

Movement and mobility are precious aspects of human life. Imagine a person that cannot move, a person that cannot go for a hike with family or friends, or cannot visit the next-door neighbours for a chat. Mobility and movement are important for children, adolescents, athletes and the elderly.

A young child learns to move and engraves movement patterns into the motor control system. If these patterns are correct, early degenerative disease may be avoided.

Adolescent girls and boys strengthen their muscles, bones, ligaments and tendons by providing the necessary stimuli during movement, exercise and sport. Bone formation in girls, for instance, is maximal during this time and a "bone bank" may be established due to appropriate sport activities to reduce the risk of osteoporosis.

Athletes expose their bodies to high and repetitive loading situations. This loading may cause damage to the body, however, damage can be avoided if training and equipment are well controlled.

Elderly people want to enjoy their retirement age by being physically active, playing games, and spending time with their grandchildren. To do so, they need to be mobile.

Thus, physical activity and exercise play a central role in maintaining a healthy lifestyle. Advances in movement-related science have demonstrated the numerous benefits of physical activity on the human body.

Parke-Davis joined with the IOC Medical Commission to form the *Olympic Prize Partnership* in a global effort to spur significant scientific discoveries that benefit humankind. The joint projects in this partnership include the IOC Olympic Prize, the Olympic Academy of Science, the IOC World Congress and the research projects during the Olympic Games.

The IOC Olympic Prize endowed by Parke-Davis is awarded (in conjunction with the Olympic Summer and Winter

The IOC

Olympic Prize

Games) every two years to a scientist for contributions that advance the science of movement, exercise and sport and that make a great impact on society. Recipients of the IOC Olympic Prize receive an Olympic medal, a diploma of excellence and a US \$500,000 cash award.

The next IOC Olympic Prize will be awarded during a special presentation ceremony at the Games of the XXVII Olympiad in Sydney, Australia, in September 2000.

The first prize, the IOC Olympic Prize 1996, was awarded to Dr. Jeremy N. Morris and Dr. Ralph S. Paffenbarger, Jr. for their pioneering studies demonstrating how exercise reduces the risk of heart disease. The research findings of

Woo, Ph.D. for his pioneering contributions to the understanding of the properties of connective tissues, the effects of exercise on tissue properties and the possibilities for repair of injured tissues. His work had a significant effect on basic research in this area as well as on the medical treatment of ligament injuries, injuries that occur frequently in physical activities. A large number of individuals benefit directly from his research.

Call for Nominations

Nominations for the IOC Olympic Prize 2000 should be submitted for specific findings resulting from outstanding basic and/or applied research. The findings must be related to human



Drs. Morris and Paffenbarger changed the practice of medicine and inspired the fitness revolution. The groundbreaking work of these two leading epidemiologists has brought respect to research in the area of health and fitness and inspired additional studies that have contributed enormously to providing the relationship between physical activity and a reduction in the incidence of coronary heart disease.

The second prize, the IOC Olympic Prize 1998, was awarded to Savio L.-Y.

movement, exercise and/or sport in the fields of Medical, Biological, Physical, or Psychological science. They must represent a significant Innovation, contribute to the betterment of humankind and/or significantly impact science, health, and/or society.

Required information for nominations

- Brief biographical sketch
- Education and professional development

- Proposed citation for award
- Awards and honours (limit to a maximum of ten)
- Scientific achievements (two pages maximum, describe the major finding and document primacy)
- The three most significant publications that relate to the finding
- Relevance of the described finding for movement, exercise and/or sport
- Three letters of endorsement
- List of publications
- Submit an original (single-sided and unbound) and 17 copies (double-sided and bound)

Deadline

Nominations for the IOC Olympic Prize 2000 must be received no later than 1 September 1999. The complete nomination package must be received by the deadline at the following address: IOC Olympic Prize, International Olympic Committee, Medical Commission, Château Vidy, 1007 Lausanne, Switzerland. Tel : (+41 21) 621 6111. Fax: (+41 21) 621 63 57.

