

SASMA / BRICSCESS 2019



10 - 13 October
Century City Conference Centre, Cape Town

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FINAL PROGRAMME

SASMA: Welcome

Colleagues and friends,

Welcome to the Mother City, Cape Town, for the 18th Biennial Congress of the South African Sports Medicine Association (SASMA). A special welcome to our international guests from all over the globe and also attending students.

Over the years SASMA congresses proved to be of exceptional standard and relevant to the current trends in Sport Science and Medicine. The 2019 Congress will be no different and amongst others, will take a deep look into various themes, such as exercise for health, musculo-skeletal conditions, prevention of injury and illness, peak performance, pain management, energy availability, environmental challenges and advanced technology. These themes will not only focus on athletes in the elite space, but also on recreational athletes of all ages, across genders and with different physical abilities.

A respected international and local faculty of invited speakers will entertain you throughout the conference with the latest relevant knowledge. They will be supported by leading researchers in their respective fields, sharing evidence-based outcomes in Sport Science and Medicine. Various platforms, such as keynote lectures, mini-symposiums, colloquiums, clinical case studies, free communications, panel discussions and poster presentations will be presented in an integrated multi-professional fashion to ensure effective translation of knowledge.

For the first time in history, SASMA and the BRICS Council of Sport and Exercise Science will present a joint Congress. This collaboration will see the 1st World Future Leaders/ Volunteers' Congress and the 2nd BRICS Congress, focusing on Holistic Health, Sport Science and Sustainability: The Way Forward. Congress delegates will have access to all sessions presented by SASMA and BRICS, which will not only broaden the choice of topics but also enhance the academic value of the Congress.

The support from industry and various other role players should be commended. It would be impossible to stage a congress of this magnitude and standard without them.

Use the opportunity to network, build friendships and collaborations which may enrich your future career. The social events are in particular valuable platforms to meet people and have fun.

Enjoy one of the World's most popular tourist destinations. Take full advantage to visit attractions, learn more about South Africa, its history, the people and diverse cultures that make this a very special country. Enjoy every minute of this Congress to make it a very memorable event.

Warm greetings.

Dr Pierre Viviers

MBChB, MMedSc, MSc (Sport Med), FACSM
SASMA President 2018 - 2019

SASMA Scientific Committee:

Prof Mike Lambert (Chairperson) (UCT)
Dr Phatho Zondi (SSISA)
Dr Helen Bayne (UP)
Dr Sharief Hendricks (UCT)
Assoc Prof Benita Olivier (Wits)
Prof Elmarie Terblanche (US)

Ultra-Endurance Sport Science and Medicine:

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Gregoire Millet (Switzerland)

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Dr Pierre Viviers (US)
Prof Christa Janse van Rensburg (UP)
Dr Phatho Zondi (SSISA)
Susan Crumpton (US)
Dr Glen Hageman
Claire Geldenhuys

BRICSCESS: Welcome

Dear friends from around the world

It is my privilege and honour to welcome you all, to the BRICSCESS 2019 Conference as well as the 1st World Congress of Future Leader/Volunteer (WCFLV 2019). We are looking very much forward to having you all here in Cape Town, South Africa in October 2019. This will be a first for Africa and it is indeed a great honour to have this truly global event sponsored by my own institution, the North-West University. We also feel very honoured to be the second country in the BRICS family, to present this BRICSCESS World Conference. I really hope that we can live up to the high standards of our Brazilian predecessors, Professors Ricardo Uvinha and Nara de Oliveira which presented a fantastic conference in 2017 in Santos.

Both BRICSCESS 2019 as well as WCFLV 2019, promises to be fantastic events and also an experience that will live in our memories for many years to come. My wish is also that in the future we will remember our time in Cape Town in 2019, as the event that changed the lives of the people of Africa for the better. Enjoy your time in our beautiful country and make time after the conference to travel in South Africa and experience one of the most fantastic countries in the world.

With kind regards
Vriendelike groete
Sala Sentle
Hamba Kahle

Prof. Dr. Hans de Ridder

Professor and Director, School of Human Movement Sciences, North-West University, Potchefstroom, South Africa.

President BRICSCESS 2019

Founder Secretary-General and Vice-President (South Africa) BRICS Council of Exercise and Sport Science
Senior Vice-President, ISAK

BRICSCESS Scientific Committee:

Prof Maya van Gent (Chair) (UFH, South Africa)
Prof Mingkai Chin (Founding President BRICSCESS, Hong Kong-China)
Prof Abel Toriola (TUT, South Africa)
Prof Anita Pienaar (NWU, South Africa)
Prof Candice Christie (Rhodes University, South Africa)
Prof Leon van Niekerk (UFH, South Africa)
Prof Maria Albukhanova (Moscow State Academy, Russia)
Prof Ricardo Uvinha (University of Sao Paulo, Brazil)
Dr. Cornelia Schreck (NWU, South Africa)
Dr. Habib Noorbhai (UFH, South Africa)

BRICSCESS Organising Committee:

Prof Hans de Ridder (Chair) (NWU, South Africa)
Prof Mingkai Chin (International Adviser) (Hong Kong-China)
Prof Maya van Gent (Co-chair) (UFH, South Africa)
Mrs. Leone Wolmarans (NWU, South Africa)
Prof Dané Coetzee (NWU, South Africa)
Dr. Mariana Tudor (University of Pitesti, Romania)
Dr. Marié Young (UWC, South Africa)

For on-site assistance please contact the Congress Organisers:

Leigh Du Plessis +27(0)82 787 3906

Claries Roelofsz +27(0)74 033 1686



VAT reg no: 4900151327

GENERAL INFORMATION

FULL REGISTRATION FEE INCLUDES

- Admission to all scientific sessions for the duration of the conference
- Conference bag, programme, abstract book and other conference material
- Luncheons and teas
- Cocktail Function

CPD POINTS

This congress has applied for CPD accreditation.

Please scan your name badge twice a day at the TransAct Registration Desk for maximum CPD points.

Scanning for the Ethics session will be done at the door of the relevant venue.

1st Scan: 08:00 - 13:00

2nd Scan: 13:00 - 16:00

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Should you require any airport transfer reservations, please contact:

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PERSONAL INSURANCE

Please note that all delegates are responsible for their own travel insurance and medical insurance and cancellation fees.

LANGUAGE

The congress will be conducted in English only.

POSTER VIEWING

Posters for the congress will be displayed on a free view basis, Posters will be set up for viewing in HALL D at the conference centre and delegates will be requested to view the posters at their own leisure during tea breaks and lunch breaks.

The adjudicators will peruse the posters in their own time and a winner will be decided based on the highest scoring poster.

SOCIAL FUNCTIONS

FRIDAY, 11 OCTOBER

Cocktail Function

**Free for delegates to attend*

Venue: Exhibition Hall

Time: 17:30

SATURDAY, 12 OCTOBER

Gala Dinner

Venue: Hall B & C

Pre-purchased tickets will be located behind your name badge. Please remember your ticket.

Doors will open at 18:30

Dress-code: Smart

Entertainment by the amazing Karen Zoid - DO NOT MISS OUT!

Tickets are available from the Londocor Desk @ R300 pp

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SASMA: International Faculty



Cheri Blauwet (USA)

Prof Blauwet is an Assistant Professor in Physical Medicine and Rehabilitation at Harvard Medical School and an attending physician at the Brigham and Women's Hospital and Spaulding Rehabilitation Hospital, where she also serves as the Principle Investigator for the Kelley Adaptive Sports Research Institute. She is a graduate of the Stanford University School of Medicine and completed her residency training in PM&R at Spaulding Rehabilitation Hospital/Harvard Medical School, where she served as Chief Resident, followed by a sports medicine fellowship at the Rehabilitation Institute of Chicago.

Dr. Blauwet is also a former Paralympic athlete in the sport of wheelchair racing, competing for the United States Team in three Paralympic Games (Sydney '00, Athens '04, Beijing '08) and bringing home a total of seven Paralympic medals. She is also a two-time winner of both the Boston and New York City Marathons, and has been nominated for the ESPY Award, the Laureus World Sports Award, and Women's Sports Foundation Athlete of the Year.



Louise Burke (Australia)

Prof Burke is a sports dietitian with nearly 40 years of experience in the education and counselling of elite athletes. She was Head of Sports Nutrition at the Australian Institute of Sport during its existence from 1990-2018 and continues at the AIS as Chief of Nutrition Strategy. She was the team dietitian for the Australian Olympic Teams for the 1996-2012 Summer Olympic Games. Her publications include over 330 papers in peer-reviewed journals and book chapters, and the authorship or editorship of several textbooks on sports nutrition. She is an editor of the International Journal of Sport Nutrition and Exercise Metabolism. Louise was a founding member of the Executive of Sports Dietitians Australia and is a Director of the IOC Diploma in Sports Nutrition. She was awarded a Medal of the Order of Australia in 2009 for her contribution to sports nutrition. In 2014 she was appointed as Chair in Sports Nutrition in the Mary MacKillop Institute of Health Research at Australian Catholic University in Melbourne.



Vincent Goutteborge (Netherlands)

Dr Vincent Goutteborge is a former professional footballer (14 seasons in France and the Netherlands) being nowadays assistant professor at the Amsterdam University Medical Centers (University of Amsterdam, The Netherlands). Vincent is also the Chief Medical Officer of FIFPro, the World Players' Union representing more than 100,000 current and retired professional footballers worldwide. He works toward the development and implementation of scientific knowledge in order to protect and promote the physical and mental health of professional athletes (especially footballers).

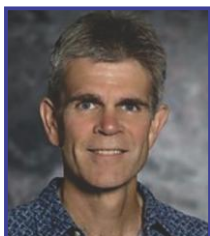


Louis Holtzhausen (Qatar)

Dr Louis Holtzhausen is a Sports Medicine Physician at Aspetar Orthopaedic and Sports Medicine Hospital and Assistant Professor of Clinical Medicine at Weill-Cornell Medical College in Qatar. He is the former head of the Division Sport and Exercise Medicine at the University of the Free State in South Africa. He holds an M Phil (Sports Medicine) from the University of Cape Town, a Fellowship of the Academy of Family Physicians of South Africa, a PhD in Health Professions Education and a Fellowship of the American College of Sports Medicine. His current special interests include sport related concussion management, undergraduate and graduate sports medicine education.

Career Achievements:

Team physician for many elite and professional sports teams for 25 years including athletics, rugby, cricket, hockey and the South African Olympic team. He is a past president, honorary and life member of the South African Sports Medicine Association. He introduced Exercise is Medicine® in South Africa and Africa.



Martin Hoffman (USA)

Dr. Marty Hoffman is Professor of Physical Medicine & Rehabilitation at the University of California Davis, and Chief of Physical Medicine & Rehabilitation at the VA Northern California Health Care System. He is also a Founder of the Ultra Sports Science Foundation, a non-profit organization focused on the enhancement and distribution of scientific and medical knowledge related to participation in ultra-endurance activities. He has published over 150 original scientific papers, mostly related to applied exercise physiology with focus on human locomotion, human performance and proper hydration during prolonged exercise. His clinical work has involved cardiac rehabilitation, musculoskeletal medicine and sports medicine. He is a Fellow of the American College of Sports Medicine and serves on multiple editorial boards.



Doug McKeag (USA)

Douglas B. McKeag, M.D., M.S., served as chairman of the Indiana University School of Medicine's Department of Family Medicine from 1999 – 2009. He is the OneAmerica® professor emeritus for family, sports and preventive medicine and founding director of the IU Center for Sports Medicine. He is also credited as one of the founding fathers of primary care sports medicine. He currently serves as medical consultant to OneAmerica Financial Partners and the American College of Sports Medicine. He served as chairman of the advisory board of directors of the Indiana Schweitzer Fellows Program, a service learning program for professional students. He just completed co-authorship of the American Academy of Neurology's comprehensive position statement on concussion. He serves as team physician for the U.S. Lacrosse National Team. Coordinator, athletic medicine - Michigan State University Director of research, Department of Family Medicine, MSU Rooney endowed chair and professor, family medicine and orthopedics, University of Pittsburgh OneAmerica endowed chair and professor, family and preventive medicine, Indiana University Chairman, Department of Family Medicine, IU Founding director, IU Center for Sports Medicine Founder and past president, American Medical Society for Sports Medicine



Walter R. Thompson (USA)

Prof Thompson is Associate Dean for Graduate Studies and Research and a tenured Regents' Professor of Kinesiology and Health (College of Education & Human Development) and in the School of Public Health, and in the Department of Nutrition (Byrdine F. Lewis College of Nursing and Health Professions) at Georgia State University in Atlanta. He is an American College of Sports Medicine (ACSM) certified Program Director®, ACSM Registered Clinical Exercise Physiologist®, formerly licensed Clinical Exercise Physiologist (State of Louisiana) and formerly licensed Clinical Laboratory Director (State of Georgia). Prior to joining the faculty at Georgia State University in 1994, Thompson was a tenured Professor of Exercise Science and Director of the Laboratory for Applied Physiology at the University of Southern Mississippi and Program Director for the Center for Cardiac Rehabilitation and Health Enhancement at Swedish Covenant Hospital in Chicago. He has also held adjunct academic appointments at Northeastern Illinois University and at George Williams College. Thompson has been the Chairman of the ACSM Committee on Certification and Education, Chairman of the ACSM International Relations Committee, Chairman of the ACSM American Fitness Index, Chairman of the ACSM Publications Committee, and the Founding Chairman of the Committee on Accreditation for the Exercise Sciences for the Commission on Accreditation of Allied Health Education Programs (CAAHEP). In June, 2016, he became President-Elect of ACSM. Dr. Thompson served as ACSM President for 2017-2018 and now serves as the Immediate Past-President.



Nicol van Dyk (Qatar)

Dr van Dyk is a physiotherapist and clinical researcher at the Aspetar Orthopaedic and Sports Medicine Hospital in Doha, Qatar. He graduated with a BSc in Physiotherapy from Stellenbosch University in 2005, and completed his MSc in Orthopaedic Manipulative Therapy in 2010. He completed his PhD at Ghent University, Belgium in April 2018 having investigated risk factors for hamstring injuries in professional football players. Having worked in a number of different sporting environments, including cricket, rugby, and football, he worked as sports physiotherapist at the Sport Science Institute of South Africa before moving to Qatar in 2013. He currently occupies a role within the Aspetar injury and illness prevention programme (ASPREV), and continues the clinical care of athletes. Nicol is an associate editor and editorial board member of British journal of sports medicine (BJSM), and enthusiastic about the role of social media in the dissemination of scientific evidence and research knowledge. As a clinical researcher with a special interest in muscle injuries and injury prevention, he has great appreciation for integrated healthcare and evidence-based medicine.

