

ICOS+

INTERNATIONAL CONGRESS OF
OUTDOOR SPORTS

25th, 26th, 27th June, 2025 | Sport Sciences School of Rio Maior, Portugal

PROGRAM

DAY 1 | JUNE, 25th

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> | (Your spot at EOFT is guaranteed! No registration or fee is required)

DAY 2 | JUNE, 26th

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, 27th

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](#)