Timetable for IOC Olympic Prize

- March to June 1999: Information on nomination procedure published in scientific journals and newsletters.
- 1 September 1999: Deadline for submission of nomination packages to the headquarters of the IOC Medical Commission in Lausanne, Switzerland.
- August 2000: Announcement of the winner during a special IOC Olympic Prize Function in New York.
- September 2000: Medal Ceremony during the Opening Ceremony of the IOC Session in Sydney, Australia.

Information

The chair of the Selection Committee is available for further information and for answering questions regarding the IOC Olympic Prize and the preparation of nomination packages. Benno M. Nigg, Dr.sc.nat., Professor. Chair: Selection Committee, IOC Olympic Prize, Human Performance

Laboratory, The University of Calgary, Calgary, Alberta, Canada, T2N 1 N4. Tel (+1 403) 220 3436. Fax (+1 403) 284 3553. E-mail: uheinz@ucalgary.ca

Fifth IOC World Congress for the Science of Movement, Exercise and Sport

Endowed by Parke-Davis, in conjunction with the Australian Conference of Science and Medicine in Sport, the IOC World Congress, which will be held from 31 October to 5 November 1999 at the Sydney Convention and Exhibition Centre, will combine the very best in science and medicine related to movement, exercise and sport with the warmth and hospitality of Sydney - the host city of the 2000 Olympic and Paralympic Games.

Under the theme of «The Science and Medicine of Skilled Performance: Optimization, Injury Prevention and Rehabilitation», the world's leading exercise and sport scientists and practitioners will present their research - theoretical, applied and clinical - in a spectacular setting, the Sydney Convention Centre in beautiful Darling Harbour. Further highlights include the Opening Ceremony/Cocktail Party, Congress Dinner, Olympic Venue Tour, Sports Afternoon, and optional tours in and around Sydney.

The Congress also offers a unique opportunity for sport and team health care professionals to meet representatives of SOCOG's Medical and Doping Control Programs to discuss planning for the Sydney 2000 Olympic and Paralympic Games.

Programme Highlights

Professor Savio Woo, Ph.D., from the Muscle Research Center, University of Pittsburgh and winner of the prestigious IOC Olympic Prize, will give the opening presentation at the Congress. Other keynote and invited speakers include: Professor Ed Coyle (United States), Professor Bente Pedersen [Denmark], Professor Cy Frank (Cana-

da), Professor Richard Lieber (USA), Professor Joachim Mester (Germany), Professor Jos de Koning (Netherlands), Professor Simon Gandevia (Australia), Professor Lew Hardy (United Kingdom).

Symposia will address the following topics: Articular cartilage repair: Keeping people physically active; Strategies to enhance fatigue resistance; Research on muscle mechanics; Ethics in sport; Women in the Olympic Games; Clinical and physiotherapy symposia.

Workshops will address the following topics : Application of muscle mechanics in sport; Keeping people physically active (Public health programs); Supplements to enhance performance: The evidence?; Biomechanics feedback for the elite athlete; Workshops in sports medicine; sports physiotherapy, sports podiatry and sports dietetics.

Free Papers include oral, video and poster presentations in medical, biological, physical & behavioural sport sciences.

Parke-Davis Symposium: The Cardiovascular Dysmetabolic Syndrome: Diabetes/Insulin Resistance, Hypertension and Hyperlipidemia taking place on Sunday 31 October will be of particular interest to internists and general practitioners

Important Dates

Abstract application forms & abstracts due by 15 May 1999. Early bird registration closes 30 June 1999. Accommodation bookings by 17 September 1999.

For further Information on Congress, contact : Congress Secretariat, Sports Medicine Australia, PO Box 897, Belconnen ACT 2616 (Australia). Tel (+61 2) 6251 6944. Fax (+61 2) 6253 1489. E-mail : smanat@sma.org.au. Visit also the official Sydney 2000 Olympic Games website.

*Chairman, Selection Subcommittee of the IOC Olympic Prize.