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Why muscles matter

van der Zwaard, S.

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E-mail address:

vuresearchportal.ub@vu.nl

Stephan van der Zwaard was born on March 27, 1990 in Aalsmeer. During highschool he enjoyed to learn about exercise physiology and in 2008 he started studying Human Movement Sciences at the Vrije Universiteit in Amsterdam. In 2011, Stephan obtained his Bachelor degree *cum laude* and finished the Honours Programm, and in 2013, he obtained his research Masters degree *cum laude*. For his master internship, Stephan went to the University of La-Crosse-Wisconsin in the United States, where he performed a study on pacing in active elderly and where he did a clinical internship at the Gundersen-Lutheran hospital. In the fall of 2013, Stephan started his PhD project about optimizing sprint and endurance performance in athletes at the Vrije Universiteit in Amsterdam, which is described in this doctoral thesis. The project was funded by the Netherlands Organization for Scientific Research (NWO), and gave him the opportunity to dive further into the mechanisms of exercise physiology and sports performance by integrating multiple research disciplines. Stephan is a determined human movement scientist who is interested in healthcare and sports. His passion is to investigate the limitations of exercise performance and how to surpass these as a patient, healthy subject and athlete.



Amsterdam Movement Sciences conducts scientific research to optimize physical performance in health and disease based on a fundamental understanding of human movement in order to contribute to the fulfillment of a meaningful life.

WHY MUSCLES MATTER

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OPTIMIZING SPRINT AND ENDURANCE PERFORMANCE IN ATHLETES



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