BRICSCESS: International Keynotes



Ming-Kai Chin (china)

Prof. Dr. Ming-Kai Chin received his Ph.D. in exercise physiology from University of Wisconsin-Madison, USA in 1985. Previously he served as the Head of Sports Science at the Hong Kong Sports Institute; Head and Principal Lecturer, Department of Physical Education and Sports Science at the Hong Kong Institute of Education; and Professor, School of Health, Physical Education and Leisure Services, University of Northern Iowa, USA. Currently, he is the Vice President, Global Affairs and Research, HOPSports, Inc., USA. Prof. Chin's research interests lie in integrated and holistic approaches in the fields of physical activity, sports, exercise science, leisure, health, and technology to promote active living in school and community. An editor of 8 books and author of over 190 publications in scientific and sports journals in English and Chinese, Prof. Chin has offered over 130 keynote and invited presentations, and over 90 conference paper presentations in North America, South America, Africa, Europe and Asia Pacific Region. A Fellow of AIESEP and Research Consortium of SHAPE America, he is one of the four Founders and Former President, Asian Council of Exercise and Sports Science (ACCESS) and former Editor-in-Chief of the Asian Journal of Exercise & Sports Science (AJESS) (2002-2016).. Prof. Chin is the Senior Co-editor of the book "Physical Education and Health: Global Perspectives and Best Practice" in 2014 of which scholars of 40 countries are contributing their chapters on the new direction of physical education and health in their respective country. In April 2015, Prof. Chin was awarded the Medail of Manuel Gomes Tubino by FIEP for his contribution of global work in physical education. He has been elected in 2015 as the Founding President, BRICS Council of Exercise & Sports Science (BRICSCESS) and is the Founder and President, The Foundation For Global Community Health (GCH) in partnership with UN Global Sustainable Index Institute (UNGSII) to promote the 17 Sustainable Development Goals (SDG) to 193 countries.



Gudrun Doll-Tepper (Germany)

Prof. Dr. Gudrun Doll-Tepper is a professor in the Department of Education and Psychology at Freie Universitaet Berlin. She received her master's degree and doctorate at Freie Universitaet Berlin and her postdoctorate degree ("Habilitation") at Johann Wolfgang Goethe Universitaet, Frankfurt/Main. Her research interests include the inclusion of persons with disabilities in physical education and sport, the role of physical activity as part of a healthy lifestyle, equal opportunity and participation of girls and women in physical education and sport, and different approaches to talent identification and development in sport. She has written numerous articles in these areas. Dr. Doll-Tepper was President of the International Council of Sport Science and Physical Education (ICSSPE) from 1997 to 2008. Since 2009 she has been honorary member and special adviser of ICSSPE and in 2016 she was elected Honorary President of ICSSPE. In 2006 she was elected Vice-President of the German Olympic Sports Confederation and since 2007 she has been Chairperson of the German Olympic Academy. In 2005 she received a doctor of laws h.c. from Memorial University of Newfoundland (Canada) and in 2008 a doctor h.c. from KU Leuven (Belgium). She was awarded with several prestigious international and national awards, including the FIEP Gold Cross of Honor of Physical Education, the Paralympic Order of the IPC.



Steve Kopecky (USA)

Prof. Dr. Steve Kopecky, MD is a cardiologist at Mayo Clinic. After his training at Mayo Medical School, he started in Mayo's Cardiac Catheterization Laboratory doing interventional procedures and in the Coronary Care Unit treating myocardial infarctions. He is now focused on cardiovascular disease prevention. He has written numerous articles for peer-reviewed journals and has received multiple "Teacher of the Year" awards from Mayo's Division of Cardiovascular Diseases and the Department of Internal Medicine. His research interests include the role of lifestyle, including diet, exercise, and proper nutrition play in risk prediction and the development of cardiovascular disease. Dr. Kopecky is the Immediate Past President of the American Society for Preventive Cardiology and is the 2013 recipient of the Jan J. Kellermann Memorial Award given by the International Academy of Cardiology for distinguished work in the field of Cardiovascular Disease Prevention.



Anita Pienaar (RSA)

Prof. Dr. Anita Pienaar holds a Ph.D. in Human Movement Science with specialisation in paediatric exercise science (Kinderkinetics). She is a Professor in the School of Human Movement Sciences at the North-West University (Potchefstroom Campus) where she also acts as the program leader for the Kinderkinetics program with teaching duties to post graduate students in Sport Science and Kinderkinetics. Her focus is the improvement of the health and well-being of children by means of physical activity. She is an active researcher holding a National Research Foundation Researcher (NRF) rating since 2005. She was selected as the most productive researcher in the Faculty of Health Sciences, and the Focus Area of PhasRec on various occasions since 2008. She has published 131 publications in peer reviewed journals, has written three chapters in peer reviewed books and have produced many textbooks for students in her field of expertise, while 62 masters and PhD students have already completed their studies under her supervision. She is the founder of Kinderkinetics, currently serves as the Immediate Past President of the South African Professional Institute for Kinderkinetics (SAPIK) and is the 2012 recipient of the South African Academy for Science and Art award for her contribution towards the expansion of subject specific knowledge in her field. Her research interests include the growth, perceptual-motor, physical and cognitive development of children and the interrelated influences of different factors within the context of the South African population on children's health, school- and sport performance, as well as the improvement thereof.

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BRICSCESS: Invited Speakers



Maria Abulkhanova (Russia)

Assoc. Prof. Dr. Maria Abulkhanova is Associate Professor in the Department of physical education and sport science, Moscow State Academy of Physical Education Russia in Malakhovka. She completed her Doctoral degree in the field of the development of special abilities in sport of young people after graduating from the Moscow State Academy of Physical Training. At present she holds the position of the Associate Professor in the science of sport training and physical education at Moscow State Academy of Physical Education. Dr. Abulkhanova has published more than 45 research papers, abstracts, and book chapters in the most first rated journals and books. She has organized scientific conferences for students of Moscow and Moscow region. She is running personal research projects, actively contributing to the institution's research profile. She won the best innovation project award in the "Open innovations" forum in cooperation with Microsoft, developed and implemented special training courses for students with health problems. As a former active sportsman she won championship of Moscow and Moscow region in SAMBO wrestling (lightweight class).



Govindasamy Balasekaran (Singapore)

Dr. G. Balasekaran is an Associate Professor at the Physical Education & Sports Science academic group, National Institute of Education, Nanyang Technological University, Singapore. His research projects include physiological responses in exercise and adaptations to health and sports performance, also investigating the influence of genetic factors on exercise related outcomes. He is currently actively involved in investigating physiological predictors of human performance. In addition, he is very well versed in the knowledge of sports science and its application in track & field and various sports. Dr Bala obtained his PhD from the University of Pittsburgh, USA and has published many research papers, abstracts, proceedings papers and book chapters in mostly first rated journals and books in the area of Sports Science. He did his Post-Doctoral Fellowship in molecular genetics for 3 years with a renowned professor. Dr Bala had represented Singapore in numerous long distance running events and had won medals in various international and local meets. He had also raced in the various States and Regional College meets in the USA and most notably qualified and raced in the prestigious National Collegiate Athletic Association (NCAA) cross-country championships in USA at Humboldt University. Currently he is a volunteer coach, coaching national long distance athletes – coached athletes to national records. He is also heading the Brain Breaks project in collaboration with Fuhua Primary School to make it a UNSGD laboratory in Singapore.



Lyndon Bouah (RSA)

Dr Lyndon Bouah was appointed to the Department of Cultural Affairs and Sport on 1 January 2011 as Chief Director for Sport and Recreation. Dr Bouah assisted in the drafting of the National Sport and Recreation Plan for South Africa in 2011. He obtained his Protea Colours for Chess in 1992 when he was 19 and represented South Africa at the Chess Olympiad in Manila, Philippines. Dr Bouah has completed his B. IURIS and LLB at the University of the Western Cape and his LLM at the University of Cape Town and has completed his Doctorate of philosophy in sport, recreation and exercise science at the University of the Western Cape in 2016. Dr Bouah is also an admitted advocate of the High Court of South Africa.



Chee Keong Chen (Malaysia)

Dr. Chee Keong Chen is Professor in the Exercise and Sports Science Programme, School of Health Sciences, Universiti Sains Malaysia (USM). He was a health and physical education lecturer in a teacher training college before joining USM as a university lecturer in 2005. He obtained his Bachelor of Education (Physical Education) from Universiti Pertanian Malaysia; Masters in Sports Science (Health & Fitness) from University of Essex, United Kingdom; and PhD in Sports Science from USM. He was awarded a postgraduate prize for his PhD thesis by the Nutrition Society of Malaysia in 2005. His research interests include effects of exercise-induced oxidative stress, antioxidant supplementation on sports performance, health and fitness among sedentary population. To date, he has obtained 30 research grants as the principal or co-investigator. His academic work includes: i) Editor of 2 Conference Proceedings, ii) Coauthor of 2 Chapters in a book, and iii) 55 papers in international peer-reviewed journals and international conference proceedings. He has been invited as a speaker in both international and national conferences. He was a former international volleyball referee. He is the past President of the Asian Council of Exercise & Sports Science (ACCESS) and Associate Editor cum Section Editor for Exercise Physiology & Sports Nutrition for the Asian Journal of Exercise and Sports Science (AJESS).



Miranda Chin (Hong Kong)

Dr. Miranda Chin is the artistic director of Miranda Chin Dance Company and the principal of Danceland School. Chin was listed as a modern dance choreographer of the first generation in Hong Kong by a book entitled Dance History of Hong Kong in 2001. There were over 100 pieces of creative dance work choreographed by Chin and tour performed over 10 countries. She was a Vice-president of Hong Kong Dance Federation. Chin won the dancer of the Year Award from the Hong Kong Artists' Guild in 1989. She was listed in the Who's Who of Contemporary Achievement and received the World Lifetime Achievement Award by the American Biographical Institute. Since 2001, she has created a series of contemporary Chinese cultural dance "Martial Arts & Tai Chi" which embodied Chinese philosophy, martial arts and the harmony with the nature. She was a senior Visiting Scholar at the Beijing Sport University since 2004. Chin wrote a book to share with readers the process and experience of her exploration, realization and experimentation during the creation of the dances for Wuji in 2001-2008. In 2011, Chin gave touring lectures at universities of China, Hong Kong and Taiwan. In 2017, Dr. Miranda Chin was awarded as one of the 'Top 100 Artists' in the areas of Dance, as an Artistic Director & Choreographer granted by the International Biographical Centre of Cambridge, the United Kingdom.



Ian Culpan (New Zealand)

Prof. Dr. Ian Culpan is the of Director the New Zealand Centre for Olympic Studies and the former head of the School of Sport and Physical Education at the University of Canterbury, New Zealand. He has been a visiting professor at: Charles University in the Czech Republic, the German Sport University in Cologne, Kristainstad University, Sweden, and the University of Peloponnese in Greece. His research interests are in physical education/teacher education (PETE), curriculum development, physical education pedagogy, Olympism and its pedagogy, and the social and educative value of physical education, physical activity and sport where he has published widely on these topics. He has led and directed many national initiatives in: physical education, including national curriculum and qualifications development, and Olympic related matters. Prof. Culpan served three years as the VicePresident of Physical Education New Zealand (PENZ). He has been the national Journal Editor and is on the editorial board of 5 international journals. He is the immediate Past President of the New Zealand Olympic Academy, is the immediate past President (Oceania) for the Federation Internationale d'Education Physique (FIEP) and is a member of the Global Forum for Physical Education Pedagogy and Scientific Adviser for the Foundation For Global Community Health. Prof. Culpan has twice been awarded the International Olympic Committee Trophy for Education and Sport (2000) and 150 years Pierre de Coubertin, Sport a School of Life (2013). He was the 7th person to be awarded the Sir Alexander Gillies Medal for Physical Education in NZ (2001) and is a Life Member and National Fellow of Physical Education New Zealand (PENZ). For four years he co-coordinated the New Zealand All Blacks Leadership Training programme and has been an education consultant for a number of multi-national corporations. He has served on UNESCO's 2013 expert advisory group for developing Policy on Quality Physical Education and is a Trustee of the Sports Museum of New Zealand; and FutureSport.



Hans de Ridder (RSA)

Prof. Dr. J. Hans de Ridder; is a senior professor and director of the School of Human Movement Sciences at the North-West University in Potchefstroom, South Africa. He is currently a C2 rated researcher of the National Research Foundation (NRF) of South Africa. He was the receiver in 2002 of the Stals Award for Human Movement Sciences from the South African Academy for Science and Art for his exceptional contribution to kinanthropometry. In 2011 he was the receiver of the Albert Strating Award for Preventative Medicine, also from the South African Academy for Science and Art. At the age of 39 years, he was one of the youngest recipients of the Stals award and also the first in the history of the School. In 2010 he reached a milestone in his research career, when his 50th post graduate student (masters and doctorate students) graduated. Currently a total of 68 students have completed their masters or doctoral studies under his guidance. He was the author or co-author of a total of more than a 120 research articles, books and chapters in books. For the last 15 years, he was an invited and/or keynote speaker on more than 25 occasions at conferences in Greece; Botswana; Brazil; India; China; Germany; South Africa, Zimbabwe; Taiwan; Kazakhstan; Indonesia; Philippines; Mexico; Malaysia; Chile and Turkey. He is the Senior Vice-President, ISAK; Member of the Board of Directors of the GCH Foundation; President, GoFPEP 2014 and the Founder Secretary-General and Vice-President (South Africa) BRICS Council of Exercise and Sport Science. President of BRICSCESS 2019.



