

# Aspetar Wednesday Webinar Series

*'Cutting edge sports medicine  
and science to your doorstep'*



# Aspetar Wednesday Webinar Series

20 January 2022 - 20 January 2023 (2nd year)

## Target Audience:

Physicians, Allied Health Professional, Nurses, Dentists, Pharmacists, Other

## Venue:

Online (Microsoft Teams)

## Activity code:

HGI-03-P82

## Overall learning objectives:

On completion of this activity, participants will be able to:

1. Demonstrate knowledge of the impact of COVID-19 on athlete health and training.
2. Apply best evidence in the diagnosis, treatment, and prevention of common injuries and musculoskeletal conditions in athletes.
3. Discuss principles of coping with heat to improve training and performance and the use of heat therapy in athletes.
4. Appraise the effect of growth-related injuries in elite youth athletes.
5. Understand the importance of shared decision making and ethics in sports medicine.
6. Apply strategies to cope with effects of travel on athlete health.
7. Develop approaches to deal with diversity in sport.

***This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum 1.50 credit hour.***

CPD points: 1.5



Date and time	Topic	Speaker/s
<b>16th February 2022</b>  5.00 PM - 6.30 PM (GMT+3)	<b>Protecting the health of the football player</b>	<b>Ian Beasley Grant Downie Gary Lewin</b>
<b>16th March 2022</b>  5.00 PM - 6.30 PM (GMT+3)	<b>Travel sports medicine</b>	<b>Juan-Manuel Alonso Christa Janse van Rensburg Tim Meyer Celeste Geertsema Jacopo Vitale</b>
<b>18th May 2022</b>  5.00 PM - 6.30 PM (GMT+3)	<b>Hamstring injuries in football players</b>	<b>Nicol van Dyk</b>
<b>15th June 2022</b>  5.00 PM - 6.30 PM (GMT+3)	<b>Equality and diversity</b>	<b>TBC</b>

Date and time	Topic	Speaker/s
July and August	Summer break	
<b>21st September 2022</b>  5.00 PM - 6.30 PM (GMT+3)	<b>Delivering Amazing - how to become the Gold Standard in medical care at a FIFA World Cup</b>	<b>Celeste Geertsema</b>
<b>19th October 2022</b>  5.00 PM - 6.30 PM (GMT+3)	<b>Hot topics in football medicine and performance</b>	<b>TBC</b>
<b>18th January 2023</b>  5.00 PM - 6.30 PM (GMT+3)	<b>Shared-decision making in athlete healthcare</b>	<b>Sofie Nelis Paul Dijkstra</b>

## Scientific Planning Committee:

Paul Dijkstra (Chair), Sofie Nelis (Co-Chair), Faten Smiley, Dorothy Lechicki, Celeste Geertsema, Raouf Rekik, Pieter D'Hooghe, Dania Almasri, Konstantinos Epameinontidis, Zainab Al Sarraf, Sean McCrudden, Marco Cardinale and Rafael Santos

***The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.***

Overall time: 90 min:

Lecture: 60 min

Interactive session: 30 min

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