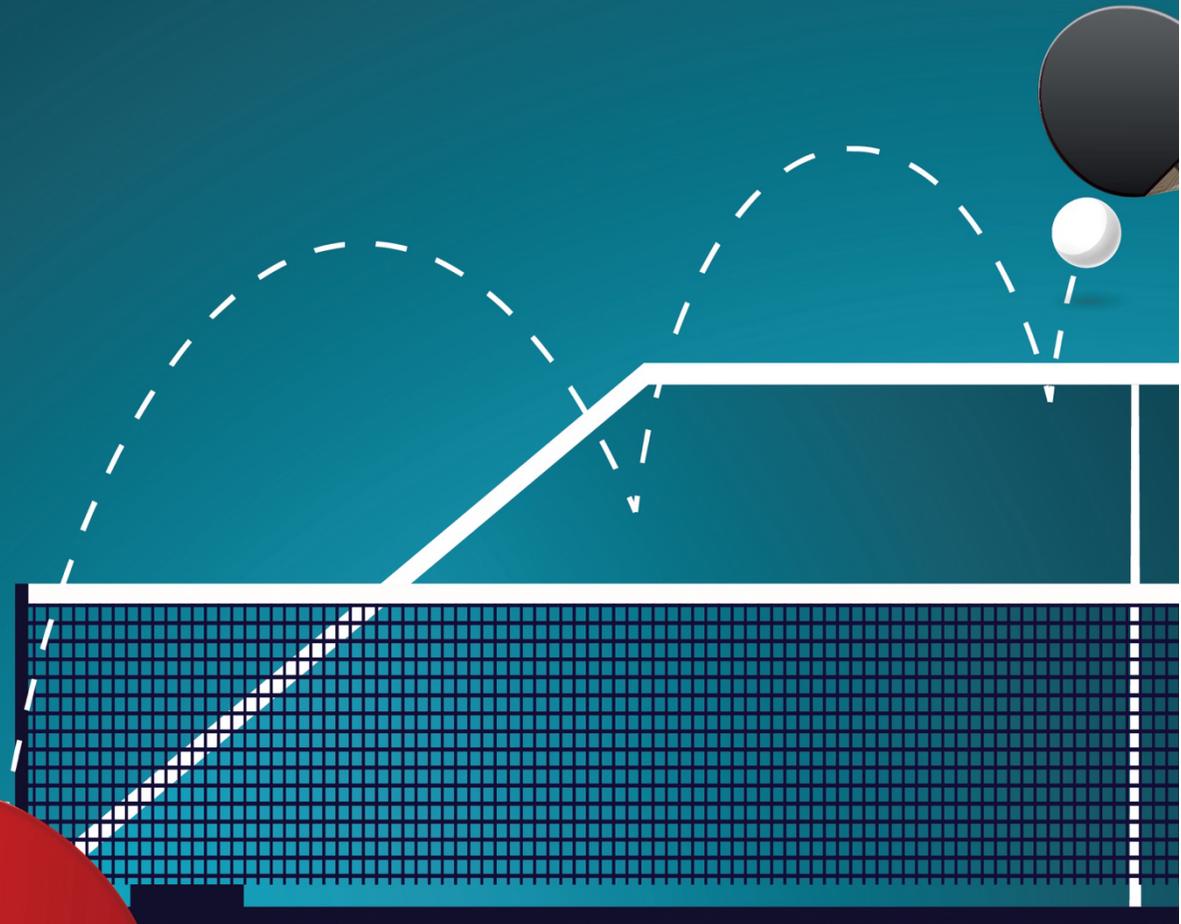
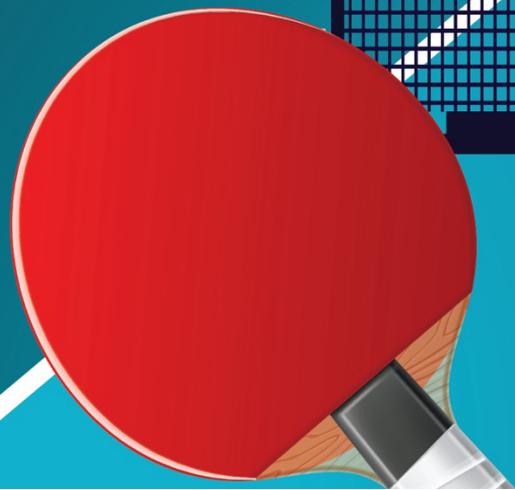


17TH ITTF SPORTS SCIENCE CONGRESS DOHA 2025

15th - 16th May 2025

CONFERENCE AGENDA



Agenda

17th International Table Tennis Federation (ITTF) Sports Science Congress – Doha 2025 15-16, May 2025

Target Audience: Physicians, Allied Healthcare Practitioners, Others (Sports Scientists, Coaches, and Sports Managers)

Activity code: HGI-03-P160

Venue: Aspetar Auditorium (in person) and Microsoft Teams (online)

Time: 08:00-18:00

Overall Learning Objectives:

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

1. Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.
2. Discuss risk of injuries and health of table tennis players
3. Apply best evidence in the diagnosis, treatment and prevention of common injuries in table tennis players, considering youth and adults, male and female.
4. Apply knowledge on travel sports medicine to develop professionals who work with elite table tennis players.
5. Discuss injuries and transoceanic travel and aspects related to sleep with elite table tennis and coaches and understand the importance of shared decision making in sports science and medicine.

