

German Congress of Science in Sports Medicine September 23rd to 26th 2026 in Tübingen

*Organized by the Scientific Board of the
German Society of Sports Medicine and Prevention (DGSP e.V.)*

Program and Congress Information

As described in the editorial of this issue of the German Journal of Sports Medicine, the first German Congress of Science in Sports Medicine (GCSSM) is organized in a new format centering on scientific exchange. The Scientific Board of the German Society for Sports Medicine and Prevention (DGSP), together with the appointed program committee, has organized a four-day congress, which will take place in Tübingen from September 23rd to 26th, 2026. The congress venue is the lecture hall Kupferbau, which is centrally located in the town behind the Audimax of the University of Tübingen.

The congress will start on Wednesday, September 23rd, 2026 with a Pre-Day organized by the YoungDGSP, followed by the Scientific Congress (language: English) and the Clinical Symposium, which will be opened on Friday, September 25th, 2026. The congress will conclude on Saturday with the second day of the clinical symposium, which will take place on this final day in the lecture hall of the University Hospital of Tübingen at the Schnarrenberg.

The Pre-Day on September 23rd offers colleagues of the YoungDGSP a platform for further exchange formats such as interest groups and the discussion of presented protocols of planned or ongoing studies. In addition, the meeting of the members of the YoungDGSP, including board elections, will be held on this first day of the conference. The day will end with a get-together on the campus of the Institute of Sport Sciences (IfS) of the university of Tübingen.

The scientific program for the main congress includes 8 plenary sessions with keynote lectures of international and national experts, 12 sessions with short presentations and 8 parallel poster sessions selected through the submission and review process. A new feature of the program is the inclusion of selected short presentations from the abstract process in the plenary sessions, tailored to the keynote lectures placed there.

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

A program committee was established to plan and organize the conference program. Members

of this committee are Dr. Lieselotte Bensen (Wien, YoungDGSP), Prof. Dr. Anja Carlsohn (Hamburg), Dr. Daniel Haigis (Tübingen, YoungDGSP), Prof. Dr. Martin Halle (München), Prof. Dr. Inga Krauß (Tübingen), Prof. Dr. Frank Mayer (Potsdam), Prof. Dr. Tim Meyer (Saarbrücken), Prof. Dr. Andreas Nieß (Tübingen), Prof. Dr. Kai Röcker (Furtwangen), Prof. Dr. Henning Wackerhage (München) and Prof. Dr. Philipp Zimmer (Dortmund).

Ms. Joana Schmidt (Tübingen) heads the organizing team and the local staff of the conference.

Review Process

The Call-for-abstracts opened in December 2025 with an initial submission deadline of March 31st, 2026, which was later extended to April 15th, 2026. By the final deadline, a total of 196 abstracts had been submitted for the main congress and the pre-day. Acceptable submission formats for the main congress included original research, meta analyses/systematic reviews, evaluation and validation studies of measurement instruments, and structured clinical case reports. Submissions to the Pre-Day were exclusively reserved to study protocols.

The review process was organised by Prof. Kai Röcker (Furtwangen). The submitted abstracts were evaluated using a weighted assessment based on the following criteria: a) quality of content (20%), b) significance (10%), c) originality (10%), d) presentation (10%), and e) overall recommendation (50%). In addition, reviewers were asked to provide a self-assessment of their familiarity with the topic of the submitted abstract. For each criterion, reviewers assigned a score between 1 and 10, which was then converted into a weighted final score according to the predefined criteria.

Submissions for the main congress were reviewed by 3 or 4 independent experts (see reviewer list). The final score for each abstract was calculated as the mean of the reviewer's weighted scores and served as the basis for acceptance or rejection.

Of the 176 submissions to the main congress, 166 were accepted for presentation, including 81 oral presentations and 85 posters, corresponding to a rejection rate of 5.7%. Submissions to the Pre-Day were reviewed by two members of the YoungDGSP, and all submission were accepted for presentation.

We would like to thank all colleagues, who actively participated in the review process. ■



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CONGRESS VENUES

23rd-25th September 2026

University Tübingen, Kupferbau Lecture Hall Building, Hölderlinstr. 5, 72072 Tübingen, Germany

26th September 2026

University Hospital Tübingen, Main Lecture Hall (Level 4), Hoppe-Seyler Str. 3 and Conference Center, Otfried-Müller-Str. 6, 72076 Tübingen, Germany

23rd September 2026

Get-together, Institute of Sport Sciences, Alber Str. 27, 72072 Tübingen, Germany

24th September 2026

Evening Event, Beletage Museum, Wilhelmstr. 3, 72074 Tübingen, German

CONGRESS SECRETARY

Joana Schmidt
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Congress Program

Pre-Day | September 23, 2026

The Pre-Day is a new format for sports physicians and scientists from interdisciplinary fields who share an interest in sports medicine. Building on the 1st German Congress of Science in Sports Medicine, the new congress format provides a platform for interdisciplinary exchange, networking and opportunities for scientific collaboration among all participants.

