

EF SMA 2019 Tentative programme programme - MAY 2019 version

WEDNESDAY 2.10.2019 - Courses		
DATE		
HALL	Mediterranea	Pharos
14.00-14.20	COURSE 1: ATHLETES ECG (Katja Ažman (SLO), Herbert Loellgen (GER))	COURSE 2: EMERGENCY CARE OF THE ATHLETES: PART 1 (Vincenzo Ieracitano (IT))
14.20-14.40		
14.40-15.00		
15.00-15.20		
15.20-15.40		
15.40-16.00		
16.00-16.20		
16.20-16.40		
16.40-17.00		
17.00-17.20		
17.20-17.40		
17.40-18.00		

THURSDAY 3.10.2019 - Courses			
DATE			
HALL	Mediterranea 1	Europa D	
9.00-9.20	COURSE 3: SPIROERGOMETRY TESTING OF ATHLETES (Anca Ionescu (RO), Vladimir Ivančev (CRO))	COURSE 2: EMERGENCY CARE OF THE ATHLETES: PART 2 (Vincenzo Ieracitano (IT))	
9.20-9.40			
9.40-10.00			
10.00-10.20			
10.20-10.40			
10.40-11.00			
11.00-11.20			
11.20-11.40			
11.40-12.00			
12.00-12.20			
12.20-12.40			
12.40-13.00			
13.00-14.00	BREAK - Start of the Conference		
HALL	Europa A+C	Europa B	Europa D
14.00-14.20	HOT TOPICS IN SPORTS MEDICINE: Screening for Talent?!? Genetic athletic selection – Fact or fiction? Prof. Yannis Pitsiladis (UK)	SESSION EPH as a step to personalized medicine H. Loellgen (GER) Biological basis of exercise for health X. Bigard (FRA) Molecular mechanisms of cardiovascular disease prevention by physical activity E. Vecile (IT) NESTORE Project S. Porcelli (IT) How to get start moving and how to keep the motivation? M. Tušak (SLO) Parenteral physical activity influences the health and wellness of future generations S. Pecorelli (IT)	WORKSHOP ACL INJURY PREVENTION
14.20-14.40			
14.40-15.00	SESSION Physiology of a champions: a holistic perspective. V. Klissouras (GRE) Sports doctors and athletes collaboration to achieve success in the sports world S. Rozenstoka (LAT) The right of a child to be or not to be a champion		
15.00-15.20			SESSION Physiology of a champions: a holistic perspective. V. Klissouras (GRE) Sports doctors and athletes collaboration to achieve success in the sports world S. Rozenstoka (LAT) The right of a child to be or not to be a champion
15.20-15.40	SESSION Physiology of a champions: a holistic perspective. V. Klissouras (GRE) Sports doctors and athletes collaboration to achieve success in the sports world S. Rozenstoka (LAT) The right of a child to be or not to be a champion		
15.40-16.00			SESSION Physiology of a champions: a holistic perspective. V. Klissouras (GRE) Sports doctors and athletes collaboration to achieve success in the sports world S. Rozenstoka (LAT) The right of a child to be or not to be a champion
16.00-16.20	BREAK		

16.20-16.40	HOT TOPICS IN SPORTS	When to start with competitive sport in young athletes	SESSION	H Kokki (FIN)	WORKSHOP LOW BACK PAIN PREVENTION
16.40-17.00				E. Martos (HUN)	
17.00-17.20	SESSION: YOUNG ATHLETE	Selection phases and criteria for specific sports disciplines A. Ionescu (ROM)		The prescription of physical exercise in prevention and treatment of diseases F. Pigozzi (IT)	
17.20-17.40	DEVELOPMENT	Chronological versus biological age in young athletes Daniela Schmid (GER)		Sitting time is a new smoking A. Debruyne (BEL)	
17.40-18.00		Youth Sports: Specialization, Diversification, and Burnout W. Roberts (USA)		TBD	
18:00-18:20		Taking care of athletes during Youth Olympic Games C. Schneider (GER)	Use of exercise as a therapeutic tool for childhood obesity	FREE ORAL COMMUNICATIONS SESSION	