Giyasettin Demirhan (Turkey)

Prof. Dr. Giyasettin Demirhan is working at Hacettepe University Faculty of Sport Sciences. He is Head of Physical Education and Sport Teacher Education Department. Also, he is a former president of Turkish Sport Sciences Association. He is a member of some international scientific association like AIESEP, FIEP, ECSS, ISHPES. Currently his research interests are critical thinking, instructional technology in PE, relationship between physical activity and academic performance and cognitive process, risk perception in outdoor-adventure sports. He published 24 articles in international refereed journals and 45 articles in national referred journals. Also, he has two books and 13 book chapters in physical education and sport pedagogy. He presented more than 100 papers in international and national scientific congresses and completed 13 international and national scientific projects in his own research field. He was as keynote and invited speaker at many national and international scientific meetings. Also, he organized many international and national scientific meetings. He has 165 citations in scientific journals which are indexed in SSCI and SCI and 454 citations in Google Scholar.



Larry Durstine (USA)

Prof. Dr. Larry Durstine is a Distinguished Professor in the Department of Exercise Science at the University of South Carolina. Before arriving at the University of South Carolina, Dr. Durstine earned his Ph.D. in Exercise Physiology/Biochemistry and Medical Physiology from the University of Toledo and The Medical College of Ohio at Toledo. He has published 90 referred research manuscripts and has written and edited nine professional books and more than 40 book chapters. His primary research area is the evaluation of regularly practiced exercise and the impact of a single exercise session on blood lipid and lipoprotein concentrations. In addition, he has other research interest in evaluating the relationships between exercise and novel cardiovascular disease risk factors such as C-reactive protein and Lp(a). Dr. Durstine has also sought to understand the role of physical activity and exercise in the management of chronic disease. For most diseases daily, physical activity or prescribed exercise will reduce disease risk while having a tremendous impact on primary and secondary disease prevention and treatment. Dr. Durstine has a strong commitment to daily exercise, has run competitively in high school and college, and continues every day to exercise for "the health of it."



Luminta Georgescu (Romania)

Prof. Dr. Luminta Georgescu is a well reputed professional from the University of Pitesti, Romania, with more than 24 years of experience in Sports Medicine and Sports Science Domains and is the author/co-author of 5 books and over 100 scientific publications and conference papers at national and international level. She serves as scientific adviser for doctoral studies in Sport Science and Physical Education and also as Sports Medicine physician of, scientific reviewer/collaborator for international scientific journals. Besides being involved in activities promoted by prestigious international organizations like ICSSPE – as member of the Executive Board and IASK – as Vice-President, the professional experience of Prof. Georgescu includes also: Regional Expert Assessor for the National Council for Adult Vocational Training and the Romanian Agency for Quality Assurance in Higher Education; former member of Board of Directors of the World Leisure Organization (WLO) President of the Medical and Anti-doping Commission at Judo World Cup, Bucharest (2005-2008), Sports Medicine Physician of the Judo Male Olympic Team (2002-2008). Her sustained professional work resulted in: coordinating or being a member in many research projects; being invited/keynote speaker, member of the scientific committee/participant at important scientific conferences, as well as winning national and international awards and distinctions.



Myriam Guerra-Balic (Spain)

Prof. Dr. Myriam Guerra-Balic, is a professor in the Faculty of Psychology, Education and Sport Sciences -Blanquerna, University Ramon Llull (URL). She is a Medical Doctor specialized in Sport Medicine, and a Doctoral Degree developed on Exercise Physiology and Down Syndrome. She became a full professor of Exercise Physiology since 2001 and she was the Vice-Dean of International Relations at the URL for 9 years coordinating national and international exchange programs, cooperation programs and research mobilities for students and professors. She has received the ACSM Student Award (2000) and the ACSM Dr. Lisa Stroud Krivickas Clinician Scholar Award. She has taught as international visitor professor in several countries from Europe, North America, South America, Asia and Africa. She has been developing her career as a professor and researcher for more than 25 years in the field of Health, Adapted Physical Activity and Adapted Sport, especially focused in children, elderly and persons with Intellectual Disabilities, being the leader of the research group. She collaborates with the Health Agency City Council of Barcelona, she has been an invited delegate of GOFPEP (2014, 2016), and at present she is a scientific advisor of the Global Community Health Foundation.



Kim Graber (USA)

Prof. Dr. Dr. Kim Graber is a professor and associate head in the Department of Kinesiology and Community Health and Director of the Campus Honors Program at the University of Illinois. Dr. Graber completed her undergraduate degree at the University of Iowa, her master's at Columbia University Teachers College, and her doctorate at the University of Massachusetts at Amherst. Her research interests include children's wellness, legislative policy mandates, and the scholarship of teaching and learning. She has authored over 80 chapters/articles, presented at more than 100 national and international conferences, edited three monographs and two special features, co-authored three books as a member of the National Association for Sport and Physical Education (NASPE) Assessment Task Force, and co-authored a textbook on physical education and physical activity for elementary classroom teachers. She wrote the invited chapter for the Handbook of Research on Teaching (4th ed.) and has also published in numerous journals including Medicine & Science in Sports & Exercise, Kinesiology Review, Journal of Allied Health, Journal of School Health, Journal of Teaching in Physical Education (JTPE), Research Quarterly for Exercise and Sport, Teaching and Teacher Education, and Elementary School Journal. Dr. Graber has been a member of the review boards for JTPE and Quest and is a reviewer for many additional journals. She is a Fellow in the National Academy of Kinesiology, and the Society of Health and Physical Educators (SHAPE America). Dr. Graber is a former President of the Research Council of SHAPE America and the National Association for Sport and Physical Education (NASPE). She also served as Chair of the Curriculum and Instruction Academy. She is a University of Illinois Distinguished Teacher/Scholar and has received the Campus Award for Excellence in Undergraduate Teaching.



James Hébert (USA)

Prof. Dr. James Hébert's career in epidemiology and public health began in South India in the late 1970s. His thesis work (based at the University Madras while he was matriculated as a masters student at the University of Washington in Seattle) focused on the effect of environmental degradation in water and sanitation on growth of children living in fishing villages along the Bay of Bengal Coast near Madras (now Chennai). During this time he also became interested in the role of nutritional factors in modulating environmental factors that were thought to determine child growth and development. This body of work, which derived from studies that formed the basis of his dissertation (from Harvard University), was the first to show that water contamination during the critical period around weaning was a major determinant of child health and that vegetarian children were less likely to be stunted and wasted than children eating non-vegetarian diets. Over the ensuing three decades, Dr. Hébert has developed a keen interest and strong track record of methodologic breakthroughs in the study of diet and health. While much of his research has focused on cancer-related health disparities, the contributions made to the field are broadly applicable across a wide variety of health outcomes and unique populations. While conducting this work, which has resulted in over 600 peer-reviewed papers, he has never lost interest in the importance of childhood exposures in determining the health and well-being of children and their eventual susceptibility or resistance to chronic diseases of adulthood. At the same time, he also has come to understand that one cannot consider diet as an isolated cause of disease or disability. Indeed, the connections to environmental exposures, physical activity, circadian factors, psychosocial stress (including from racism and discrimination), immune function, and inflammation create a web of causality that must be understood in order to solve major public health problems facing humanity in the 21st century.



Verónica Violant Holz (Spain)

Dr Holz is a doctor in Psychology, graduated in clinical psychology and qualified in Training to Children's teachers. She is a Professor at the Department of Didactic and Educational Organization (University of Barcelona). Leader of the postgraduate studies: Hospital Pedagogy in Neonatology and Paediatrics. Chief Investigator of the acknowledged research group (SGR, 806): Hospital Pedagogy in Neonatology and Paediatrics. She has been developing her career as a professor and researcher for more than 20 years in the field of Creativity and Health in Hospital Pedagogy. She has been invited in a national and international level in Brazil, Colombia, Costa Rica, Cuba, Chile, India, Indonesia, Mexico, Taiwan, and Venezuela to give conferences on those topics. She is the coordinator of the UNITWIN Network of Hospital Pedagogy-UNESCO and member of COMAU (Worldwide Counsel of Academic University Students). She is an author of several publications about care during childhood and adolescence in illness condition. Books and chapters of books (40) and indexed articles and available in databases: JCR-Social Sciences Citation Index, Scopus, IN-RECS, Latindex, IRESIE and Resh (23). Her last publication has been 5 books, under her direction of a new collection in Hospital Pedagogy published by Editorial Aljibe-Málaga (Spain). Diamond award in Research, from the World Wide Awards in Science Eureka (awarded in Cuba) 2012.



Gulshan Khanna (India)

Prof. G.L Khanna is the Former Senior Scientific Officer, National Institute of Sports Patiala, Sports Authority of India. He is presently working as Project Director of Indian Institute of Sports Science and Research and as Dean, Faculty of Applied Sciences, Manav Rachna International University. Prof. Khanna was awarded Doctorate by Department of Human Biology Panjabi University in the year 1989. He is member of Prime Minister Olympic Task Force Committee constituted for preparing plan of 2020, 2024 and 2028 Olympics. Prof. Khanna is member of the Board of Governor of National Sports University, Manipur, the Committee of Indian Institute of Sports Sciences and Research, the committee for Setting up the department of Sports Sciences by Ministry of Youth Affairs and Sports GOI and the Governing Body of Sports, Physical Education, Fitness & Leisure Skills Council (SPEFL-SC) National Sports Development Council (NSDC). Prof. Khanna is the vice chairman of Research review committee of National Dope Testing Lab Govt of India. He has provided scientific backup to various sportsperson and prepared many Indian Sports persons for International competitions like Asian Games/Commonwealth/Olympics since 1982. He has accompanied India Teams to Olympics and Commonwealth Games as a scientist. Prof. Khanna has presented more than 100 papers in National and International Conferences and published more than 120 research papers in National and International Journals. He has published and edited 6 Books on exercise physiology. He is Editor in Chief of MR International Journal of Applied Health Sciences



Nara Oliveira (Brazil)

Assoc. Prof. Dr. Nara OLIVEIRA is Associate Professor and Head of the Human Movement Sciences Department, Federal University of Sao Paulo, working at the Undergraduate and Graduate Programs. She is Executive Committee Member of BRICSCESS (BRICS Council of Exercise and Sport Science). She was co-Head of BRICS Inaugural Conference of Exercise and Sports Science - BRICSCESS 2017. She holds a Masters Degree in Physical Education from the State University of Campinas – UNICAMP (2003) and a PhD in Education from the University of Sao Paulo – USP (2010), Brazil. Her research interests include: Physical Education and Health, Health education; Childhood Education and Health; Sports, Leisure and Health; Education Higher. She has published several articles in national and international refereed journals, books and chapters in Education and Physical Education. She has also presented several papers in national and international scientific meetings.



Ricardo Uvinha (Brazil)

Assoc. Prof. Dr. Ricardo Uvinha is Founding Member of BRICSCESS (BRICS Council of Exercise and Sport Science), Associate Professor of the Graduate Program in Physical Activity Sciences and Vice-Dean of the School of Arts, Sciences and Humanities, University of Sao Paulo – USP, Brazil. He holds a Masters Degree in Physical Education from the State University of Campinas – UNICAMP (1997), a PhD in Tourism and Leisure from the University of Sao Paulo – USP (2003), a Postdoctorate in Sports and Leisure Studies from Griffith University, Australia (2004) and a Habilitation in Culture and Leisure Studies from USP (2008). Dr. Uvinha is the author of several articles and books in his country focused on Sports, Physical Education and Leisure. He is strongly committed to projects that focus on the development of Sports and Leisure Studies in Brazil, mostly in the Sao Paulo region and related to the Sports Megaevents. He has attended academic and professional meetings in more than 50 countries.



Maya van Gent (RSA)

Prof Maya van Gent is an Associate Professor in the Human movement Science Department at the University of Fort Hare. She is a Level 3 accredited ISAK (International Society for the Advancement of Kinanthropometry) anthropometrist, one of only five in South Africa. She earned her PhD in Sport Science. She has published peer reviewed manuscripts in accredited journals and presented at several international conferences. Her primary research areas are anthropometry and exercise science in different populations. Her most recent research project focused on the influence of school based nutritional in the body composition of primary school children in poor rural communities. She believes that a healthy body houses a healthy mind.



Xiaozan Wang (China)

Prof. Dr. Xiaozan Wang is the Dean of School of Physical Education and Health, East China Normal University, a former president of International Chinese Society for Physical Activities and Health, and vice president of International Society for Comparative Physical Education and Sports. Her research interests are in curriculum of Physical Education and Teaching Reform, learning evaluation of Physical Education, Physical Education Teachers Education, physique monitoring and management of adolescents, and learning interest of Physical Education where she has published widely on these topics. She has led and directed many national initiatives in physical education, including Physical Education and Health Course Criterion, Physical Education Learning Assessment System of Middle and Elementary School, and new courses education methodology of Junior Middle School, Middle and Elementary School. She also has presided over UNESCO-funded projects in the Asia-Pacific region, major projects of the National Social Science Fund as well as 51 projects of the Ministry of Education and Shanghai. She has edited more than 54 books and textbooks in the research for Exercise and Sport, international sport studies, sports science and other high-level journals such as SSCI, SCI, CSSCI, etc. She has published more than 150 academic papers and published more than 50 papers at AERA, AAHPERD, AIESEP, NASPE and other domestic and international academic conferences. Prof. Wang has been the first female Yangtze Youth Scholars of Chinese Ministry of Education, won the first prize of the 4th National Education Scientific Research Outstanding Achievement Award, Baosteel Education Foundation Outstanding Teacher Awards Nomination Award and other 54 national and provincial-level teaching and research awards.



Jingzhen Yang (USA)

Assoc. Prof. Dr. Jingzhen Yang's research has primarily focused on sports injury prevention and control among youth and adolescents. She has been a PI, Co-PI, or an investigator on 25 grants or contracts including funding from National Institute of Health (NIH) and Centers for Disease Control and Prevention (CDC) to study concussions among youth athletes. She is an author or coauthor of more than 120 peer-reviewed journal articles and 5 book chapters, and presenter or speaker at many national and international scientific conferences. She was appointed to serve on the Major League Baseball Medical Assessment and Research Advisory Committee (2010-2014). Currently, she is the Chair of the Data Collection Working Group in the Big Ten/CIC-Ivy League TBI Research Collaboration, and an elected treasurer and member of Executive Committee, The Society for Advancement of Violence and Injury Research (SAVIR). In 2013, she received the "Excellence in Science Award" from the American Public Health Association, Injury Control and Emergency Health Services section.



