

A UNIQUE
DESTINATION
FOR SPORTS
MEDICINE



ASPETAR 

Aspetar Wednesday Webinar Series

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

ASPETAR  

Agenda
Aspetar Wednesday Webinar Series
15 May 2024 – 15 May 2025 (4th year)

Target Audience: Physicians, Allied Healthcare Practitioners, Nurses, Dentists, Pharmacists, Others (researchers and sport scientists)

Venue: Online (Microsoft Teams)

Activity code: HGI-03-HGI-03-P135

Overall learning objectives:

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

1. Apply best evidence in the diagnosis, treatment and prevention of common injuries and musculoskeletal conditions in athletes.
2. Develop a management plan for muscle injuries in athletes.
3. Discuss principles of coping with heat to improve training and performance and the use of heat therapy in athletes.
4. Define 'Modern Games'.
5. Describe the key principles of 'Extreme Sports Medicine'.
6. Discuss the importance of artificial intelligence in sports medicine and science.

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 hours

	Date and time	Topic	Session Learning Objectives By the end of this session the participants will be able to:	Speaker/s
1.	15 May 2024 4.30 PM - 6.00 PM (GMT+3)	Sports medicine in athletics	<ol style="list-style-type: none"> 1. Apply current evidence on relative energy deficiency in sport (REDs) to track and field athletes 2. Develop a return to performance plan for a track and field athlete after pregnancy 3. Describe several strategies to support the mental health of track and field athletes. 4. List five actions for track and field athletes and coaches to reduce risk of injury 	Dr Paul Dijkstra Dr Jenny Jacobsson Prof Margo Mountjoy Prof Jane Thornton Prof Claudia Reardon Dr Juan-Manuel Alonso
2.	12 June 2024 4.30 PM - 6.00 PM (GMT+3)	Advanced Imaging	<ol style="list-style-type: none"> 1. Describe technological developments in musculoskeletal radiology 2. Explain how chronic exertional compartment syndrome can be evaluated 3. Identify how 3D MRI can be applied in the musculoskeletal system 	Dr Marcelo Bordalo Dr Jan Fritz Dr Avneesh Chhabra
	July - August	Summer break		
3.	18 September 2024 4.30 PM - 6.00 PM (GMT+3)	Top Tips for Thigh Muscle Injuries: From Diagnosis to Treatment	<ol style="list-style-type: none"> 1. Develop a comprehensive assessment plan for a patient with a suspected thigh injury 2. Compare and contrast the advantages and limitations of different imaging modalities in diagnosing thigh muscle injuries 3. Evaluate imaging findings to predict prognosis and guide treatment decisions 4. Outline strategies to optimize rehabilitation of thigh muscle injuries 	Mr Ben Salcinovic Dr Stephen Targett Dr Paulo Helito Ms Helen McKeever

4.	16 October 2024 4.30 PM - 6.00 PM (GMT+3)	Risk Factors for Thigh Muscle Injuries	<ol style="list-style-type: none"> 1. Apply knowledge of risk factors to assess injury risk in specific athlete populations 2. Summarize the influence of biomechanical factors on the likelihood of thigh muscle injuries. 	Ms Helen McKeever Dr Tania Pizzari Dr Raouf Nader Rekik
5.	30 October 2024 4.30 PM - 6.00 PM (GMT+3)	Optimizing Performance: Preventing and Managing Thigh Muscle Injuries	<ol style="list-style-type: none"> 1. Critically evaluate the effectiveness of current injury prevention programs in addressing thigh muscle injury risk factors. 2. Judge the appropriateness of modifying training protocols to reduce the incidence of thigh muscle injuries in athletes 	Ms Toni Snoxell Dr Nicol van Dyk Dr Liam Harper
6.	20 November 2024 4.30 PM - 6.00 PM (GMT+3)	Handball	<ol style="list-style-type: none"> 1. Understand the key components of handball performance and identify essential skills players need to develop. 2. Analyze training load data to determine optimal training intensities for handball athletes. 3. Evaluate the effectiveness of different injury prevention strategies in youth handball players. 4. Apply techniques for protecting the shoulder during training and gameplay to minimize injury risk. 5. Create a personalized training plan that incorporates load monitoring and injury prevention strategies for youth handball athletes. 	Prof Marco Cardinale Dr Claude Karcher Dr Live Luteberget Dr Merete Moller Dr Martin Asker
7.	15 January 2025 4.30 PM - 6.00 PM (GMT+3)	Extreme Sports Medicine	<ol style="list-style-type: none"> 1. Evaluate the unique challenges of providing medical care in extreme and remote settings 2. Explain how insights from extreme sports medicine can be applied to improve population health outcomes. 3. Identify key psychological and physiological factors influencing performance and survival in extreme environments. 	Dr Celeste Geertsema Prof Mark Hannaford Ms Nikki McLeary Dr Peter Dzendrowskyj Ms Chloe Lanthier Dr Glenn Singleman

8.	29 January 2025 4.30 PM - 6.00 PM (GMT+3)	Doping and Therapeutic Use Exemption	<ol style="list-style-type: none"> 1. Summarize the key updates in the 2025 WADA Prohibited List. 2. Demonstrate confidence in evaluating and managing common medications in sports medicine. 3. Explain the TUE application process and apply its practical implementation in real-world scenarios. 	Dr Omar AlSeyrafi Dr Rocío Nuche Dr Essra Zeinelabidin Dr Omar AlSeyrafi
9.	19 February 2025 4.30 PM - 6.00 PM (GMT+3)	The protection of athlete health and performance in the heat: updates from research and practice	<ol style="list-style-type: none"> 1. Evaluate the importance of athlete knowledge and the adoption of evidence-based practices for heat preparation in competition 2. Describe the role of technology in monitoring athlete responses to heat during competition and training 3. Analyze the challenges and strategies involved in integrating evidence-based practices into athlete preparation for competition in hot conditions 4. Discuss the realities and barriers faced by elite athletes and teams in adopting evidence-based practices for heat management 5. Explain how research findings influence the development of policy, medical practices, and athlete education within an International Federation's framework 	Prof Marco Cardinale Dr Christopher Esh Dr Lee Taylor Ms Laura Needham Dr Paolo Adami
10.	16 April 2025 4.30 PM - 6.00 PM (GMT+3)	AI in Sports Medicine		Dr Paul Dijkstra Ms Yosra Mekki

Scientific Planning Committee:

Paul Dijkstra (Chair), Sofie Nelis (Co-Chair), Mariem Labidi, Faten Smiley, Dorothy Lechicki, Celeste Geertsema, Raouf Rekik, Pieter D'Hooghe, Dania Almasri, Konstantinos Epameinontidis, Zainab Al Sarraf, Sean McCrudden, Marco Cardinale, Daniel Martinez-Silvan and Barboura Mondher

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