

**RHINE-RUHR 2025**

# **FISU WORLD CONFERENCE**

**PROGRAMME  
BOOKLET**



**WORLD  
CONFERENCE**

**RHINE-RUHR 2025**

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# WELCOME MESSAGES

The Organising Committee and the following key figures would like to offer a warm welcome to the Rhine-Ruhr 2025 FISU World Conference, to be held on 17-19 July 2025 at the Jahrhunderthalle in Bochum, during the Rhine-Ruhr 2025 FISU World University Games.



**LEONZ EDER**  
FISU President

Dear Member Associations and esteemed guests,  
Dear Friends,

Welcome to the 2025 FISU World Conference, where the global community of sports will meet the future of education and innovation. We are delighted to invite you to this global event, dedicated to exploring the dynamic intersections between sports, academia, and society.

This year's conference theme, ›Competing for change: Exploring sustainability and (mental) health through sports‹, reflects FISU's continuous commitment to sustainable events and practices, as well as to an environment that ensures the best conditions for the high performance and well-being of student-athletes worldwide.

Over the next few months, we will engage in fruitful discussions and share challenging ideas that highlight the critical role of both ecological and social sustainability in sports. Together, we can forge a path towards a brighter, more inclusive future where sports serve as a catalyst for personal growth, social cohesion, and global understanding.

We are looking forward to seeing you all at this inspiring highlight of the FISU World University Games.



**DR. VERENA BURK**  
FISU Vice-President &  
Education Committee Chair

Dear participants in the FISU World Conference,

It is with great pleasure that we invite you to join the 2025 FISU World Conference, a distinguished gathering advocating for the holistic development of student-athletes, emphasising not only their achievements on the field but also their academic pursuits and intellectual growth.

As we celebrate the excellence in mind and body, we are reminded that the essence of this event extends far beyond the sporting arena. The FISU World Conference recognises the pivotal role that education plays in shaping well-rounded individuals.

In this unique confluence of sport and study, the FISU World Conference is a major opportunity to equip participants, student-athletes and their entourage, to navigate the complexities of life with a balanced perspective.

Throughout the various plenaries, workshops, and panels on topical issues in today's changing world, we will explore groundbreaking research, best practices, and strategies. These sessions will celebrate sustainable behaviours and policies designed to enhance the remarkable interplay between athletic success and well-being.



## JÖRG FÖRSTER

**Chair of the Shareholder Committee  
of the Rhine-Ruhr 2025  
FISU World University Games**

**Welcome to the 2025 FISU World Conference!**

**It will be with great pleasure and pride that we host this prestigious event, a cornerstone of the Rhine-Ruhr 2025 FISU World University Games and its legacy. This conference marks a significant milestone not only for the German University Sports Federation (adh) and its member universities, but also for the entire academic sports science community in Germany.**

The 2025 FISU World Conference offers an unparalleled platform for higher education institutions in Germany to engage in the vibrant exchange of knowledge with global peers. This event underlines the importance of fostering international collaboration, which is pivotal for the development of scientific excellence within our institutions. By bringing together scholars, researchers and students from diverse backgrounds, we create opportunities for groundbreaking research and innovative solutions that address global challenges.

For the Rhine-Ruhr region, the significance of hosting the FISU World Conference cannot be any bigger. This region, known for its rich academic and cultural heritage, stands to benefit immensely from the influx of international visitors and ideas. Our students, in particular, will have the chance to interact with leading minds from around the world, broadening their horizons and inspiring their academic pursuits. Additionally, the conference highlights the importance of University Sport in fostering a sense of community, resilience, and holistic development among students and university staff members.

We are confident that the 2025 FISU World Conference will leave a lasting legacy, enriching our universities and contributing to the vibrant academic fabric of the Rhine-Ruhr region. On behalf of the adh, I extend my heartfelt welcome to all participants in my hometown region.

Let us together embark on a journey of learning, collaboration, and innovation.



## UNIVERSITY ALLIANCE RUHR

**Academic Partner**

*from left to right: Prof. Dr. Dr. h. c. Martin Paul (Ruhr University Bochum); Prof. Dr. Barbara Albert (University Duisburg-Essen); Prof. Dr. Manfred Bayer (TU Dortmund)*



**It will be a great honour and pleasure for us to welcome you to the 2025 FISU World Conference and FISU World University Games in the Ruhr region!**

As partners of FISU in hosting this important conference and major sporting event, the universities of the University Alliance Ruhr (UA Ruhr) – Ruhr-University Bochum, TU Dortmund University, and University of Duisburg-Essen – are proud to welcome researchers and student-athletes from all over the world. At UA Ruhr, our mission is clear: to drive sustainable, positive change and to boldly shape the Ruhr region's transformative identity through cutting-edge academic initiatives. We will make the Ruhr region and NRW more visible and attractive as a location for international top-level research, excellent teaching, student innovations, and talent retention.

As the academic partners of the 2025 FISU World Conference, our sport science institutions look forward to discussing some of the most important issues of our time: sustainability and (mental) health through sport.

University sport plays an important role. It strengthens the sense of community and togetherness on campus and contributes to providing a holistic educational experience. It also teaches important skills such as teamwork, discipline, and perseverance, which are of great importance in both academic and professional life. For the UA Ruhr, the FISU World University Games and FISU World Conference are a great opportunity to highlight significant topics such as sustainability, (mental) health, and physical well-being.

The Ruhr region is renowned for its thriving higher education sector and its passion for sport. This unparalleled combination creates the perfect setting for exhilarating competitions and intense international exchange.

Let us have some amazing, unforgettable days together, filled with sports, science and culture!



## FISU WORLD UNIVERSITY GAMES

The World University Games first took place in 1923 in Paris, France, and were held in Europe every two years until 1939. The Games were revived in 1947 – two years before the founding of FISU - and returned as the 'Universiade' in Turin, Italy, in 1959. As part of the relaunch, the 'U' shape of the FISU flag and the song 'Gaudeamus Igitur', which is played at the award ceremonies instead of the national anthem, were introduced. Since then, the multi-sport event has been held every two years (in odd-numbered years), with both summer and winter editions.

In 2020, the Games were renamed the 'FISU World University Games', and they are the most important competition in international university sport. The FISU Games are open to students 17–25 years old who have been nominated by their national university sports federations. Participants include both up-and-coming student-athletes and established top athletes.

The summer edition of the FISU World University Games comprises 15 compulsory sports: archery, artistic gymnastics, athletics, badminton, basketball, diving, fencing, judo, rhythmic gymnastics, swimming, taekwondo, tennis, table tennis, volleyball, and water polo. The optional sports 3x3 basketball, 3x3 wheelchair basketball, beach volleyball and rowing complete the programme of the Rhine-Ruhr 2025 FISU World University Games.

Competitions will take place over 12 days in the cities of Bochum, Duisburg, Essen, and Mülheim an der Ruhr, plus Hagen and Berlin. Tickets will be available in three categories: as a Ground Pass, giving access to all venues on all days in all cities, but without guaranteed seating; as a City Day Pass, giving access to all venues in a city without guaranteed seating; and as a Sport Pass, giving access to all venues in a city, with a guaranteed seat in a sport. More details will follow soon on the [homepage](#).





## INTERNATIONAL UNIVERSITY SPORTS FEDERATION (FISU)

Since FISU's founding in 1949, the federation has been the key driver to expand the role and reach of university sport worldwide. FISU is focused on organising world-class sports events, held in the university spirit, which promote the pursuit of excellence in mind and body. The FISU sports programme comprises Summer and Winter World University Games, World University Championships, and University World Cups. FISU educational events (e.g., FISU World Forum, FISU Springboard programme, Dual Career programme) offer opportunities for individual development, networking, dialogue, exchange of ideas and collaborative learning. These events cover a diversity of themes and draw upon a group of highly skilled people, including a large expert pool from FISU and its 165 Member Associations. Proposed and developed by FISU, the FISU Healthy Campus programme aims to enhance all aspects of well-being for students and the campus community at large.

More details about FISU can be found on the homepage:  
[www.fisu.net](http://www.fisu.net)



## FISU WORLD CONFERENCE

With its origin dating back to the early 1950s and the first regular edition held in 1960, the FISU World Conference has been a core element and the academic highlight of the FISU World University Games. Within a three-day programme, the FISU World Conference creates a platform for interdisciplinary scientific exchange and stimulates research and creativity beyond the scope of academia. In 2025, the FISU World Conference will not only include outstanding keynotes and panellists, but also provide a platform for innovative formats and engaging opportunities open to the public.

# RHINE-RUHR 2025 FISU WORLD CONFERENCE

**17–19 JULY 2025**  
**JAHRHUNDERTHALLE**  
**BOCHUM**

**COMPETING FOR CHANGE:  
EXPLORING SUSTAINABILITY  
AND (MENTAL) HEALTH  
THROUGH SPORTS**



**WORLD  
CONFERENCE**

RHINE-RUHR 2025

## DATES

17-19 July 2025

## LOCATION

Jahrhunderthalle, An der Jahrhunderthalle 1, D-44793 Bochum,  
North-Rhine Westphalia, Germany

## THEME

The 2025 FISU World Conference is themed, »**Competing for change: exploring sustainability and (mental) health through sports**«. The conference will spotlight critical issues at the nexus of (mental) health, environmental sustainability and physical performance.

