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4th International Conference on Sports Medicine and Fitness

November 14-16, 2018
Edinburgh, Scotland



SCIENTIFIC PROGRAM

DAY 1
Wednesday, 14th November

08:30-09:00 **Registrations**

09:00-09:30 **Introduction**

09:30-09:50 COFFEE BREAK

09:50-11:50 Meeting Hall 01 **KEYNOTE LECTURES**

11:50-13:10

MEETING HALL 01	MEETING HALL 02
Talks On: Sports Medicine and Science	**Talks On: Physical Education Fitness**
Basics of sports science	Basics of Physical Health
Sports and gender	Importance of physical education
Sports and age	Physical fitness and diseases
Sports and Metabolism	

13:10-13:15 GROUP PHOTO

13:15-14:00 LUNCH BREAK

14:00-16:00

MEETING HALL 01	MEETING HALL 02
Talks On: Orthopedic Sports Medicines	**Talks On:** Physical Therapy and Rehabilitation
Treatment options	Different methods used
Different types of surgeries	Care and precautions
Surgical and Non-surgical methods	Health benefits
Injury prevention and management	Equipments used
Equipment used	

16:00-16:20 COFFEE BREAK

MEETING HALL 01 (16:20-17:00)	MEETING HALL 01 (17:00-18:00)
Young Researchers in Sports Medicine and Fitness	Workshop

DAY 2
Thursday, 15th November

09:00-10:30 Meeting Hall 01 — **KEYNOTE LECTURES**

10:30-10:50 COFFEE BREAK

10:50-12:50

MEETING HALL 01	MEETING HALL 02
Talks On: Occupational Therapy	**Talks On:** Kinesiology and Physical Activities
Care and precautions	Health benefits
Health benefits	Equipment's and instruments used
Techniques and methods	Types and methods
Equipments used	Techniques and methods

12:50-13:35 LUNCH BREAK

13:35-15:55

MEETING HALL 01	MEETING HALL 02
Talks On: Exercise Physiology and Metabolism	**Talks On:** Nutrition, Diet and Hydration in sports
Body functions during physical activities	Types and need of nutrition.
Response during endurance	Nutrition and performance
Body mass development	Nutrition deficienc
Factors affecting physical health	

15:55-16:15 COFFEE BREAK

MEETING HALL 01 (16:15-17:00)	MEETING HALL 01 (17:00-18:00)
Poster Presentations	Workshop

DAY 3
Friday, 16th November

09:00-10:30 Meeting Hall 01 — **KEYNOTE LECTURES**

10:30-10:50 COFFEE BREAK

10:50-12:50

MEETING HALL 01	MEETING HALL 02
Talks On: Sports Injuries, Treatment and Management	**Talks On:** Sports Dentistry
Types of physical injuries	Total dentofacial care
Severity of injuries	Craniofacial injuries
On spot management	Treatments and management
Different treatment methods	

12:50-13:35 LUNCH BREAK

13:35-15:55

MEETING HALL 01	MEETING HALL 02
Talks On: Sports Marketing and Media	**Talks On:** Sports Psychology and Athlete Counseling
Importance if Media in sports	Importance of Sports Psychology
Marketing as a tools for sports promotion	Management of performance
Consequences of sports with media	Counseling
	Sports situations

15:55-16:15 COFFEE BREAK

MEETING HALL 01 (16:15-17:00)	MEETING HALL 01 (17:00-18:00)
Young Researchers in Sports Medicine and Fitnesx	Workshop

Awards & Closing Ceremony

Organizing Committee Members



Kirill Alekseyev

Vice President

Kingsbrook Rehabilitation Institute

USA



Silvia Ross

CEO SRoss Nutrition LLC

New York



Dagmar Pavlů

Associate Professor

Charles University

Czech Republic



Ahmad Alkhatib

Head of Division of Sport and Exercise Science Abertay University, United Kingdom



Vladimir Puzovic

Lecturer University in Kragujevac, Serbia



Rakesh Tomar

Doctor

King Fahd University of Petroleum & Minerals

Saudi Arabia



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AGENDA

Title: Holistic Fitness saves Human Extinction in a Transhuman Era

Julie Rammal
Geroge Washington University, USA

Julie Rammal, founder of JSport and the holistic fitness movement, International Holistic Trainer, Speaker & Influencer, writer, consultant and founder of the world's first holistic fitnewss dvd: In Light Of Change. She has inspired thousands worldwide on the power of holistic fitness. Having trained numerous VIP & celebrities, she is widely known for her holistic approach towards understanding and assisting the body and mind in just three energy-fuelled sessions.

