

1st of July 2026

POWERpenia

PRE-
Conference

Salão Nobre, Faculdade de Motricidade Humana, Cruz Quebrada

PROGRAM

10:00 | **Welcome!**

Pedro Passos | Dean of Faculdade de Motricidade Humana, Universidade de Lisboa

Sandro R. Freitas | Faculdade de Motricidade Humana, Universidade de Lisboa



Pedro Passos

10:10-12:00 | **Meet our Laboratories..!**

Pedro Passos | Motor Behavior Laboratory

Paulo Armada | Laboratory of Exercise Physiology and Biochemistry

Analiza Mónica Silva | Exercise and Health Laboratory

Raúl Oliveira | Neuromuscular Research Laboratory



Sandro Freitas



Paulo Armada



Analiza Mónica

14:00 | **Powerpenia: new word to a new world?**

Sandro R. Freitas | Faculdade de Motricidade Humana



Raúl Oliveira

14:15 | **Let's get eccentric!**

Ken Nosaka | Edith Cowan University, Australia



Ken Nosaka

15:45 | *Interval*



Crystal Johnson

16:00 | **30 Years After Tufts: Translating Power Research Into Practice**

Crystal Johnson | Keiser: www.keiser.com



Dawako



Cristina Caetano

16:15 | **Redefining muscle health through AI-powered US and biosignal tech**

Dawako | www.dawako.es



Carla Pontes

16:30 | **Powerpenia and Health Professionals Perspectives**

Cristina Caetano | Exercise | Ass. Portuguesa de Fisiologia do Exercício

Carla Pontes | Medicine | CUF Longevity Unit

Nuno Cordeiro | Physical Therapy | Ordem dos Fisioterapeutas

To be confirmed | Nursing | Ass. Portuguesa dos Enfermeiros de Reabilitação



Nuno Cordeiro



17:55 | **Closing**

Sandro R. Freitas | Faculdade de Motricidade Humana, Universidade de Lisboa

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Sandro R. Freitas | *Faculdade de Motricidade Humana*

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