

The Inner Clock of Sports and Exercise

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Influence on the Skeletal Muscles

Exercise and physical activity help to maintain human health. However, the positive adaptations induced by exercise or physical activity and their underlying biological-physiological processes in skeletal muscle have not yet been fully elucidated. Especially the influence of the time of day on the molecular adaptation of the muscle is almost unknown. In order to gain more precise insights, these will be investigated in this study.

WE ARE LOOKING FOR:

- Men aged 18-30 (BMI: 18,0-25,0 kg/m²)

WHAT CAN YOU EXPECT?

- Performance diagnostics to determine the maximum oxygen uptake incl. lactate performance diagnostics.
- A 90-minute training session at constant intensity
- 5 skeletal muscle biopsies at the *Musculus vastus lateralis*
- Complete evaluation of the data collected from you (performance diagnostics, skeletal muscle profile)
- Allowance in the amount of 150 €

For the examinations, 3 examination days are scheduled at our site. The study will start in September 2023.

If you are interested in the study, please write us an email, or call us.