

1st Serbian International Sports Medicine Conference

Aspetar & Serbian Institute of Sports and Sports Medicine

22-23rd of May 2015

FRIDAY 22nd MAY 2015

8:00-8:45 **Registration**

8:45-9:00h **Introduction, Opening:**

TBD

9:00-10:00h **Session 1: Athlete Screening**

Chairs: TBD (1 x Aspetar, 1 x Local)

Overview on athlete screening – Why do we do it?

Mathew Wilson (Aspetar/UK) 15 min

Cardiac screening in athletes – 25 years of experience

Antonio Pelliccia (Italy) 20 min

Athlete Screening – An outside perspective

Yorck Olaf Schumacher (Aspetar/Germany) 15 min

10:00-10:45h **Session 2: Sports Injury Prevention**

Chairs: TBD (1 x Aspetar, 1 x Local)

Injury prevention – what is the evidence?

Roald Bahr (Norway/Aspetar) 20 min

Injury prevention – for whom and how?

Rod Whiteley /Erik Witvrouw

(Aspetar/ Australia/Belgium) 20 min

10:45-11:15h **Coffee Break**

11:15-12:15h **Session 3: Sports Injury Management (15 min)**

Chairs: TBD (1 x Aspetar, 1 x Local)

Muscle Injuries in athletes

Johannes Tol (Netherlands) 15 min

Groin injuries in athletes

Ulrike Muschaweck (Germany) 15 min

Ankle injuries and surgical treatment in Sports
min

Pieter D'Hooghe (Aspetar/Belgium) 15

Novel Treatment approaches in Sports Medicine:

PRP, HVI etc. - what is the evidence?

Adam Weir (Aspetar/Netherlands) 15 min

12:15-13:30h – Lunch Break

13:30-15:30 **Parallel session workshops (30 minutes each + 10 min change, order TBD)**

The athlete's groin

Adam Weir (Aspetar/Netherlands),

Zarko Vuckovic (Aspetar/Serbia),

Gilles Reboul (France/Aspetar)

ECG interpretation in athletes

Antonio Pelliccia (Italy), Mathew Wilson (Aspetar/UK)

Rehabilitation for shoulder injuries

Rod Whiteley (Aspetar/ Australia)

Rehabilitation for knee injuries

Erik Witvrouw (Aspetar/ Belgium)

Examination of the foot and ankle
Belgium)

Pieter D'Hooghe (Aspetar/

Examination of the knee

Marc Martens (Belgium/Aspetar)

13:30-15:30 *Parallel session lectures*

The Aspetar Experience (15 min)

Health and performance in the heat

Julien Periard (Aspetar/Canada)
Sebastien Racinais (France /Aspetar)

Latest developments in altitude training
Sport science application in football

Yorck Olaf Schumacher (Aspetar/Germany)
George Nassis (Aspetar/Greece)

The European Experience (15 min)

Exercise for public health: Evidence- based approach
Effects of inactivity on health outcomes: New perspectives
Exercise prescription in clinical sports medicine

Stjepan Heimer (Croatia)
Rado Pisot (Slovenia)
Tamara Gavrilovic (Serbia)

15:30-16:00 *Coffee Break*

16:00-17:30 *Special lectures (25 min)*

Can we test muscle mechanical properties through multi-joint movements?
40 years of ACL Surgery – What do we know?
Sports Radiology

Jaric Slobodan (USA)
Marc Martens 20 min (Belgium)
Ali Guermazi (USA/Aspetar)

SATURDAY 23rd MAY 2015

9:00-10:30 h **Session 4: Sports medical Issues in Athletes** **Chairs:** TBD (1 x Aspetar, 1 x Local)

TBD **Michel D'Hooghe (20 min)**
Sudden cardiac death: Prevention or Emergency care? Antonio Pelliccia (Italy) (20 min)
New frontiers in Anti-Doping Yorck Olaf Schumacher (Aspetar/Germany) (20 min)

10:30-11:00 h **Coffee Break**

11:00-12:30 h **Session 5: Sports Performance& Nutrition** **Chairs:** Vladimir Jorga(Serbia)

Beta-alanine Supplementation for Elite Performance Jay R. Hoffman (USA) 30min
Training and nutrition for ultra-endurance events: an update G. J. Olcina Camacho (Spain) 30min
Mitochondria-related Nutraceuticals for Post-exercise Recovery Sergej M. Ostojic (Serbia) 30min

12:30-13:15 h **Lunch Break**

13:15-14:30 h **Session 6: Exercise is Medicine** **Chairs:** TBD (1 x Aspetar, 1 x Local)

A global perspective Karim Khan (Aspetar/Canada) 20 min
An opportunity for Qatar Mohamed Ghaith Al Kuwari (Aspetar/Qatar) 20 min
Fitness vs. fatness in children: Can you be overweight and healthy? Sergej Ostojic (Serbia) 20 min

14:30-14:45h **Coffee Break**

14:45-15:30h **Special Champion Session:** **Moderator:** **TBD**

Champion Panel: Nebojsa Popovic – Vlade Divac – Vanja Udovcic – **TBC new Serbian**

15:45-16:15 **Special lecture**

Qatar 2022 Football World Cup – A challenge for Sports Medicine? Cristiano Eirale (Aspetar/Italy)
20 min

15:30 **Closing** **TBD**

Further Invitees/ Chairs:

Dr Michel D'Hooghe (President of FIFA Medical Commission)
Dr Richard Budgett (Director IOC Medical and Scientific Department)