Title: The Four Pillars of a Successful Medical Tourism Business

Timothy P. Vicknair
European Medical Tourism
Raleigh, NC USA

Mr. Vicknair has completed an MS Ed. Psy. at the age of 23 years from James Madison University of Virginia and premed studies with honors at the University of Texas in Austin, Texas. He is a co-founder and Managing Director of European Medical Tourist (EMT). He has facilitated more than 3,600 evaluations in orthopedic surgery and is a long-time associate of Prof. Dr. Rudolf Bertagnoli and Prof. Dr. Christoph Lill

Title: Physical Observation for Nutritional Deficiencies

Keri Brown
Tallas Health, Colorado USA

Dr. Keri Brown received her doctorate (ND) Degree in Naturopathic Medicine from Bastyr University in Seattle, WA in 1998 and has successfully integrated nutritional, emotional, and structural therapeutics into a unique health approach. She is a founding member of Sojourns Non-Profit Community Clinic in Vermont, owner of Tallas Heath in Colorado, author, speaker, and entrepreneur. She focuses on utilizing holistic health information, cutting edge techniques, and common sense to support and inspire transitions in health.

SPEAKER SLOTS AVAILABLE

Title: The acute effects of integrated myofascial techniques on lumbar Para spinal blood flow compared with kinesio taping: A pilot study

Yusuf Shah
University of Kent, UK

Yusuf is a lecturer and the University of Kent who is currently completing his PhD. Yusuf has been working as a lecturer in the School of Sport and Exercise Sciences within the Sports Therapy department for the past six years, teaching soft tissue techniques anatomy and rehabilitation modules. His research interests include myofascial therapy, low back pain and rehabilitation

Title: The First Trachea Injury Reported In a Rugby Player

Nik Mbakada
Royal Blackburn Hospital
UK

Nik Mbakada (MBChB MRCS), Registrar in Emergency Medicine Emergency Department Royal Blackburn Hospital Haslingden Rd Blackburn BB2 3HH United Kingdom

Title: Patello-femoral pain syndrome (PFFS): an update on the conservative management

Valerio Pace
The Royal National Orthopaedic Hospital, UK

Valerio Pace has completed his MBBs at the age of 27 years from University of Perugia. He worked at FY, SHO and T&O Registrar level in the UK between 2013 and 2017, working at the Royal National Orthopedic Hospital from April 2015 to October 2017. He is now a T&O Resident Doctor at the University of Perugia (Italy). He also has a "Honorary Research Contract" at the Royal National Orthopedic Hospital.

SPEAKER SLOTS AVAILABLE

Title: Tele-Arthroscopic Surgical Supervision to enhance Patient Safety

Suhail Chughtai
Royal College of Physicians & Surgeons Glasgow, UK

Dr Chughtai, a trainee of Higher Specialist Orthopaedic Rotation in UK completed his Surgical Fellowship from the Royal College in UK in 1993. He has over 15 years Orthopaedic experience at a consultant level in UK, Saudi Arabia and Pakistan. . He is Founder Director and Chief Technology Officer of a Telehealth firm, Medical City Online which has over 25 Telehealth projects to its' credit so far, spanned out in several countries.

Title: Orthopaedic Sports Injury Consultations on dedicated Telemedicine Software

Suhail Chughtai
Royal College of Physicians & Surgeons Glasgow, UK

Dr Chughtai, a trainee of Higher Specialist Orthopaedic Rotation in UK completed his Surgical Fellowship from the Royal College in UK in 1993. He has over 15 years Orthopaedic experience at a consultant level in UK, Saudi Arabia and Pakistan. His other role being a Microsoft Certified Specialist revolves around Medical Software Technology and it's role in Healthcare delivery.

Title: Personalized Lifestyle Approaches: From Sports to Medical diagnostics

Ahmad Alkhatib
Dasman Diabetes Institute, Kuwait

Prof. Alkhatib is a leading expert in the field of personalized lifestyle, bio-nutraceuticals, public health and sports sciences. His current research focus is preventing and managing diabetes and associated chronic diseases using innovative lifestyle prevention. Over the past twenty years, Prof. Alkhatib led a distinguished career in the UK involving top academic positions, developing new research and academic programs

SPEAKER SLOTS AVAILABLE

Title: Small Sided Recreational Football & Immunology: The Effects on Immune System

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

Dr. Rakesh Tomar is currently working as faculty at King Fahd University of Petroleum & Minerals, Saudi Arabia. Dr Tomar received his PhD on Physical Education from LNIPE, India. Dr. Tomar has authored several publications in various journals (Including ISI Web of Science) and books. His publications reflect his research interests in exercise physiology, health and fitness.

