

# How do I use Twitter?



**Eline Lievens**  
@eline\_lievens

👩‍🎓 FWO Post-doc in Exercise Physiology & Sports Nutrition 🏆 PhD Cup & Multidisciplinary thesis award BiR&D 🎤 Passionate about science communication

📅 Joined July 2014

353 Following 1,408 Followers

Edit profile

# To share knowledge

- On muscle fibers



# To share knowledge

- On exercise physiology



# To share knowledge

- On science communication

You Retweeted

**fwo** FWO @FWOVlaanderen · Oct 21

Kom op woensdag 23 november naar de [#focusdag](#) [#wetenschapscommunicatie](#). We zoomen in op alternatieve media (denk aan TikTok, Instagram, theater, ...) en hoe jij jouw onderzoek via deze kanalen in de kijker zet. Benieuwd? Schrijf je dan snel in via [fwo.idloom.events/focusdag-weten...](#)



Martijn Peters and 9 others

11 retweets, 23 likes

# To find interesting papers



British Journal of Sports Medicine (BJSM) @BJSM\_BMJ · 6h

⚠️ Hamstring injury rates in men's professional football 🤔

Between 2001-2022:

- ⚽ Hamstring injuries have 📈 from 12 to 24% of all injuries
- ⚽ Absence days due to hamstring injury 📈 from 10 to 20%
- ⚽ 18% of injuries were recurrences

#OpenAccess 📄 [bit.ly/3W0jwN9](https://bit.ly/3W0jwN9)



↻ 9

♥ 28



Prof. Adam Sharples PhD Retweeted

**Jan-Frieder Harmsen** 🏋️ + 🌞 🔄 🌙 @247muscle · 23h

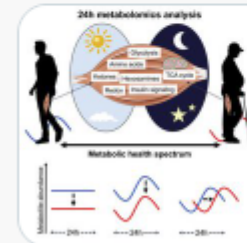
/1

Skeletal muscle does not only have a #circadian clock in 🦋🦋 BUT also in 🧠!

Ever wondered how muscle metabolism changes over 24h?

& how about young healthy vs. older metabolically-compromised men?

Then follow this 📖 on our new work @CellReports



sciencedirect.com

Divergent remodeling of the skeletal muscle metab...  
24 h whole-body substrate metabolism and the circadian clock within skeletal muscle are both ...

💬 3

↻ 59


♥ 142






# To conduct research

You Retweeted

 **HIIT Science**  
@hiitscience

Now, new research is being conducted by an international team of experts to explore how teams currently estimate athlete muscle typology.

Findings will help coaches to understand the importance of muscle typology for sport - and how to estimate it!



ARE YOU A COACH/  
MEMBER OF THE  
SCIENTIFIC OR  
MEDICAL STAFF?  
WE NEED YOU!

**DO YOUR  
ATHLETES HAVE  
A SLOW OR  
FAST MUSCLE  
FIBER TYPE?**

Help us find the best way to  
estimate the muscle fiber  
type by sharing your best  
practices!

GRENT  
UNIVERSITY


Griffith  
UNIVERSITY

Queensland  
Government

CANADIAN  
SPORT  
INSTITUTE

INSTITUT  
CANADIEN  
DU SPORT

UPV EHU

 You and 7 others

3:08 PM · Feb 2, 2021

4 Retweets 14 Likes

# To start collaborations

The screenshot shows a Twitter thread. At the top is a tweet from Jamie Salter (@jay\_salter) dated Dec 15, 2022, at 7:17 AM. He asks Eline Lievens (@eline\_lievens) to follow him so he can DM her about research ideas on muscle typology. Below this is a '1 Like' notification. At the bottom is a reply from Eline Lievens (@eline\_lievens) replying to @jay\_salter, providing her email address: ellie.lievens@ugent.be.