## SUBTHEMES

There are four subthemes for the 2025 FISU World Conference:

- 01 Mental health and performance under pressure among athletes**
- 02 Balancing acts: work-life balance and resilience among high-performance coaches, referees and the entourage**
- 03 Ecological sustainability on campus**
- 04 Health and well-being in sports and physical activity**

In today's rapidly evolving world, addressing these topics is crucial, as they reflect broader societal concerns about (mental) health resilience, sustainable development, and the overall well-being of individuals in high-stakes environments.

By prioritising research in these areas, we can develop comprehensive strategies that not only enhance athletic performance and career longevity, but also foster sustainable practices and support systems across the globe, ultimately leading to healthier, more balanced communities.

For this, students will be a key focus group, as they navigate the pressures of academic and athletic performance while grappling with (mental) health and sustainability issues.

# THE ACADEMIC HIGHLIGHT

## OF THE FISU WORLD UNIVERSITY GAMES



### 400 PARTICIPANTS

FROM THE DISCIPLINES OF SPORTS SCIENCE,  
SPORTS MEDICINE, PSYCHOLOGY & SUSTAINABILITY



JAHRHUNDERTHALLE,  
CITY OF BOCHUM

17 - 19 JULI 2025  
ACADEMIC CONFERENCE



### 5 KEYNOTE SPEAKERS



### 40 NATIONS REPRESENTED

APPROX.



### EMBEDDED

IN THE INTERACTIVE RUHR GAMES  
CULTURAL PROGRAMME



### 4 WORKSHOPS

ON SUSTAINABILITY  
& MENTAL HEALTH

## SUBTHEME 01

## MENTAL HEALTH & PERFORMANCE UNDER PRESSURE AMONG ATHLETES

Athletes face immense mental and physical demands, which can lead to significant mental health challenges. This sub-theme aims to open discussions on the mental health issues prevalent among athletes, such as the highs and lows of their careers, including the peak moments and the 'post-Olympic blues'.

Moreover, it analyses performance decrements during crucial stages of competitions, such as so-called 'choking' (under psychological pressure). The sub-theme will explore strategies for performing best under pressure and emphasise the possibilities of integrating psychotherapy and psychological treatment into training regimes. Additionally, the dual career aspect of athletes will be examined, highlighting the pressures and perspectives they encounter. By addressing these elements, this sub-theme can foster a deeper understanding of, and develop better support for, the mental health and performances of athletes.



## SUBTHEME 02

## BALANCING ACTS: WORK-LIFE BALANCE AND RESILIENCE AMONG HIGH-PERFORMANCE COACHES, REFEREES AND THE ENTOURAGE

Coaches, referees, and the entourage play a crucial role in the success of athletes, yet their own challenges often go unnoticed. This sub-theme focuses on the work-life balance and mental resilience of these important figures in sports. It will address the unique difficulties they face, such as maintaining their mental health, and structural inequalities.

The importance of federational support systems will be highlighted to increase engagement and support for those stakeholders. Special attention will be given to women, who navigate these roles in a predominantly male-dominated environment. Through this focus, we aim to enhance the well-being and career sustainability of these vital contributors to sports.





## SUBTHEME 03

**ECOLOGICAL SUSTAINABILITY ON CAMPUS**

As environmental crises such as global warming and the loss of biodiversity intensify, transforming university campuses into ecologically sustainable communities is crucial. This sub-theme challenges universities to adopt and integrate sustainability policies and programmes, incorporating initiatives like the FISU Healthy Campus Programme. It will promote circularity on campuses and address the psychological impacts of environmental issues, such as eco-grief and eco-anxiety. By focusing on these elements, the conference aims to cultivate a more resilient and environmentally conscious student body, fostering sustainable practices and mindsets that extend beyond university life.



## SUBTHEME 04

**HEALTH AND WELL-BEING IN SPORTS AND PHYSICAL ACTIVITY**

The relationship between sport, physical activity, health and well-being is of central interest to athletes and coaches. In this regard, one key topic of interest will be the sustainable acquisition of skills and their implications for motor learning and physical training. Another main topic will focus on how the menstrual cycle of female athletes can be used as a 'Cycle of Power' to ensure the long-term health and performance of women in sport. In addition, injury prevention as a crucial factor for sustainable sport will be addressed. Finally, the issue of sustainability in team sports will be tackled; that is, demonstrating how performance can be sustainably developed and health can be maintained in the long-term.



## WHAT IS SO SPECIAL ABOUT THE 2025 FISU WORLD CONFERENCE?

Several features will set the 2025 FISU World Conference apart from many of those which have gone before.

### AN ICONIC AND SYMBOLIC VENUE

Designed for a Düsseldorf trade fair at the beginning of the last century, rebuilt in Bochum as a steam power station, and now repurposed as a cultural and commercial events space, there can barely be a more appropriate venue for the FISU World Conference than the magnificent Jahrhunderthalle. The focal point of Westpark on the edge of Bochum, the old water tower and much of the exposed steel interior of the 66-metre-long main hall has been retained, and a modern steel and glass foyer added, giving this venue an edgy, yet modern, feel. A multiple-use facility, it says it all that the Jahrhunderthalle can be both an anchor point of the Route of Industrial Heritage and a former host of the European Film Awards. Hosting the conference in this setting makes it possible to experience the transformation of urban landscapes in post-industrial regions, and creates an exceptional ambience for the conference on sustainability issues for long-lasting impulses.



### INTERACTIVE AGENDA

Aligned with the urban transformation experience at the Jahrhunderthalle, the 2025 FISU World Conference will assemble a unique array of international speakers, host interactive workshops on practical conference topics, and provide opportunities for engagement through poster sessions or parallel sessions on subthemes. These core elements of a scientific conference will be enriched with cultural programmes designed to bridge the gap between the scientific community and the general public: every afternoon, the conference sessions will be thrown open to anyone interested in joining.



## AN INCLUSIVE CONFERENCE

The FISU World Conference will be as inclusive as possible. Wheelchair access and simultaneous sign language translation will be available for all core elements. Additionally, participants can register for free childcare services before the event, to ensure that everyone who wants to is able to attend. More details on accessibility will be provided on our website.

## »EDUTAINMENT«

Surrounding the Jahrhunderthalle, »edutainment« opportunities, live experiments, try-out sports, and a highlight concert will be offered — but enhanced with unique engaging activities. This setup allows conference participants to experience world-class science while also enjoying cultural and sports entertainment.



## SPORTS DIRECTLY ALONGSIDE SCIENCE

The Jahrhunderthalle will also be a competition venue for the Rhine-Ruhr 2025 FISU World University Games, simultaneously hosting 3x3 basketball and 3x3 wheelchair basketball, the fastest growing urban sports in the world. In addition, and in a unique collaboration, the 2025 edition of the Ruhr Games will be held alongside at the same venue.

## SUSTAINABILITY & LEGACY APPROACH

To set a new benchmark for the more sustainable hosting of major sports events, a conceptual framework and strategy has been created for the Rhine-Ruhr 2025 FISU World University Games and the 2025 FISU World Conference. Detailed in a public [Pre-Games Paper 2.0](#), the strategy has been continuously optimised, with a particular focus on strengthening strategic human rights work. The Sustainability Team of the Organising Committee is always happy to receive suggestions or discuss topics as the approach continues to evolve.

# KEYNOTE SPEAKERS

The conference focuses on four subthemes related to sport, health, and sustainability. Each subtheme will feature at least one keynote, with international experts providing valuable insights and impulses for research, practice, and policy.

SUBTHEME	KEYNOTE SPEAKERS
01 Mental health & performance under pressure among athletes	Carolina Lundqvist (SWE) Rosemary Purcell (AUS)
02 Balancing acts: work-life balance and resilience among coaches, referees and the entourage	Georgios C. Korellis (CYP)
03 Ecological sustainability on campus	Andreas Löschel (GER)
04 Health and well-being in sports and physical activity	Willem van Mechelen (NED)



## PROF. DR. CAROLINA LUNDQVIST



Carolina Lundqvist, Ph.D., is a Senior Associate Professor of Psychology and Associate Professor of Sport Sciences, as well as a Licensed Clinical Psychotherapist at Linköping University, Sweden. She serves as a researcher at the Athletics Research Center at Linköping University and is currently the research coordinator at LiU Elite Sports, the dual-career program for elite athletes at Linköping University. Additionally, she is an associate editor of the Journal of Science and Medicine in Sports (JSAMS). Her research interests focus on high-performance sports, encompassing areas such as wellbeing and mental health, safeguarding, leadership, sustainable elite sports careers from junior to senior levels, and psychological performance enhancement.

With extensive experience in applied sports psychology and clinical psychotherapy with elite athletes and their coaches from various individual and team sports, Lundqvist has contributed her expertise at numerous European and World Championships, as well as several winter and summer Olympic Games. She has spent two decades as a sports psychology consultant, and for several years, she coordinated the psychological support program for the Swedish Olympic Committee. Additionally, she has undertaken various assignments for the Swedish Sports Confederation, elite sports clubs, and a wide range of sports federations over the years. Currently, she is involved as a member of the Medical Commission at Swedish Athletics and the Medical Council at the Swedish Figure Skating Association and is engaged in several research collaborations with sports federations and organizations both nationally and internationally.