Title: Glutamine Supplementation in Athletic Performance, Body Composition and Immune Function: A Systematic Review and Meta-Analysis of Clinical Trials

Amirhossein Ramezani
Ahvaz Jondishapour University of Medical Science, Iran

Amirhossen has completed his MSc in nutrition at the age of 24 years from Tehran University of Medical Science and currentely studying PhD in Ahvaz jondishapour University of Medical Science. He is now working on thesis about the effects of vitamin D on athletes

Title: Branched Chain Amino Acids supplementation can reduce muscle injury and hasten recovery post-exercise

Amirhossein Ramezani
Ahvaz Jondishapour University of Medical Science, Iran

Amir hossen has completed his MSc in nutrition at the age of 24 years from Tehran University of Medical Science and currentely studying PhD in Ahvaz jondishapour University of Medical Science. He is now working on thesis about the effects of vitamin D on athletes

SPEAKER SLOTS AVAILABLE

Title: Comparison of Selected Biomechanical Variables and Performance of National Level Judokas in Kata Guruma

R. Chakravarty
University College of Medical Sciences, Delhi, India

Dr. R. Chakravarty, Assistant Professor, Dept. Of Physical Education, University College of Medical Sciences (University of Delhi), Delhi

Title: Anterior knee pain and its impact on the quality of life among runners in peri-urban communities in Ekurhuleni, Gauteng province

Siyabonga Henry Kunene
University of KwaZulu-Natal, Durban, South Africa

Siyabonga Henry Kunene is a sports physiotherapy lecturer at the Univerviety of the Witwatersrand in South africa. He has completed his Masters in sports physiotherapy in 2014 from Sefako Makgatho Health Sciences University and is currently doing his PhD at the University if KwaZulu-Natal. His areas of interest is in neuromusculoskeletal sports injury rehabilitation.

Title: Superior labrum anterior posterior lesions (SLAPs) in athletes: an overview

Valerio Pace
The Royal National Orthopaedic Hospital, UK

Valerio Pace has completed his MBBs at the age of 27 years from University of Perugia. He worked at FY, SHO and T&O Registrar level in the UK between 2013 and 2017, working at the Royal National Orthopaedic Hospital from April 2015 to October 2017. He is now a T&O Resident Doctor at the University of Perugia (Italy). He also has a “Honorary Research Contract” at the Royal National Orthopaedic Hospital.

SPEAKER SLOTS AVAILABLE

Title: Disorders of the Biceps Tendon in athletes: an overview

Valerio Pace
The Royal National Orthopaedic Hospital, UK

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Title: The effects of physical activity levels and age in self-perceived of old people regarding health aspects (physical, mental and social) in Ravansar province

Davoud Shojaeizadeh
University of Medical Sciences, Tehran, Iran

I have completed my PhD at the Age OF 35 years from Liverpool University, School of Tropical Medicine in UK. I am faculty member of Tehran University of Medical Sciences and full professor in health education and health promotion. I am published more than 55 papers in reputed journals and has been saving as an editorial board member of repute. I also published 37 books.

Title: Frequency of Work Related Musculoskeletal Disorders (WRMSDs) among delivery motorcyclists of national and multi-national companies

Mariam Maqsood
Dow University of Health Sciences, Pakistan

Mariam Maqsood has recently completed her Undergraduate Degree of Doctor of Physical Therapy from Dow University of Health Sciences, Karachi, Pakistan. She is currently working as a physiotherapist in Civil Hospital, Karachi and is one of the members of Pakistan's Ministry of Interior Young Peace and Development Corps

SPEAKER SLOTS AVAILABLE

Title: Effect of Aerobic Exercise Programs on Haematological Parameters of Sedentary People

Sanjeev Kumar
Lakshmibai National Institute of Physical Education, NERC, Guwahati, India

Dr. Sanjeev Kumar has completed his PhD at the age of 27 years from Jiwaji University, India. He is working Astt. Professor at Lakshmibai National Institute of Physical Education, NERC, Guwahati, India. He has published more than 35 papers in reputed journals at National and Internal level and has been serving as an editorial board member of repute