**Jamie Salter** @jay\_salter  
7:17 AM · Dec 15, 2022

[@eline\\_lievens](#) Hey! I hope you are well? It would be great to chat to you about some research ideas around muscle typology. Could you follow me do I can DM you? Thanks 👍

1 Like

[Reply](#) [Retweet](#) [Like](#) [Share](#)

**Eline Lievens** @eline\_lievens · 28s  
Replying to @jay\_salter  
Always happy to chat! You can also reach me at ellie.lievens@ugent.be

[Reply](#) [Retweet](#) [Like](#) [Share](#) [More](#)

# To share research steps

You Retweeted

**TeamDerave** @TeamDerave · Nov 6, 2020

After taking off all his medals, we performed a Muscle Talent Scan on @mathieuvdpoel to estimate the muscle typology of one of the most complete cyclists at the moment. We're happy that our muscle typology database of elite cyclists keeps expanding! 🙌🚴 [muscleTalentscan.com](https://muscleTalentscan.com)



Mathieu Van der Poel

3 14 77



# To share papers



Eline Lievens  
@eline\_lievens



🚴 Great to see the printed version of our manuscript on the muscle typology in world-class cyclists! 🚴

🔍 [doi.org/10.1249/mss.00...](https://doi.org/10.1249/mss.00...)

@MSSEonline

**Muscle Typology of World-Class Cyclists across Various Disciplines and Events**  
Lievens & Bellinger et al. MSSE 2021

**Aim & method** Non-invasive estimation of muscle typology through the measurement of muscle composition enabled to explore the muscle typology of 80 World-Class cyclists

**Results**

**Included athletes**

Discipline	Count
BMX	4
Track	33
Road	24
MTB	11
Cycle-cross	8

4 Olympic medalists  
24 World medalists

**Implication** Prominent differences in the non-invasively determined muscle typology exist between elite cyclists of various disciplines, which opens opportunities for application in talent orientation and transfer.

Visual by @koen\_vde

🔗 <https://doi.org/10.1249/mss.00...> [muscleanalysis.com](https://www.muscleanalysis.com) fwo

9:35 AM · Mar 22, 2021

📊 View Tweet analytics

85 Retweets 9 Quote Tweets 351 Likes



# To share my PhD

Eline Lievens  
@eline\_lievens

Last week, I defended my Phd on 'The relevance of muscle fiber typology in sports' 🎓.

Next to the PhD, I also made a practical & illustrated guide for the general public & sport coaches!

Following thread summarizes the most important findings. 🙌🙌

#ThesisThread



1:13 PM · Sep 28, 2021

View Tweet analytics

230 Retweets 65 Quote Tweets 1,152 Likes



Eline Lievens @eline\_lievens · Sep 28, 2021

Why are muscle fibers important?

Muscle fibers have different properties (see picture 📌), which result in different characteristics.

Slow-twitch fibers 🔴 are made for low-intensity & long lasting activities

VS

Fast-twitch fibers 🔵 are made for fast & powerful actions.



1 1 33 1 1

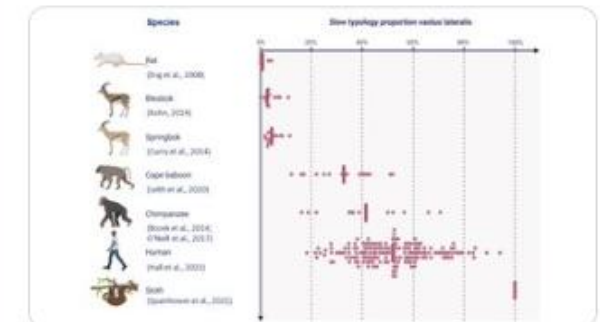


Eline Lievens @eline\_lievens · Sep 28, 2021

What does the myotype look like in animals & humans?

🐾 Mammals, like a rat and springbok, display more fast fibers 🔵 as their survival strategy is to be faster than enemies.

🧑🏻 Humans evolved to a slower myotype 🔴, which they used as a weapon during persistence hunting.



3 2 48 1 1

# To interact

 **Jorn Helge** @JrnHelge · Dec 9 ⋮

ECSS Scientific Board, Paris 2023 organisers and ECSS EB/Office/SporTools meeting to select Symposia and Plenaries for Scientific program ECSS annual Congress in July in Paris



 2  4  37 

[Show more replies](#)

 **Andrew Jones** @AndyBeetroot · Dec 9 ⋮

Replying to [@eline\\_lievens](#) and [@JrnHelge](#)  
Mine was rejected!