19:00-21:00	OPENING CEREMONY AND OPENING LECTURE - "Personalized Sport- and Exercise Medicine" - A Challenge for an Efficient Future Health management. Speaker: prof. Norbert Bachl (AUT)	
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FRIDAY 4.10.2019					
DATE	HALL	Europa A+C	Europa B	Europa D	
9.00-9.20	SESSION: green/red flags for participation in specific sport disciplines - cardiologic perspective	The impact of pre-participation screening in cardiovascular prevention: ethical, social and clinical aspects A. Biffi (IT)	SESSION: Exercise prescription in chronic diseases	HIIT for cardiac rehabilitation D. Constantinou (SA)	FREE ORAL COMMUNICATIONS SESSION
9.20-9.40		Arrhythmia in athletes: when should we be worried about? F. Giada (IT)		KM Braumann (GER)	
9.40-10.00		TBD		EPH in oncologic patients N. Rotovnik Kozjek (SLO)	
10.00-10.20		TBD		Prevention of Dementia by Physical Activity H. Loellgen (GER)	
10.20-10.40		Prevention of sudden cardiac death in young athletes - cases J Kawazoe Lazzoli (BRA)		Exercise and arterial hypertension A. Jegier (POL)	
10.40-11.00	BREAK				
11.00-11.20	HOT TOPICS IN SPORTS	CONCUSSION »protection of athletes – facts and hopes« M Turner (UK)	EPH Interactive session Treating with exercise	A novel method of approaching a patient. The multidisciplinary model and how it works in practice. T. Papadopoulou (UK) + case presentations	WORKSHOP HAMSTRING INJURY PREVENTION
11.20-11.40	MEDICINE:		EPH and wearable	TBD	
11.40-12.00	SESSION: PREVENTION IN YOUNG ATHLETES	Exertional Heat Stroke: A risk of participation in unexpected warm conditions W.	EPH in practise	TBD	WORKSHOP EPH
12.00-12.20		Is your Athlete on the Verge of Overtraining? P Schober (AUT)			
12.20-12.40		Immune response to exercise			
12.40-13.00		Prevention of GI problems in marathon runners			
13.00-14.20	BREAK				
14.20-14.40	HOT TOPICS IN SPORTS	Exercise and Cardiometabolic Health in People with Physical Limitations: Time to Raise the Intensity? J Bilzon (UK)	ROUND TABLE: Sports injuries in young athletes	Anatomical differences between child and adult skeleton N Anastasopoulos (GRE), Sport injuries in immature skeleton K Natsis (GRE), ACL injuries in young athletes T Ioannis	WORKSHOP PORTABLE MS US
14.40-15.00		Is a rapid weight reduction related to Competitive Success?			
15.00-15.20	SESSION: YOUNG ATHLETE MONITORING	Posture dysbalance in young athletes	SESSION:	ACL injuries in adolescence: Current management strategies and injury prevention program P Yung Shu Hang (HONG KONG)	FREE ORAL COMMUNICATIONS SESSION
15.20-15.40		Possible use of hormonal changes in growth axis in assessing and optimizing training		Functional testing as guideline criteria for return to competition after ACL rupture in game sports	
15.40-16.00		New concept of speed and explosive strength training using post-activation potentiation conditions S. Djordjevic (SLO)		Patellofemoral biomechanics and disorders management N. Christodoulou (CYP)	
16.00-16.20					
16.20-16.40	BREAK				
16.40-17.00	HOT TOPICS IN SPORTS	RECOVERY AND NUTRITIONAL STRATEGIES; X Bigard (FR)	SESSION:	Pediatric foot deformities in sports participation M Drobnic (SLO)	FREE ORAL COMMUNICATIONS SESSION
17.00-17.20				Evidence based use of PRP in sports medicine - G. Gruber (AUT)	
17.20-17.40	SESSION: YOUNG ATHLETE	Iv performance enhancing substances D		Innovative approaches to the treatment of the Achilles tendon T.	
17.40-18.00		Body Composition Monitoring in Young Athletes N Rotovnik Kozjek (SLO)		TBD	

20:00-23:00	CONFERENCE DINNER
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SATURDAY 5.10.2019			
DATE	HALL	Europa A+C	Europa B
9.00-9.20	HOT TOPICS IN SPORTS	Mental Health in sports	ROUND TABLE: Hamstring muscles anatomy, pathophysiology, classification, diagnosis and differential diagnosis. M. Piagkou (GRE); Hamstring injury prevention programs
9.20-9.40	SPORTS	Para-sports – and different looks on it (medical care, gap to be a paraathlete, exercise capacity, etc) S Rozenstoka (LIT)	WORKSHOP DYNAMIC TAPING
9.40-10.00	HOT TOPICS IN SPORTS	Moving Medicine	Clinical biomechanics: are we able to prevent injuries at the examination
10.00-10.20	SPORTS	Organization of immediate care in Sport Competition (and training). The experience of Federazione Medico Sportiva Italiana (PSSD and MOGESS) V Ieracitano (IT)	Functional Muscle Diagnostics as a Tool for Muscle Injury Prevention V. Ivančev
10.20-10.40	HOT TOPICS IN SPORTS	Performance Analysis of Transgender and Intersex Athletes J Harper (USA), Y Pitsiladis(UK)	FREE ORAL COMMUNICATIONS
10.40-11.00	SPORTS	FREE ORAL COMMUNICATIONS	FREE ORAL COMMUNICATIONS
11.00-11.20		BREAK	SESSION: TBD
11.20-11.40	HOT TOPICS IN SPORTS	Performance Analysis of Transgender and Intersex Athletes J Harper (USA), Y Pitsiladis(UK)	SESSION: TBD
11.40-12.00	SPORTS	Performance Analysis of Transgender and Intersex Athletes J Harper (USA), Y Pitsiladis(UK)	SESSION: TBD
12.00-12.20	HOT TOPICS IN SPORTS	Performance Analysis of Transgender and Intersex Athletes J Harper (USA), Y Pitsiladis(UK)	INTERACTIVE SESSION: The hip and groin puzzle. How hard you tried? Or how familiar you are?
12.20-12.40	SPORTS	Performance Analysis of Transgender and Intersex Athletes J Harper (USA), Y Pitsiladis(UK)	T. Papadopoulou (UK), K. Stražar (SLO), T. Smoljanović (CRO)
12.40-13.00	MEDICINE:	Performance Analysis of Transgender and Intersex Athletes J Harper (USA), Y Pitsiladis(UK)	FREE ORAL COMMUNICATIONS SESSION
13.00-13.30		CLOSING CEREMONY, YIA	

Legend:

KEYNOTE LECTURE
Break
Hall