Title: Effects of Restricted Use of Modern Technology before Bed-Time on Psychological and Athletic Performance

Aarthi Nandagopal
Sri Ramachandra University, Chennai, India

I am Aarthi Nandagopal,a practising sport scientist with specific interest in the fields of sport psychology. This has been my field of thesis submitted for graduation program. I have done presentations in the national level conferences in the field of exercise physiology, sport psychology and sport nutrition at Indian Association of Sports Medicine and Sports Authority of India

Title: Effect of Physical Training on Platelet Aggregation and Fibrinogen Concentration in Patients with Chronic Heart Failure

Aušra Mongirdienė
University of Health Sciences, Lithuania

Ausra Mongirdiene has completed her PhD at the age of 29 years from Kaunas University of Medicine and postdoctoral studies from the same University. She is the professor of Chair of Biochemistry of University of Health Scienses of Lithuania, a member of the Lithuanian laboratory medicine and Lithuanian Biochemical Societies.

SPEAKER SLOTS AVAILABLE

Title: Standing Desks: an aid to rehab and maybe also life or how to learn to stand still for a long time without aching

Mark Sullivan
York St John University, England, UK

Following 22 years in the armed forces I took a Master's Degree at John Ruskin University in Cambridge as part of my resettlement program. After a few years working as a Personal Fitness trainer and Sports Therapist I started working at York St John University in 2002.

Title: Lumbar Disc Herniations in the Athlete: Considerations for Management and Surgical Treatment

Michiel Frederik Vande Kerckhove
Sint-Trudoziekenhuis Sint-Truiden, Belgium

Michiel Vande Kerckhove has completed his medical studies at the University of Ghent, Belgium. He is in his fifth year of medical training at the university hospital of Aachen, Germany. He is working as a resident at the orthopedic surgery department of prof. dr. Lauweryns. He has a special interest in spine surgery.

Title: Quality of Life and Physical Ability Changes after Hospital-Based Cardiac Rehabilitation in Patients with Myocardial Infarction

Byung Joo Lee
The Catholic University of Korea, Seoul, Korea

Byung Joo Lee has completed his MD from Department of Rehabilitation Medicine, Kyungpook National University Hospital. He has completed fellowship in Department of Rehabilitation Medicine, Asan Medical Center. Currently, he is doing fellowship at Department of Rehabilitation Medicine, College of Medicine, Seoul St. Mary's Hospital, The Catholic University of Korea

SPEAKER SLOTS AVAILABLE

Title: Non-invasive and biochemical markers of exercise-induced myocardial injury in professional and non-professional athletes

Natallia Maroz-Vadalazhskaya
Belarusian State Medical University, Republic of Belarus

Natallia Maroz-Vadalazhskaya has completed her MD at the age of 23 years from Belarusian State Medical University (BSMU), PhD at the age of 28 years from Belarusian Republican Scientific-Practical Centre “Cardiology”. She is an Associate Professor of postdoctoral faculty of BSMU.

Title: The biomechanics’ evaluation in soccer made on field

Mauro Testa
Biomoove Lab, Italy

He is Doctor in Sport Science. He focuses his work in Biomechanics, Ergonomic, and Physiology. Owner of BIOMOOVE lab actually is responsible for Biomechanics in Performance area in FIGC (Italia Soccer Federation). He worked in the study of sports surfaces with particular attention to the artificial ones used in football, becoming from 2003 a researcher for FIGC/LND, and he was coordinating a study on this topic with Chievo Verona under the control of FIFA and FIGC.

Title: Effect of Six Weeks Tai Chi Chuan Trainings on the motor skills of children with Autism Disorder

Mostafa Sarabzadeh
Sport Sciences Research Institute, Tehran, Iran

Mostafa Sarabzadeh has completed his master degree (MSc) in field of exercise physiology at 2016 from Islamic Azad University, Iran. He is currently works as a researcher in the Aja university of Medical Sciences, Tehran, Iran, also sport science research institute, Tehran branch,Iran and has published some papers in conferences, journals ,and 3 books in the field of neural rehabilitation and public health in Persian language.

SPEAKER SLOTS AVAILABLE

Title: Procedures to be taken by the trainer and the player to speed up recovery operations after various sports exercises

Qasoor Altmari
University of Basrah, physical Education Collage, Iraq

Qaswer Abdulhameed Altmari is a Professor of sport Biomechanics; He has completed his Master degree at the age of 29 years, and then completed his PhD at the age of 39 years from University of Basra /physical education collage. He is the director of high studies; He received the title of a Professor of 2018. He has published more than 25 researches in reputed journals.