 2   

 **Eline Lievens** @eline\_lievens · Dec 9 ⋮

Replying to [@AndyBeetroot](#) and [@JrnHelge](#)  
Wow 🤔

# To announce initiatives



**Eline Lievens** @eline\_lievens · May 10



Donderdag mag ik 'het belang van het spiervezeltype in de sport' ook buiten de landsgrenzen verspreiden 🌍!

Bedankt @VvBN\_nieuws voor de uitnodiging, ik kijk er alvast naar uit 🙌.

Inschrijven kan via: [lnkd.in/etyDpBnn](https://lnkd.in/etyDpBnn)



**Bjorn de Laat** @BjorndeLaat · May 6

Hoe kun je het beste spiertype vezels bepalen zonder een biopt te nemen? @eline\_lievens komt het ons komende donderdag vertellen! Daarnaast is @RichardLouman aanwezig om als Performance manager S&C dit onderwerp te belichten. Opgeven via de link: [lnkd.in/etyDpBnn](https://lnkd.in/etyDpBnn)

**VvBN**  
Wetenschap in beweging

**Avondsymposium**  
Interessegroep Sport van de VvBN

**Spiervezels en (kracht)training  
in de topsport**

Eline Lievens (Universiteit Gent)  
Richard Louman (performance manager strength & conditioning NOC\*NSF)

