

# ICOS+

INTERNATIONAL CONGRESS OF  
**OUTDOOR SPORTS**

25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup> June, 2025 | Sport Sciences School of Rio Maior, Portugal

## PROGRAM

### DAY 1 | JUNE, 25<sup>th</sup>

**08h30** | Registration and Coffee

**09h00** | Opening session

**09h45** | Plenary sessions I (PS) - Outdoor Sports and Adventure Tourism: Management Perspectives and Future Challenges



PS1 (30min): Outdoor Sports Industry | **Christian Schneidermeier, Director of the European Outdoor Group (EOG)** | *Sustainability in the Outdoor Industry*



PS2 (30min): Adventure tourism | **Manuel Sand, University of Applied Management (Germany)** | *Between adrenaline and wellness - a look at the motives, personalities, and expectations of adventure tourists at the crossroads between holidays and self-development*

**11h15** | Coffee break and Posters session

**11h45** | Parallel sessions (All info on abstract submission and publication opportunities [HERE](#))

**13h10** | Lunch

**14h30** | Plenary sessions II (PS) – Outdoor Sports, Health and Wellbeing



PS1 (30min): Green exercise | **Jo Barton, University of Essex (UK)** | *Health and Wellbeing Outcomes of Green Exercise Participation*



PS2 (30min): Outdoor Sports, Health and Well Being | **Ronaldo Gabriel, University of Trás-os-Montes e Alto Douro (Portugal) | UTAD** | *Outdoor Sports and Ecosomatics: A Comprehensive Biomechanical Perspective for Mental Health*

**15h45** | Coffee break and Posters session

**16h15** | Parallel sessions

**17h30** | Closing

**17h45- 18h45** | **ACTIVE SOCIAL PROGRAM** (Free but sign-up required. The registrations will be conducted during the morning session. Tips and advice on gear and on what to bring [HERE](#))

*Yoga* | 45m

*Let's go for a run* | 45min

*Let's go for a walk* | 45min

*Let's Dance Fitness Class* | 45min

**21h-23h30** | **European Outdoor Film Tour** | <https://gb.eoft.eu/en> | ESDRM Auditorium/Municipal Garden (The schedule for EOFT may undergo slight changes)

## DAY 2 | JUNE, 26<sup>th</sup>

**08h00** | **Healthy Start Sessions** | Physical activity (Free but sign up required. Sign up until the end of the previous day, at the registration desk. Tips and advice on gear and on what to bring [HERE](#))

**09h30** | **Plenary sessions III (PS) – Outdoor Sports and Performance**



PS1 (30min): Climbing Performance | [Vanesa España-Romero](#), **University of Cadiz (Spain)** | *Physiological parameters to consider in climbing training*



PS2 (30min): Psychology of Extreme Sports | [Eric Brymer](#), **Southern Cross University (Australia)** | *Psychology and the extreme sport experience*

**11h15** | Coffee break and Posters session

**11h45** | Parallel sessions (All info on abstract submission and publication opportunities [HERE](#))

**13h00** | Lunch

**14h30 – 16h00 | International projects, meetings, and roundtables** (Free, but sign up required. Sign up until the end of the previous day, at the registration desk. More information [HERE](#))

**P1 | European Network of Outdoor Sports (ENOS): [STANDOUT- Standards for Outdoor Sports Cities and Urban Areas](#)** | João Zamith (ENOS board member)

**P2 | European Network of Outdoor Sports (ENOS): [BEYOND HORIZONS - Sharing Methods to Facilitate Practice for Youth at Risk of Marginalisation](#)** | Alberto Robles Garcia (ENOS Project Manager)

**P3 | Awaiting confirmation**

**16h00 |** Coffee-break

**16h30-19h00 | Workshops, walk, and bike tours**

*These activities are free, but sign-up is required. Sign up for the activity of your choice at the **time of Congress registration**. Limited spots are available, allocated on a first-come, first-served basis. Details on the workshops [HERE](#) and tips and advice [HERE](#)*

**W1 | Safety and rescue (Land) | Carlos Mata | (Max. 12 people)**

**W2 | Safety and Rescue (Water) | Alexandre Tadeia (Max. 20 people)**

**W3 | Inertial sensors: Methodological considerations and applications in Outdoor Sports | ESDRM (Max. 20 people)**

**W4 | Stand Up Paddling | Henrique Frazão (Max. 20 people)**

**W5 | The basics of longboard skating | Telmo Teotónio (Max. 20 people)**

**W6 | E-board | Nuno Violino (Max. 16 people, 2 groups – 8 people per group)**

**W7 | Try Scuba Dive (in indoor pool context) | Luís Cid (Max. 16 people, 2 groups – 8 people per group)**

OR

**17h00-18h30 |** Walk or bike tour to Rio Maior's salt pans (Salinas)

Walk Tour | Max. 50 people

Bike tour | Max. 20 people

**20h30 |** Congress dinner

**DAY 3 | JUNE, 27<sup>th</sup>**

**08h00 | Healthy Start Sessions** | Physical activity (Free but sign up required. Sign up until the end of the previous day, at the registration desk. Tips and advice on gear and on what to bring [HERE](#))

**09h30 | Plenary sessions IV (PS) – Outdoor Learning and Education Training**



PS1 (30min): Outdoor Education in Outdoor Sports | [Rachel Shawe](#), **Leave no Trace Ireland (Ireland)** | *Empowering Sustainable Outdoor Recreation: the SEE Project Toolkit*



PS2 (30min): Motor Learning/ Ecological dynamics | [Keith Davids](#), **Sheffield Hallam University (UK)** | *An Ecological Rationale for Participation in Outdoor Education and Adventure Sports Activities*

**10h50 |** Coffee break and Posters session

**11h45 |** Parallel sessions (All info on abstract submission and publication opportunities [HERE](#))

**13h10 |** Closing session

**14h00 |** Lunch

**15h00 | Social Program** | Detailed information [HERE](#). Additional costs are applied. **A sign up required at the time of Congress registration.**

**Option 1:** Bus sightseeing: Ribatejo region tour – Additional costs are applied. A sign up required at the time of Congress registration. Details [HERE](#)

**Option 2:** Surf Class in Peniche – Additional costs are applied. Sign-up is required at the time of Congress registration. Details [HERE](#)

**Option 3:** Hiking and visit to Alcoberta's cave – Additional costs are applied. A sign up required at the time of Congress registration. Details [HERE](#)