5th International Conference on

Sports Medicine and Fitness

November 14-15, 2019 | Paris, France
**DAY-1**  
**November 14, 2019**  
**Meeting Hall: Room Andromède**  

09:00-09:30 Registrations

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**Opening Ceremony**  
09:30-09:50

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**KEYNOTE FORUM**

<table>
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<td>09:50-10:00</td>
<td>Introduction</td>
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| 10:10-10:40 | **Title:** 3 Steps to high performance mastery: Master your skills, partnerships, and lifestyle  
Ari Gronich, Performance Therapy Academy, USA |
| 10:40-11:20 | **Title:** Return to competition in elite sport following injury- A clinician's perspective  
Alan Rankin, PAR Physiotherapy Sports Injury Clinic, United Kingdom |
| 11:40-12:20 | **Title:** The Immune system measurement and serum immunoglobulins: Effects of recreational activity  
Rakesh Tomar, King Fahd University of Petroleum & Minerals, Saudi Arabia |
| 12:20-13:00 | **Title:** Is there a need for a fellowship-advisor for doctors and researchers?  
Mohy Taha, Basel University Hospital, Switzerland |

**Networking & Refreshments 11:20-11:40 @ Breakout Area**

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**GROUP PHOTO**

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**Sessions:** Sports Injuries, Treatment and Management | Sports Medicine and Science | Occupational Therapy | Traditional Medicine for Sports Injuries | Exercise Physiology and Metabolism | Sports Psychology and Athlete Counseling | Orthopedic Sports Medicine and Surgeries

**Chair:** Ari Gronich, Performance Therapy Academy, USA

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**INTRODUCTION**

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| 14:00-14:25 | **Title:** Design of technological wheelchair system based on biomechanics methodology  
Kostas Gianikellis, BioErgon Research Group, University of Extremadura, Spain |
| 14:25-14:50 | **Title:** The effect of ketogenic diet and exercise intervention on cardiometabolic health in overweight chinese females  
Sun Shengyan, University of Macau, China |

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**Lunch Break 13:00-14:00 @ Hotel Restaurant**
14:50-15:15 
**Title:** Personal competences of outstanding athletes after spinal cord injury  
Agata Goraczko, University School of Physical Education, Poland

**Title:** Exploring Motivational Interviewing as a technique for physical activity promotion on an acute medical unit setting – A qualitative study  
Yasmin Nasir Ajanah, The University of Nottingham, United Kingdom

Networking & Refreshments 15:40-16:00 @ Breakout Area


Chair: Rakesh Tomar, King Fahd University of Petroleum & Minerals, Saudi Arabia

INTRODUCTION

16:00-16:25
**Title:** Totally extra-peritoneal repair for the Sportsman's groin via 'the Manchester Groin Repair'; A comparison of elite versus amateur athletes  
James Pilkington, Manchester University NHS Foundation Trust, United Kingdom

**Title:** Relationship between isokinetic strength, countermovement jump and stabilometry in spastic diplegia  
Miguel Rodal, BioErgon Research Group, University of Extremadura, Spain

16:25-16:50
16:50-17:15
**Title:** Effect of shoes on lower limb venous status during exercise: a systematic review  
Lucie Lerebourg, Normandie University, France

POSTER PRESENTATIONS 17:15-18:00 @ BREAKOUT AREA

Panel Discussion

DAY-2

November 15, 2019  
Meeting Hall: Andromède

Networking & Refreshments 12:30-14:00 @ Hotel Restaurant

Awards & Closing Ceremony