**Donderdag 12 mei**  
18:30 – 21:30 u  
Seats to Meet (Utrecht CS)  
Moneelspark 65, 3511 EP Utrecht



# To share achievements

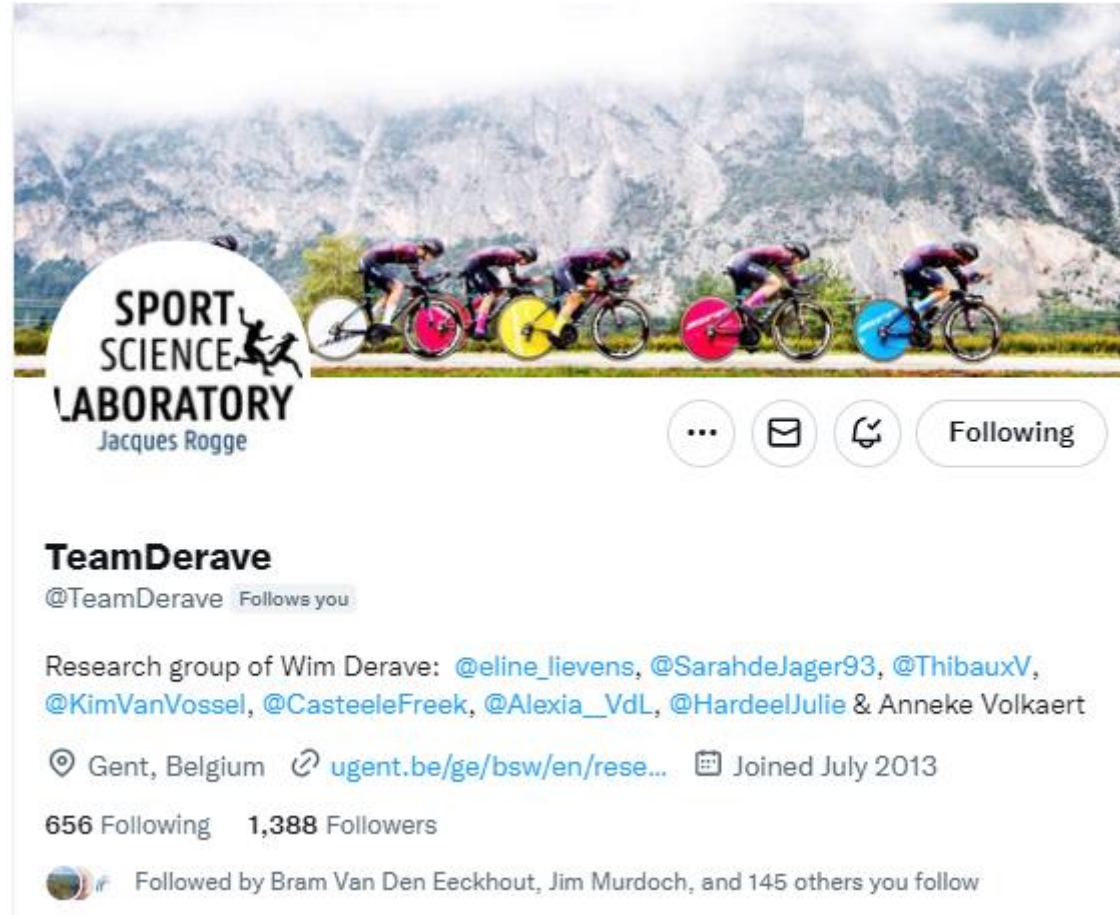




# Habits?

- Visuals
- Emoticons
- Hashtags → #congres/ #myotwitter
- @important collaborators
- Timing?

# How my colleagues use Twitter?



# To inform journalists



Hannes Mareen @hannesmar1 · Oct 22

🗨️ @HouseofDragon's season finale leaked on #pirate sites, 2 days before the official release.

🎓 Four days ago, I pitched my research on catching pirates that leaked @GameOfThrones episodes early, in the #PhDCup with @KoenWauters\_VRT. Curious how? See 🗨️

@vrtnews @WimDeMaeseneer



0:01 348 views



Hannes Mareen @hannesmar1 · Sep 29, 2021



In 2015, @GameofThrones episodes were leaked on #ThePirateBay before the release date. 🗨️

How could this happen? 🗿  
How do we catch the pirate? 🧑🏻🔒 ...

[Show this thread](#)



1



3



15



# To interact/create network

**JB Morin** @jb\_morin · 2h  
Great #FULGUR2024 day @INSEP\_PARIS , sprint and hamstring injuries from theory, to practice ✓  
Insightful talks by @EvertVerhagen, Erik Witvrouw and Kenny Guex...  
Evidence-based practice + 🍌 practice-based evidence 🍌

1 2 13

**Pieter Van den Berghe** @SportSciSum · 1h  
Replying to @jb\_morin @INSEP\_PARIS and @EvertVerhagen  
Wonderful. I didn't know Eric was presenting there. Something to talk about during coffee break when he's back in office 🤔

1

**Hendrik Reimann** @jhreimann · Dec 13  
I want to publish materials from my course on programming in MATLAB, so it's available beyond the university system. What's a good platform for that?

3 1 7

Show more replies

**Josh Cashaback** @JCashaback · Dec 13  
Replying to @jhreimann and @jamesmfinley  
I put lectures on GitHub. Would probably link from there to YouTube videos?

1 1 4

**Pieter Van den Berghe** @SportSciSum · 11h  
Replying to @JCashaback @jhreimann and @jamesmfinley  
Or go for OSF. Create a free project and upload the video, so that it becomes embedded with the possibility to watch on the website (stream) or offline (download)

1

# To react on news items

**SPORT SCIENCE LABORATORY**

TeamDerave @TeamDerave · Jul 14

The first [#TourDeFrance2022](#) Alp stage to Col Du Granon was one of the most spectacular bike races I have seen in a long time.

But above all, it was a masterpiece of [@JumboVismaRoad](#) tactics, using exercise physiology knowledge as a weapon.

A 📖 on what I think has happened



3 25 97

The image shows a cyclist in a Jumbo-Visma jersey celebrating a victory. He is wearing a yellow and black helmet and a black jersey with yellow accents. He is pointing upwards with his right hand and has a shout on his face. The background is a bright, overcast sky. The cyclist's jersey features several logos, including 'JUMBO VISMA', 'GORILLAS', and 'HEM'. The image is framed within a social media post interface.



# To educate

 Pinned Tweet



**Freek Van de Castele**

@CasteleFreek



A single human muscle biopsy is not sufficient to accurately determine one's muscle fiber type distribution.

Want to know why?



12:07 AM · Apr 6, 2022

42 Retweets 5 Quote Tweets 242 Likes

# To showcase a project

The image displays three Twitter profiles and a tweet, illustrating how a project can be showcased on social media.

