

Scientific Program

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

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

KEYNOTE FORUM

09:50-10:00 Introduction

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

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

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

GROUP PHOTO

Lunch Break 13:00-14:00 @ Hotel Restaurant

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

INTRODUCTION

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

14:50-15:15 **Title: Personal competences of outstanding athletes after spinal cord injury**
Agata Goraczko, University School of Physical Education, Poland

15:15-15:40 **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

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: 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 Pilkigton, Manchester University NHS Foundation Trust, United Kingdom

16:25-16:50 **Title: Relationship between isokinetic strength, countermovement jump and stabilometry in spastic diplegia**
Miguel Rodal, BioErgon Research Group, University of Extremadura, Spain

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

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DAY-2

November 15, 2019

Meeting Hall: **Andromède**

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

Awards & Closing Ceremony