

Symposium on Physical activity, exercise training and cardiovascular health: does activity dose and sex matter?

Wednesday April 22, 2026

Faculty of Sport, University of Ljubljana,
Gortanova 22, Ljubljana

Please **CONFIRM** your attendance till April 20, 2026.
The symposium will be held in English.



Program

15:45-16:00	Opening remarks <i>Speakers:</i> <i>Prof. Vedran Hadžić, MD, PhD, Vice Dean for student affairs, Faculty of Sport, University of Ljubljana</i> <i>Assist. Prof. Tim Kambič, PhD, Symposium host, and European Association of Preventive Cardiology Young Ambassador in Slovenia</i>
16:00-16:15	How much physical activity is needed to improve your cardiovascular health? <i>Speaker: Esmee Bakker, PhD, Radboud university medical centre, Nijmegen, The Netherlands</i>
16:15-16:25	Discussion and questions
16:30-16:45	Can too much exercise hurt the heart? <i>Speaker: Assoc. Prof. Thijs Eijvogels, Radboud university medical centre, Nijmegen, The Netherlands</i>
16:45-16:55	Discussion and questions
17:00-17:15	Unequal Hearts: Exploring sex differences in cardiac rehabilitation <i>Speaker: Assist. Prof. Tasuku Terada, Faculty of Medicine & Health Sciences, University of Nottingham</i>
17:15-17:25	Discussion and questions
17:30-17:45	General discussion and closing remarks

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Biographies of the Host and Speakers



**Assist. Prof. Tim Kambič,
PhD**

Dr. Tim Kambič is Assistant Professor of Kinesiology and Clinical Researcher in the Department of Medicine in Sport and Exercise, Faculty of Sport, University of Ljubljana in Ljubljana, Slovenia; and affiliated researcher in the Exercise physiology group, Department of Medical Biosciences, Radboud university medical centre, Nijmegen, the Netherlands. He is also the [European Journal of Preventive Cardiology Social Media Editor](#) and European Association of Preventive Cardiology [Young Ambassador](#) in Slovenia and Social media Ambassador. He is interested in exercise training and physical activity in patients with cardiovascular and metabolic disease, the effects of incretin therapies on body composition and physical performance. He has published over [45 papers](#) in the leading scientific journals in (preventive) cardiology (NEJM, JAMA, European Heart Journal, British Journal of Sports Medicine, Sports Medicine, et al.).



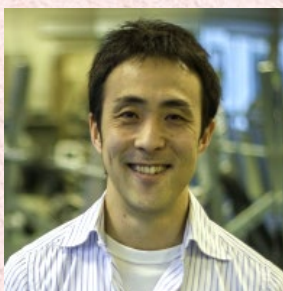
Dr. Esmee Bakker

Dr Esmee Alexandra Bakker is an emerging physical activity epidemiologist and [talent track young researcher](#) at Radboud university medical centre in Nijmegen, the Netherlands. She holds a dual PhD degree from Radboudumc and Liverpool John Moores University, UK and has recently completed Marie Skłodowska-Curie Postdoctoral Fellowship at the University of Granada in Spain. She is also a [Associate Deputy Editor](#) of the European Journal of Preventive Cardiology, [Nucleus Member of the Population Science and Public Health section](#), European Association of Preventive Cardiology and an active collaborator within the [Prospective Physical Activity, Sitting and Sleep](#) (ProPASS) consortium. Her research focuses on physical activity epidemiology in individuals with and without cardiometabolic diseases, and effects of exercise training on cardiovascular and brain health. She (co)-authored more than [70 papers](#) in the most prestigious scientific journals (European Heart Journal, Circulation, JACC, British Journal of Sports Medicine, et al.).



**Assoc. Prof. Thijs M.H.
Eijvogels, PhD**

Dr. Thijs Eijvogels is trained in exercise physiology at Radboud University (PhD degree, NL), Hartford Hospital (postdoc, USA) and Liverpool John Moores University (postdoc, UK) and he is currently appointed as [Associate professor](#) at the Department of Medical BioSciences of the Radboud university medical centre, Nijmegen, the Netherlands. He is active member of several scientific committees on sports cardiology in Europe and USA (American College of Cardiology, American Association of Preventive Cardiology and European Association of Preventive Cardiology), a [Nucleus Member of the Sports Cardiology and Exercise section](#), European Association of Preventive Cardiology and an active collaborator within the [Prospective Physical Activity, Sitting and Sleep](#) (ProPASS) consortium. His research focuses on the physiological and cardiac responses of the human body to acute and chronic (endurance) exercise performance. His research is focused on the benefits and potential deleterious effects of exercise across the whole spectrum of physical activity: from sedentary behaviour to excessive volumes of exercise. He (co)-authored more than [240 papers](#) in the most prestigious journals (NEJM, JAMA, European Heart Journal, Circulation, JACC, British Journal of Sports Medicine, et al.).



**Assist. Prof. Tasuku Terada,
PhD**

Dr. Tasuku Terada is an [Assistant Professor](#) of Exercise Science at the University of Nottingham and a certified Clinical Exercise Physiologist. Before joining Nottingham in 2023, he completed an extensive postdoctoral fellowship at the [University of Ottawa Heart Institute](#). He earned his Ph.D. in Exercise Physiology from the University of Alberta. He is an active member of the American College of Sport Medicine and European Association of Preventive Cardiology, and an expert in meta-analysis. His research focuses on developing efficacious exercise training interventions in patients with cardiometabolic disease, with special emphasis on sex differences, and meta-analysis on the effects of supervised exercise training in patients with coronary artery disease and heart failure. He (co)-authored more than [55 papers](#) in the most prestigious journals (British Journal of Sports Medicine, Journal of Sport and Health Science, European Journal of Preventive Cardiology, JAMA Network Open, et al.).