Subtheme: **01 Mental health and performance under pressure among athletes**  
Place & Time: **Saturday, 19 July, 14:00-14:45, Turbinenhalle**



## PROF. DR. ROSEMARY PURCELL

### UNIVERSITY OF MELBOURNE, AUS

Professor Rosemary (Rosie) Purcell is the Head of Elite Sports and Mental Health research at the Centre for Youth Mental Health at the University of Melbourne and Orygen, Australia's national centre for early intervention in mental health. She trained in and is a registered psychologist.

Rosie's primary research interests are understanding mental health challenges in elite sport and developing optimal strategies to improve mental health in high-performance sporting environments. She is an external scientific advisor on mental health to the International Olympic Committee

(IOC), and a member of the IOC Expert Consensus Group on Elite Athlete Mental Health and the Expert Consensus Group on Youth Elite Athlete Development. As the Mental Health Consultant to Cricket Australia, she developed its Mental Health Strategy for high-performance Cricket.

Rosie has published 2 books and over 170 peer-reviewed publications and has authored more than 30 mental health reports for various Australian sports.

Subtheme: **01 Mental health and performance under pressure among athletes**

Place & Time: **Thursday, 17 July, 11:00-11:45, Turbinenhalle**



## GEORGIOS C. KORELLIS

### CYPRUS OLYMPIC COMMITTEE

Georgios C. Korellis is the Head of the Education Department at the Cyprus National Olympic Committee (NOC), a position he has held since 2007. In this role, he leads Cypriot delegations at the Olympic Games and major international competitions, manages large-scale sporting events in Cyprus, and oversees initiatives to improve staff wellbeing and organizational performance. He also liaises with the International Olympic Committee on governance and athlete-related matters.

In addition to his work at the NOC, Georgios has held several leadership roles in sport organizations, including

General Secretary of the Cyprus Taekwondo Federation (2015–2024), Member of the European Olympic Committees' Culture and Education Commission (2015–2019), and currently serves as Deputy Chair of the Development & Cooperation Committee of the European Olympic Academies.

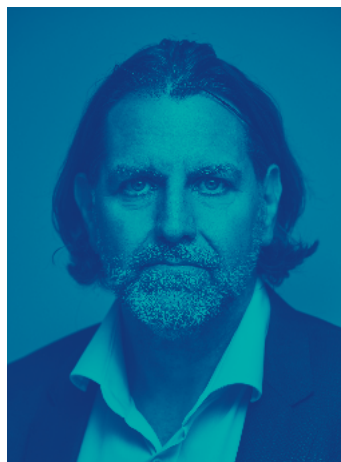
He also provides executive coaching and consulting services, working with companies and sports organizations on strategic planning and operations. Academically, he holds an Executive Master in Sport Organization Management (University of Ottawa/IOC), an MBA, and a Master's in Health, Physical Education & Recreation.

Georgios is a frequent keynote speaker on topics such as leadership, athlete safeguarding, and performance in sport organizations. He is the author of the book *Dominate: 90 Days Plan for Businesses That Want to Lead the Market During Crisis* (2020) and has contributed to various scientific publications. As a former elite athlete, he achieved podium placements at the European and World Taekwondo Championships and was a national champion in Taekwondo and windsurfing.

Subtheme: **02 Balancing acts: work-life balance and resilience among coaches, referees and the entourage**

Place & Time: **Saturday, 19 July, 12:00-12:45, Turbinenhalle**





## PROF. DR. ANDREAS LÖSCHEL

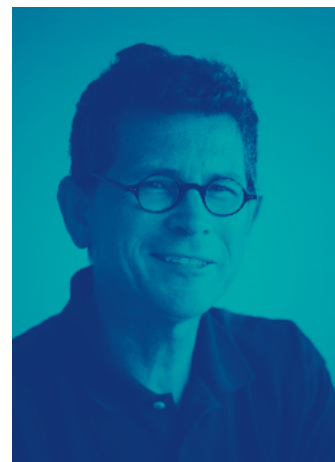
Professor Andreas Löschel holds the Chair of Environmental/Resource Economics and Sustainability at Ruhr-Universität Bochum and researcher at RWI - Leibniz Institute for Economic Research. He studied economics in Nuremberg and completed his doctorate in Mannheim. Before moving to the Ruhr region, he was professor at the University of Münster and the University of Heidelberg and was Head of Research at ZEW - Leibniz Centre for European Economic Research.

Since 2011, he has been Chairman of the Expert Commission for the Federal Government's "Energy of the Future" monitoring process and, since 2024, Chairman of the

Board of Directors of the Academies' Initiative "Energy Systems of the Future" (ESYS) of acatech - National Academy of Science and Engineering, the German National Academy of Sciences Leopoldina and the Union of the German Academies of Sciences and Humanities. Andreas Löschel was lead author of the Intergovernmental Panel on Climate Change (IPCC) for the 5th and 6th Assessment Reports, where he was responsible for the chapters on climate mitigation pathways and energy systems. The F.A.Z. economist ranking has repeatedly ranked him among the 50 most influential economists in Germany. In 2022, Andreas Löschel was awarded the Joachim Herz Foundation's German Economics Prize for outstanding economic research.

Subtheme: **03 Ecological sustainability on campus**

Place & Time: **Friday, 18 July, 12:00-12:45, Turbinenhalle**



## PROF. EMERITUS WILLEM VAN MECHELEN

Van Mechelen has a unique combined background in physical education, human movement sciences, epidemiology, (occupational and sports) medicine and public health. After a career as classroom physical education teacher and occupational physician, he completed a PhD at age 40. From that time onwards he engaged himself seriously in science. His research group, which he has built up from scratch, has an international reputation and a leading position in the two fields of social medicine he represents: Occupational Medicine and Sports Medicine. In Occupational Medicine he has evaluated and introduced graded-exercise programs as highly cost-effective

means for return-to-work of workers on sick leave, as well as worksite lifestyle interventions for the entire workforce. He has also been engaged in descriptive and aetiological studies on f.i. fatigue in shift work in the Norwegian offshore industry. In Sports Medicine he is worldwide known for his 1992 conceptual paper on the 'sequence of prevention'. This paper is one of the most cited papers in the sports injury prevention literature. Another well-known Sports Medicine topic concerns the prevention of physical inactivity. His work has translated into guidelines and recommendations and has led in 2009 to the start of the VUmc spin-off company Evalua Nederland B.V. in which knowledge regarding the cost-effective prevention of sickness absence is brought to the corporate occupational health care market.

Van Mechelen has ample (inter-)national experience as a member of expert committees and professional boards. He is an often-asked speaker at international scientific meetings. He has received a number of prestigious international prizes and awards, amongst which the citation award of the American College of Sports Medicine. He also has a prize named after him and was awarded in 2017 an honorary doctorate degree from the Vrije Universiteit, Brussels, Belgium and was made a member of the Wall of Fame of University of Applied Sciences of Amsterdam in the same year. In 2022 he was by the King of The Netherlands knighted in the Order of the Dutch Lion. His Google Scholar H-index is 151 and he has more than 86.000 citations.

Subtheme: **04 Health and well-being in sports and physical activity**

Place & Time: **Thursday, 17 July, 11:45-12:30, Turbinenhalle**

# WORKSHOP LEADERS

In addition to the keynotes, four thematic workshops will offer space for in-depth discussion and practical exchange. Each workshop is led by experienced professionals or organisations and addresses one of the four subthemes — ranging from mental health in elite sports to sustainability in university settings. Participants are invited to actively contribute and collaboratively explore innovative approaches and solutions.

SUBTHEME	WORKSHOP LEADERS
01 Mental health & performance under pressure among athletes	Kim Bui
02 Balancing acts: work-life balance and resilience among coaches, referees and the entourage	Esther Akihary van Nobelen
03 Ecological sustainability on campus	German University Sports Federation (adh)
04 Health and well-being in sports and physical activity	International Council of Sport Science and Physical Education (ICSSPE)



Photo: @ Heiko Potthoff

## KIM BUI

Kim Bui is a renowned German artistic gymnast, author, coach, and speaker. With a career spanning 23 years in the German national team, she is a three-time Olympian and thirteen-time German champion, making her one of the most enduring athletes in German women’s gymnastics. Despite injuries, including two ACL tears, she remained at the top of international competition well into her thirties. Beyond her athletic achievements, Bui is actively involved in promoting mental health awareness, drawing from her own experiences with performance pressure and bulimia, which she shares in her bestselling autobiography, 45 Sekunden. Today, she contributes to the sport as a coach, competition moderator, and member of the IOC Athletes’ Commission.

### Workshop: Balancing Gold and Wellbeing - Mental Health in Elite Sport

How much pressure can a person withstand in order to perform at their best? In this interactive workshop, former gymnast Kim Bui talks openly about her personal experiences with mental health, pressure to perform and the often invisible challenges in top-class sport. The focus will be on everyday stresses, long-term effects and the question of how mental well-being can be better protected and strengthened in the performance system.

Together with the participants, central stress factors will be reflected upon and new ways will be discussed of how mental health can be strengthened and better integrated into everyday sporting life - both during and after an active career. The workshop combines personal stories with interactive tools and group dialogue - for openness, new perspectives and practical impulses.

Subtheme: **01 Mental health and performance under pressure among athletes**  
Place & Time: **Thursday, 17 July, 15:15-16:30, Pumpenhaus**



## ESTHER AKIHARY VAN NOBELEN

Esther Akihary van Nobelen is a former Olympic sprinter and now a leading advisor on strategic health and vitality. She supports organizations in building sustainable approaches to employee wellbeing by shaping strategy, developing policies, and coaching key staff. Her goal is to integrate wellbeing in a way that improves engagement, performance, and reduces absenteeism.