- Isala (@Isala\_UAntwerp)**: Profile picture and header image featuring the ISALA logo. Bio: "Citizen science project about the female microbiome by the lab of @SarahLebeer at the @UAntwerpen. Let's swab for the future! #LetsSwab @ERC\_Research". Location: Antwerp, Belgium. Website: isala.be. Joined: November 2019. 157 Following, 451 Followers.
- Sarah Ahannach (@S\_Ahannach)**: Profile picture of a woman with glasses. Bio: "PhD researcher @SarahLebeer lab @UAntwerpen, project manager @Isala\_UAntwerp, #scicom, women's health, vaginal #microbiome & microbial #forensics". Location: Antwerp, Belgium. Website: isala.be. Joined: January 2019. 686 Following, 416 Followers.
- Sarah Lebeer (@SarahLebeer)**: Profile picture of a woman. Bio: "Microbiologist & Bioengineer @UAntwerpen, #lactobacilli, #probiotics & #microbiome @ISAPPScience #ERCStG Lacto-Be @Isala\_UAntwerp. Mother of 3 fantastic kids". Location: Antwerp, Belgium. Website: lebeerlab.com. Joined: September 2014. 1,908 Following, 2,632 Followers.

A tweet from Sarah Lebeer (@SarahLebeer) is shown, retweeted by Sarah Ahannach. The tweet content is: "Nice outreach of the research of our Respiratory team @Ilkedeboeck @Irina\_Spacova @CauwenberghsE @TomEilers2 @peterdelputte @L\_Delanghe @S\_Wittouck @MST\_antwerp @BirUantwerpen @Isala\_UAntwerp". A reply from @UAntwerpen is also visible: "Wetenschappers van @UAntwerpen ontwikkelen een keelspray met goede bacteriën: 'Veelbelovend tegen #corona', zegt bio-ingenieur en onderzoeker dr. Ilke De Boeck." The reply includes a link: hln.be/antwerpen/wete...

At the bottom, a promotional graphic for the ISALA project is shown. It features the ISALA logo and text: "The world's largest ever citizen science study into the vaginal microbiome". It also includes the University of Antwerp logo and a speech bubble with "#LetsSwab isala.be". A bar chart at the bottom shows "How healthy are our vaginas?" with a bar indicating "Healthier than expected." and "We found 80%".

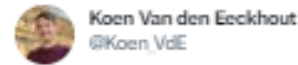
# Interesting accounts?

- @ugent
- @ugent\_fge
- @rvdwalle
- @HoebekePiet
- @HansVlierberghe

# Visuals

@Koen\_VdE

@jburnmurdoch

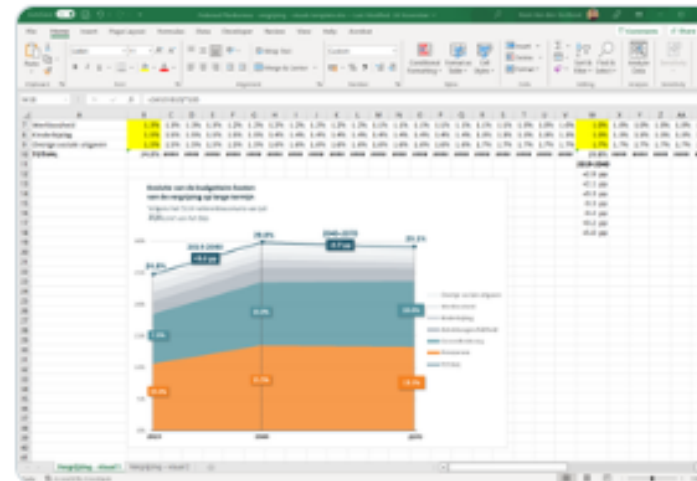


Koen Van den Eeckhout  
@Koen\_VdE

Three tips to create powerful charts in Excel:

1. Abandon the defaults

Excel's default settings are not meant to make your chart look good, but to help you get an idea of what's possible. Feel free to add or remove gridlines, data labels or legends as you see fit!



9:05 AM · Dec 8, 2022

3 Retweets 23 Likes



Pinned Tweet



John Burn-Murdoch  
@jburnmurdoch

NEW: income inequality in US & UK is so wide that while the richest are very well off, the poorest have a worse standard of living than the poorest in countries like Slovenia [ft.com/content/ef2654...](https://www.ft.com/content/ef2654...)

Essentially, US & UK are poor societies with some very rich people.