10:45 am	Opening Pre-Day (Main Hall)
11:00 am	Interest Groups Interest Group (IG-1) – Sporternährung / Bone Health Interest Group (IG-2) – Low Back Pain Interest Group (IG-3) – Concussion Interest Group (IG-4) – Sportkardiologie
1:45 pm	Study Protocols Presentation 10 Study Protocols SP1 Presentation 10 Study Protocols SP2
4:15 pm	Elections YoungDGSP (only for YoungDGSP-members)
5:30 pm	Olympic Games of the Institutes
7:00 pm	Evening Gathering

Scientific Congress | September 24, 2026

8:00 am	Short Oral Presentations Molecular & Cell Biology (OP-01) Mixed session: Covid 19 / Training intervention (OP-02) Elite Sports (OP-03)
9:30 am	GLP-1-RA in Diabetes and Obesity – Is Exercise Out?
11:00 am	Short Oral Presentations Sports Pediatrics (OP-04) Immunology (OP-05) Orthopedics & Biomechanics (OP-06)
1:15 pm	Opening Scientific Congress
1:30 pm	Hot Topics in Elite Sport
3:00 pm	Exercise in Ageing Societies
4:30 pm	Exercise is Medicine in Oncology - Clinical Evidence and Mechanistic Insights
5:45 pm	Poster Presentations (2 Sessions per Room) Elite Sports (PP-01) & Fitness, Training & Health (PP-07) Molecular & Cell Biology (PP-02) & Stress Response & Biomarker (PP-08) Neurology & Psychiatry (PP-03) & Sports Cardiology (PP-06) AI & DiGA's (PP-04) & Clinical Cases & Sports Orthopedics (PP-05)
7:30 pm	Evening Event

Scientific Congress | September 25, 2026

8:00 am	Short Oral Presentations Metabolism (OP-07) Sports Nutrition (OP-08) Fitness, Exercise Training & Health (OP-09)
9:30 am	Exercise and Training in Cardio Vascular Disease
11:00 am	Femoroacetabular Impingement (FAI) – Threat for the Hip of Elite Athletes
1:15 pm	Short Oral Presentations AI & DiGA's (OP-10) Orthopedics (OP-11) Sports Neurology & Psychiatry (OP-12)

PLENARY SESSIONS

2:45 pm	Exercise is Medicine in Neurological Disorders
4:15 pm	AI in Sports Medicine

Clinical Symposium | September 25, 2026

Framed by the German Congress of Science in Sports Medicine, we organize a Clinical Symposium on September 25th and 26th, which will address actual topics in clinical sports medicine. The Clinical Symposium will be held in German language.

CINICAL SYMPOSIUM

2:30 pm	Sports Nutrition
3:30 pm	Sports Orthopedics
5:45 pm	Impulse Lectures & Panel Discussion

Clinical Symposium | September 26, 2026

8:30 am	Prevention and Sports Medical Pre-Participation Examination
9:30 am	Sports Cardiology
11:00 am	Training Therapy
12:00 pm	Performance Diagnostics & Training Regulation
09:30 am	Topics of Sports Gynecology, Part 1
1:00 am	Topics of Sports Gynecology, Part 2

Plenary Sessions & Invited Speakers

THURSDAY

GLP-1-RA IN DIABETES AND OBESITY – IS EXERCISE OUT?

ANDREAS BIRKENFELD; *Tübingen/Germany*

HENNING LANGER; *Berlin/Germany*

DOMINIK PESTA; *Köln/Germany*

HOT TOPICS IN ELITE SPORT

FRANK BROCHERIE; *Paris/France*

CLAUS REINSBERGER; *Paderborn/Germany*

EXERCISE IN AGEING SOCIETIES

NINA SCHALLER; *München/Germany*

HENNING WACKERHAGE; *München/Germany*

JÜRGEN BAUER; *Heidelberg/Germany*

EXERCISE IS MEDICINE IN ONCOLOGY – CLINICAL EVIDENCE AND MECHANISTIC INSIGHTS

KAREN STEINDORF; *Heidelberg/Germany*

HELENE RUNDQVIST; *Stockholm/Sweden*

FRIDAY

EXERCISE AND TRAINING IN CARDIO VASCULAR DISEASE

SIMON WERNHART; *München/Germany*

HENNER HANSSEN; *Basel/Switzerland*

FEMOROACETABULAR IMPINGEMENT (FAI) – THREAT FOR THE HIP OF ELITE ATHLETES

KLAUS-PETER GÜNTHER; *Tübingen/Germany*

KLAUS SIEBENROCK; *Bern/Switzerland*

EXERCISE IS MEDICINE IN NEUROLOGICAL DISORDERS

ULRIK DALGAS; *Aarhus/Denmark*

JORGE RUAS; *Michigan/USA*

AI IN SPORTS MEDICINE

JENS KLEESIEK; *Essen/Germany*

ANDREAS GROLL; *Dortmund/Germany*

SOLVEIG VIELUF; *München/Germany*

Scientific Reviewer

BAUER, PASCAL; *Gießen/Marburg*

BENEKE, RALPH; *Marburg*

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RÖCKER, KAI; *Furtwangen*

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PRE-DAY

BARSCH, FRIEDRICH; *Freiburg*

BENSEN, LIESELOTTE; *Wien (A)*

GRUMMT, MAXIMILIAN; *Berlin*

HAIGIS, DANIEL; *Tübingen*

HESSE, JUDITH; *Heide*

MORAT, OLIVER; *Freiburg*

Statement from the Editorial Board

We hereby note that full and exclusive responsibility for all content rests with the authors of the submitted abstracts and with the organizers. No editorial revision or linguistic modification of the abstracts has been undertaken.

The Editorial Board expresses its sincere appreciation to the

Programme Committee for their constructive and dependable collaboration, and extends its best wishes to all participants for a successful and productive congress.

Due to space limitations, only the affiliations of the first-named authors are listed. Thank you for your understanding. ■