Title: Vo2max as a cardiovascular risk factor in the Students of the University of León

Eduardo Valcarce Merayo
Faculty of Sport Science, León. Spain

Eduardo Valcarce Merayo is a physical activity expertise. He is specialized in prevention and injuries rehabilitation, and strength & conditioning. He is a 10km and half marathon national level athlete. Besides, he is certified in functional strength & conditioning (CFSC), and International Triathlon Accreditated Coach (ITU Level III) and EXOS performance specialist.

Title: RAMP Lesion - Menisco-Capsular Tears

Fahad AlKhalaf
AlRazi Orthopedic Hospital-Ministry of Health, Kuwait

Fahad AlKhalaf is from Kuwait, received his medical bachelor degree from the Royal College of Surgeon in Ireland-Dublin, and graduated in 2006. In 2014, he completed his orthopedic training and received the Saudi Board of Orthopedic Surgery from King Faisal Specialist Hospital and Research Center – Riyadh, Kingdom of Saudi Arabia.

SPEAKER SLOTS AVAILABLE

Title: Effects of Aerobic Exercise on CD4 and viral load count Among People Living with HIV/AIDS in Nekemte, Ethiopia

Girma Tilahun
Mekelle University, Mekelle, Ethiopia

Dr Girma Tilahun Jaleta has completed his master in Exercise physiology at Mekelle University, Mekelle, Ethiopia and perusing his PhD in Exercise physiology in the same University. Recently he is a Lecturer at Wollega University Department of Sport Science; College of Natural Science, Nekemte, Ethiopia.

Title: Link between Breathing & Release of Noradrenaline

Ed Harrol
Ed Harrold dba Go Be Great Inc. Aspen, Colorado

Ed Harrold is an author, motivational speaker, inspirational leader, coach and educator. Today, Ed blends the fields of neuroscience and the wisdom of contemplative traditions into effective strategies to improve health, performance and overall well-being. Ed's book "Life With Breath" is a journey in discovering the mind-body relationship Ed has served as the Director of Yoga and Sports Training for The Kripalu Institute for Extraordinary Living.

Title: Iselin's Disease: Case report and Literature review

Thomas Mathieu
University of Antwerp, Belgium

Dr. Thomas Mathieu has completed his master degree at the age of 26 years from University of Antwerp School of Medicine. Since his graduation as medical doctor, he is very active in the sports medicine. Currently he is active as one of the federal physicians of the Belgian National Football Association and as consult physician of the Royal Ballet School Antwerp.

SPEAKER SLOTS AVAILABLE

Title: Diet, Body Composition and Training Overview of a Top Level Female Mountain Biker

Iva Jurov
University Of Ljubljana, Ljubljana, Slovenia

Iva Jurov is a medical doctor currently working at Faculty of Sport in Ljubljana, Slovenia, where she mostly works in research, with endurance athletes in physiology laboratory and in nutritional field of work.