As an athlete, Esther represented the Netherlands for over 15 years, winning multiple national titles and a silver medal in the 4x100m relay at the 2012 European Championships. Since retiring in 2017, she has taken on leadership roles, including Vice President of the Royal Dutch Athletics

Federation and member of the European Athletics Development Commission.

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### Workshop: Sustainable high performance: Building vitality and resilience in high-pressure roles

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This workshop explores how vitality and resilience are essential for sustainable high performance — especially for coaches, referees, and their support systems working in demanding, high-pressure environments. By understanding the critical role of wellbeing, participants will learn why a clear, intentional strategy is vital for managing stress, maintaining focus, and optimizing recovery. These approaches help prevent burnout and injury while fostering mental toughness, emotional balance, and long-term productivity.

Through practical exercises and insights from Esther's experience and her vitality & well-being model, participants will gain concrete tools to strengthen resilience — for themselves and the people they support. The session challenges assumptions, promotes lasting wellbeing, and offers actionable strategies for sustaining performance in elite sport.

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Subtheme: **02 Balancing acts: work-life balance and resilience among coaches, referees and the entourage**

Place & Time: **Friday, 18 July, 10:30-11:45, Pumpenhaus**

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## GERMAN UNIVERSITY SPORTS FEDERATION (ADH)

The German University Sports Federation (adh), founded in 1948, is the host of the Rhine-Ruhr 2025 FISU World University Games. More than 200 German universities and colleges, representing around 2.5 million students and 550,000 staff members, are members of the adh. The adh organizes national university sports competitions, coordinates the participation of German students in international sports events, conducts educational programs and training seminars, promotes health initiatives, and engages in public relations and advocacy work for university sports at both national and international levels. In doing so, the association operates at the intersection of academics,

science and sport, and is committed to advancing university sports.

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### Workshop: Sustainability in Action – Innovative Approaches from the German University Sports Community

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In this interactive workshop, the German University Sports Federation (adh) presents best practices from the German university sports community with a focus on ecological sustainability. Led by Katharina Neumann (Head of Division Youth and Education), Lisa Jung (Project Manager Health), Leon Meyer (Project Staff Education & Sustainability) and Tim Schüßler (Event Coordinator Education & Health), the session explores how university sports can drive sustainable transformation on campus. Participants will engage with successful projects that integrate environmental responsibility into student life and athletic programming. Additionally, the workshop encourages reflection on international perspectives and the transferability of initiatives — supporting the development of ecologically resilient and environmentally conscious university communities.

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Subtheme: **03 Ecological sustainability on campus**

Place & Time: **Friday, 18 July, 16:30-17:45, Pumpenhaus**

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## INTERNATIONAL COUNCIL OF SPORT SCIENCE AND PHYSICAL EDUCATION (ICSSPE)

The International Council of Sport Science and Physical Education (ICSSPE) is a global network of organisations and institutions dedicated to advancing sport, physical education, and physical activity through science, education, and policy. Founded in 1958 and based in Berlin, Germany, ICSSPE brings together more than 150 member organisations from over 50 countries, including governmental bodies, NGOs, and academic institutions, creating the opportunity for interdisciplinary cooperation. Our mission is to integrate research to enhance physical activity and sport, educate for improved quality of life and health for all people, and promote policies for active lifestyles, human performance, and good governance in physical activity and sport. ICSSPE is a leader in the global movement educating for sustainable quality of life for all through physical activity and sport.

### Workshop: An Inclusive Approach to University Sport: Defining the Path Forward

University sports programs serve as a vital platform for student development, offering opportunities for physical activity, teamwork, leadership, and personal growth. However, the nature and scope of these programs vary significantly across the globe, with some universities focusing on elite, competitive sports, while others emphasize sports for all. This diversity in approach raises important questions about the inclusivity of university sports: To what extent can or do these programs truly embrace inclusivity?

In today's increasingly diverse and globalized world, universities are home to students from a wide range of backgrounds, including differences in gender, ethnicity, religion, and ability. While sports have the power to unite and empower, they can also inadvertently exclude or marginalize those who do not fit into conventional expectations or norms. Therefore, ensuring that university sports are inclusive and accessible to all students is not just a matter of fairness but also essential for fostering a healthy and cohesive campus community.

This panel discussion seeks to explore the concept of inclusivity within the realm of university sports, asking critical questions about what it truly means to create an inclusive sports environment. Through both scientific inquiry and practical case studies, the discussion will focus on the participation of individuals from diverse backgrounds in university sports programs.

The panel will feature leading experts in the field:

**Prof. Dr. Gudrun Doll-Tepper** (Freie Universität Berlin), expert on inclusive education and sport for persons with disabilities

**Assoc. Prof. Dr. Rosa Diketmüller** (University of Vienna), whose research focuses on diversity, gender, and SafeSport

**Prof. Dr. Karin Volkwein-Caplan** (West Chester University of Pennsylvania), specializing in cultural studies and diversity in sport#Kim Robins (Paralympian, Australia), an elite wheelchair basketball athlete and advocate for disability inclusion in sport.

The discussion will be moderated by **Prof. Dr. Ruth Crabtree** (Sheffield Hallam University, UK), a globally recognized academic leader in sport management and champion of social justice, equality, and inclusion in sport.

Subtheme: **04 Health and well-being in sports and physical activity**

Place & Time: **Saturday, 19 July, 10:30-11:45, Pumpenhaus**



## PANEL DISCUSSIONS

The conference focuses on four subthemes related to sport, health, and sustainability. Each subtheme will feature at least one keynote, with international experts providing valuable insights and impulses for research, practice, and policy.

### MEET THE EXPERTS

The panel discussion ›Meet the Experts‹ focuses on the pressing issue of mental health in both recreational and elite sport. Through an interdisciplinary lens, the session combines scientific findings, practical experiences, and structural considerations to better understand and address psychological stress in athletic contexts.

Topics include mental health across different performance levels, vulnerable groups such as young female and para-athletes, and the impact of institutional structures, competition formats, and public expectations. Practical approaches to prevention and mental health promotion in sport settings will also be discussed.

The panel features **Dr. Valentin Markser**, specialist in psychiatry and psychosomatic medicine and chair of the German Society for Sport Psychiatry and Psychotherapy, who will offer clinical and systemic insights. Elite gymnast **Sarah Voss** contributes her personal experiences with performance pressure and public scrutiny, while **Karla Borger**, Olympian and president of Athleten Deutschland e.V., brings expertise on safeguarding, dual careers, and structural support for athlete well-being.

*A detailed introduction to the panelists follows on the next page.*

Place & Time: **Saturday, 19 July, 14:45-15:30, Turbinenhalle**



#### DR. VALENTIN MARKSER

Dr. Valentin Markser is a specialist in psychiatry and psychotherapy with a long-standing private practice in Cologne, active since 1988. His scientific focus lies on mental health in elite sport. He is co-founder of the Division for Sport Psychiatry and Psychotherapy within the German Association for Psychiatry (DGPPN) and the Institute for Sport Psychiatry in Cologne. A former elite handball player, he won the German Championship, the German Cup, and the European Cup, bringing both clinical expertise and first-hand athletic experience to the field.



#### SARAH VOSS

Sarah Voss is a two-time Olympian and former captain of the German national gymnastics team (2021–2024). She reached the all-around final at the 2024 Paris Olympics, is an eleven-time German champion, and won European bronze with the team in 2022. Internationally recognized for her advocacy, she received the 2022 Fair Play Award for wearing a unitard in protest against sexism in gymnastics. Voss actively promotes mental health, gender equality, and child protection, and serves as an ambassador for several social initiatives.



#### KARLA BORGER

Karla Borger is a two-time Olympian and former beach volleyball world silver medalist. Since 2021, she has served as President of Athleten Deutschland e.V., where she advocates for athlete rights, mental health, dual careers, and Safe Sport. As both an active athlete and outspoken leader, she pushes for structural reforms, including the creation of an independent safeguarding center to protect athletes from abuse.



## MEET THE STARS

The panel discussion ›Meet the Stars‹ brings together prominent figures from sport, science, and society to share personal experiences with mental health in elite sport. In an open dialogue with the audience, the focus lies on individual stories — dealing with pressure, setbacks, fear of failure, and personal recovery strategies.

Unlike the panel discussion ›Meet the Experts‹, this session highlights lived experiences and emotional insights, aiming to reduce stigma and foster open conversations. Through their public presence and authentic voices, the panelists help raise awareness and inspire new perspectives on mental health in high-performance environments.

*A detailed introduction to the panelists follows on the next page.*

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Place & Time: **Thursday, 17 July, 16:45-18:00, Turbinenhalle**

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## FABIAN HAMBÜCHEN

Fabian Hambüchen is a former German artistic gymnast and one of the most successful gymnasts in the country's history. He competed in four Olympic Games, winning a total of three medals on the horizontal bar – including gold in Rio de Janeiro in 2016. In addition, he became world champion in 2007 and won multiple European titles. Since his retirement in 2016, he has worked as a sports expert on television and serves as an ambassador for education and literacy.

