



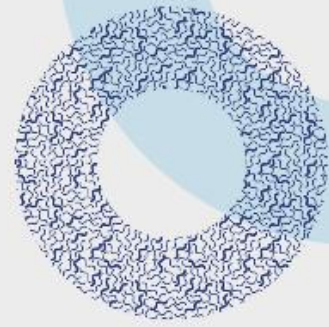
The Danish Diabetes and Endocrine
and Cardiovascular Academies

Basic Cardiometabolic Research PhD Course: *The Role of Diet & Exercise*

20-23 October 2025

Musholm Conference
Musholmvej 100
4220 Korsør
Denmark

Session overview



Day 1

Session I
Keynote Lecture

Monday, 20 October 2025

Fundamentals

Day 2

Session II
Session III

Tuesday, 21 October 2025

Fundamentals
Organ Cross Talk
Meet the Speakers & Organisers

Day 3

Session IV
Session V

Wednesday, 22 October 2025

Patient Perspectives
Exercise Physiology
Workshops
Meet the Speakers & Organisers

Day 4

Session VI

Thursday, 23 October 2024

Brain and Diet: Food Sensing and Food Cravings
Research Exercise Presentations

Programme

Monday 20 October

11:30-12:00 Arrival and registration

12:00-13:15 Welcome and networking lunch

13:15-13:35 Welcome by the organisers

Education & Networking Coordinator **Pernille Bruun Nielsen**,
Danish Diabetes and Endocrine Academy (DK) and Danish
Cardiovascular Academy (DK)

Session I Fundamentals

13:35-14:10 Fundamentals of Metabolic Regulation (part 1)

Professor **Nils Færgeman**, Department of Biochemistry and
Molecular Biology, University of Southern Denmark (DK)

14:10-14:40 Tea & coffee break

14:40-15:15 Fundamentals of Metabolic Regulation (part 2)

Professor **Nils Færgeman**, Department of Biochemistry and
Molecular Biology, University of Southern Denmark (DK)

15:15-15:30 Questions & answers

15:30-15:40 Energizer

15:40-16:15 Fundamentals of Cardiovascular Physiology (part 1)

16:15-16:25 Energizer

16:25-17:00 Fundamentals of Cardiovascular Physiology (part 2)

17:00-17:15 Questions & answers

17:15-18:15 Free time & check-in to rooms

18:15-19:15 Keynote Lecture

19:15-20:45 Dinner

20:45- Informal networking (optional)

Programme

Tuesday 21 October

07:00-08:30 Breakfast & morning exercise (optional)

08:30-08:40 Welcome back and reflections on the day before

08:40-10:00 Scientific networking activity

LEGO® SERIOUS PLAY® Facilitator **Gretchen Repasky**,
Danish Diabetes and Endocrine Academy (DK)

10:00-10:10 Short break

Session II Fundamentals of Diet and Nutrient Metabolism in Key Organs

10:10-10:45 Associate Professor **Daniel Borch-Ibsen**, Department of Public Health, Aarhus University (DK)

10:45-11:00 Questions & answers

11:00-11:30 Tea & coffee break

Session III Organ Cross Talk

11:30-12:45 Liver & Muscle

12:45-13:30 Lunch

13:30-14:45 Gut & Heart

14:45-15:15 Tea & coffee break

15:15-15:30 Short walk & group photo

15:30-16:45 Adipose Tissue & the Brain

Professor **Philipp Scherer**, Department of Internal Medicine,
University of Texas Southwestern Medical Center (US)

16:45-18:30 Free time and voluntary group activities

18:30-20:00 Dinner

20:00-21:00 Meet the speakers & organisers

21:00- Informal networking (optional)

Programme

Wednesday 22 October

07:00-08:30 Breakfast & morning exercise (optional)

08:30-08:45 Welcome back and reflections on the day before

Session IV Patient Perspectives

08:45-10:15 TBA

10:15-10:35 Tea & coffee break

Session V Exercise Physiology

10:35-11:00 Associate Professor **Lasse Gliemann**, Department of Nutrition, Exercise and Sports, University of Copenhagen (DK)

11:00-11:15 Questions & answers

11:15-11:40 TBA

11:40-11:55 Questions & answers

11:55-12:00 Energizer

12:00-12:15 Introduction to workshops and Research Exercise

12:15-13:00 Lunch with your research exercise group

13:00-16:30 Workshops

16:30-18:00 Free time

18:00-19:15 Meet the speakers and organisers

19:15-20:45

Dinner

20:45-

Informal networking (optional)

Programme

Thursday 23 October

07:00-08:30 Breakfast & morning exercise (optional)

08:30-08:45 Welcome back and reflections on the day before

Session VI Brain and Diet: Food Sensing and Food Cravings

08:45-09:10 TBA

09:10-09:25 Questions & answers

09:25-09:45 Tea & coffee break

09:45-10:10 TBA

10:10-10:25 Questions & answers

10:25-11:30 Final preparations for Research Exercise Presentations

11:30-12:15 Lunch

12:15-13:30 Research Exercise Presentations

13:30-13:50 Tea & coffee break

13:50-14:15 Course reflection & summary

14:15-14:30 Farewell & departure

Organising Committee Scientific Programme

Andreas Buch Møller, Scientific Partnerships Manager, Arla Foods (DK)

Anniek Lubberding, Assistant Professor, Department of Biomedical Sciences, University of Copenhagen (DK)

Joanna Kalucka, Associate Professor, Department of Biomedicine, Aarhus University (DK)

Morten Asp Vonsild Lund, MD, PhD Student, Department of Biomedical Sciences, University of Copenhagen (DK)

Nils Færgeman, Professor, Department of Biochemistry and Molecular Biology, University of Southern Denmark and Chair of Committee for Education, Danish Diabetes and Endocrine Academy (DK)

Thomas Jespersen, Professor, Department of Biomedical Sciences, University of Copenhagen and Executive Managing Director, Danish Cardiovascular Academy (DK)



**The Danish Diabetes and Endocrine
and Cardiovascular Academies**