Erika Zemková (Slovakia)

Prof. Erika Zemková, Ph.D. is a professor in the Department of Sports Kinanthropology, Faculty of Physical Education and Sport (FPES), Comenius University in Bratislava. She also works as a researcher at the Technological Institute of Sports, Faculty of Electrical Engineering and Information Technology, Slovak University of Technology. She completed her Masters Degree in Professional Coaching in 1994, and Doctoral Degree in Sports Kinanthropology in 1999. In 2007, she became Associate Professor and in 2013 Full Professor of Sports Kinanthropology. In 2008, she graduated at the Institute of International Relations and Law Approximation, Faculty of Law. She has received fellowships for conducting research at foreign universities, including the Ronald and Eileen Weiser Professional Development Award (2009), Fulbright Award (2005–2006), Aktion Österreich–Slowakei Stipendium (2005), NATO Expert Visit Award (2005), CIMO Fellowship (2003), and for teaching activities through the Erasmus Program (2004–2013) and bilateral agreements between Universities (2012, 2013). She was awarded by Coventry University Research Committee to be a Visiting Professor in Physical Education and Sport at the Faculty of Health and Life Sciences, Coventry University (2012– 2015). Her scientific and academic work was noted for merit by the Slovak Academy of Sciences (2004) and the FPES (2011, 2012).

SASMA: Local Faculty



Helen Bayne

Dr Helen Bayne is a lecturer and sport scientist at the University of Pretoria. She holds a doctoral degree in sports biomechanics from the University of Western Australia and is the co-founder of the South African Biomechanics Interest Group. Working in the field alongside her academic career, Helen is a consultant to Cricket South Africa and the International Cricket Council and has provided specialist services to elite athletes in a variety of sports, with a particular focus in sprinting. In addition, she is a co-director of the Sport, Exercise Medicine and Lifestyle Institute's sport science unit.



Elaine Burger

Elaine Burger was a military bursary student who finished her degree in Physiotherapy at the University of Pretoria in 2003. She started her community research year at 2 Military hospital in Wynberg, Cape Town where she supervised physio students from UCT and Stellenbosch as well as working in Multidisciplinary teams in the Pediatric and Neuro wards. She subsequently received her Master's degree by dissertation at the University of the Witwatersrand in 2012. Her research focussed on lower back pain. She has completed a number of postgraduate courses, including OMT (Ortho-manual therapy) and NDT (Neuro-developmental therapy). She lectured and assisted at Wits University and examines case studies yearly in postgrad physiotherapy courses. She has worked as part of multidisciplinary teams for 14 years. She is currently working in Potchefstroom at a Sports Centre situated within Mooimed Private Hospital. There she works alongside a team of orthopaedic surgeons, physiotherapists, occupational therapists and biokineticists. Her main field of interest is patients with shoulder injuries and children with neurological conditions, but she also treats a variety of out-patients on a daily basis. She has assisted with University sports teams, as well as the National men and women's hockey teams. She is currently the Chair of the Sports Interest Group of the SASP (South African Society of Physiotherapy).



Amanda Claassen-Smithers

Dr Claassen-Smithers is a Registered Dietitian with a PhD in Exercise Science (UCT). She is currently the Education & Research Manager at the SA Institute for Drug-Free Sport. She has worked in various settings, from practising as a nutrition and sport science consultant for recreational and elite level athletes, to working in the Virgin Group of health and fitness management businesses. She remains involved with academic research and lecturing, and is a regular speaker at public and academic events, as well an author on scientific papers. Highlights in her career involve having worked with Paralympic athletes, being involved with the Springbok and Stormers Rugby, as well as Protea Cricket and the Cape-to-Rio Yacht Race.



John Cockroft

John is a biomedical engineer with postgraduate specialization in sports technology. Currently he is the managing staff scientist at Stellenbosch University's Neuromechanics Unit. Thier engineering staff deliver technology and data science services to researchers and companies in the fields of healthcare, sports and engineering. His passion is to partner with other disciplines and contribute towards greater innovation and education in human movement science.



Demitri Constantinou

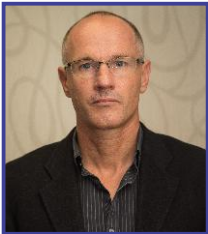
Past President South African Sports Medicine Association (twice)
Olympic, Paralympic, Commonwealth, All African Games Team physician
Chair FIMS Education Commission

Former Board Member South African Institute for Drug free Sport (SAIDS) and Former Chair (>10 years) SAIDS Therapeutic Use Exemption Commission (TUEC)-Fellow of International Federation of Sports Medicine (FFIMS) and Fellow of American College of Sports Medicine(FACSM)



Wayne Derman

Prof Wayne Deman is the director of the Institute for Sport and Exercise Medicine (ISEM) within the Faculty of Medicine & Health Sciences at the University of Stellenbosch. Prof Derman is a past president of the South African Sports Medicine Association and is Co-director of the IOC research Center in South Africa. He has had a long and productive career at the University of Cape Town where he has played an important role in the training of sports physicians, exercise scientists and biokineticists. His research has focused on secondary prevention of chronic disease of lifestyle, and injury and illness prevention in athletes especially those with disabilities.



Richard de Villiers

Dr. Richard de Villiers is a full-time radiologist in private practice in South Africa. He works full-time at the Winelands Orthopedic Hospital/ Institute of Orthopedics and Rheumatology in Stellenbosch, as well as working at Winelands Radiology, where he practices from Stellenbosch, Somerset West and the Sports Science Institute in Cape Town. He also has part-time appointments as a musculoskeletal radiologist at Telemedicine Company in Spain, as well as with Teleradiology South Africa. He has a special interest in musculoskeletal radiology, with a particular interest in the imaging of sports injuries. He completed his training at the University of Stellenbosch and is on the specialist register in South Africa, Qatar and the United Kingdom. He has published 43 articles in numerous peer-reviewed journals and has spoken at international, national and local congresses. He is a member of the International Skeletal Society. He is the chairperson of the South African Musculoskeletal Imaging Group. He serves on SAMSIG and SASMA as a committee member.



Rina Grant

Dr Rina Grant is appointed as senior lecturer and researcher in the Section Sports Medicine, University of Pretoria. Qualifications include a National Diploma in Analytical Chemistry, BSc, BSc Hon, MSc and PhD (Physiology). Special interests include the quantification of autonomic function responses to internal and external stressors as found in healthy individuals, athletes, patients and animals. In support of her own work in the field of autonomic function, overtraining and concussion, she led 43 postgraduate students from different study areas (Sports Medicine, Sports Science, Veterinary Science and Engineering) successfully. Dr Grant has authored and co-authored in excess of 80 articles in peer reviewed DOE subsidised national and international journals since 2010.



Sharief Hendricks

Dr Sharief Hendricks is 33 years old, and a Senior Lecturer at the University of Cape Town and a Visiting Fellow at Leeds Beckett University (United Kingdom). He completed his PhD in 2012 and already has over 60 publications in international peer-reviewed journals (half of which are first authored) with an h-index of 17 and i10-index of 25. He has been invited and presented at a number of international conferences, one of which was the World Rugby Medical Commission. He has a National Research Foundation rating of C2 (this rating is usually given for scientists over 35). Recently, he was listed on the Mail and Guardian's Top 200 Young South Africans. His primary research interests are sport performance, injury prevention and athlete welfare, working with populations ranging from community sport to professional athletes. Other research interests include how engaged researchers and stakeholders are in health research and innovation and how medical journals use social media to communicate research. Sharief enjoys travelling (has been to over 23 countries) and spending time diving in the ocean. In his spare time he helps with ocean clean ups and teaches high school learners how to snorkel.



Christa Janse van Rensburg

Professor Janse van Rensburg is the Head of the Section Sports Medicine at the University of Pretoria where she trained more than 100 post-graduate students to become sports physicians. She is the current President Elect of SASMA. She is a Fellow of the ACSM, and was selected as Member of the Scientific Committee of the IOC World Conference on Prevention of Injury and Illness in Sport (Monaco, 2020). She regularly presents at national and international conferences, including several of the IOC's Advanced Team Physician Course, and various ACSM's annual meetings. She was also keynote speaker at a number of conferences. She is an NRF rated researcher with an excess of 100 articles in peer reviewed journals. She accompanied many sports teams as sports physician, including the SA Olympic team to Athens.



Jo-Anne Kirby

Sports Medicine Practitioner at Campus Health Service, Academic Staff at the Institute for Sports and Exercise Medicine, Stellenbosch University. Medical trainer for World Rugby's Immediate Care in Rugby course. Travel Medicine Practitioner. Event Medicine involvement: Team Doctor, Chief Medical officer, Tournament Medical Director, host organizing committee, International Medical Liaison officer, Venue Doctor. Risk assessor and quality control for all medical support at events at SU. Event organizer etc. Dr Kirby is passionate about bringing high quality sports medicine services to recreational athletes and encouraging every patient to exercise.



Helen Millson

Helen is currently an Independent Sports Physiotherapist who consults to UK Insurers for the Premier League, as well as all Elite Sports – Team and Individual. Also dealing with Prevention, Treatment and Rehabilitation of sportsmen and women. She gives many Medical and Motivational Presentations and Workshops in UK, SA and Internationally. She did her Master's Degree (2004) under Prof Tim Noakes at UCT / SSISA and her study - "Stress Fractures in the Cricket bowler's back" was published in the BJSM (2004). She has written a number of Handbooks, the latest being on Groin and Hips specifically for the Premier League. She has also published a number of studies in journals including 2 on Rugby Union Injuries (2004 and 2009) as well as Cricket. Many studies on the Groin and Hips have been published in SAJSM, Sportex, BJSM Blog and BIMMS. She is currently doing a Professional Doctorate on Groins/Hips through Kent University (Final year). Currently she is undertaking work in the Community in SA, particularly to Coaches about "Youth in Sport".

Helen was Physiotherapist for the Stormers Rugby from 2000 –2005. Previously she was the Physiotherapist for South African Rugby, SA Hockey, SA Cricket and SA Surf lifesaving. She provided physiotherapy cover for two All Africa Games, Maccabi Games and two Commonwealth Games (1992 to 2006). She is currently the Physio / Classifier for SA Adaptive Surfing.



Jon Patricios

Prof Patricios (MBBCh MMedSci FACSM FFSEM (UK) FFIMS) has been in sports medicine practice for over 25 years, is an Associate Professor in the Wits Faculty of Health Sciences and Director of the Wits Initiative for Sport and Health (WISH). He is currently also Director of Waterfall Sports Orthopaedic Surgery in Johannesburg and founder and Director of Sports Concussion South Africa, sports concussion consultant to World Rugby, a board member of the international Concussion in Sports Group and on the scientific committee for the International Consensus Conference on Concussion in Sport. He is a Fellow of the American College of Sports Medicine, the Faculty of Sports & Exercise Medicine (UK) and the International Sports Medicine Federation. Jon serves on the Advisory Board of the University of Washington, Seattle Sports Health and Safety Institute. He is a senior associate editor of the British Journal of Sports Medicine and Current Sports Medicine Reports (USA) and served 2 terms as President of the South African Sports Medicine Association. Jon has been team physician to school, club, provincial and international sports teams in rugby, cricket, soccer, athletics and basketball, has been member of the Cricket South Africa and SA Rugby medical committees, the Discovery Rockies Comrades Marathon Panel of experts and has served on tribunals for the South African Institute for Drug Free Sport.



Maki Ramogale

An educated, experienced, highly motivated, dedicated medical professional who possesses excellent health, assessment, medical, leadership, arbitration, analytical, interviewing and management skills would like to join an organisation that provides growth opportunities, values experience, strives for excellence and rewards achievement. I believe that my skills would best be utilised in a Clinical, Research or Medical Advisory role.



Jeroen Swart

Dr Swart is a sports physician and exercise scientist based at the University of Cape Town and the Sports Science Institute of South Africa where he is the Director of Sports and Exercise Medicine teaching, research and clinical services. He is a founding member and director of the Cape Sports Medicine Group, the largest provider of Clinical Sports Medicine services on the African Continent which is also a FIMS center of collaboration and affiliated post graduate teaching center for the University of Cape Town. Dr Swart has extensive research interests but has published most actively in the fields of endurance sports physiology, specifically fatigue in the central nervous system and monitoring of fatigue and training loads in cycling, football and running. Dr Swart has worked in antidoping as a member of the SAIDS doping control review commission and as a biological passport expert for both SAIDS and WADA laboratories in the EU and USA. He is actively involved in antidoping research with some ground breaking projects. More recently Dr Swart has established a cycling biomechanics laboratory and research group at UCT and has publishing extensively in this field in the last 3 years and his team is leading this research area internationally. He is an International Sports Medicine Federation (FIMS) scientific committee member and is the chair of The South African Sports Confederation and Olympic Committee (SASCOC) Scientific and Technical commission. He is also the medical director for UAE Team Emirates World Tour Cycling, currently one of the top 5 teams in World Cycling.



Martin Schwellnus

Martin Schwellnus is a Sport and Exercise Medicine Physician who combines research, teaching and clinical care in his work. Currently, he is a Professor of Sport and Exercise Medicine in the Faculty of Health Sciences at the University of Pretoria in South Africa, where he is also the Director of the Sport, Exercise Medicine and Lifestyle Institute (SEMLI). He is also the Director of the IOC Research Centre in South Africa, a longstanding member of the IOC Medical and Science Committee, and serves on the Editorial Board of international sports medicine journals. He is physically active and enjoys trail running, mountain biking, and social golf.



Leslie Swartz

Prof Leslie Swartz is currently a Professor of psychology at Stellenbosch University. Swartz obtained his PhD at University of Cape Town in 1990 and is a professor of psychology. His interests span the fields of mental health and disability studies, and he was central in establishing the Centre for Public Mental Health in collaboration with University of Cape Town. Recent publications include Disability and International Development (co-edited with Mac MacLachlan, Springer 2009), and Able Bodied: Scenes from a Curious Life (Zebra, 2010). He serves on the editorial boards of a number of international journals, is editor-in- chief of African Journal of Disability, and has received awards for research and for publications. He received a Fulbright Fellowship to work on culture and mental health at Harvard University in 2002-3, and his international consulting work includes an evaluation of the Australian Transcultural Mental Health Network for the Australian Commonwealth Government. He is currently researching on access to health care for people from vulnerable groups in four African countries, language access to mental health care, and building research capacity Disabled People's Organizations in southern Africa.



