

The Egyptian Society for Health, Fitness & Sport Sciences
& The Central Administration of Sports Medicine

The 2nd International Conference on Sport Sciences and Sport Medicine (ICSSSM 2011)



powered by

8-10 March 2011
Intercontinental City Stars, Cairo, Egypt





The 2nd International Conference on Sport Sciences and Sport Medicine (ICSSSM 2011)

(8 - 10 March 2011)

El- Sraya Hall - Intercontinental CityStars, Cairo, Egypt.

Under the patronage of Eng. Hassan Sakr
(President of National Sports Council of Egypt)

The conference theme which is Functional Training, prevention, Rehabilitation and Diagnosis, is concurrent with the theme of IOC World Conference on Prevention of Injury & Illness in Sport.

More than 200 professionals and experts in sports, sport sciences and sport medicine from all over Egypt, USA, Australia, Germany, Italy, France, Finland and Switzerland will join this international event.

The conference features lectures, workshops and presentations which intends to bridge the gap between researchers and practitioners in the fields of sport, sports sciences and sport medicine around the world to disseminate scientific knowledge and information.

Organized by:



The Egyptian Society for Health, Fitness & Sport Sciences



The Central Administration of Sports Medicine

THE 2ND EGYPTIAN INTERNATIONAL COACHES CONVENTION (EICC)

(11- 17 March 2011)

The 2nd international study course conducted by a group of world class experts lecturing in the most prominent topics in the fields of Fitness, Rehabilitation, Sport Sciences, Medical Wellness and Professional Soccer.

Sports Medicine, Injuries and Rehabilitation for Sports teams.

Certificate approved from German Academy of applied Sports Medicine (GAASM) 3000 L.E

Functional Sports Conditioning.

Certificate approved from Gambetta Sports Training Systems, USA 3000 L.E

Functional Training for Professional Soccer.

Certificate approved from Lamar's Functional Training Academy, Germany 3000 L.E

Functional training for Speed, Agility and Quickness

Certificate approved from the Running School Academy (UK) 3000 L.E

Medical wellness

Certificate approved from WEYERGANS Academy (Germany) 3000 L.E

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Workshops

- Rehabilitation / Manual Locomotion Therapy
by *H P Cosmos Academy (Germany)*
- Rehabilitation / Arm Support Therapy
by *H P Cosmos Academy (Germany)*
- Speed Lab- Measuring and Training of Speed
by *Global Speed Academy (Germany)*
- Physiological Monitoring in Sports by Using Satellites Technologies.
by *Train-trak Academy (USA)*
- Gait and Motion Analysis
by *Zebris & Contemplas Academy (Germany)*
- Running School
by *The Running School (UK)*
- Functional Treadmill Training
by *H P Cosmos Academy (Germany)*
- Functional Training
by *Gambetta Sports Training Systems (USA)*
- Taping and Bracing in Sports.
by *GAASM (Germany)*
- Performance Diagnostic (VO₂, VO₂ MAX).
by *Cosmed Academy (Italy)*
- Lactic Acid Measurements for Designing Training Programmes.
by *H P Cosmos Academy (Germany)*
- Speed Training.
by *Global Speed Academy (Germany)*
- Athlete's Food - Sports Nutrition Workshop.
by *Cosmed Academy (Italy)*

Lectures

- The Athletic Periodic Health Examination
- Core stability in sport injury prevention
- Talent Identification and Development
- Non-contact ACL injuries – Causes, Rehabilitation and prevention
- Prevention of overuse injuries in team sports
- Pharmaceutical Solutions for Managing Chronic Pain
- Injury prevention in child and adolescent athletes
- Using Space Technology in Regeneration

Round Tables

- Talent Identification and Development in professional sports.



Schedule

Monday 8th March 2011

- 09:00 - 10:00 Registration
- 10:00 - 11:00 The Athletic Periodic Health Examination
- 11:10 - 12:10 Cardio Pulmonary Exercise Testing in Sport Medicine
- 12:10 - 01:00 **Coffee Break**
- 01:00 - 02:00 Core stability in sport injury prevention
- 02:10 - 03:10 Talent Identification & Development
- 03:10 - 04:00 **Coffee Break**
- 04:00 - 05:00 Non-contact ACL injuries –Causes Rehabilitation and prevention
- 05:10 - 06:10 Prevention of overuse injuries in team sports
- Welcome speeches
- 07:00 - 09:00 Conference Opening Ceremony
Speech of Eng. Hassan Sakr
Dinner

Tuesday 9th March 2011

- 10:00 - 11:00 Speed Lab- Measuring and Training of Speed
- 11:10 - 12:10 Physiological Monitoring in Sports
- 12:10 - 01:00 **Coffee Break**
- 01:00 - 02:00 Gait and Motion Analysis
- 02:10 - 03:10 Pharmaceutical Solutions for Managing Chronic Pain
- 03:10 - 04:00 **Coffee Break**
- 04:00 - 05:00 Injury prevention in child and adolescent athletes
- 05:10 - 06:10 Using Space Technology in Regeneration
- 06:10 - 06:50 Conference Closing Ceremony and Dinner



Wednesday 10th March 2011

- 10:00 - 11:00 Rehabilitation / Manual Locomotion Therapy
- 11:10 - 12:10 Rehabilitation / Arm Support Therapy
- 12:10 - 01:00 **Coffee Break**
- 01:00 - 02:00 Speed Lab- Measuring and Training of Speed
- 02:10 - 03:10 Physiological Monitoring in Sports by Using Satellites Technologies
- 03:10 - 04:00 **Coffee Break**
- 04:00 - 05:00 Gait and Motion Analysis
- 05:10 - 06:10 Running School
Functional Treadmill Training
- 06:10 - 06:50 Conference Closing Ceremony and Dinner

Registration Fees

Conference

International Attendees *(Includes Social Program)*

	Before January 15 th	
Professional	200 £	250 £
Students	150 £	175 £

National Attendees

	Before January 15 th	
Professional	300 L.E	350 L.E
Students	250 L.E	300 L.E

Workshops

Taping and Bracing in Sports	30 £
Performance Diagnostic (VO ₂ , VO ₂ MAX)	30 £
Lactic Acid Measurements	30 £
Speed Training – Specific and General Reconditioning Techniques (outdoors)	30 £
Athlete's Food - Sports Nutrition Workshop	30 £

Social Program

Opening Ceremony & Dinner	100 L.E
Seated Congress Dinner	100 L.E
Closing Ceremony & Dinner	100 L.E