

10th Sports Medicine Mallorca 14–21 November 2026

Cala Serena, Mallorca

Module 9 (18h): Metabolic, endocrine and gastrointestinal focus

Module 10 (18h): Pulmonary, nephrological and urological focus

Module 14 (17h): Sports medicine aspects in people with disabilities and selected systemic diseases

Module 15 (17h): Dietary supplements, pharmaceuticals and doping (including legal and ethical aspects)

Sports Medicine Practice I (07:30–08:30): Swimming, walking, running, gymnastics

Sports Medicine Practice II (09:30–12:30): Road cycling, tennis, golf, strength training, beach volleyball, hiking

Sports Medicine Practice III (17:45–18:45): Table tennis, table football, padel, yoga

Programme (35h practical + 35h theoretical) of Sports Medicine – *preliminary (as of 7/26)*

Sat 14 Nov 2026

Time	Topic	Module	Lecturer
14:00-14:45	Seminar: Selected aspects of metabolic, endocrine and gastroenterological diseases: Carbohydrate and fat metabolism I	9	Dahm
14:45-15:30	Seminar: Selected aspects of metabolic, endocrine and gastroenterological diseases: Carbohydrate and fat metabolism I	9	Dahm
Coffee break (15:30-16:00)			
16:00-16:45	Seminar: Anatomical and physiological adaptations and performance with regard to people with disabilities: Gymnastics, flexibility	14	Klose/Meier
16:45-17:30	Seminar: Anatomical and physiological adaptations and performance with regard to people with disabilities: Gymnastics, flexibility	14	Klose/Meier
17:45-18:45	Sports practice: Table tennis, table football, padel, yoga	15	Dahm

Sun 15 Nov 2026

Time	Topic	Module	Lecturer
07:30-08:30	Sports practice: Anatomical and physiological adaptations and performance with regard to people with disabilities: Swimming I	14	Course instructor
Breakfast (08:30-09:30)			
09:30-12:30	Sports practice: Selected metabolic, endocrine and gastroenterological aspects in leisure and competitive sport; carbohydrate/fat metabolism in endurance sports (cycling)	9	Course instructor
Lunch (12:30-14:00)			
14:00-14:45	Seminar: Assessment of physical performance with regard to people with various physical and mental disabilities: Musculoskeletal system I	14	Meier
14:45-15:30	Seminar: Assessment of physical performance with regard to people with various physical and mental disabilities: Injuries (X-ray, CT, MRI)	14	Meier/Estler
Coffee break (15:30-16:00)			
16:00-16:45	Seminar: Critical review of dietary supplements, substitution, medication in sport and doping; Doping analysis I	15	Dahm
16:45-17:30	Seminar: Critical review of dietary supplements, substitution, medication in sport and doping; Doping analysis II	15	Dahm
17:45-18:45	Sports practice: Table tennis, table football, padel, yoga	15	Röckert

Mon 16 Nov 2026

Time	Topic	Module	Lecturer
07:30-08:30	Sports practice: Prevention and therapy in selected systemic diseases (rheumatoid arthritis, osteoporosis, sarcopenia): Running I	14	Course instructor
Breakfast (08:30-09:30)			
09:30-12:30	Sports practice: Selected aspects in leisure and competitive sport; focus on swimming/water sports	9	Course instructor
Lunch (12:30-14:00)			
14:00-14:45	Seminar: Selected aspects of disability and rehabilitation sports	14	Meier
14:45-15:30	Seminar: Selected aspects of disability and rehabilitation sports; gymnastics, dance sport: tendon/ligament injuries (X-ray, CT, MRI)	14	Meier/Estler
Coffee break (15:30-16:00)			
16:00-16:45	Seminar: Exercise promotion in prevention/therapy of selected pulmonary, nephrological and urological diseases: kidney and fluid balance I	10	Estler B.
16:45-17:30	Seminar: Exercise promotion in prevention/therapy of selected pulmonary, nephrological and urological diseases: kidney and fluid balance I	10	Estler B.
17:45-18:45	Sports practice: Table tennis, table football, padel, yoga	9	Klose