Georgia Torres

Dr Georgia Torres has completed her PhD in Exercise Physiology, specifically in the area of Metabolic Syndrome and Exercise Programming, at the University of the Witwatersrand, South Africa. She is also qualified as a Conditioning and Strength Specialist (CSCS) by the National Strength and Conditioning Association of America (NSCA) and as a Medical Exercise Specialist with the American College of Exercise. Georgia has co-written the Hockey Conditioning and Endurance training manual for The International Institute of Fitness (Pretoria University) and published a book on Exercise and Metabolic Syndrome. In addition, Georgia has also worked as a personal trainer for 20 years and was the conditioning specialist for the South African Women's Olympic Hockey Team 2000 -2004 and for the U21 National hockey team, 2012 -2014. Currently, Georgia is Chair of the Exercise is Medicine, South African branch; a lecturer at Wits University (Centre for Exercise Science and Sports Medicine) and consultant to medical and health services for Activate Health.



Pierre Viviers

Pierre is the Senior Director of Campus Health Service (CHS) at Stellenbosch University. He is a SASMA accredited sports physician and holds the position of clinical consultant in Sport and Exercise Medicine (SEM) at the Institute of Sport and Exercise Medicine (ISEM) a Division of Orthopaedic Surgery, Faculty of Medicine and Health Sciences. His academic interest lies in lifestyle medicine, the prevention of injury and illness in athletes participating in community sport and advanced management of head injuries in sport (including concussion). He currently serves as the President of the South African Sports Medicine Association (SASMA), as well as the Director of the International Federation of Sports Medicine's (FIMS) accredited Collaboration Centre for Sports Medicine at Stellenbosch University. Pierre is a Fellow of the American College of Sports Medicine (FACSM) and a certified Medical Educator for World Rugby.



SCIENTIFIC PROGRAMME

FRIDAY 11 OCTOBER 2019

07:15 - 07:45	Registration	Registration Desk in Exhibition Hall
07:45 - 11:10	OFFICIAL OPENING OF THE JOINT SASMA AND BRICSCESS CONGRESS	Plenary Venue: HALL B & C Chair: Prof Christa Janse van Rensburg
07:45 - 08:00	SASMA Opening Address	Dr Pierre Viviers
	BRICSCESS Opening Address	Prof Hans De Ridder and Prof Mingkai Chin
08:00 - 08:10	Minister of Cultural Affairs and Sport in the Western Cape Opening Address	Minister Anroux Marais
08:10 - 08:40	Cultural Performance	Kaapse Klopse
08:40 - 09:10	Guest Speaker	Prof Thuli Madonsela
09:10 - 10:10	SASMA Noble Lecture: Prof Cheri Blauwet (USA) Topic: Injury and Illness Prevention in the Elite Paralympic Athlete: A Story of Research and Resilience	HALL B & C Chair: Dr Pierre Viviers
10:10 - 11:10	BRICSCESS Keynote Address: Prof Stephen Kopecky (USA) Topic: Physical activity and benefits on reduction in chronic diseases	HALL B & C Chair: Prof Hans De Ridder
11:10 - 11:30	<i>Tea/Coffee</i>	
SASMA SESSIONS		
11:30 - 13:00	SASMA PARALLEL 1	
11:30 - 12:30	SASMA Keynote: Exercise Science: Prof Walt Thompson (USA) Topic: Building Healthy Communities through Exercise is Medicine	HALL A Chair: Prof Christa Janse van Rensburg
12:30 - 13:00	Abstract Presentations	
12:30 - 12:40	Does maturation phase affect physical performance and anthropometry in girls?	Mrs Kirsty Elliott
12:40 - 12:50	Performance and anthropometrical differences between sexes at the onset of puberty	Mrs Charne Scott
12:50 - 13:00	Q & A	
12:30 - 13:00	SASMA PARALLEL 2 Tutorial Lecture	HALL B Chair: Dr Pierre Viviers
12:30 - 12:50	Exercise Concepts 2019	Dr Doug McKeag (USA)
12:50 - 13:00	Discussion	
11:30 - 13:00	SASMA PARALLEL 3 Workshop Biomechanics Interest Group	ROOM 11 Chair: Dr Helen Bayne and Dr John Cockcroft
11:30 - 11:45	Biomechanics in sport: Supporting the coach's eye	Dr Helen Bayne
11:45 - 12:00	Teaching and learning with biomechanical tools	Prof Ranel Venter
12:00 - 12:15	Breaking barriers in biomechanical measurement	Dr Yumna Albertus
12:15 - 12:30	Why biomechanical data matters for the development of healthcare policy	Prof Quinette Louw
12:30 - 13:00	Q&A	
11:30 - 13:00	SASMA PARALLEL 4 Clinical Case Presentations	ROOM 2 Chair: Dr Louis Holtzhausen
11:30 - 11:45	A multistructural knee injury in a female field hockey player	Ms Tanya Green
11:45 - 12:00	A integrated approach to longstanding lateral foot pain in tri-athlete	Mrs Emmari Carstens
12:00 - 12:15	Case Report: An unexpected cause of leg pain in a 42 year old endurance runner	Dr Melissa Janse van Vuuren
12:15 - 12:30	Persistent pain following ankle sprain: an unusual presentation of an osteoid osteoma	Dr Willanie Sadie
12:30 - 12:45	Case Report: A Complicated Shoulder Dislocation in a Young University Rugby Player	Dr Craig Thompson
12:45 - 13:00	Q & A	
BRICSCESS SESSIONS		
11:30 - 13:00	BRICSCESS PARALLEL 1	HALL C Chair: Prof Ian Culpán
11:30 - 12:00	<u>Invited speaker:</u> Physical activity, exercise, blood lipids and lipoproteins: implications for prevention of chronic metabolic disorders	Prof Larry Durstine (USA)
12:05 - 12:20	Effect of a 12-week aerobic exercise programme on percentage body fat, fasting blood glucose and dyspnea in insulin resistant obese female university employees in the western cape – a proposal	Ms Maphoko Phindile Phatlane
12:25 - 12:40	The impact of multiple behaviour health intervention strategies on coronary heart disease risk, health-related physical fitness, and health-risk behaviours among firefighters in the Cape Metropole	Mr Ghaleelullah Achmat
12:45 - 13:00	An investigation of the association between vitamin-D receptor gene BsmI polymorphism, bone health status, and muscular performance in Malay young female athletes and non-athletes	Prof Foong Kiew Ooi

11:30 - 13:00	BRICSCESS PARALLEL 2	HALL D
		Chair: Prof Candice Christie
11:30 - 12:00	<u>Invited Speaker:</u> Testing Children and Youth Fitness and Sport-Specific Performance	Prof Erika Zemková (Slovakia)
12:05 - 12:20	The effect of law changes on match loads in university rugby union players during the FNB Varsity Cup	Mr Gregory Roy Gordon
12:25 - 12:40	Training Loads and Injury Profiles in Elite South African Rugby Players	Mr Curt Barnes
12:45 - 13:00	Prevalence and type of injuries in South African trail runners	Prof Susan Bassett
11:30 - 13:00	BRICSCESS PARALLEL 3	ROOM 10
		Chair: Prof Veronica Violant Holz
11:30 - 12:00	<u>Invited Speaker:</u> The sustainability of high-quality physical education programming	Prof Kim Graber (USA)
12:05 - 12:20	The state and status of primary school physical education in south African public schools	Prof Charl J Roux
12:25 - 12:40	Teacher perceptions of learner motivation after the completion of a Physical Education in-service training program	Prof Dorita Du Toit
12:45 - 13:00	Perceptions of Adapted Physical Education Services Through the Lens of Asian Parents	Dr Zanean McClain, Dr Dwan Bridges and Dr Elizabeth Bridges
11:30 - 13:00	BRICSCESS PARALLEL 4	ROOM 7
		Chair: Prof Myriam Guerra-Balic
11:30 - 12:00	<u>Invited Speaker:</u> Leisure and health in developing countries: A dialogue with the sustainable development agenda in Brazil	Prof Ricardo Uvinha (Brazil)
12:05 - 12:20	Youth leadership development using leisure education for youth with disabilities in South Africa	Mr Makhaya Johannes Malema
12:25 - 12:40	Preparing recreation professionals: Graduate attributes expected of entry-level recreation professionals in a South African context	Mrs Cornelia Schreck
12:45 - 13:00	Leisure meanings of caregivers: a case study	Dr Theron Weilbach
13:00 - 14:00	Lunch	Exhibition Hall
13:00 - 14:00	SASP Sport AGM	HALL A
13:45 - 14:00	SPHWF 2020 Meeting	HALL C
SASMA SESSIONS		
14:00 - 15:45	SASMA PARALLEL 1	HALL A
	Featured Science Session	Chair: Dr Sharief Hendricks
	Player Welfare	
14:00 - 14:12	S.A Rugby Injury Surveillance Methodology	Clint Readhead
14:12 - 14:24	Rugby Currie Cup: Review & trends	Clint Readhead
14:24 - 14:36	Rugby Youth Weeks: Current trends & patterns	Wayne Viljoen
14:36 - 14:48	Blue Card - making a difference on the ground	Wayne Viljoen
14:48 - 15:00	Rugby Tackle Research over the last 10 years	Dr Sharief Hendricks
15:00 - 15:10	Setting the scene: conceptual approach to stakeholder engagement	Dr Sharief Hendricks
15:10 - 15:20	Stakeholder engagement for player welfare	Prof Vincent Gouttebarga
15:20 - 15:45	Panel Discussion: Wayne Viljoen (SARU), Clint Readhead (SARU), Mike Lambert (UCT), Vincent Gouttebarga (University of Amsterdam) & Ruan Schleubusch (SA Cricketers' Association)	
14:00 - 15:45	SASMA PARALLEL 2	HALL B
	Featured Symposium	Chair: Dr Richard de Villiers
	Sports Radiology	
14:00 - 15:45	Discussion of Interesting Cases	Dr Richard de Villiers & Dr Jean-Claud Koenig
14:00 - 15:45	SASMA PARALLEL 3	ROOM 2
	Workshop	Chair: Dr Helen Bayne and Dr John Cockcroft
	Biomechanics Interest Group	
14:00 - 14:20	The journey towards integration: adding wearable sensors to the arsenal of a traditional biomechanics lab	Dr John Cockcroft
14:20 - 14:40	Wearable sensor technology: research applications in "real life"	Dr Benita Olivier
14:40 - 15:15	Today, Tomorrow and the Future of Wearable Technology in the Wild	Dr Kim Duffy and Mr Jacques Gay
15:15 - 15:45	Q & A	
14:00 - 15:45	SASMA PARALLEL 4	ROOM 11
	6th Annual Congress on Medicine & Science in Ultra-Endurance Sport	
	Conference Opening	Dr Martin Hoffman
	Session 1	Chair: Dr Ricardo Costa
	Advances in Endurance Training	Dr Nicola Giovanelli, Dr Robert Lamberts, Dr Maike Eken
BRICSCESS SESSIONS		
14:00 - 15:45	BRICSCESS PARALLEL 1	HALL C
		Chair: Dr Habib Noorbhai
14:00 - 14:30	<u>Invited Speaker:</u> Through sports innovation and technology: How do we 'Reach for Gold'?	Dr Habib Noorbhai
14:35 - 14:50	Perceptions of sport science relevance and research needs among South African coaches	Dr Alliance Kubayi
14:55 - 15:05	Workload does not impact performance responses in the Indian Premier League cricket	Prof Candice Christie
15:10 - 14:25	Rehabilitation approaches to anterior knee pain among runners: A scoping review	Mr Siyabonga Henry Kunene
15:30 - 15:45	Anterior knee pain, risk factors and impact on the quality of life among runners in under-resourced communities, Ekurhuleni	Mr Siyabonga Henry Kunene

14:00 - 15:25 BRICSCESS PARALLEL 2		HALL D Chair: Prof Luminita Georgescu
14:00 - 14:30	<u>Invited Speaker:</u> Health policy approach to address injuries among children participating in sports	Prof Ginger Yang (USA)
14:35 - 14:50	Kinematics and Muscle Activation in Adolescent Tennis Players with and without Lower Back Pain	Mrs Elandie Immelman
14:55 - 15:05	A comparative analysis of elite sport systems of national judo federations in England, the Netherlands and South Africa	Dr Louis Nolte
15:10 - 15:25	Training Load and Quality of Recovery in Ethiopian Higher League Football Players	Mr Fikreyesus Adula
14:00 - 15:25 BRICSCESS PARALLEL 3		ROOM 10 Chair: Prof Kim Graber
14:00 - 14:30	<u>Invited Speaker:</u> Online and distance learning for Physical Education as part of University curriculum	Prof Maria Abulkhanova (Russia)
14:35 - 14:50	Differences in strength and aerobic endurance between pre- and post-menarche girls during mid-adolescence: A two-year follow-up study Cognition and formation in selected Grade 1 children	Mr Barry Gerber
14:55 - 15:05	Perceptions of physical activity participation among University students living on and off campus in the University of the Western Cape.	Ms Simamkele Nyangiwe
15:10 - 15:25	Creating a holistic University wellbeing strategy that connects and inspires staff and students	Mr Steve Gibling
14:00 - 15:25 BRICSCESS PARALLEL 4		ROOM 7 Chair: Dr Henriette Hammill
14:00 - 14:30	<u>Invited Speaker:</u> Creating a sporting culture in India for health promotion and achieving excellence in sports	Prof Gulshan Khanna (India)
14:35 - 14:50	Amateur Games: A Hallmark Sports Event for Residents	Ms Yu Weng Shanghai
14:55 - 15:05	Perception of athletes between coaches' behavior and athletes' motivation on selected collegiate table tennis athletes	Prof Oscar Yoshihiro Santelices
15:10 - 15:25	Social capital development through the Songo.info cycling, academic support and life skills program: Program leader and participant perspectives	Dr Heinrich Grobbelaar
15:45 - 16:00 Tea/Coffee		
SASMA SESSIONS		
16:00 - 17:00 SASMA PARALLEL 1 Featured Symposium Sport and Mental Health		HALL A Chair: Prof Leslie Swartz
16:00 - 16:10	Introduction & Context of Mental Health in Sport	Prof Leslie Swartz
16:10 - 16:30	Overview of the IOC consensus statement on mental health in elite sports	Dr Vincent Gouttebarger
16:30 - 16:50	Disability and Mental Health	Prof Leslie Swartz
16:50 - 17:00	Q & A	
16:00 - 17:00 SASMA PARALLEL 2 Colloquium		ROOM 11 Chair: Prof Demetri Constantinou
16:00 - 16:50	An integrated approach to interventions for patients with multiple chronic diseases and health conditions	Prof Demetri Constantinou & Prof Philippe Gradidge
16:50 - 17:00	Discussion	
17:00 - 17:30 Tutorial Lecture		Chair: Dr Carolette Cloete
17:00 - 17:30	Groin and Hip Quandaries	Ms Helen Millson
16:00 - 17:30 SASMA PARALLEL 3 6th Annual Congress on Medicine & Science in Ultra-Endurance Sport		HALL B
16:00 - 17:00 Session 2 Proper Hydration During Prolonged Exercise		Chair: Dr Volker Sheer Prof Tim Noakes & Dr Martin Hoffman
17:00 - 17:30 Case Studies / Abstract Presentations		Chair: Dr Patrick Basset
17:00 - 17:10	Participant Opinions and Expectations About Medical Services at Ultramarathons: Findings from the ULTRA Study	Dr Martin Hoffman
17:10 - 17:20	Changes in Urinary Markers of Acute Kidney Injury After 10 km and 100 km Races	Dr Wojciech Ratkowski
17:20 - 17:30	Pelvic Fracture and Low Bone Density in a Long Distance Cyclist with a History of Nonclassic Congenital Adrenal Hyperplasia	Karin VanBaak
16:00 - 17:00 SASMA PARALLEL 4 Abstract Presentations		ROOM 8 Chair: Dr Debby Alexander
16:00 - 16:10	Pacing characteristics of whole and part-game players in professional rugby union	Dr Jason Tee
16:10 - 16:20	Profile of Participants in the 19th World Transplant Games	Prof Johan van Heerden
16:20 - 16:30	Physical activity and risk factors for chronic non-communicable disease in relation to disease severity in patients with MS – a cross sectional survey	Mrs Desiree Maartens
16:30 - 16:40	The silver lining of the high rate of concussions in Stellenbosch koshuis rugby competition	Dr James Brown
16:40 - 16:50	Presenting features of female collegiate sports related concussion: a descriptive analysis	Dr Riaan van Tonder
16:50 - 17:00	Q & A	