# SPECIAL FORMAT

## PODCAST: MENTAL HEALTH IS BODY HEALTH

As a special highlight of the conference, a live edition of the popular podcast [Mental Health is Body Health](#), hosted by Leroy Henze, will be recorded on site. The podcast explores the deep connection between mental and physical well-being, highlighting how this interplay shapes our approach to performance, resilience, nutrition, and everyday challenges. Known for its relatable storytelling and wide reach, it features inspiring guests from the worlds of sport, health, and public life.

This special episode focuses on mental health in elite sport and invites selected guests to share their personal experiences with performance pressure, setbacks, and strategies for maintaining balance. By combining personal narratives with emotional accessibility, the format offers a fresh perspective on mental well-being — engaging audiences beyond traditional academic contexts and making space for authentic, resonant dialogue.

The goal is to open new pathways into the conference theme, attract diverse audiences, and make mental health more approachable. The live recording allows for a dynamic, inspiring conversation that strengthens awareness and encourages reflection.

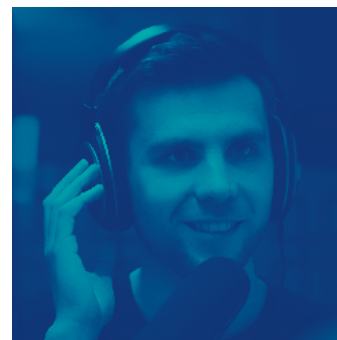
The guest of this special episode is former German professional tennis player Mischa Zverev, who will share insights into psychological challenges and mental resilience in elite sports. Today, Mischa plays a central role in the support team of his brother, Olympic gold medalist Alexander Zverev.

*An introduction to host Leroy Henze and the invited guest for this special episode can be found on the following page.*

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Place & Time: **Friday, 18 July, 14:00-14:45, Turbinenhalle**

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### LEROY HENZE

Leroy Henze is the host of the podcast *Mental Health is Body Health*, which explores the close connection between mental and physical well-being. With a focus on topics like nutrition, movement, and resilience, he uses authentic conversations to make mental health more accessible.

In his episodes, Henze speaks with inspiring guests from sport and society — including Arne Friedrich, Jonas Deichmann, Mathias Steiner, Micha Zverev and Malik Harris — who share personal insights and experiences. His format creates space for honest dialogue, encouraging reflection and promoting a more holistic view of health.

### MISCHA ZVEREV

Mischa Zverev is a former German professional tennis player and long-standing member of the ATP Tour. Following his retirement from active competition, he assumed a central role within the support team of his younger brother, Olympic gold medalist Alexander Zverev. As a close confidant, advisor, and emotional anchor, Mischa combines professional experience with personal trust — an invaluable combination in the mentally demanding environment of elite sport.

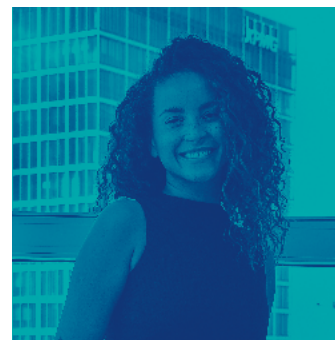
In this podcast episode, Mischa contributes a multi-dimensional perspective on mental health in high-performance settings: drawing not only from his own experiences as a player but also from his current role supporting an internationally prominent athlete. His insights highlight the powerful interplay between family relationships, psychological stability, and competitive performance — showing how mental well-being can be fostered and protected beyond formal support structures.

## MODERATION

The 2025 FISU World Conference will be hosted by Domitila Barros, official Sustainability Ambassador for the Rhine-Ruhr 2025 FISU World University Games. Her deep commitment to social and environmental justice, combined with her experience in public speaking and passion for sport, makes her a perfect fit to lead the conference under its central theme: “Competing for Change – Exploring Sustainability and (Mental) Health Through Sports.” As a prominent voice in the global sustainability movement, Domitila embodies the mission of the Games — connecting sport, science, and society for a more just and sustainable future.

To bring even more energy and diversity to the stage, the FISU World Conference launched a student co-moderation contest. The aim was to select a talented student voice to join Domitila on stage and actively shape the conference experience. The winner, chosen through a competitive process, will co-host various sessions, helping guide the audience through the three-day program with enthusiasm, curiosity, and a fresh perspective. Both moderators will lead the conference jointly and individually, creating a dynamic and engaging atmosphere throughout.

*Personal introductions to Domitila Barros and student co-moderator Lena Zaubzer can be found on the following page.*



### DOMITILA BARROS

Born in Recife, Brazil, Domitila Barros is a multilingual moderator, author, and award-winning sustainability expert. She holds a Master’s degree in Political and Social Sciences from Freie Universität Berlin and is fluent in German, English, Portuguese, and Spanish. As the official Sustainability Ambassador of Rhine-Ruhr 2025, she plays a key role in linking the event to broader themes of climate action, equity, and youth empowerment. Domitila uses her platform as a greenfluencer to advocate for global justice and environmental responsibility, inspiring young people through her content, live appearances, and high-profile campaigns — including her involvement in EURO 2024 and the Berlin Environmental Festival. Her authenticity, charisma, and dedication make her an ideal voice to lead the conversations at the FISU World Conference.



Photo: @ Luisa Wiewgorra

### LENA ZAUBER

Lena Zaubzer is a journalism student with a minor in law, currently studying at the Technische Universität Dortmund and Ruhr University Bochum. Through international experiences in Denmark and the USA, she has developed strong journalistic skills, particularly in sports and television. Lena has hosted and produced programs for NAZ Today and completed a traineeship at Radio Lippewelle Hamm. Her love for storytelling, sport, and nature fuels her freelance work across print, online, and broadcast media. Since 2024, she has also been active in the Forum for European Journalism Students. With her media background, international outlook, and fresh voice, Lena brings a valuable student perspective to the conference stage.

CONFERENCE DINNER

The Conference Dinner is a highlight of the official evening program of the 2025 FISU World Conference and is open to all A1 ticket holders as well as invited guests. Set in the atmospheric Turbinenhalle, this elegant evening invites participants to connect and exchange ideas in a relaxed festive setting.

Guests from across the worlds of sport, academia, and society will come together to enjoy a welcoming and inspiring atmosphere, as the dinner celebrates both international dialogue and the rich regional identity of the Ruhr region. A mix of gala-style tables and standing areas will create a dynamic environment that encourages open conversations and spontaneous encounters.

The evening begins with a welcome reception, where student co-moderator Lena Zaubzer will introduce the program. The Lord Mayor of the City of Bochum, Thomas Eiskirch, will open the evening with welcoming remarks that reflect the region’s spirit of connection, innovation, and cultural vibrancy.

This special event offers a perfect setting to experience the cultural richness of the Rhine-Ruhr region, build new connections, and enjoy an evening of shared moments and new perspectives.

Place & Time: Friday, 18 July, 19:30-22:30, Turbinenhalle



TIME SCHEDULE

This is the official schedule of the 2025 FISU World Conference, taking place from 17 to 19 July at the Jahrhunderthalle Bochum. The conference brings together international experts and research-driven participants for a diverse programme featuring keynote lectures, parallel sessions, as well as festive opening and closing ceremonies.

Any last-minute updates may not be reflected in this brochure. For the most up-to-date information, please consult the organising team on-site.

OVERVIEW			
	THURSDAY 17.07.2025	FRIDAY 18.07.2025	SATURDAY 19.07.2025
8:00			
9:00		PARALLEL SESSION 3 Turbinenhalle, Dampfgebläsehaus & Wasserturm	PARALLEL SESSION 7 Turbinenhalle, Dampfgebläsehaus & Wasserturm
10:00	OPENING CEREMONY Turbinenhalle	COFFEE BREAK	COFFEE BREAK
11:00	KEYNOTE I Turbinenhalle	PARALLEL SESSION 4 Turbinenhalle, Dampfgebläsehaus, Jahrhunderthalle Hall 1 (Poster Session) & Pumpenhaus (Workshop)	PARALLEL SESSION 8 Turbinenhalle, Dampfgebläsehaus & Pumpenhaus (Workshop)
12:00	KEYNOTE II Turbinenhalle	KEYNOTE III Turbinenhalle	KEYNOTE IV Turbinenhalle
13:00	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
14:00	PARALLEL SESSION 1 Turbinenhalle, Dampfgebläsehaus & Wasserturm	SPECIAL FORMAT Turbinenhalle	KEYNOTE V Turbinenhalle
15:00	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK
16:00	PARALLEL SESSION 2 Turbinenhalle, Dampfgebläsehaus & Pumpenhaus (Workshop)	PARALLEL SESSION 5 Turbinenhalle, Dampfgebläsehaus & Wasserturm	MEET THE EXPERTS Turbinenhalle (Panel discussion)
17:00	COFFEE BREAK	COFFEE BREAK	CLOSING CEREMONY Turbinenhalle
18:00	MEET THE STARS Turbinenhalle (Panel discussion)	PARALLEL SESSION 6 Turbinenhalle, Dampfgebläsehaus & Pumpenhaus (Workshop)	
19:00		BREAK	
20:00		CONFERENCE DINNER Turbinenhalle	
21:00			
22:00			
23:00			

THURSDAY

17 JULY 2025 FISU WORLD CONFERENCE



	TURBINENHALLE	DAMPFGEBLÄSEHAUS	PUMPENHAUS	WASSERTURM	
8:00					8:00
9:00					9:00
10:00	OPENING CEREMONY 10:00-11:00				10:00
11:00	KEYNOTE I 11:00-11:45				11:00
12:00	KEYNOTE II 11:45-12:30				12:00
13:00	LUNCH BREAK 12:30-13:45				13:00
14:00	PARALLEL SESSION 1 13:45-15:00	PARALLEL SESSION 1 13:45-15:00		PARALLEL SESSION 1 13:45-15:00	14:00
15:00	COFFEE BREAK				15:00
16:00	PARALLEL SESSION 2 15:15-16:30	PARALLEL SESSION 2 15:15-16:30	WORKSHOP 15:15-16:30 Kim Bui		16:00
17:00	MEET THE STARS 17:00-18:00				17:00
18:00					18:00



THURSDAY, 17 JULY 2025

10:00 – 11:00 OPENING CEREMONY

The official opening of the FISU World Conference brings together leading voices from academia, sport, and politics, marking the start of three days filled with exchange and fresh ideas. In addition to welcome remarks from regional university rectors, Ms Ina Brandes, Member of the State Parliament and Minister for Culture and Science of the State of North Rhine-Westphalia, will officially open the conference.

