Promoting Nutrition Practices and Enhancing Lifelong Health, Fitness, and Sports Performance

August 16-17, 2018
Dublin, Ireland

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Sports Nutrition 2018

PROGRAM AT A GLANCE

DATE: August 16-17, 2018

Dublin, Ireland

Conference Series Ltd extends its welcome to 6th International Conference on Sports Nutrition & Fitness during August 16-17, 2018 at Dublin, Ireland with a theme "Promoting Nutrition Practices and Enhancing Lifelong Health, Fitness, and Sports Performance". Participating at Sports Nutrition 2018 will provide an exceptional opportunity to interact with world-class Sports nutritionist and Physiotherapist Experts in the field creating a channel for collaborations and partnerships.

CONFERENCESERIES

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KEY SESSIONS

Sports Nutrition and Fitness
Kinesiology
Fitness Science and Health
Eating Disorders in Athletes
Sports Performance & Physical Health
Sport Psychology
Nutritional Immunology
Musculoskeletal Disorders and Disease
Physical Medicine & Rehabilitation
Sports Medicine & Injuries
Ayurveda and Yoga exercise
Dietary Supplements

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SPORTS NUTRITION
GLIMPSES

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IRELAND

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Scientific Program

3rd International Conference on
SPORTS MEDICINE AND FITNESS
October 05-06, 2017 Barcelona, Spain
### Keynote Forum

**Introduction**

**Title:** Evidence of shockwave treatment in sports medicine  
**Silvia Ramón Rona,** President of Onlat (Latin American Societies and Associations on Shockwave in Medicine), Spain  

**Title:** Train your head… body will follow  
**Sandy Weston,** Owner of Weston Fitness, USA

**Networking and Refreshments Break**

**Title:** Hydration status and thermoregulatory responses in drivers during competitive racing  
**Lara Carlson,** University of New England, USA

**Plenary Session**

**Title:** Hyperbaric oxygenation in sports medicine: From the empirism to the evidence, A critical review on indications, safety, and rational application  
**Jordi Desola,** Professor of Diving and Hyperbaric Medicine, University of Barcelona, Spain

**Panel Discussions/Group Photo**

**Sessions:** Sports Medicine and Fitness | Physical Education and Training  
**Session Chair:** Ahmad Alkhatib, Dasman Diabetes Institute, Kuwait  
**Session Co-chair:** Sandy Weston, Owner of Weston Fitness, USA

**Session Introduction**

**Title:** Proposal of fujimmon's growth curve for new standardization as human growth model  
**Katsunori Fujii,** Aichi Institute of Technology, Japan

**Title:** Movement and eating disorders  
**Margaret A Geraci,** Eastern Illinois University, USA

**Title:** The relationship between subjective well being and attitude towards physical education and sports: Example of vocational high school  
**Serdar Kocaekşi,** Anadolu University Faculty of Sport Sciences, Turkey

**Lunch Break**

**Sessions:** Orthopedic Sports Medicines, Injuries and Treatments | Factors Affecting Sports Performances  
**Session Chair:** Silvia Ramón Rona, President, Catalan Society of Physical Medicine and Rehabilitation (SCMFIR), Spain  
**Session Co-chair:** Dagmar PAVLU, Charles University, Czech Republic

**Session Introduction**

**Title:** Advanced Ayurvedic integrated innovative treatment approach for various sports injuries compared with modern treatment- special emphasis on groin, meniscal and shoulder injuries  
**Arshad P,** Daisman Sports Medicine Hospital, India

**Title:** The management of turf toe – A systematic review  
**Louis Hainsworth,** University of Edinburgh, Scotland

**Title:** The relationship between anthropometric features and dynamical-statistical balance values of competitor sporters  
**Ahmet Gokhan Yazıcı,** Palandoken State Hospital, Turkey

**Title:** Investigation of the impact of sports, exercise and recreation (ser) participation on psychosocial outcomes in a population of veterans with disabilities.  
**Justin Z Laferrier,** University of Connecticut, USA

**Track:** Decreasing ankle swelling in athletes with lateral ankle sprain: Is there any difference between neuromuscular electrical stimulation and kinesio taping  
**Vahid Mazloum,** Iran
<table>
<thead>
<tr>
<th>Title: Eating disorders in the athletic population</th>
<th>Workshop</th>
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<tr>
<td>Margaret A Geraci, Timberline Knolls Residential Treatment Center, USA</td>
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<tr>
<th>Title: Exercise intensity for health and sports performance: Recent updates</th>
<th>Panel Discussion</th>
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<td>Ahmad Alkhatib, Dasman Diabetes Institute, Kuwait</td>
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<th>Title: Elastic resistance training</th>
<th>Keynote Forum</th>
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<td>Dagmar PAVLU, Charles University, Czech Republic</td>
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<th>Title: Physical fitness profile in professional bodyguards</th>
<th>Networking and Refreshments Break</th>
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<td>Jan Heller, Charles University, Czech Republic</td>
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<th>Sessions: Kinesiology and Exercise Science</th>
<th>Physicaltherapy and Rehabilitation</th>
<th>Sports Psychology</th>
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<td>and Athlete Counseling</td>
<td>Exercise Physiology and Metabolism</td>
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| Session Chair: Marek Waic, Charles University, Czech Republic |
| Session Co-Chair: Carme Carré-Liopis, Medical Director, Instituto Pilar Domínguez, Spain |