17:00 - 17:30	Tutorial Lecture	Chair: Dr Debby Alexander
	SRC, MTBI and Head Trauma: Important Recent Findings 2019	Dr Doug McKeag (USA)
16:00 - 17:30	SASMA PARALLEL 5	ROOM 9
	Abstract Presentations	Chair: Dr Karin Schwabe
16:00 - 16:10	Incidence and etiology of volleyball injuries in ethiopia: a search for amhara regional state clubs and young players	Dr Ephrem Tamrat Desalegn
16:10 - 16:20	There is a high rate of medical encounters (1 in 50 runners) during the 90km "Comrades" ultra-distance race - a SAFER study in 84 117 ultramarathon runners	Dr Nicola Sewry
16:20 - 16:30	Acute injury-related medical encounters (MEs) are 3.9 times more common than illness-related MEs in mass community-based trail running events: SAFER study in 2428 race starters	Mr Carel Viljoen
16:30 - 16:40	Over 14% trail runners report an overuse injury in a 12-month period, mostly affecting the knee and anterior thigh: A SAFER study in 2824 race entrants	Mr Carel Viljoen
16:40 - 16:50	There is a non-linear relationship between total annual training distance and overuse injuries in cyclists: A cross-sectional study in 21617 recreational cyclists	Ms Esme Jordaan
16:50 - 17:00	A history of multiple chronic diseases is associated with Achilles tendon injuries in runners: A cross-sectional SAFER study in 76654 runners	Mr Jonah Young
17:00 - 17:30	Q & A	
BRICSCESS SESSIONS		
16:00 - 16:50	BRICSCESS PARALLEL 1	HALL C
		Chair: Prof Ricardo Uvinha
16:00 - 16:30	<u>Invited Speaker:</u> Reform in Physical Education and Sport in Brazil: New Perspectives and Possibilities of Best Practices	Prof Nara Rejane C. Oliveira (Brazil)
16:35 - 16:50	Effects of high interval vs moderate intensity training in concurrent aerobic and resistance programme of collegiate students of obese female	Dr Musa Mathunjwa
16:00 - 17:10	BRICSCESS PARALLEL 2	HALL D
		Chair: Prof Larry Durstine
16:00 - 16:30	<u>Invited Speaker:</u> Do Antioxidant Supplements Improve Sports Performance and Health? : A Malaysian Perspective Free radicals	Prof Chee Keong Chen (Malaysia)
16:35 - 16:50	Tackle and ruck technique proficiency within academy and senior club rugby union	Mr Steve den Hollander
16:55 - 17:10	Injury Profiles and Illness Rates in Elite South African Rugby Players	Mr Curt Barnes
16:00 - 17:30	BRICSCESS PARALLEL 3	ROOM 10
		Chair: Dr Cornelia Schreck
16:00 - 16:30	<u>Invited Speaker:</u> Reform in Physical Education and Sport in Brazil: New Perspectives and Possibilities of Best Practices	Prof Nara Rejane C. Oliveira (Brazil)
16:30 - 17:30	Western Cape on Wellness (WoW!): Implementation, Evaluation and Adaptation of Champions for Health in South Africa	Prof Vicki Lambert Dr Marie Young Dr Frederick Marais
16:00 - 17:10	BRICSCESS PARALLEL 4	ROOM 7
		Chair: Prof Erika Zemkova
16:00 - 16:30	<u>Invited Speaker:</u> The Linkage of Holistic Health to UNSDG 17: Spanish Perspective	Prof Myriam Guerra-Balic and Prof Verónica Violant Holz (Spain)
16:35 - 16:50	The experienced health benefits of sport participation among young people: A South African case study of gymnastics	Mr Warren Lucas
17:30 - 19:00	Cocktail Function	Exhibition Hall
SATURDAY 12 OCTOBER 2019		
07:15 - 08:00	Registration	Registration Desk in Exhibition Hall
SASMA KEYNOTE		
08:00 - 09:00	SASMA Keynote: Nutrition - Prof Louise Burke (Australia)	HALL A
	Topic: Manipulating carbohydrates for endurance training and performance: from keto, train low to compete/train high	Chair: Dr Amanda Claassen-Smithers
BRICSCESS KEYNOTE		
08:00 - 09:00	BRICSCESS Keynote Address: Prof Anita Pienaar (RSA)	HALL C
	Topic: Kinderkinetics, physical activity and health: A South African perspective	Chair: Prof Maya van Gent
SASMA SESSIONS		
09:00 - 11:00	SASMA PARALLEL 1	HALL A
	Colloquium	Chair: Prof Louise Burke
09:00 - 10:00	ADSA Sports Nutrition Interest Group	
09:00 - 09:15	Nutrition for injury prevention and recovery from injury	Ms Nicki de Villiers
09:15 - 09:30	"Chrono-nutrition" - strategies to overcome travel fatigue and jet lag	Dr Amanda Claassen-Smithers
09:30 - 09:45	Optimising immune support for active individuals: what works/ doesn't work?	Prof Lize Havemann-Nel
09:45 - 10:00	Discussion	
10:00 - 11:00	Workshop	Chair: Dr Amanda Claassen-Smithers
	ADSA Sports Nutrition Interest Group - Putting the latest Sport Nutrition evidence into practice	
10:00 - 10:25	Update on supplements: new ideas on research, education and practice	Prof Louise Burke
10:25 - 11:00	Case Studies and open floor "pick the brain" session with international panel	Prof Louise Burke (Aus), Shelly Meltzer (SA), Nicky de Villiers (SA), elite Athlete, Coach

09:00 - 11:00	SASMA PARALLEL 2 6th Annual Congress on Medicine & Science in Ultra-Endurance Sport	ROOM 11
09:00 - 10:00	Session 3 Defining Ultra-Endurance Foot Races & Participation Trends in Ultra-Endurance	Chair: Dr Martin Hoffman Dr Volker Scheer
10:00 - 11:00	Session 4 Gastrointestinal Symptoms in Ultra-Endurance Athletes-Prevention & Management Strategies	Chair: Dr Volker Scheer Dr Ricardo Costa
09:00 - 11:00	SASMA PARALLEL 3 Colloquium Special Populations: what is the dictum for physical activity	HALL B Chair: Prof Christa Janse van Rensburg
09:00 - 09:15	Youth Athletes	Dr Deepak Patel
09:15 - 09:30	Aging athletes	Prof Paola Wood
09:30 - 09:45	Musculoskeletal conditions	Prof Christa Janse van Rensburg
10:00 - 11:00	Colloquium Emergency Sports Medicine & Event Care	Chair: Dr Jo-Anne Kirby
10:00 - 10:15	The Cry in Crico: Management of trauma to the neck & larynx in contact sport	Dr Leigh Gordon & Dr Darren Green
10:15 - 10:30	The broad red line in event medicine: meeting legal requirements in South Africa	Dr Jo-Anne Kirby
10:30 - 11:00	Athlete dies... what about me? Considering the effect of your patients death on you, the care-giver	Dr Debbie Alexander
BRICSCSS SESSIONS		
09:10 - 10:40	BRICSCSS PARALLEL 1	HALL C Chair: Prof Anita Pienaar
09:10 - 09:40	<u>Invited Speaker:</u> Is teaching the use of BMI to classify obesity and overweight outdated?	Prof Hans De Ridder (RSA)
09:45 - 10:00	Association between physical activity levels and body fat percentage in 6-8 year old children from a Black South African Population: BC-IT study	Prof Makama Andries Monyeke
10:05 - 10:20	Physical activity and selected sociodemographic variables as predictors of nutritional knowledge amongst an adult South African sample of low socioeconomic status	Dr Smart Mabweazara
10:20 - 10:40	Brain Breaks	
09:10 - 10:40	BRICSCSS PARALLEL 2	HALL D Chair: Prof Maria Abulkhanova
09:10 - 09:40	<u>Invited Speaker:</u> Prediction of Human Performance in Sports	Prof Govindasamy Balasekaran (Singapore)
09:45 - 10:00	Gender differences on the effects of technological tools on postures of children between 11-14 years	Dr Serap Inal
10:05 - 10:20	The relationship between nomophobia and physical activity among students in turkey	Dr Leyla Atas Balci
10:20 - 10:40	Brain Breaks	
09:10 - 11:00	BRICSCSS PARALLEL 3	ROOM 8 Chair: Prof Cindy Pienaar
09:10 - 09:40	<u>Invited Speaker:</u> Practical approach of sport injuries prevention – a Romanian perspective	Prof Luminita Gerogescu (Romania)
09:45 - 10:00	The effect of kinesio taping and low energy laser application in myofascial pain syndrome	Dr Leyla Atas Balci
10:05 - 10:20	Metabolic Controls and Prevalence of Depression Symptoms: Effects of Sixteen Weeks Recreational Football on Male Students	Dr Rakesh Tomar
10:25 - 10:40	Associations of physical activity level and risk of substance use and mental health-related disorders in US youth	Prof Kele Ding
10:40 - 11:00	Brain Breaks	
09:10 - 10:20	BRICSCSS PARALLEL 4	ROOM 9 Chair: Dr Barry Gerber
09:10 - 09:25	Evolution of bipedalism concurrently increasing horizontal and vertical angular momentum in the kinetic chain	Dr Neil Isaacs
09:30 - 09:45	Functional anatomy of Gluteus Maximus(GM) regarding a change of direction related to performance and injuries	Dr Neil Isaacs
09:45 - 10:00	The effect of a three month HOPSports Brain Breaks® intervention programme on the attitudes of Grade 6-learners towards physical activity and fitness	Mrs Jacqueline Bonnema
10:05 - 10:20	A nine-week pilates exercise programme reduces pain in the upper body of female office workers	Mrs Kimberly-Ann Decina
10:20 - 10:20	Brain Breaks	
11:00 - 11:15	Tea/Coffee	