The ceremony, hosted by sustainability ambassador Domitilla Barros, will be a special highlight, culminating in the presentation of the FISU Healthy Campus Label by FISU President Leonz Eder.

11:00 – 11:45 KEYNOTE I

Subtheme: **01 Mental Health and Performance Pressure Among Athletes**  
Speaker: **Prof. Dr Rosemary Purcell**

This keynote addresses mental health in elite sport. The speakers will explore the impact of high-pressure situations on athletes' mental well-being, as well as approaches to prevention and intervention in various sporting contexts.

11:45 – 12:30 KEYNOTE II

Subtheme: **04 Health and Well-Being in Sport and Physical Activity**  
Speaker: **Prof. Emeritus Willem van Mechelen**

This keynote explores the health-promoting effects of physical activity from an interdisciplinary perspective. It highlights concrete measures to support both physical and mental well-being, while emphasising the relevance of the topic for sustainable societal development.

12:30 – 13:45 LUNCH BREAK

13:45 – 15:00 PARALLEL SESSIONS 1

TURBINENHALLE

Time	Title	Speaker
13:45 - 14:00	Pregnancy and elite sport: A scoping review	Isabell Thal
14:00 - 14:15	Menstrual cycle monitoring – a practical approach in elite female soccer player	Jana Nolte
14:15 - 14:30	Menstrual cycle-related variation in sprint performance in female track and field athletes: a pilot study	Emily Bütthe
14:30 - 14:45	Female competitive athlete's subjective view on the use of hormonal contraceptives: a questionnaire	Isabell Thal

DAMPFGEBLÄSEHAUS

Time	Title	Speaker
13:45 - 14:00	A dual-pathway study of the stress-recovery cycle on athletes' motor skill transfer ability	Dr. Yinuo Mu
14:00 - 14:15	Yoga: A holistic approach to enhancing brain function and mental well-being	Soujanya Nandi, Dr. Surajit Nandi, Dr. Sudarsan Biswas
14:15 - 14:30	Joking to victory: Exploring the effects of humor styles on anxiety and sports performance	Dr. Min Pan
14:30 - 14:45	On the bidirectional effect of pressure and competitive performance	Dr. Xiaohan Jing

THURSDAY, 17 JULY 2025

WASSERTURM (PUMPENHAUS)

Time	Title	Speaker
13:45 - 14:00	The behavior of student-athletes at the University of Zagreb towards sustainable development	Dr. Sanja Ćurković
14:00 - 14:15	Communication meets sustainability: The Podcast as a tool for responsible sports management at the Rhine-Ruhr 2025 FISU World University Games	Prof. Dr. Andreas Hebbel-Seeger
14:15 - 14:30	Mixed reality technology: Ushering in a new era of unbounded and sustainable campus sports ecology	Weilin Tang
14:30 - 14:45	Exploring Olympic Legacy through recent research: Insights from studies (2017 - 2024)	Mohammad Alkayal

13:45 – 15:00 PARALLEL SESSIONS 2

TURBINENHALLE

Time	Title	Speaker
15:15 - 15:30	Gender and disability disparities in sports policy: A Comparative study of China and Japan's support for disabled women	Jia Cheng
15:30 - 15:45	Application of machine learning techniques to predict free throw performance in high-pressure for basketball players	Chuxuan Li
15:45 - 16:00	Cheating in League of Legends – Pressure on players and their perception towards alleged performance-enhancing substances	Rolf Hufft
16:00 - 16:15	Improving the support to high-level student-athletes with study-related international mobility	Dorothee Brac de la Perrière

DAMPFGEBLÄSEHAUS

Time	Title	Speaker
15:15 - 15:30	Developing a personal branding model of female football referees	Samin Joudairi
15:30 - 15:45	Sustaining the unsung: Work-life balance and resilience of sports team interpreters in high-performance context	Dr. Yupian Qiao
15:45 - 16:00	Women in sports coaching in Germany: findings from the QualiFT project	Lisa Kalina
16:00 - 16:15	Virtual reality-based mental resilience training for injured athletes	Rongzhi Chen


PUMPENHAUS

Time	Title	Speaker
15:15 - 16:30	Workshop I: Balancing Gold and Wellbeing – Mental Health in Elite Sport	Kim Bui

17:00 – 18:15 PANEL DISCUSSION ›MEET THE STARS‹

The panel discussion ›Meet the Stars‹ brings together prominent figures from sport, science, and society to share personal experiences with mental health in elite sport. In an open dialogue with the audience, the focus lies on individual stories — dealing with pressure, setbacks, fear of failure, and personal recovery strategies.

FRIDAY

18 JULY 2025 FISU WORLD CONFERENCE						 WORLD CONFERENCE RHINE-RUHR 2025	
JHH HALL 1		TURBINENHALLE	DAMPFGEBLÄSEHAUS	PUMPENHAUS	WASSERTURM		
8:00						8:00	
9:00		PARALLEL SESSION 3 9:00-10:15	PARALLEL SESSION 3 9:00-10:15		PARALLEL SESSION 3 9:00-10:15	9:00	
10:00	COFFEE BREAK					10:00	
11:00	POSTER SESSION 10:30-11:45	PARALLEL SESSION 4 10:30-11:45	PARALLEL SESSION 4 10:30-11:45	WORKSHOP 10:30-11:45 Esther Akihary van Nobelen		11:00	
12:00	COFFEE BREAK					12:00	
13:00	LUNCH BREAK 12:45-14:00	KEYNOTE III 12:00-12:45				13:00	
14:00		SPECIAL FORMAT 14:00-14:45				14:00	
15:00	COFFEE BREAK					15:00	
16:00		PARALLEL SESSION 5 15:00-16:15	PARALLEL SESSION 5 15:00-16:15		PARALLEL SESSION 5 15:00-16:15	16:00	
17:00	COFFEE BREAK					17:00	
18:00		PARALLEL SESSION 6 16:30-17:45	PARALLEL SESSION 6 16:30-17:45	WORKSHOP 16:30-17:45 German University Sports Federation (Adh)		18:00	
19:00	BREAK					19:00	
20:00		CONFERENCE DINNER 19:30-22:30				20:00	
21:00						21:00	
22:00						22:00	
23:00						23:00	

FRIDAY, 18 JULY 2025

09:00 – 10:15 PARALLEL SESSIONS 3

TURBINENHALLE

Time	Title	Speaker
09:00 - 09:15	Acute effects of the FIFA11+ and Football+ warm-ups on motor performance: A crossover randomised controlled trial	Dr. Mojtaba Asgari
09:15 - 09:30	Fatigue affects kinematics of landing and cutting movements of elite youth female handball players	Marcus Schmidt
09:30 - 09:45	High execution quality leads to more beneficial effects of the Nordic Hamstring Exercise	Jana Bergmann
09:45 - 10:00	The moderating effect of resilience factors on the relationship between athletic burnout and life satisfaction	Karolina Grebner

DAMPFGEBLÄSEHAUS

Time	Title	Speaker
09:00 - 09:15	Ambulatory boundary: Emotional factors and rational choices in the role transition process of college athletes	Zhanning Sun
09:15 - 09:30	Comparative study on the effect of representation training and mindfulness training in tennis under pressure	Dr. Chang Liu
09:30 - 09:45	The impact of mental health on physical performance in cadets: Strategies for stress management and sustainable training	Ahmad Alsuwaidi
09:45 - 10:00	On the bidirectional effect of pressure and competitive performance	Ka Keung Yuen

WASSERTURM (PUMPENHAUS)

Time	Title	Speaker
09:00 - 09:15	Comprehensive support for injured athletes – From recovery to return	Miryam Roper Yearwood
09:15 - 09:30	System for organising sports activities	Dmitri Rusanov
09:30 - 09:45	UNICoach educational and mentor programme	Sergei Kriukov
09:45 - 10:00	Talent development programme for high school athletes	Geofrey Burora

10:30 – 11:45 PARALLEL SESSIONS 4

TURBINENHALLE

Time	Title	Speaker
10:30 - 10:45	Dual career: top-level sports and studies	Dr. Barbara Halberschmidt
10:45 - 11:00	Psychological aspects of stress in slovene high-performance coaches	Maja Smrdu
11:00 - 11:15	Research on cross-project resource allocation and workload optimisation of coaches based on complex network analysis	Dr. Yinuo Mu
11:15 - 11:30	Balancing acts with AI: Referee well-being in the FISU World University Games	Dr. Mohan Sun

FRIDAY, 18 JULY 2025

DAMPFGEBLÄSEHAUS

Time	Title	Speaker
10:30 - 11:30	<b>FISU Healthy Campus: best practices and recent developments</b>	Nomsa Mahlangu, Anthony Martin, Michelle Tanner, Liesbeth van Vliet-Kruisifikx

PUMPENHAUS

Time	Title	Speaker
10:30 - 11:30	<b>Workshop II: Sustainable High Performance: Building Vitality and Resilience in High-Pressure Roles</b>	Esther Akihary van Nobelen

HALLE 1

Time	Title	Further information
10:30 - 11:30	<b>Poster Session</b>	As part of the 2025 FISU World Conference, in addition to oral presentations, up to 50 scientific posters submitted by participants will be exhibited. These posters will be displayed in Hall 1 of the Jahrhunderthalle throughout the entire three days of the conference and will be accessible to the public. During this Parallel Session 4, the posters will be presented and supervised by their respective authors, providing the audience with the opportunity to engage in direct dialogue and ask questions.

