



## ISM Lunchtime Seminar Series

The ISM Lunchtime Seminars are online monthly events, which take place on Thursdays, 13:00-13:30h, and are open to all interested colleagues and students. ISM researchers and guest speakers present their work during a 15 min seminar, in the English language, followed by a brief Q&A session.

We are happy to announce our next speaker: **Prof. Dr. Henning Budde** from the MSH Medical School Hamburg.

**Title:** The Effects of Acute Coordinative vs. Acute Endurance Exercise on the Cortisol Concentration

**Abstract:** Physical exercise interventions can cause neuroendocrine activation, which in turn increases salivary cortisol concentrations. Until now there have been mostly studies focusing on endurance as one possible mode of exercise. The purpose of this study was to examine the effects of these different interventions with an intraindividual comparison. To this end, 61 students between 18 and 30 years of age were included and first completed a coordinative exercise and seven days later an endurance exercise of the same intensity and length which was self-set on the first day, with a maximum heart rate of 64 - 76% (HRmax) over a period of 15 min. To measure changes in the hypothalamic-pituitary-adrenal axis (HPA-axis) activity, saliva samples were collected before (t1) and after exercise (t2 and t3).

**When:** 19<sup>th</sup> September 2024 at 13:00h    **Where:** MS-Teams (to join, please click [here](#))

**Please follow the rules below to make these seminars a success:**

- Please use your real name while entering the meeting. Participants with cryptic names will not be given access to the seminar.
- Please turn off your microphone while the seminar is taking place.
- Please feel free to ask questions!

### Contact information

Please contact [Dr. Annakarina Mundorf](#) or [Dr. Deeksha Malhan](#) for further information.