SASMA SESSIONS		
11:15 - 12:15	SASMA Keynote: Dr Nicol van Dyk (Qatar/ Aspetar) Topic: The Injury Prevention Myth....and the shift towards clinically meaningful risk management	HALL A Chair: Mrs Elaine Burger
12:15 - 13:00	SASMA PARALLEL 1	HALL A Chair: Dr Pierre Viviers
12:15 - 13:00	SASMA AGM	
11:15 - 13:00	SASMA PARALLEL 2 6th Annual Congress on Medicine & Science in Ultra-Endurance Sport	ROOM 11
11:15 - 12:15	Session 5 Acute Alterations in Running Economy & Biomechanics	Chair: Dr Ricardo Costa Dr Nicola Giovanelli, Dr Robert Lamberts , Dr Andrew Bosch
12:15 - 13:00	Case Studies/ Abstract Presentations	Chair: Dr Patrick Basset
12:15 - 12:25	The Impact of Post-Exercise Chocolate Flavoured Dairy Milk Beverage Consumption on Hydration Status in Endurance Athletes	Isabella Russo
12:25 - 12:35	Does Training Status and Protein Intake Explain the Differences in Physical Performance Between Trained Endurance and Recreationally Active Older Adult Males?	Zoya Huschtscha
12:35 - 12:45	The Value of Lactate Thresholds in Performance Prediction in Trail Running	Dr Volker Scheer
12:45 - 12:55	Can Electromyographic Threshold and Critical Speed Overestimate the Lactate Threshold in Marathon and Ultramarathon Runners?	Dr Jeferson M. Vianna
BRICSCCESS SESSIONS		
11:15 - 13:00	BRICSCCESS PARALLEL 1	HALL C Chair: Prof Dané Coetzee
11:15 - 11:45	<u>Invited speaker:</u> Olympic education or Olympism education within physical education, health and sport context: adding educative and social value through culturally relevant pedagogies	Prof Ian Culpan (NZ)
11:45 - 12:15	<u>Invited speaker:</u> An analysis of the implementation of the national sport and recreation plan in the Western Cape	Dr Lyndon Bouah (RSA)
12:15 - 12:30	Mass Opportunity and Development centres: A study After school programmes in the Western Cape	Mr Brent Walters Mr Paul Hendricks Ms Jacqui Boulle
11:15 - 12:25	BRICSCCESS PARALLEL 2	HALL D Chair: Prof Giyasettin Demirhan
11:15 - 11:45	<u>Invited Speaker:</u> The relationship between selected body composition components and self-efficacy among 12-14 year-old rural adolescents in the Eastern Cape Province of South	Prof Maya van Gent (RSA)
11:50 - 12:05	Measuring physical activity in south African grade 2 and 3 learners: a self-report questionnaire versus pedometer testing	Dr Kim Nolte
12:10 - 12:25	Influences of early perceptual-motor proficiency, gender, overweight and socio-economic status on academic achievement of primary school children: longitudinal data of the north-west child study	Dr Elna De Waal
11:15 - 12:45	BRICSCCESS PARALLEL 3	ROOM 8&9 Chair: Prof Xiaozan Wang
11:15 - 11:45	<u>Invited Speaker:</u> Current state of China's outstanding traditional sport culture in curriculum and teaching of physical education in primary and secondary schools	Prof Xiaozan Wang (China)
11:50 - 12:05	The influence of a Mindfulness-Acceptance-Commitment Intervention program on the mental toughness, self-efficacy and anxiety of male league softball players in South Africa	Ms Koketjo Biggy Tsebe
12:10 - 12:25	Sources of stress among football coaches in gauteng province, south Africa	Mr Lesego Phetlhe
12:30 - 12:45	End of season evaluation of coaches by athletes (eseca) of the university of the Philippines	Prof Ronualdo Dizer
13:00 - 14h00	Lunch BRICSCCESS Board Meeting BASA AGM Sport Physio Society AGM	Exhibition Hall ROOM 8&9 HALL C HALL B
SASMA SESSIONS		
14:00 - 15:45	SASMA PARALLEL 1 Featured Symposium Sport Related Concussion	HALL A Chair: Prof Jon Patricios
14:00 - 14:15	Planning for Paris: projections for the 6th Consensus Meeting, October 2020	Prof Jon Patricios
14:15 - 14:30	Cross cultural concussion care - What can South Africa learn from Qatar?	Dr Louis Holtzhausen
14:30 - 14:45	Fundamentals of the on-field recognition of a sports related concussion	Dr Pierre Viviers
14:45 - 15:00	The eye in the diagnosis and rehabilitation of concussion	Deidre de Jongh
15:00 - 15:15	Case Study	Greshne Davids
15:15 - 15:30	Case Study	Deidre de Jongh
15:30 - 15:45	Q & A - Panel	Facilitating by Prof Patricios
14:00 - 15:00	SASMA PARALLEL 2 Colloquium Female Athlete	HALL B Chair: Dr Maki Ramagole
14:00 - 14:20	The female Triad and REDS	Dr Maki Ramagole
14:20 - 14:40	The psychology of the female triad: What it means to be a female athlete in a sport context	Martelize van Graan
14:40 - 15:00	Menstrual Manipulation and Myth's	Dr Lizemari van Staden

14:00 - 15:45	SASMA PARALLEL 3	ROOM 11
	Abstract Presentations	Chair: Dr Jeroen Swart
14:00 - 14:10	The batting backlift technique in cricket: What is the consensus at all skill levels?	Dr Habib Noorbhai
14:10 - 14:20	Perceptions of training load and wellness monitoring of Stellenbosch University High Performance Student-Athletes	Mr Sean Surmon
14:20 - 14:30	Exercise Associated Muscle Cramping (EAMC) is almost twice as common among 21.1km compared to 56km runners – A SAFER study in 76654 runners	Mr Carel Viljoen
14:30 - 14:40	A history of multiple chronic diseases is associated with Muscle strain injuries in runners: A cross-sectional SAFER study in 76654 runners	Ms Lize Kroon
14:40 - 14:50	The development of the MaRooN Health Passport: a novel medical platform to identify lifestyle-related alerts in the staff and student population of Stellenbosch University	Mrs Susan Crumpton
14:50 - 15:00	There is a high incidence of Exercise Associated Muscle Cramping (EAMC) in “Comrades” runners - a SAFER study in 84 117 race starters	Mr Carel Viljoen
15:00 - 15:10	Influence of an exercise program on perceptions and knowledge of modifiable risk factors for non-communicable diseases	Mrs Sweetness Jabulile Makamu - Beteck
15:10 - 15:20	Are Training/Running history, Chronic diseases and Medication use risk factors for injury prone runners? - a SAFER study in 75421 race entrants	Ms Sonja Swanevelder
15:20 - 15:45	Q & A	
14:00 - 15:45	SASMA PARALLEL 4	ROOM 8&9
	Abstract Presentations	Chair: Prof Leon Lategan
15:00 - 15:10	Physical activity practice among undergraduate students in the Faculty of Health Sciences	Mr Adiele Dube
15:10 - 15:20	The relationship between physical activity and left carotid intima-media thickness among educators in South Africa: the SABPA study	Ms Tamrin Veldsman
15:20 - 15:30	More than 70% of employees in a South African financial institution have modifiable risk factors for non-communicable disease (NCD) – Project SWAY	Mr Nceba Hene
15:30 - 15:45	Q & A	
BRICSCESS SESSIONS		
13:45 - 15:15	BRICSCESS WORKSHOP 1	HALL C
	Theoretical and Practical Implication of Tai Chi & Qi Gong: Heath in Chinese Culture in the Modern World	Ms Zhaoxia Ding
13:45 - 15:15	BRICSCESS WORKSHOP 2	HALL D
	Assessment of Posture in Schools New York State Posture Evaluation Test: Practical application	Prof Serap Inal
15:45 - 16:00	Tea/Coffee	
	HMS HOD Meeting	ROOM 2
15:15 - 16:45	BRICSCESS WORKSHOP 3	ROOM 7
	How do Corporations, Governments, and Universities Work Together to Empower Children	Mr Thomas Root
15:15 - 16:45	BRICSCESS WORKSHOP 4	HALL D
	Integrating Healthy Habits into the School Day is Prevention at its Best	Dr Michelle Lombardo
13:45 - 18:00	BRICSCESS WORKSHOP 5	ROOM 10
	Workshop: ICSSPE ‘Sport for Development’ and The KaziBantu project -	Chair: Detlef Dumon
13:45 - 15:15	Sport for Development: Practical Steps towards SDG 3 and 4	Detlef Dumon
15:15 - 16:25	Sport for development and the KaziBantu project	Chair: Prof Cheryl Walter & Prof Uwe Pühse
15:15 - 15:35	Introductory words	Prof Cheryl Walter & Prof Uwe Pühse
15:35 - 15:50	Presentation of the KaziKidz Teaching Material	Dr Ivan Müller and Ms Danielle Smith
15:50 - 15:55	Play recorded interview from Mrs. Abrahams, a current Kazi-school teacher at Republiek, Port Elizabeth, SA	
15:55 - 16:10	Presentation of the KaziHealth Teaching Content	Ms Larissa Adams, Ms Siphesihle Nqweniso & Ms Nandi Joubert
16:10 - 16:25	Presentation of the KaziCHAT Platform	Prof Darelle van Greunen
	Current situation of Physical Education in different Southern African countries	
16:30 - 16:50	Children’s health and status of Physical Education in Namibia	Prof Cilas Wilders
16:50 - 17:10	Children’s health and current situation of Physical Education in Botswana	Dr Dawn Tladi
17:10 - 17:20	Interview with a Representative from the Eastern Cape Department of Education (ECDoE), South Africa: Experiences with KaziKidz	Prof Rosa du Randt
17:20 - 17:40	Children’s health and current situation of Physical Education in Mauritius	Dr Sookhenlall Padaruth
17:40 - 17:50	KaziKidz in Tanzania and Côte d’Ivoire – First experiences	Dr Christin Lang
17:50 - 18:00	Closing words: Is there potential for future collaboration?	Detlef Dumon, Prof Uwe Pühse & Prof Cheryl Walter

SASMA SESSIONS

16:00 - 17:00 SASMA PARALLEL 1		HALL A
Featured Symposium		Chair: Dr Rina Grant and Dr Louis Holtzhausen
Sport Related Concussion Testing: Navigate the maze		
16:00 - 16:10	Introduction: importance of early diagnosis of sport related concussion (SRC)	Dr Pierre Viviers
16:10 - 16:25	What to measure when?	Dr Rina Grant
16:25 - 16:40	Reliability of baseline concussion testing in youths	Ms Jeanette Coetzer
16:40 - 16:55	Biomarkers in brain injury - Are we there yet?	Dr Gerhard Vosloo
16:55 - 17:00	Q & A	Dr Louis Holtzhausen (Aspetar)
16:00 - 17:30 SASMA PARALLEL 2		ROOM 8
Abstract Presentations		Chair: Dr Suzanne Ferreira
16:00 - 16:10	Determinants of Physical Activity Participation in Ethiopian People with Disabilities.	Prof Johan van Heerden
16:10 - 16:20	Players' experiences of the immediate management of rugby-related acute spinal cord injury in South Africa	Ms Marelise Badenhorst
16:20 - 16:30	Mental health profiles of Para-athletes in South Africa	Ms Marelise Badenhorst
16:30 - 16:40	Unilateral transtibial amputees are most satisfied with a prosthesis that utilise a novel linkage system: a randomised controlled trial	Ms Nicole Hinze
16:40 - 16:50	Health promotion in individuals with spinal cord injuries: what is standing in the way of enhancing physical activity?	Dr Candace Vermaak
16:50 - 17:00	Improvements in cardiovascular efficiency over 24-weeks of rehabilitation using robotic locomotor training in persons with spinal cord injury (SCI)	Mr Robert Evans
17:00 - 17:10	Unilateral transtibial amputees display asymmetry in muscle activity and ground reaction force during sit-to-stand-to-sit	Ms Sarah Arnold
17:10 - 17:30	Q & A	
16:00 - 17:30 SASMA PARALLEL 3		ROOM 9
Abstract Presentations		Chair: Dr Marelise Badenhorst
16:00 - 16:10	Hamstring/quadiceps ratio and hip abduction strength imbalances in amateur rugby union players with or without previous injuries	Ms Micaela Brown
16:10 - 16:20	Injury Surveillance in School Rugby Union in Ireland	Ms Therese Leahy
16:20 - 16:30	Ligament Injuries Occur in Every Match During the Super Rugby Tournament (2013 - 2016)	Dr Sibusiso Ntuli
16:30 - 16:40	Measures to reduce illness burden during the Super Rugby tournament should focus on preventing infective respiratory tract illness – A prospective study involving 103979 player days	Mrs Audrey Jansen van Rensburg
16:40 - 16:50	Is the risk of injury in a Super Rugby season increased by injury in the preceding season?	Mr Charl Janse van Rensburg
16:50 - 17:00	Weekly and seasonal patterns of daily wellness monitoring of the 2019 Varsity Cup	Ms Tanya Green
17:00 - 17:10	Operationalising professional expertise: Effective injury prevention by a multidisciplinary team working in professional rugby	Dr Jason Tee
17:10 - 17:30	Q & A	
16:00 - 17:30 SASMA PARALLEL 4		ROOM 11
Abstract Presentations		Chair: Dr Leigh Gordon
16:00 - 16:10	Cardiac Rehabilitation Delivery in Africa	Dr Martin Heine
16:10 - 16:20	Exercise and laser therapy for knee osteoarthritis: A Survey to understand the knowledge and attitudes of medical and allied health practitioners	Ms Aayesha Kholvadia
16:20 - 16:30	Prevalence of lifestyle-related risk factors for non-communicable diseases in 1st year university medical students: preliminary data from the HELP-Health study	Prof Paola Wood
16:30 - 16:40	Health perception of students from the MaRoos Health Passport at Stellenbosch University: Results from the SF36 questionnaire	Dr Lara Grobler
16:40 - 17:00	Q & A	
19h00	GALA DINNER	HALL B & C



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SUNDAY 13 OCTOBER 2019





07:30 - 08:00	Registration	Registration Desk in Exhibition Hall
BRICSCESS SESSIONS		
08:00 - 09:00	BRICSCESS Keynote Address: Prof Gudrun Doll-Teppe (Germany) Topic: Healthy lifestyle and physical activity – A call for networking and collaboration	HALL D Chair: Prof Mingkai Chin
SASMA SESSIONS		
08:00 - 09:30	SASMA PARALLEL 1 Featured Symposium SAFER Running and Cycling: Reducing Risk to Health & Optimising Performance	HALL A Chair: Prof Martin Schwellnus
08:00 - 08:02	Introduction	Prof Martin Schwellnus
08:02 - 08:17	Risk of medical encounters during the Comrades Marathon	Dr Nicola Sewry
08:17 - 08:32	Adverse events in distance running: prediction and risk factors	Prof Martin Schwellnus
08:32 - 08:47	Overuse injuries in cycling: Risk factors and prevention	Mr Francois du Toit
08:47 - 09:02	Risk of illness-and injury-related medical encounters in cycling	Prof Christa Janse van Rensburg
09:02 - 09:17	Risk factors associated with illness-and injury-related medical encounters in cycling	Prof Martin Schwellnus
09:17 - 09:30	Panel Discussion	Schwellnus, Sewry, du Toit, Janse van Rensburg
09:30 - 10:00	Tutorial Lecture	Chair: Prof Jon Patricios
09:30 - 09:50	Re-examination of the Team Provider/ Athlete relationship - preventative ethics	Dr Doug Mckeag (USA)
09:50 - 10:00	Discussion	
08:00 - 09:30	SASMA PARALLEL 2 Featured Symposium Innovation in Athletes with Disability	HALL B Chair: Prof Wayne Derman and Prof Cheri Blauwett
08:00 - 08:15	Difficulties faced by athletes with disabilities in South Africa: Rugby case studies	Dr Marelise Badenhorst
08:20 - 08:35	Innovation in Spinal Cord Injury Rehabilitation	Dr Yumna Albertus
08:40 - 08:55	Innovation in Prosthetics for Physically Active Amputees	Dr Phoebe Runciman
09:00 - 09:30	How do we get a basic standard of care in SA let alone innovation for the development/ performance enhancement in athletes with disability?	Prof Joyce Mothabeng, Prof Theresa Lorenzo, Dr Debbie Alexander, Dr Candice Vermaak, Dr Suzanne Ferreira, Dr Phoebe Runciman, Dr Marelise Badenhorst, Dr Yumna Albertus, Mr Mark Beack (Walking for Brandon Foundation)
08:00 - 09:15	SASMA PARALLEL 3 Workshop DJO Global	ROOM 7 Chair: Mrs Elaine Burger
08:00 - 09:15	High Power Laser: Enhancing clinical outcomes	Mr Cliff Eaton (UK)
09:15 - 10:15	SASMA PARALLEL 4 6th Annual Congress on Medicine & Science in Ultra-Endurance Sport	ROOM 11
09:15 - 10:15	Session 6 Medical Complications During Ultramarathons	Chair: Dr Volker Scheer Prof Martin Schwellnus, Dr Martin Hoffman, Dr Patrick Basset
08:00 - 10:00	SASMA PARALLEL 5 Featured Symposium Cycling Monitoring and data analysis in Professional Cycling - Insights from a World Tour Team on the rise The Biomechanics of Cycling - An overview of recent research advances and relevant practical aspects Injury and illness patterns in World Tour Cycling - Perspectives from 6 years in the Professional World Tour Peloton Recent advances in athlete monitoring Data analysis in performance cycling	ROOM 10 Chair: Dr Jeroen Swart Dr Jeroen Swart Wendy Holliday Dr Adrian Rotunno Dr Rob Lamberts Dr Mike Posthumus
10:00 - 10:15	Tea/Coffee	
SASMA SESSIONS		
10:15 - 11:30	SASMA PARALLEL 1 Featured Symposium A Focus on Pain Management in Athletes	HALL A Chair: Prof Wayne Derman
10:15 - 10:30	A practical application of the IOC consensus statement on pain management in the elite athlete	Prof Wayne Derman
10:30 - 10:50	When painful rheumatological conditions masquerade as sports injuries	Prof Christa Janse van Rensburg
10:50 - 11:10	No brain - no pain - why we need multidisciplinary teams to treat pain	Dr Romy Parker
11:10 - 11:30	Pain relieving medications and WADA banned lists - an update	Prof Cheri Blauwett
11:30 - 12:00	Featured Symposium Women in Sport	Chair: Prof Jon Patricios
11:30 - 12:00	Role of a women in a man's world	Ms Helen Millson