Tue 17 Nov 2026

Time	Topic	Module	Lecturer
07:30-08:30	Sports practice: Anatomical and physiological adaptations and performance with regard to people with disabilities: Swimming II	14	Course instructor
Breakfast (08:30-09:30)			
09:30-12:30	Sports practice: Selected aspects in leisure and competitive sport; cycling	15	Course instructor
Lunch (12:30-14:00)			
14:00-14:45	Seminar: Prevention and therapy in selected systemic diseases	14	Meier
14:45-15:30	Seminar: Prevention and therapy in selected systemic diseases (rheumatoid arthritis, osteoporosis, sarcopenia), joints, flexibility II	14	Meier
Coffee break (15:30-16:00)			
16:00-16:45	Seminar: Selected aspects of strength and combat sports I	10	Klose
16:45-17:30	Seminar: Selected aspects of strength and combat sports II	10	Klose
17:45-18:45	Sports practice: Table tennis, table football, padel, yoga	10	Dahm

Wed 18 Nov 2026

Time	Topic	Module	Lecturer
07:30-08:30	Sports practice: Prevention and therapy in selected systemic diseases (rheumatoid arthritis, osteoporosis, sarcopenia): Running II	14	Course instructor
Breakfast (08:30-09:30)			
09:30-12:30	Sports practice: Selected aspects in leisure and competitive sport; focus on endurance sports: hiking, Nordic walking, cycling	15	Course instructor
Lunch (12:30-14:00)			
14:00-14:45	Seminar: Exercise promotion in prevention/therapy of selected metabolic and gastrointestinal diseases: inflammatory bowel disease I	9	Estler B.
14:45-15:30	Seminar: Exercise promotion in prevention/therapy of selected metabolic and gastrointestinal diseases: inflammatory bowel disease I	9	Estler B.
Coffee break (15:30-16:00)			
16:00-16:45	Seminar: Selected aspects of leisure and competitive sport under selected climatic conditions: Triathlon I	10	Röckert
16:45-17:30	Seminar: Selected aspects of leisure and competitive sport under selected climatic conditions: Triathlon I	10	Röckert
17:45-18:45	Sports practice: Table tennis, table football, padel, yoga	14	Klose

Thu 19 Nov 2026

Time	Topic	Module	Lecturer
07:30-08:30	Sports practice: Anatomical and physiological adaptations and performance with regard to people with disabilities: Swimming III	14	Course instructor
Breakfast (08:30-09:30)			
09:30-12:30	Sports practice: Exercise promotion in prevention/therapy of selected pulmonary, nephrological and urological diseases: Nordic walking, cycling	10	Course instructor
Lunch (12:30-14:00)			
14:00-14:45	Seminar: Exercise promotion in prevention/therapy of selected metabolic and endocrine diseases: Diabetes II	9	Fuchs
14:45-15:30	Seminar: Exercise promotion in prevention/therapy of selected metabolic and endocrine diseases: Diabetes II	9	Fuchs
Coffee break (15:30-16:00)			
16:00-16:45	Seminar: Selected sports medicine aspects in the context of pulmonary, nephrological and urological diseases: Lung diseases and sport I	10	Stößel
16:45-17:30	Seminar: Selected sports medicine aspects in the context of pulmonary, nephrological and urological diseases: Lung diseases and sport I	10	Stößel
17:45-18:45	Sports practice: Table tennis, table football, padel, yoga	9	Röckert

Fri 20 Nov 2026

Time	Topic	Module	Lecturer
07:30-08:30	Sports practice: Prevention and therapy in selected systemic diseases (rheumatoid arthritis, osteoporosis, sarcopenia): Running III	14	Course instructor
Breakfast (08:30-09:30)			
09:30-12:30	Sports practice: Exercise promotion in prevention/therapy of selected pulmonary, nephrological and urological diseases: Nordic walking, cycling	10	Course instructor
Lunch (12:30-14:00)			
14:00-14:45	Seminar: Endocrine effects in competitive sport: RED-S, etc.	9	Estler B./Fuchs
14:45-15:30	Seminar: Endocrine effects in competitive sport: RED-S, etc.	9	Estler B./Fuchs
Coffee break (15:30-16:00)			
16:00-16:45	Seminar: Aspects of nutrition in sport I	15	Dahm
16:45-17:30	Seminar: Aspects of nutrition in sport II	15	Dahm
17:45-18:45	Sports practice: Table tennis, table football, padel, yoga	10	Klose