12:00 – 12:45 KEYNOTE III

Subtheme: **03 Ecological Sustainability on Campus**  
Speaker: **Prof. Dr Andreas Löschel**

This keynote addresses issues of ecological sustainability in the context of higher education. It highlights the role universities play in driving sustainable transformation processes and explores how innovative concepts can be integrated into teaching, research, and campus operations.

12:45 – 14:00 LUNCH BREAK

14:00 – 14:45 SPECIAL FORMAT

As a special highlight of the conference, a live edition of the popular podcast [Mental Health is Body Health](#), hosted by Leroy Henze, will be recorded on site.

15:00 – 16:15 PARALLEL SESSIONS 5

TURBINENHALLE

Time	Title	Speaker
15:00 - 15:15	<b>From sport event volunteering to a volunteering legacy: A qualitative analysis of opportunities and challenges</b>	Antonia Hannawacker
15:15 - 15:30	<b>Machine-based subtalar pronator and supinator resistance training increases rearfoot stability in runners</b>	Dr. Marco Hagen
15:30 - 15:45	<b>simplements.info – Why NADA Germany changed its communication about supplements</b>	Dr. Lara Belke
15:45 - 16:00	<b>Shark Tank Initiative – holistic development in Youth Judo</b>	Martyna Trajdos



FRIDAY, 18 JULY 2025

DAMPFGEBLÄSEHAUS

Time	Title	Speaker
15:00 - 15:15	Physical intelligence as a multidimensional framework: enhancing human performance and resilience	Prof. Dr. Neel Mehta
15:15 - 15:30	Obstacles and optimisation of the protection of Chinese student-athletes' rights	Xiaoshuang Luo
15:30 - 15:45	Exploring spatiotemporal patterns and influencing factors of outdoor cycling in Beijing for sustainable mobility	Fu Yin Wu
15:45 - 16:00	Ecological environment and health behaviors: Investigating the mediating role of mental health awareness	Jing Shen

WASSERTURM (PUMPENHAUS)

Time	Title	Speaker
15:00 - 15:15	The behavior of student-athletes at the University of Zagreb towards sustainable development	Dr. Hao Zhang
15:15 - 15:30	The impact of physical activity on the physical and mental health of university students	Xuehong Qu
15:30 - 15:45	Sexual Health Promotion in University Students (SHP-US) - A Quasi-Experimental pre-post test study on the efficacy of education interventions in an Italian university	PhD Sara Konti
15:45 - 16:00	The social impact of public investment in sport: the use of the 'sport voucher' as a tool for social inclusion and health protection at school age	Dr. Annapaola Voto

16:30 - 17:45 PARALLEL SESSIONS 6

DAMPFGEBLÄSEHAUS

Time	Title	Speaker
16:30 - 16:45	Mental health of elite student-athletes – A cross-sectional study on the impact of stressors from academia, sports, and occupation	Prof. Dr. Felix Ehrlenspiel
16:45 - 17:00	Case study on the choking of senior rhythmic gymnastics athletes	Yiwei Feng
17:00 - 17:15	Enhancing communication efficacy for athlete well-being: Sports team interpreters in high-stakes international competitions	Dr. Yuqian Qiao
17:15 - 17:30	Controlling behavior, sex bias and coaching success in Japanese athletics	Prof. Dr. Yuka Tsukahara

WASSERTURM

Time	Title	Speaker
16:30 - 16:45	Menstrual cycle monitoring in sports: A practical guide for athletes, coaches and scientists	Jana Nolte
16:45 - 17:00	Metabolic power and energy expenditure in elite handball and the influence of the energy cost of constant speed running	Jan Venzke
17:00 - 17:15	Individual support for hosting the Olympic Games in the Rhine-Ruhr area	John Menge

FRIDAY, 18 JULY 2025

PUMPENHAUS

Time	Title	Speaker
16:30 - 17:30	Workshop III: Sustainability in Action – Innovate Approaches from the German University Sports Community	German University Sports Federation (adh)

19:30 - 22:30 CONFERENCE DINNER

The Conference Dinner is a highlight of the official evening program of the 2025 FISU World Conference and is open to all A1 ticket holders as well as invited guests. Set in the atmospheric Turbinenhalle, this elegant evening invites participants to connect and exchange ideas in a relaxed festive setting.

SATURDAY

19 JULY 2025 FISU WORLD CONFERENCE					
TURBINENHALLE		DAMPFGEBLÄSEHAUS		PUMPENHAUS	WASSERTURM
8:00					8:00
9:00	PARALLEL SESSION 7 9:00-10:15	PARALLEL SESSION 7 9:00-10:15			PARALLEL SESSION 7 9:00-10:15
10:00	COFFEE BREAK				10:00
11:00	PARALLEL SESSION 8 10:30-11:45	PARALLEL SESSION 8 10:30-11:45	WORKSHOP 10:30-11:45 ICSSPE*		11:00
12:00	COFFEE BREAK				12:00
13:00	KEYNOTE IV 12:00-12:45				13:00
14:00	LUNCH BREAK 12:45-14:00				14:00
15:00	KEYNOTE V 14:00-14:45				15:00
16:00	MEET THE EXPERTS 14:45-15:45				16:00
17:00	CLOSING CEREMONY 15:45-16:30				17:00

\*International Council of Sport Science and Physical Education

SATURDAY, 19 JULY 2025

09:00 – 10:15 PARALLEL SESSIONS 7

TURBINENHALLE

Time	Title	Speaker
09:00 - 09:15	Rhine-Ruhr 2025 FISU Games: Perceived ecological sustainability of large international multi-sport events not only on campus	Prof. Dr. Thorsten Schauerte, Axel Sierau, Anna-Mishale Ilover
09:15 - 09:30	BUNA - German grassroots sport, environment and sustainability	Alice Berger, Yannic Burstert
09:30 - 09:45	PLAY4SDGs	Anne Portscheller
09:45 - 10:00	The Immediate Impact of Post-Activation Potentiation (PAP) on multidimensional performance variables in trained athletes	Prof. Dr. Gopal Chandra Saha

DAMPFGEBLÄSEHAUS

Time	Title	Speaker
09:00 - 09:15	Review of cardiac MRI T1 mapping in diabetic patients' myocardial lesions research progress	Prof. Dr. Wang Mei
09:15 - 09:30	Optimising health and well-being through tailored physical activity: Insights from Chronic Disease Groups	Dr. Rajesh Pratap Singh
09:30 - 09:45	Mental health of students – sports as a determinant of a healthy study-work-life-balance	Nils Olson
09:45 - 10:00	Be kind to your mind: The impact of self-compassion on athletes' mental health following injury	Tabea Werner

WASSERTURM (PUMPENHAUS)

Time	Title	Speaker
09:00 - 09:15	Analysis of Lionel Messi's Mental Health and Athletic Performance under Pressure Situations	Zheng Xiaochuan

10:30 – 11:45 PARALLEL SESSIONS 8

TURBINENHALLE

Time	Title	Speaker
10:30 - 10:45	Vulnerability of university athletes amid the climate change crisis: Mechanisms, governance, and resilience system	Dr. Fanghong Yao
10:45 - 11:00	Developing the scale of high school students' volition competence in PE	Chia-Yu Lin
11:00 - 11:15	Injury and illness surveillance at the 31st Lake Placid 2023 FISU World University Games Winter	Dr. Tracey Viola
11:15 - 11:30	Advancing regional collaboration for the development of university sports and wellness initiatives in the GCC region	Mohammad Prince



SATURDAY, 19 JULY 2025

DAMPFGEBLÄSEHAUS

Time	Title	Speaker
10:30 - 10:45	Navigating the stress-sport nexus: Strategies for enhancing athlete well-being and performance	Dr. James Santomier Jr.
10:45 - 11:00	Mind over match: Mental health and performance under pressure in elite cricket	Dr. Rajesh Pratap Singh
11:00 - 11:15	Mental health and performance under pressure among athletes	Mutyaba Dissan Ephrahim
11:15 - 11:30	The importance of Aufarbeitung in handling ethical misconduct in sport	Maria Fernanda Delgado del Rio

PUMPENHAUS

Time	Title	Speaker
10:30 - 11:45	Workshop IV: An Inclusive Approach to University Sport: Defining the Path Forward	The International Council of Sport Science and Physical Education (ICSSPE)

12:00 – 12:45 KEYNOTE IV

Subtheme: **02 Balancing Acts – Work-Life Balance and Resilience Among Elite Coaches, Referees and Support Staff**  
Speaker: **Georgios C. Korellis**

This keynote focuses on the importance of work-life balance and resilience for coaches, referees, and other key figures in elite sport. It explores the challenges they face and potential support mechanisms within complex high-performance systems.