12:00 - 13:00	SASMA Closure Session - Panel Discussion	Chair: Dr Pierre Viviers
	SASMA 2019 - "A Quest for Health & Performance" - next steps to shape the future	
	Panel Moderator: Prof Wayne Derman	
12:00 - 12:10	Introduction	Prof Martin Schwellnus
12:10 - 13:00	Panel Discussion: Prof Martin Schwellnus, Prof Cherri Blauwet, Prof Louise Burke, Dr Maki Ramogole Prof Vince Gouttebarger, Dr Doug McKeag, Dr Debby Alexander, Prof Walt Thompson	
10:15 - 11:15	SASMA PARALLEL 2	HALL B
	Featured Symposium	Chair: Prof Martin Schwellnus
	Update on Illness in the Athlete: Clinical Approach to Acute Respiratory Tract Infections in Athletes	
10:15 - 10:17	Introduction	Prof Martin Schwellnus
10:17 - 10:32	Effect of acute infections on exercise performance in athletes	Ms Kelly Muller
10:32 - 10:49	Acute infections & the risk of medical complications during exercise	Dr Carolette Cloete
10:49 - 11:04	Acute infections in the athlete: return-to-play best practice	Prof Martin Schwellnus
11:04 - 11:15	Panel Discussion	Prof Martin Schwellnus, Ms Kelly Muller, Dr Carolette Cloete
11:15 - 12:00	Colloquium	Chair: Dr Jo-Anne Kirby
	Topic: Travel Medicine	
11:15 - 11:25	Health Continuum of the traveling athlete - "how to cope"	Mrs Audrey Jansen van Rensburg
11:25 - 11:35	A stormy time with flue - a case study	Dr Karen Schwabe
11:35 - 11:50	Logistics of air travel with a paralympic team	Dr Carolette Cloete
11:50 - 12:00	Q & A	
10:15 - 12:00	SASMA PARALLEL 3	ROOM 11
	6th Annual Congress on Medicine & Science in Ultra-Endurance Sport	
10:15 - 11:00	Session 7	Chair: Dr Patrick Basset
	Appropriate Level of Medical Support at Ultramarathons	Dr Martin Hoffman
11:00 - 12:00	Session 8	Chair: Dr Patrick Basset
	Common ultramarathon running injuries	Prof Martin Schwellnus, Dr Volker Scheer
10:15 - 11:30	SASMA PARALLEL 4	ROOM 10
	Featured Symposium	Chair: Dr Moira Robertson
	Sport Chiropractor Group	
10:15 - 10:35	Injury prevention in runners	Dr Rob Beffa
10:35 - 10:55	Chiropractic integration within Endurocad	Dr Moira Robertson
10:55 - 11:15	The role of sports chiropractors within medical teams	Dr Marc Templeton
11:15 - 11:30	Panel Discussion (Q & A)	
11:30 - 12:00	Tutorial Lecture	Chair: Dr Craig Thompson
11:30 - 12:00	Implimentation of concussion guidelines - "Rise to the Occasion"	Dr Louis Holtzhausen
13:00 - 13:10	SASMA OFFICIAL CLOSURE	HALL A
	SASMA President 2020/22	Prof Christa Janse van Rensburg
BRICSCESS SESSIONS		
09:05 - 10:35	BRICSCESS SESSION	HALL D
		Chair: Prof Ginger Yang
09:05 - 09:35	<u>Invited Speaker:</u> Dancing with the world: aim for globalize harmony with holistic health through performing and education	Dr Miranda Chin (China)
09:40 - 09:55	Competency Profile of a Collegiate State University Cheer Leading Team in the Philippines	Prof Francis Carlos Diaz
10:00 - 10:15	A 15 year historical journey of dietary/nutritional product assessment in South Africa - Consequence - Opportunity - Progress - Excellence	Dr Gary Gabriels
10:20 - 10:35	Education for leisure and the use of comic books in Physical Education classes	Dr Cinthia Lopes da Silva
11:00 - 12:30	BRICSCESS Closing Ceremony	HALL D



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SASMA POSTERS

NAME	SURNAME	ABSTRACT TITLE
Nicolaas	Abel	An investigation of the knowledge of south african high school rugby coaches on concussion and the return-to-play protocol with the aid of a validated questionnaire
Marius	Bester	Changes in heart rate variability while exercising in humid and high temperatures
Christo	Bisschoff	The influence of match characteristics on post-match heart rate variability of male badminton players
Jill	Borresen	66% of 1st year university medical students report low habitual physical activity levels
Adele	Broodryk	The psycho-hormonal effects of aerobic fatigue on collegiate female soccer players
Robyn	Burrows	The effect of sports massage on lactic acid clearance during recovery from anaerobic exercise
Tanya	Camacho	Comparative upper-quarter posture analysis of female adolescent freestyle swimmers and non-swimmers
Isaac	Chauke	Dermatological conditions in recreational athletes participating in a mass community-based running event
Ben	Coetzee	Relationships between in- and post-match heart rate recovery and heart rate variability of African badminton players
Steve	den Hollander	Proficient Tackle and Ruck Technique in Rugby: A Review
Camille	Du Plessis	Head and neck injuries sustained during the super rugby tournament: a prospective study involving 6520 player hours
Adiele	Dube	Work-related barriers encountered by the football medical team in eSwatini
Robert	Evans	Blood pressure responses over 24-weeks using robotic locomotor training and activity-based training in persons SCI
Daniel	Garnett	Injury and Illness Epidemiology surveillance at the Indian Ocean Island Games 2019
Philippe	Gradidge	A description of cardiovascular disease risk factors in a sample of factory workers in Johannesburg
Philippe	Gradidge	The Ukumela impilo study to interrupt sedentary behavior and improve cardiovascular health
Henriëtte	Hammill	The effects of foam rolling and stretching as recovery tools on power output, mood state, muscle stiffness, and muscle pain
Martin	Heine	"I am active and healthy, so I don't need to make lifestyle changes!" A short report of clinical markers of "risk" for NCD's versus health and physical activity perceptions in a low-resourced
Shona	Hendricks	Eccentric knee flexor and hip abduction and adduction strength in professional male footballers
Neil	Isaacs	The kinetics and kinematics of the rotary backlift
Neil	Isaacs	The kinetics and kinematics of the rotary downswing in batting
Christa	Janse van Rensburg	Exercise May Decrease Syncope Secondary to Postural Change in Females With RA: Pilot Study
Aayesha	Kholvadia	Exploring the efficacy of low level laser therapy and exercise for knee osteoarthritis
Dimitrje	Kovac	Altered thoracic spine kinematics as a potential cause of low back pain in rotational-sport athletes: A case study
Lovemore	Kunorozva	A five year clinical audit of concussive injuries in collegiate male rugby players- a Stellenbosch University experience
Dominique	Leibbrandt	Creating an evidence-based decision-making algorithm for the individualised and holistic management patellofemoral pain
Warren	Lucas	Experiences of young South African gymnasts, parents and coaches about the health benefits of sport participation
Fhulufhelo	Madzhiga	The Epidemiology of Iliotibial Band Friction Syndrome (ITBFS), and Risk Factors Associated with ITBFS, in 21.1km and 56km Distance Runners
Rowena	Naidoo	The development of the C.R.E.S.T anti-doping intervention
Wei	Qian	The inherent dilemma and optimization path of the development of Chinese sports industry
Hashendra	Ramjee	The Epidemiology of Muscle and Tendon Injuries During the Super Rugby Tournament (2013 to 2015)
Nicola	Sewry	Race distance, history of chronic disease and analgesic / anti-inflammatory medication use are risk factors associated with overuse injuries in trail runners: a SAFER study in 2824 entrants
Claire	Shackleton	The effect of robotic walking and activity-based rehabilitation on secondary complications in individuals with spinal cord injury
Org	Strauss	The Association between the Mechanism of Injury and the Visual MRI Pathology of ACL Injuries
Johan	van Heerden	Work and family support among participants in the world transplant games
Harry	van Wyk	Prevalence and type of injuries in South African trail runners

BRICSCESS POSTERS

NAME	SURNAME	ABSTRACT TITLE
Fikreyesus	Adula	Recovery and Overtraining in Ethiopian Higher League Football
Barry	Andrews	Neuromuscular electrical stimulation and the hamstring conundrum - A randomized control trial
Barry	Andrews	The psychological effects of the athlete-coach relationship on performance: The lived experiences of female university athletes
Susan	Bassett	The effect of sports massage on lactic acid clearance during recovery from anaerobic exercise.
Dora Meiyuan	Chen	Experimental research on pe reform in primary school in shanghai
Brenda	Coetzee	Predicting physical exertion on graded hiking trails
Jianhui	Dai	Physical activity patterns and characteristics in chinese residents
Monique	de Milander	Identification of developmental coordination disorder (dcd) in grade 1 learners: a screening tool for parents and teachers
Elna	De Waal	Fundamental movement skills and academic performance of 5-to 6-year-old pre-schoolers
Kyra	Duvenage	Bilateral differences in anthropometric measurements of university level netball players
Carina	Faggiani Dias	Preliminary study: Effects of Brain Breaks® in the elementary students in a public school in “Praia Grande” city
Jeanne	Grace	Lower-extremity running-related injuries among 10 000-meter long distance runners in Ethiopia
Chante'	Johannes	The Perceived Benefits of Structured and Unstructured Physical Education lessons: Perspectives from selected high schools in Cape Town
Deidre	Johnson	The effect of a motor skills exercise programme on motor skills development and quality of life in hard of hearing children in grade R to grade 2.
Cindy	Kriel	Leisure education and recreation participation: A niche for recreational therapy in South Africa
Kiso	Murakami	A Qualitative Examination of Coping Strategies in International Referees
Cindy	Pienaar	Anaerobic performance characteristics of sub-elite female soccer players by playing position, and its relation to morphological profile
Lynne	Reagon	Performance of three start techniques off the osb11 starting block over 15m
Sang Xuehui	Sang	Prospects for the development of youth sports clubs under the strategy of strengthening the country with sports
Oscar Yoshihiro	Santelices	Reliability and validity of the competitive readiness scale for filipino elite table tennis athletes (CRSTTA): basis for designing a proposed comprehensive training program in preparation for international competitions
Raven	Schippers	Relationship between Selected Physical Characteristics and Hamstring Injuries in Male Soccer Players
Mandisi Eugene	Sithole	The evaluation of commercially available protein supplements product labelling information
Gareth	Smithdorf	Effect of Tumble Turns on Swimming Performance in Level 3 Swimmers
Nadja	Snegireva	Understanding of Concussion and Return-to-Sport in support staff within South African Football: A pilot study
Takshita	Sookan	An investigation into the hydration strategies of half marathon runners
Yolanda	Stevens	Governance of the adventure-based experiential learning industry in south africa: a proposed methodology
Teneille	Voke	CASO - Caring Society: Building Communities, Social Inclusion and Health Development using a context specific logbook for Internship
Yolandi	Willemse	Bilateral differences in upper and lower body isokinetic strength of university level netball players
Amelia Mays	Woods	Research, Teaching, and Service Role Predilections and Responsibilities of Physical Education Teacher Education Faculty Working in the U.S.A.
Xianzhao	Zhu	Exploring the Factors Affecting the Differences in Physical Health between Chinese Non-Sports Majors Based on Lifestyle

ULTRA-ENDURANCE SPORT POSTERS

NAME	SURNAME	ABSTRACT TITLE
Ricardo	Costa	The Impact of Ultra-Formulated Dehydrated Meal Consumption Along a Multi-Stage Ultramarathon Competition on Gastrointestinal Symptoms and Nutritional Status of Ultra-Endurance Runners: A Double-Blind Randomised Control Trial
Christie	Bennett	Does the Gut Microbiota Bacterial Abundance and Composition Influence the Magnitude of Intestinal Integrity Perturbations, Systemic Cytokinaemia, and Gastrointestinal Symptoms in Response to Exertional-Heat Stress?
Isabella	Russo	The Impact of Post-Exercise Chocolate Flavoured Dairy Milk Beverage Consumption on Gastrointestinal Symptoms, Breath Hydrogen and Blood Glucose Responses in Endurance Athletes
Morteza	Khodaei	Epidemiology of Cycling Related Injuries on the Roads and Highways Treated at United States Emergency Departments between 2009 and 2018
Matthew	White	Past Cold Injuries and Anatomical Regions of the Hand Where Cold is Experienced by Search and Rescue Workers
Matthew	White	Limited Thermal Protection of Canadian Military Winter Garments in Extreme Cold Conditions
Volker	Scheer	Comparing the Energy Cost of Running with Two Different Backpack Systems



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