Sat 21 Nov 2026

Time	Topic	Module	Lecturer
07:30-08:30	Sports practice: Anatomical and physiological adaptations and performance with regard to people with disabilities: Gymnastics	14	Course instructor
Breakfast (08:30-09:30)			
09:30-10:15	Sports practice: Prevention and therapy in selected systemic diseases (rheumatoid arthritis, osteoporosis, sarcopenia): Endurance sports	14	Dahm
10:15-11:00	Seminar: Critical review of dietary supplements, substitution, medication in sport and doping; Doping analysis I (blood)	15	Dahm
Coffee break (11:00-11:15)			
11:15-12:00	Seminar: Critical review of dietary supplements, substitution, medication in sport and doping; Doping analysis II (urine)	15	Dahm
12:00-12:45	Seminar: Selected ethical, legal and (health-)policy aspects of leisure and competitive sport, sports medicine: exercise, motivation	15	Röckert
12:45-13:30	Seminar: Selected ethical, legal and (health-)policy aspects of leisure and competitive sport, sports medicine: exercise, motivation, school sport	15	Röckert
13:30-14:00	Summary / evaluation / farewell		

Lecturers / Course Instructors (as of 28 Sep 2026)

Prof. Dr. Johannes B. Dahm: Cardiologist/angiologist and sports medicine specialist, HeartSport Institute, DOSB base Oberstdorf

Dr. Yannick Fuchs: Internal medicine – diabetology, Munich

Dr. Leon Stößel: Internal medicine – pulmonology, Munich

Dr. Nils Meier: Trauma surgeon, orthopedist, Sporthomedic, Bonner Str. 207, 50968 Cologne

PD Dr. Arne Estler: Radiologist, Center for Longevity and Sport, Karlstraße 6, 72072 Tübingen

Dr. Bent Estler: Internal medicine, University Hospital Heidelberg

Andreas Klose: Sports scientist / sports physiotherapist, Bernd-Feldhaus-Platz 1, 48159 Münster

Kai Röckert: Sports scientist, THILLM, Heinrich-Heine-Allee 2-4, Bad Berka (3x Hawaii Ironman winner)

Sports Programme (as of 28 Sep 2026)

Activity	Schedule / Location
Sports Medicine Practice I (07:30–08:30)	Swimming, running, gymnastics/Pilates
Swimming I (technique training; Kai)	daily (Robinson; Group 1: Sun–Tue–Thu; Group 2: Mon–Wed–Fri)
Running training (approx. 5 km)	daily (reception)
Gymnastics/Pilates	daily (gym/terrace/gym area)
Sports Medicine Practice II A (09:30–12:30)	Cycling
Sports Medicine Practice II B (09:30–12:00)	Hiking, beach volleyball, padel, tennis, golf
Sports Medicine Practice III (17:45–18:45)	Table tennis, padel, yoga
Beach volleyball	Sun–Tue–Thu (Cala Ferrara beach)
Beach Olympics	Wed (Cala Serena beach)
Tennis*	Mon–Wed–Fri* (tennis courts)
Padel*	Sun–Tue–Thu* (padel courts)
Golf*	daily* (driving range; golf course)
Hiking	Mon–Wed–Fri (reception, bus shuttle)
*	<i>subject to number of registrations</i>
Cycling I (>27 km/h)	daily* (reception)
Cycling II (25–27 km/h)	daily* (reception)
Cycling III (23–25 km/h)	daily* (reception)
Cycling IV (<25 km/h)	daily* (reception)
	<i>(* participation in Course B possible on cycling rest day; info Fomed)</i>
Table tennis	daily (Robinson terrace)
Table football	daily (Robinson)
Padel	Mon–Wed–Fri (padel courts)
Yoga (beginner course)	daily (lecture room)
Swimming II (stroke training; Bent) (daily 18:00-19:00)	daily (Cala d'Or; Group 1: Mon–Wed–Fri; Group 2: Sun–Tue–Thu)