Title: Subject

Name
Affiliation

Biography

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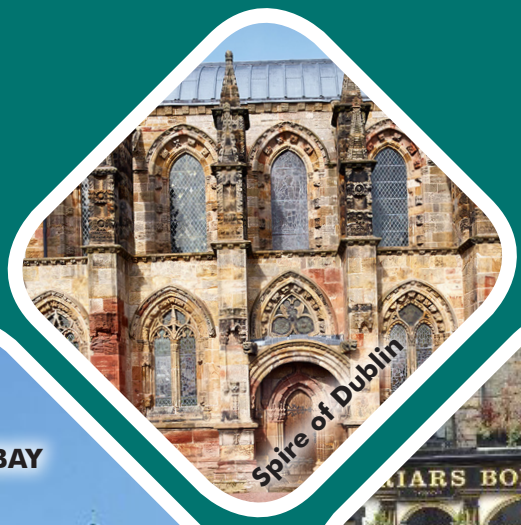
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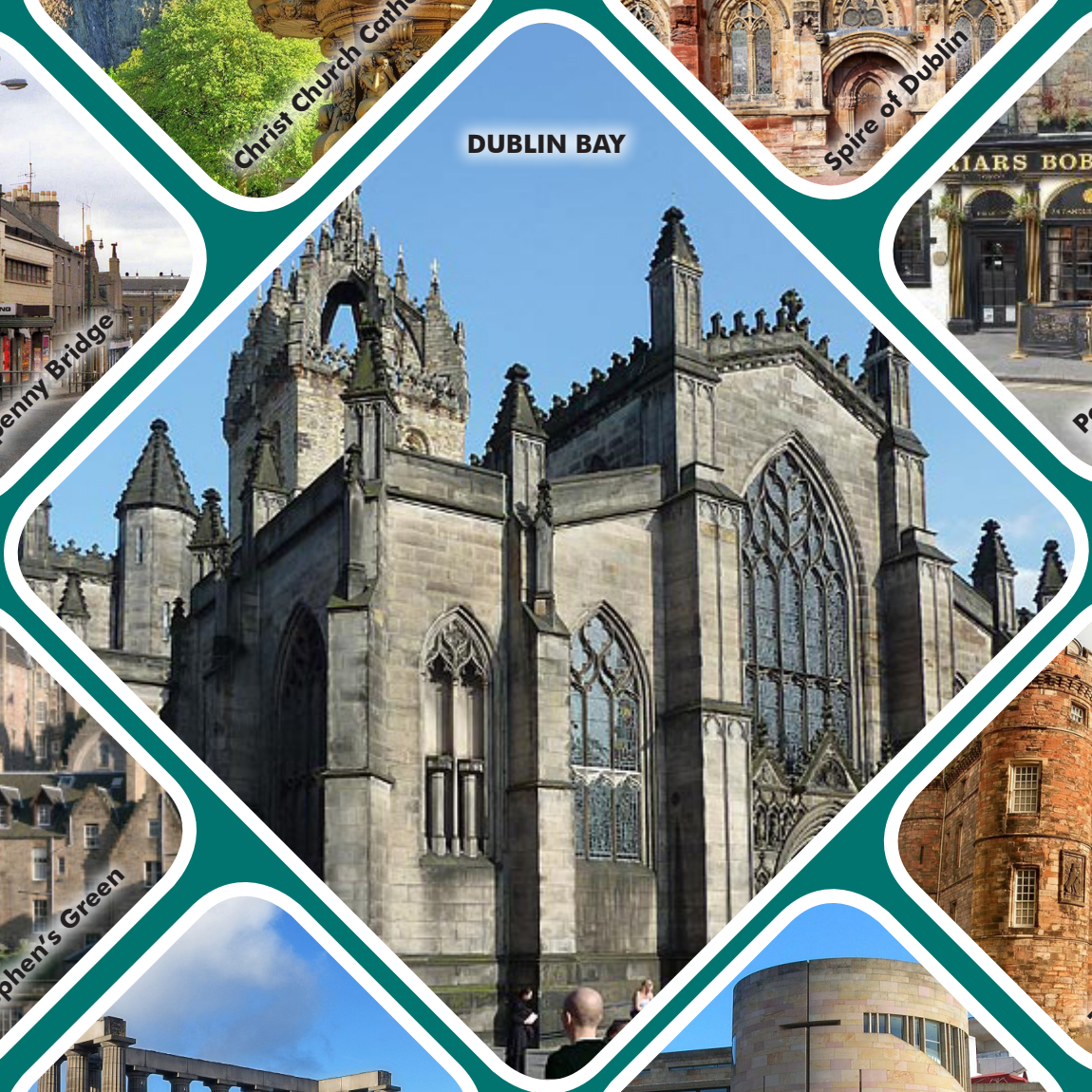
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Edinburgh Attractions





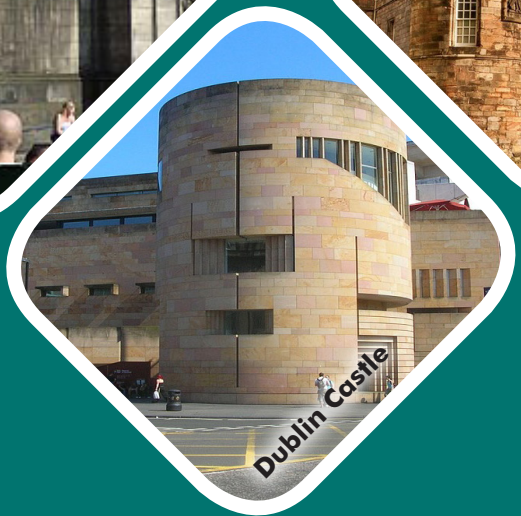












Sports Medicine Reminisce