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 12.75 hours.

Date	Topic	Session Learning Objectives	Speaker
Day 1: 15 May 2025		By the end of this session, participants will be able to:	
08:00AM-all day	Registration		
09:30-10:00	Opening Ceremony		Presidents/Directors of ITTF, Aspetar and QTTA.
10:00-10:40	Opening Conference The role of the Periodic Health Examination		Dr Stephen Target (Qatar)
10:40-11:00	Coffee Break		
11:00-12:00	Oral Presentation - Session I Biomechanics, Match Analysis, and Skill analysis in Table Tennis	Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.	4 oral presentations (10min each +5 min of interactive time each)
12:00-13:30	Lunch Time		
13:30-14:30	Oral Presentation - Session II		
	Table Tennis for Health: Global Initiatives and Innovative Approaches	Introduce key ITTF Foundation initiatives aimed at leveraging table tennis for health and well-being, including the TT4Health Program, the TT4Health Festival,	Leandro Olvech (Director of ITTF Foundation)

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		the SWAN Project, and the Neuropong Handbook.	
	Anti-doping, Table Tennis as a Health Sport Equipment, Esport	Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.	3 oral presentations (10min each +5 min of interactive time each)
14:30-15:50	Plenary Session I: Table Tennis Injuries		
	Epidemiology of table tennis injuries		Dr Raouf Rekik (Qatar)
	Body posture and asymmetries in the Trunk.		Dr Fethi Regaieg (Qatar)
	Hand, wrist and elbow injuries in table tennis.		Dr Elisabet Hager (Qatar)
	Neck and back injuries in table tennis		Dr Nejib Benzarti (Qatar)
	Q & A		
15:50-16:10	Coffee Break		
16:10-17:30	Plenary Session II: Shoulder Injuries in Table Tennis Athletes.		
	Clinical syndromes of the shoulder in table tennis		Dr Khalid AlKhelaifi (Qatar)

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	Rehabilitation of shoulder problems in table tennis athletes		Hercules Paquet (Qatar)
	Prevention of shoulder injuries		Leopoldo Buttinoni (Qatar)
	Sports-specific decision-making processes in the rehabilitation of table tennis injuries		Matthew Rees (Qatar)
	Q & A		
17:30 - 18:30	Poster presentation	Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.	

Date	Topic	Session Learning Objectives	Speaker
Day 2: 16 May 2025		By the end of this session, participants will be able to:	
09:00-10:20	Plenary Session III: Athletes Travel, Sleep and Nutrition Demands		
	Jet lag - Travel fatigue		Dr Felipe Hardt (Qatar)
	Travel sleep demands		Dr Karim Khalladi (Qatar)

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	Sports nutrition for travel		Nelda Nader (Qatar)
	Travel medical issues affecting the athlete's health and performance		Dr Fethi Regaieg (Qatar)
	Q & A		
10:20-11:20	Oral Presentation - Session III Physiology, Nutrition, Fitness testing, and Training applied to Table Tennis	Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.	4 oral presentations (10min each +5 min of interactive time each)
11:20-11:40	Coffee Break		
11:40-12:40	Oral Presentation - Session VI		
	Global concept for the ITTF Coaching Education	Discuss global concept for the ITTF Coaching Education	Mikael Andersson (ITTF Sports Development Director)
	Coaching and teaching, and Youth in table tennis Para Table Tennis	Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.	3 oral presentations (10min each +5 min of interactive time each)
12:40-14:10	Lunch Time		

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14:10-15:30	Plenary Session IV Player and Coach centred approaches applied to health context.	Panel discussion to debate injuries, transoceanic travel and sleep-related aspects centred on elite table tennis players and coaches. Understand the importance of shared decision-making in sports science and medicine.	Irene Faber (Full member of ITTF Sport Science and Medical Committee) Polona čehovin (WTT Head of Players Relations) Jaclyn McGibbony (WTT Players Relations, Medical Services Senior Manager) Jorge Fanck (Coach of Women's National Team - Brazil)
15:30-16:30	Oral Presentation - Session V		
	Sustainability and sport science	Discuss sustainability and sport science, research and health intersection, raising areas which would be interesting to study.	Karine Teow (Head of Sustainability at the ITTF)
	Mental/Psychological aspects Gender Equality, Diversity and Inclusion Governance, Integrity, and Sustainability	Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.	3 oral presentations (10min each +5 min of interactive time each)

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16:30-16:50	Coffee Break		
16:50-17:30	Closing Conference Optimizing sports performance and mental health through Stress management		Dr Karim Khalladi (Qatar)
17:30-18:00	Closing Remarks		

Scientific Planning Committee:

Taisa Belli (Chair), Fethi Regaieg (Vice Chair), Louis Holtzhausen, Konstantinos Epameinontidis, Irene Faber, Nabil H Alfakih, Nansi Jawhar (CPD Coordinator)

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: 760 min: Lecture: 560 min
Interactive: 200 min (26%)