessions and the presentation and discussion of planned and ongoing studies at the project level.

Scientific Congress

A further new feature of the program at the main conference is the inclusion of selected short presentations in the plenary sessions, tailored to complement the keynote lectures delivered there. The intention is, to further deepen the exchange between established experts and our young researchers. The official language of the main conference will be English, with the goal of increasingly encouraging colleagues from abroad to participate.

In doing so, we are pursuing the long-term goal of establishing an internationally recognised and ambitious research community in Germany that makes a contribution of the highest standard to scientific knowledge, sports performance and public health. In our program planning, we addressed topics in the eight plenary sessions that are currently characterized by a high degree of dynamism in terms of both content and relevance. Furthermore, we are delighted that during the call-for-abstracts a considerable number of abstracts with a broad spectrum of topics has been submitted.

Clinical Symposium

The third part of the conference consists of a clinical symposium, which will take place on the afternoon of September 25 and on the morning of September 26, 2026. This part will focus on current “Hot topics in clinical sports medicine”. This symposium is also being held to mark the 50th anniversary of the Department of Sports Medicine at the University of Tübingen.

The Science Board of the DGSP and the Program Committee of the congress agree that the success of the new format for the German Congress of

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Science in Sports Medicine depends to a large extent on the cooperation and participation of sports medicine institutes. We are therefore delighted that, despite the short time period of six months between the Sports Medicine and Health Summit in Hamburg in June 2025 and the call-for-abstracts for this conference almost 200 abstracts were submitted. This is an encouraging signal and shows us that a congress concept based on the motto 'by the institutes, for the institutes' can be successful. Nevertheless, the future will show whether the current format will prove to be sufficiently sustainable – a goal that requires the cooperation of all of us.

I would like to thank everyone involved in the preparation and management of this conference: the Scientific Board of the DGSP, the Program Committee of our conference, the Young DGSP and the local conference organizing team, without whom it would not have been possible to hold such an event on such tight time schedule. I would also like to thank the DGSP for its support for both the Pre-Day of the Young DGSP and the main conference, as well as the University of Tübingen, which has made the use of its facilities possible and provided logistical support for the conference.

Tübingen is delighted and proud to be hosting a German Sports Medicine Congress once again after almost 30 years. We warmly welcome all participants and are expecting an excellent conference, a vivid exchange of scientific knowledge and fruitful discussions in a friendly atmosphere. ■

Reference

- (1) **Cranford S.** Academic conference benefits from ECRs to editors. *Matter*. 2023; 6: 1669-1672. doi:10.1016/j.matt.2023.04.023