12:45 – 14:00 LUNCH BREAK

14:00 – 14:45 KEYNOTE V

Subtheme: **01 Mental Health and Performance Pressure Among Athletes**  
Speaker: **Prof. Dr Carolina Lundqvist**

This keynote focuses on mental health in elite sport. The speaker will explore the effects of pressure situations on athletes’ mental well-being, as well as approaches to prevention and intervention across different sporting contexts.

14:45 – 15:30 PANEL DISCUSSION ›MEET THE EXPERTS‹

The panel discussion ›Meet the Experts‹ focuses on the pressing issue of mental health in both recreational and elite sport. Through an interdisciplinary lens, the session combines scientific findings, practical experiences, and structural considerations to better understand and address psychological stress in athletic contexts.

15:30 – 16:30 CLOSING CEREMONY

The Closing Ceremony will be held in the Turbinenhalle. The FISU World Conference will be officially concluded here. Attendees can look forward to various highlights such as the presentation of the Outstanding Thesis Award, a cultural performance, and the introduction of the next FISU World University Games.

# ORGANISATION

## VENUE MAP



## VENUE & TRANSPORTATION

The Jahrhunderthalle is easily reachable by public transportation from the centre of Bochum, and Bochum itself is well connected by rail and by bus to all major transport hubs in the region. Since every participant and attendee at the 2025 FISU World Conference will receive a complimentary public transport pass valid for the duration of the Rhine-Ruhr FISU World University Games, the organisers are encouraging people to select eco-friendly travel options.

### ADRESS

**Jahrhunderthalle**  
**An der Jahrhunderthalle 1**  
**D-44793 Bochum**

### BY PUBLIC TRANSPORT

From Bochum main train station, take **tram 302** (direction Gelsenkirchen-Buer) or **tram 310** (direction Bochum-Höntrop) to ›Bochumer Verein / Jahrhunderthalle‹. Alighting here, the venue is a two-minute walk.

### BY BICYCLE

Bicycle parking spaces are available at the Jahrhunderthalle, and you can find information about Bike sharing at [www.metropolradruhr.de/en](http://www.metropolradruhr.de/en). More information on cycling paths will be highlighted in the event app of the Rhine-Ruhr 2025 FISU World University Games.

### BY CAR / E-PARKING

Leaving the autobahn A40, follow the signs to Jahrhunderthalle Bochum. Limited parking is available in the parking garage Westpark/Jahrhunderthalle. Several type 2 AC charging stations for e-cars are available next to the venue. Please note that parking & charging payments can only be done by card and not in cash.

### BY OTHER MEANS

If you are travelling by air, Düsseldorf (DUS) airport is the closest and the recommended port of entry. The airport is connected by public transport to the city of Bochum and the Jahrhunderthalle.

## CONFERENCE LOUNGE & INFORMATION POINT

Located in the Pumpenhaus, the **Conference Lounge** is the central meeting point and retreat space for all participants of the 2025 FISU World Conference. Open throughout the entire conference — except during scheduled workshops held in the same space — the lounge offers a relaxed and welcoming atmosphere to take a break, meet fellow participants, or recharge between sessions. With plenty of comfortable seating, the lounge invites you to relax, connect, and reflect. A selection of complimentary drinks and light snacks will be available at the Pumpenhaus for all conference attendees to enjoy during breaks.

The Pumpenhaus also hosts the central **Information Point**. Staffed throughout the conference, the info desk is your first stop for any questions, concerns, or support related to the 2025 FISU World Conference. Whether you need assistance, directions, or details about the program, our team is happy to help. Additionally, the Information Point is where you'll receive your welcome bag, name badge, and, if applicable, your lunch vouchers. It is also the location for ticket checks and wristband collection. All participants are warmly encouraged to make use of this central service hub to ensure a smooth and enjoyable conference experience.

## FOOD & BEVERAGE

To ensure a comfortable and enjoyable experience for all participants, complimentary drinks and light snacks will be available throughout all three days of the conference — regardless of ticket category (A1–A3). In each of the main indoor venues — Turbinenhalle, Dampfbebläsehaus, and Pumpenhaus — self-service food stations will offer coffee, tea, and small snacks. Additionally, refrigerators with cold soft drinks will be placed throughout all conference venues to help guests stay refreshed during the summer temperatures.

Participants with an A1 or A2 ticket will also receive lunch on all three conference days. Lunch will be served via food trucks located in the outdoor area of the conference site during the designated lunch breaks. The menu features a varied selection of vegetarian and vegan options, with a focus on fresh, regional ingredients. Meals will be distributed exclusively through lunch vouchers, which can be collected at the Information Point in the Pumpenhaus. Please note: food cannot be purchased directly from the trucks, and lunch service is only available with a valid voucher.

Guests holding an A3 ticket are welcome to visit the public food trucks available near the conference area during lunch hours. Please follow the onsite signage for directions to the public catering area.

All catering services, including snacks and meals, are provided by our official partners **Ruhrfeuer** and **Stolzenhoff** — ensuring a sustainable and regionally rooted culinary experience.



SAFEGUARDING & AWARENESS CONCEPT

With the Safeguarding & Awareness concept of the FISU Rhine Ruhr 2025 World University Games, we want to create an inclusive and comfortable atmosphere in which all participants feel welcome and valued. Where everyone respects each other’s boundaries and support one another. It is based on the [Declaration of Principles for Respecting Human Rights and Sustainability](#) and the [Code of Conduct](#).

**Important Note:** Every individual decides for themselves when a boundary has been crossed.

CONTACT POINTS

1. Digital Incident Report

An online platform for reporting incidents: [Rhine-Ruhr 2025 Incident Report](#) is available both before and, in particular, during Games Time. It serves as a central point of contact for reports of discrimination, human rights violations and breaches of the Code of Conduct.

2. Safeguarding & Awareness Team

personal points of contact available on-site (active through Games Time 16 to 27 July 2025 or can be reached:

- by the **Safeguarding & Awareness Number +49 151 628 90 900**  
(available during Games Time: 9:00 – 23:00)
- in the **Safer Spaces** – A protected, supervised retreat space for those affected or who need a calm, safe space (*see table on the right*):

CITY	VENUE	TIME
Bochum	Jahrhunderthalle	17 to 20 July 2025 (Thu & Fri 13:00-22:00, Sat & Sun 11:00-22:00)
Duisburg	Schauinsland-Reisen-Arena (Opening Ceremony)	16 July 2025 (18:00-00.00)
	Landschaftspark Duisburg-Nord (Closing Concert)	27 July 2025 (18:00-00.00))
	Sportpark Duisburg (Klönnewiese)	21 to 26 July 2025 (12:00-22:00)
Essen	Grugapark	21 to 26 July 2025 (12:00-22:00)

COMMUNICATION & VISIBILITY

During the event period, posters will be displayed in key locations, particularly in restrooms. These will include information about the Incident Report, Safer Spaces and the Safeguarding & Awareness Number & Team on site. Additionally, the awareness concept will be communicated via social media, the website, the Games App, and in the venue guides.

BE KIND TO EACH OTHER!

Contribute to a safer event environment where everyone feels welcome and valued.



## SURVEY

# SUSTAINABILITY FEEDBACK SURVEY FISU WORLD CONFERENCE

**YOUR VOICE COUNTS!**



**Short online survey (max. 10 minutes)**

Evaluation of the ecological, social and economic impact of Rhine-Ruhr 2025 & satisfaction with the 2025 FISU World Conference.

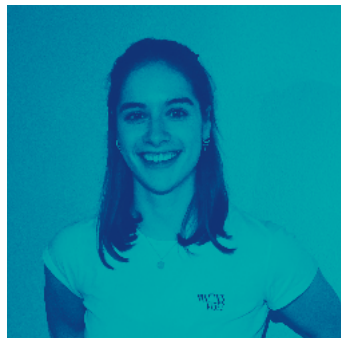
**Scan the QR code for further information.**



## PARTNERS



# CONTACT



**Sarah Beck**  
**Manager FISU World Conference**

Mobile: +49 (0) 151 6066 5156  
E-Mail: [sarah.beck@rhineruhr2025.com](mailto:sarah.beck@rhineruhr2025.com)



**Isabel Jarosch**  
**Junior Manager Science & Education**

Mobile: +49 (0) 151 6066 5042  
E-Mail: [isabel.jarosch@rhineruhr2025.com](mailto:isabel.jarosch@rhineruhr2025.com)



**Rebecca Schmid**  
**Manager Non-Sports & Culture**

Mobile: +49 (0) 016 0440 9993  
E-Mail: [rebecca.schmid@rhineruhr2025.com](mailto:rebecca.schmid@rhineruhr2025.com)

[media@rhineruhr2025.com](mailto:media@rhineruhr2025.com)



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German Bundestag