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<tr>
<th>Title: Homogeneity among centers in the application of the Pilar Domínguez method in children and adolescents assessed by musculoskeletal parameters. A pilot study</th>
<th>Session Introduction</th>
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<td>Carme Carré-Liopis, Medical Director, Instituto Pilar Domínguez, Spain</td>
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| Title: The effects of neuromuscular exercises for pelvic alignment versus standard exercises for hip joint mobility on shoulder range of motion and torque production – A randomized blinded control group study | |
| Mohammad Reza Nourbakhsh, University of North Georgia, USA |

| Title: The psychological profile of youth male soccer players in different playing positions | |
| Amira Najah, University of Tunis, Tunisia |

| Title: Impact of the collision and push angles on the phases hop, step and jump in the triple jump and their relationship to the stage of take-off | |
| Abdelkader Gueblili, Hassiba Benbouali University, Algeria |

| Title: The effect of fourteen weeks of gait cycle in autism spectrum disorder | Lunch Break |
| Sara Mirzabeigi Fini, Disabled and Veteran Committee of Equestrian Federation, Iran |

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<tr>
<th>Title: Ultrasound-guided regenerative injection therapy for sports injuries</th>
<th>Workshop</th>
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<td>Jeimylo C De Castro, American Academy and Board of Regenerative Medicine, Phillipines</td>
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<tr>
<th>Title: The effectiveness of pilar dominguez method based on dance exercise and movement to improve posture and musculoskeletal disorders amongst children and teenagers. A pilot study</th>
<th>Poster Presentation 16:00-17:30 @ Foyer</th>
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| Title: Evaluation of female athlete triad in female university athletes | |
| Aki Osawa, Juntendo University Urayasu Hospital, Japan |

| Title: Beginnings and development of sports sciences in Czechoslovakia 1918 – 1938 | |
| Marek Waic, Charles University, Czech Republic |

| Title: The effect of road cycling vs. distance running on loaded and non-loaded limb bone density in recreational male athletes | |
| Marc Potter, Blackpool and The Fylde College, University Centre, UK |
SMC201705
Title: The regular practice of running remarkably increases plasma BDNF levels in middle-aged and elderly ammateur runners
Maristela Souza, Methodist University, Brazil

SMC201706
Title: Psychological characteristics of male youth soccer players: Specificity of mental attributes according to age categories
Amira Nojah, University of Tunis, Tunisia

SMC201707
Title: Ski injuries of dizin ski slope infirmary patients during skiing season of 2008-2009
Amir Hossein Khalilifar, Ski National Federation, Iran

SMC201708
Title: Chronic head trauma in sports as a cause of hypopituitarism: A survey on iranian national boxers
Yasaman Keivanchehr, University of Medical Science, Iran

Panel Discussion
Awards & Closing Ceremony
Proceedings of
2nd International Conference on
Sports Medicine and Fitness
April 18-20, 2016 Dubai, UAE

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Day 1  
April 18, 2016

Grand Hall A

Registrations

Keynote Forum

Introduction

Title: Current concepts of treatment of ACL injuries
Harris Zourelidis, Dubai Bone and Joint Center, UAE

Title: Paragliding related vertebral injuries
Henrik C Bäcker, Cantonal Hospital of Lucerne, Switzerland

Title: Barefoot and shod walking in virtual reality environment with Oxford foot model
Vicki Cameron, Founder and CEO StEPS Podiatry, Scotland, UK

Track 1: Sports Science: Physical Education and Training
Session Chairs: Ahmad Alkhatib, Abertay University, UK
Session Co-Chair: Suad Alanzi, Ministry of Health, Kuwait

Title: The variance of daily training load in Arabic professional youth soccer players after a change of head coach during the in season
Guido Seerden, Al Shabab Al Arabi Football Club, UAE

Title: The effect of physical activity program for improving functional level of children with developmental coordination disorder
Suad Alanzi, Ministry of Health, Kuwait

Title: The effect of 12 sessions of combined exercises (endurance-resistance) on some physical fitness factors in female students
Najmeh Arabnejad, Kerman Medical Science University, Iran

Title: Effect of combined aerobic strength training and SAQ training followed by detraining on selected variables of soccer players
Abdussalam Kanniyan, King Fahad University of Petroleum and minerals, Saudi Arabia

Title: Effects of unilateral training on specific skills of young basketball players
Aleksandar Cvorovic, Abu Dhabi Police College, UAE

Lunch Break

Title: Return to play after injury in youth soccer: Where do growth and maturation fit into the picture?
Olivier Materne, Aspire Academy, Qatar

Video Presentation on Pharmacology and sport: An oral presentation on the importance of pharmacological knowledge within the sport and fitness community
Ciara Delgado and Greg Gasior, Charlotte Athletic Club- Duke Energy Center, USA

Title: Microvascular responses to exercise training using a novel non-invasive approach: a study protocol
Ahmad Alkhatib, Abertay University, UK