A thread:



7:51 PM · Sep 16, 2022

23.1K Retweets 3,337 Quote Tweets 49K Likes

# #MedEd

@Innov\_Medicine

@Drmiketodorovic

The Innovation | Medicine @Innov\_Medicine · Dec 14  
Who can receive what kind of blood #MedEd #MedTwitter

WHO THE BLOOD IS FOR

O- blood bag

Recipients: O+, O-, A+, A-, B+, B-, AB+, AB-

0:17 | 899.9K views

VE SEEN EVERYTHING

From The Innovation | Medicine

3 228 678

Dr. Mike Todorovic @drmiketodorovic · Dec 14  
Why alkaline water is a complete waste of [emojis]  
#MedEd #MedTwitter #alkalinewater

H+ OH-

AN ACIDIC SOLUTION WILL HAVE A PH OF 0 TO 6

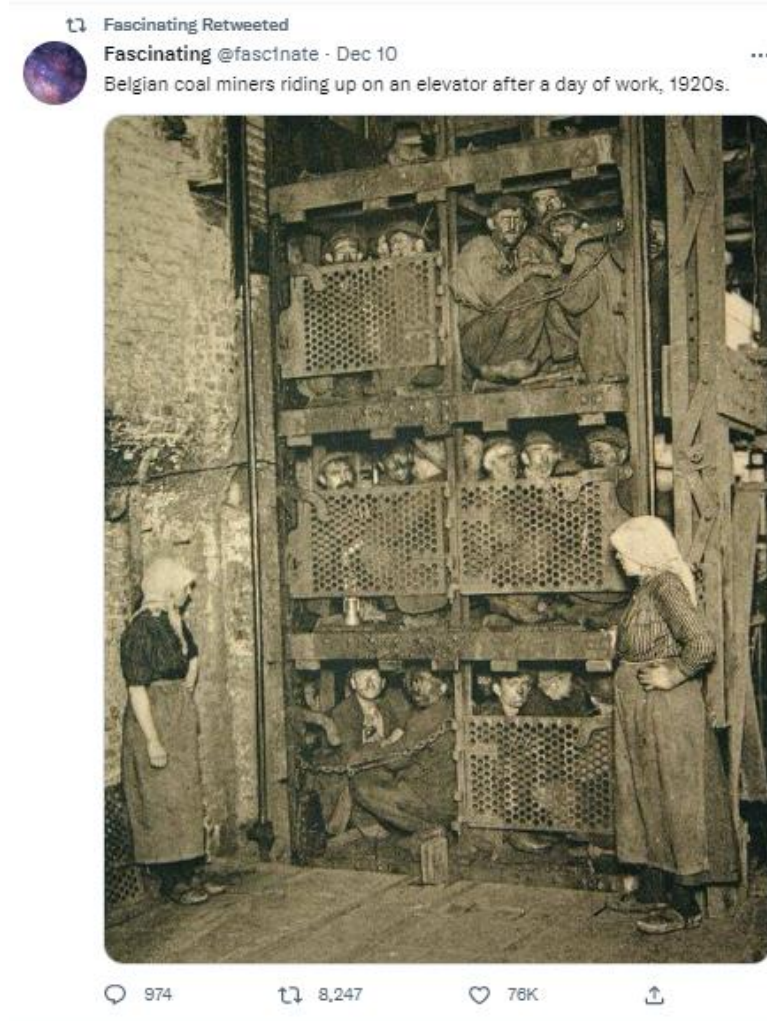
0:16 / 0:57

9 31 156

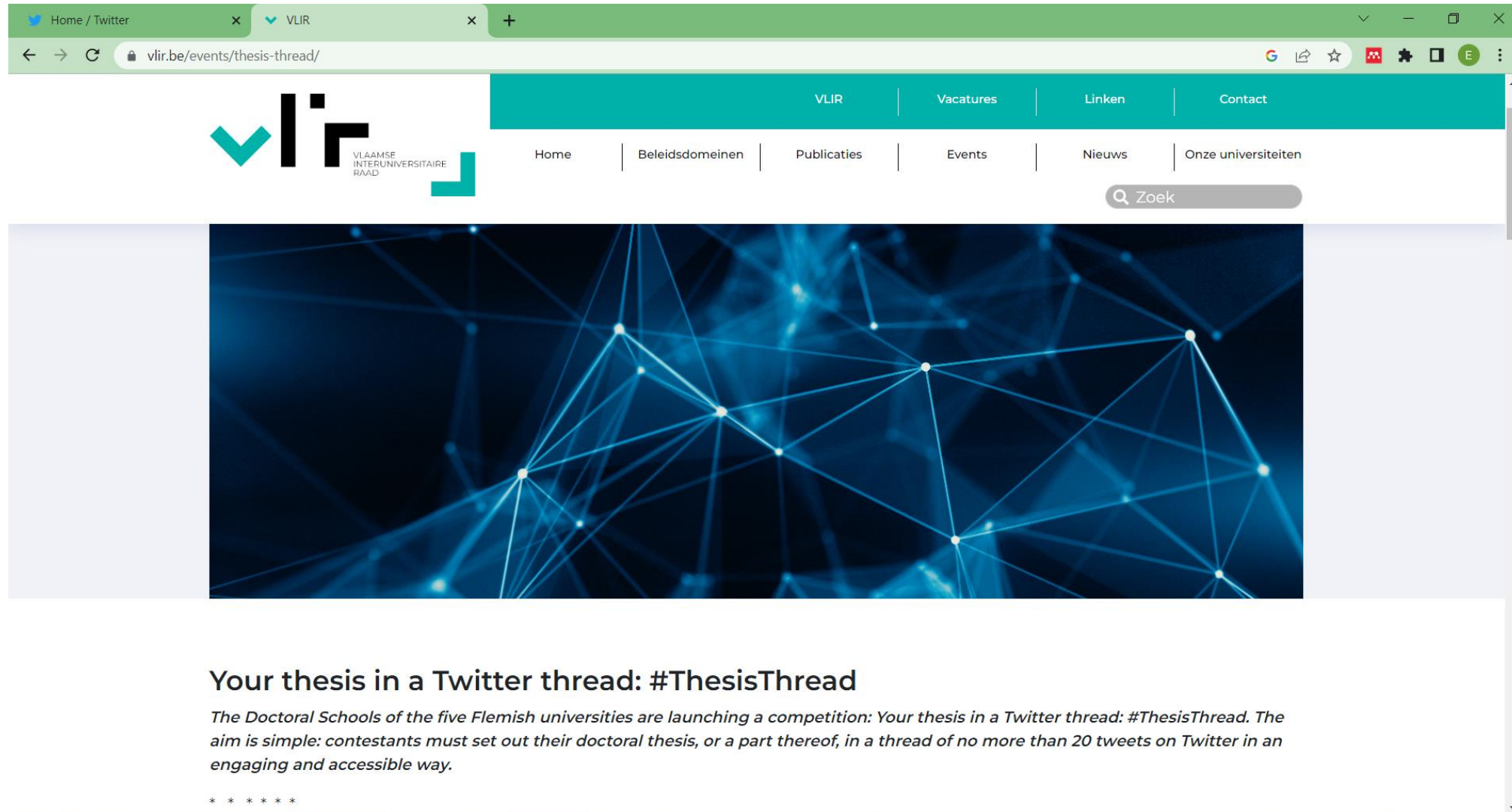


# Random

- @Fasc1nate
- @OdedRechavi



# #ThesisThread



The screenshot shows a web browser window with the URL [vlir.be/events/thesis-thread/](http://vlir.be/events/thesis-thread/). The VLIR logo (Vlaamse Interuniversitaire Raad) is visible in the top left. The navigation menu includes: VLIR, Vacatures, Linken, Contact, Home, Beleidsdomeinen, Publicaties, Events, Nieuws, and Onze universiteiten. A search bar labeled 'Zoek' is located on the right. The main content area features a blue network graphic background. Below the graphic, the text reads:

## Your thesis in a Twitter thread: #ThesisThread

*The Doctoral Schools of the five Flemish universities are launching a competition: Your thesis in a Twitter thread: #ThesisThread. The aim is simple: contestants must set out their doctoral thesis, or a part thereof, in a thread of no more than 20 tweets on Twitter in an engaging and accessible way.*

\* \* \* \* \*