



**FIRST CALL**

**EVIDENCE BASED PHYSICAL  
ACTIVITY IN OLD AGE-  
ARE WE CLOSING THE GAPS?**

**7<sup>th</sup> – 9<sup>th</sup> of May 2025, Trabzon, Turkey**

**Karadeniz Technical University, Trabzon**

**COST Action PhysAgeNet – Evidence-based Physical Activity in Old Age**

**EGRAPA – The European Group for Research on Aging and Physical Activity**

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**The city of Trabzon**

offers a fantastic setting for the conference. Its historical significance stems from its location along the Silk Road, serving as a crossroads of cultures, religions, and natural treasures. To explore more stunning visuals and learn about the charm of Trabzon, please check out this video: <https://youtu.be/6ePnmr3I3dw?si=WjAlq8LCwYXDn6KL>

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# Call for Symposia, Oral Presentations and Posters

Please submit your application to: <https://indico.uni-muenster.de/event/3063/>

- **Deadline for Symposia<sup>1</sup>: 15<sup>th</sup> January 2025.**  
<sup>1</sup> 45–90-minute session consisting of 3-6 talks from different speakers.
- **Deadline for Oral presentations<sup>2</sup>: 15<sup>th</sup> February 2025.**  
<sup>2</sup> 15-minute presentation.
- **Deadline for Posters: 15<sup>th</sup> February 2025.**

All applications should include an abstract of max. 350 words.

⇒ \*For symposia\*: The symposium chair, the main title, and a list of 3 to 4 speakers with the title of each lecture. If accepted, each speaker must submit a separate abstract.

## Keynotes

We are delighted to host two excellent Keynote speakers:

- **Prof. Dr. Eco de Geus**, Vrije Universiteit Amsterdam, Netherlands, will be giving a keynote talk on recent developments in “**Genetics of physical activity across the adult life span**”.
- **Prof. Dr. Filiz Can**, Hacettepe University, Ankara, Turkey, will be giving a keynote lecture on the topic “**Physical Activity and Exercise for Sarcopenia in Older Adults**”.

## Topics

Your abstract should thematically fit to one of the following topics:

- T1 - Physical Activity and Well-Being in Later Life: Integrating Psychological and Holistic Perspectives.
- T2 - Molecular, Genetic & Cellular Mechanisms Influencing PA: Unraveling the Deep Science of Exercise and Health.
- T3 - Leveraging Technology for Physical Activity and Exercise Interventions in Older Adults.
- T4 - Mindful Physical Practices in Aging: Exploring the Role of Yoga, Tai Chi, and Similar Modalities.
- T5 - Epidemiological Perspectives on PA in advanced age: Patterns, Determinants, and Public Health Implications.
- T6 - Brain, Cognition, and Physical Activity – A Dynamic Interplay.
- T7 - Promoting Physical Activity in Older Adults: Practical Strategies and Implementation Frameworks.

## Scientific Committee:

**Karadeniz Technical University, Turkey:** Assoc. Prof. Arzu Erden Güner • **University of Münster, Germany:** Prof. Dr. Michael Brach • **The Levinsky-Wingate Academic College, Israel:** Prof. Dr. Yael Netz • **Biruni University, Turkey:** Prof. Dr. Uğur Cavlak • **Karadeniz Technical University, Turkey:** Assoc. Prof. Abdullah Bora Özkara, Assoc. Prof. Fatih Kirkbir • **Trabzon University, Turkey:** Prof. Dr. Akın Çelik • **Ankara University, Turkey:** Asst. Prof. Dr. Kutluk Bilge Arıkan • **Hacettepe University, Turkey:** Prof. Dr. Filiz Can • **Dokuz Eylül University, Turkey:** Assoc. Prof. Nursen İlçin • **İstanbul Galata University, Turkey:** Prof. Dr. Serap İnal • **Rīga Stradiņš University, Latvia:** Prof. Signe Tomsone; Dr. Kristine Sneidere • **University of Basel, Switzerland:** PD. Dr. Timo Hinrichs • **ETH Zurich, Switzerland:** Dr. Eleftheria Giannouli • **Government of Extremadura, Spain:** Dr. Jonathan Gómez-Raja.

## Organising Committee

**Karadeniz Technical University, Turkey:** Assoc. Prof. Arzu Erden Güner (Local Organiser) • **The Levinsky-Wingate Academic College, Israel:** Prof. Dr. Yael Netz (EGRAPA President) • **University of Münster, Germany:** Prof. Dr. Michael Brach (PhysAgeNet Chair); Dr. Ellen Bentlage (PhysAgeNet Management); Ms Sabine Steidel (PhysAgeNet Management) • **Biruni University, Turkey:** Prof. Dr. Uğur Cavlak • **Karadeniz Technical University, Turkey:** Assoc. Prof. Fatih Kirkbir; M.Sc. PT Nurhayat Korkmaz; Assist. Prof. Emre Şenocak; Assist. Prof. Murat Emirzeoğ • **Trabzon University, Turkey:** Prof. Samet Zengin • **Dokuz Eylül University, Turkey:** Dr. İlke Kara.