Title: A comparative and quantitative electromyographic analysis of shoulder and wrist muscles in cricket fast bowlers during bouncer and yorker delivery
Animesh Hazari, Manipal University, India

Title: Biofeedback treatment in sport rehabilitation
Mahindokht Rouhikia, Arya Clinic, UAE

Title: Horizontal alternation in daily training load within Arabic professional youth soccer players during the in-season
Guido Seerden, Al Shabab Al Arabi Football Club, UAE

Title: Clavicle fracture update: Treatment of sport-related clavicle fractures & injuries of the AC joint
Jonas R Rudzki, The George Washington University School of Medicine, USA

Networking & Refreshments Break
Track 2: Exercise and Fitness: Physiology & Metabolism

Session Chairs: Vicki Cameron, Founder and CEO StEPS Podiatry, Scotland, UK
Session Co-Chair: Guido Seerden, Al Shabab Al Arabi Football Club, UAE

Title: Deviant! Muscularity in women who do mixed martial arts: Navigating stereotypical femininity in different social contexts as a muscular woman who does MMA
Alexandra Maris, University of Toronto, Canada

Title: The role of lifestyle behavior change associated with non-communicable disease risk in managing health conditions
Amani Kamal Saqallah, Zayed University, UAE

Title: Muscle mechanics and physiology behind exercise
Md Sakibuzzaman, Sir Salimullah Medical College, Bangladesh

Panel Discussion

Day 2              April 19, 2016
Grand Hall A

Keynote Forum

Title: Metabolic exercise assessment: Methodological recommendations for clinicians, health and exercise
Ahmad Alkhatib, Abertay University, UK

Title: Effect of combined aerobic strength training and SAQ training followed by detraining on selected variables of soccer players
Abdussalam Kanniyar, King Fahad University of Petroleum and Minerals, Saudi Arabia

Track 3: Sports Injury, Pain and Management
Track 4: Orthopedics Sports Medicine and Treatments
Track 5: Physical and Occupational Therapy & Rehabilitation
Track 8: Sports Dentistry

Session Chair: Sujata Khire, Welfare Medical Centre, UAE
Session Co-Chair: Kirill Alekseyev, Kingsbrook Rehabilitation Institute, USA

Title: A gait analysis toolkit for the foot in rheumatoid arthritis: A case study
Vicki Cameron, Founder and CEO StEPS Podiatry, Scotland, UK

Title: Kinesio taping – Why it works and how it works?
Sujata Khire, Welfare Medical Centre, UAE

Networking & Refreshments Break

Title: The prevalence of musculoskeletal disorders among dental practitioners
Sediqe Ebrahimipour, Birjand University, Iran

Workshop

Use of kinesio taping in the athletic population
Sujata Khire, Welfare Medical Centre, UAE

Lunch Break

Title: Physiotherapy management of meniscal repair- A post-surgical affair
Paul George, Dubai Hospital, UAE

Title: Exploring the relationship of rotator muscle strength and rotation range of motion of the shoulder with the duration of play or shoulder pain in volleyball players with and without unilateral shoulder pain
Jay Patel, Physiomove Rehab, USA

Workshop

Title: Designing an effective physical activities program for children with developmental coordination disorder based on the ICF model
Suad Alanzi, Ministry of Health, Kuwait

Networking & Refreshments Break

Title: To identify the most common fencing injuries in variety of competitors
Kirill Alekseyev, Kingsbrook Rehabilitation Institute, USA

Poster Presentations
Panel Discussion
Day 3             April 20, 2016  
Grand Hall A

Keynote Forum

Title: Identifying the most common crossFit injuries in a variety of athletes  
Kirill Alekseyev, Kingsbrook Rehabilitation Institute, USA

Workshops

Title: Biomechanical Principles of Foot Injuries Commonly Seen in Sport  
Vicki Cameron, Founder and CEO StePS Podiatry, Scotland, UK

Networking & Refreshments Break

Track 6: Sports Nutrition and Supplements
Track 7: Sports Psychology and Skills Acquisition
Track 8: Sports Dentistry
Track 10: Computer Science In Sports Science
Track 11: Sports Technologies in Talents and Performance

Session Chair: Paul George, Dubai Hospital, UAE
Session Co-Chair: Abdussalam Kanniyan, King Fahad University of Petroleum and minerals, Saudi Arabia

Session Introduction

Title: The pitfalls of self-plagiarism: Implications for physical therapy research  
Ashokan Arumugam, Majmaah University, Saudi Arabia

Body composition status of Abu Dhabi police college cadets  
Aleksandar Cvorovic, Abu Dhabi Police College, UAE

Septic arthritis following ACL reconstruction: Case series  
Mohammad Ashfaq Konchwalla, Saudi German Hospital, UAE

Title: Measuring the impact factors of sporting events which a sports fan, non-sports fan, and athlete considers important when attending a national or international sporting event  
Diptesh Andrew, Saint Leo University, USA

Panel Discussion

Lunch Break

Award Ceremony

Bookmark your dates

3rd International Conference on  
Sports Medicine and Fitness  
May 01-03, 2017   Barcelona, Spain