

WEDNESDAY 9 OCTOBER 2019

FLV Meeting - CLOSED MEETING - By Invitation Only		Room 8 & 9
18:00 - 19:00	FLV meeting	Dr Ming- Kai Chin
19:00 - 20:00	FLV meeting with supervisors and invited colleagues	Chair: Dr Ming-Kai Chin
19:00 - 19:05	Welcome and Introduction	Dr Ming-Kai Chin
19:05 - 19:15	Self introduction of FLV	
19:15 - 19:30	Self introduction of supervisors and invited colleagues	
19:30 - 19:38	History, Mission and Vision of FLV (PPT)	SFLV Team Leader: Dr Mariana Tudor
19:38 - 19:43	Briefing of WCFLV 2019 (PPT)	SFLV Dr Dané Coetzee
19:43 - 19:48	Presentation of a summary of all FLV volunteer projects (PPT)	Dr Elena Carrillo Alvarez
Selected FLV Project Presentations		
19:48 - 19:53	Sharing of community project with music for Islamic population in Malaysia (notBB) (PPT)	Dr Garry Kaun
19:53 - 19:58	Sharing the process of two BB studies in Poland and Macedonia that leads to SCI publication (PPT)	Dr Agata Korcz and Dr Bilana Popeska
19:58 - 20:03	Introduction of the UC Child Well-being Research Institute as manager in New Zealand (PPT)	Dr Susie Stevens
Sharing and Interaction		
20:03 - 21:00	Sharing and Interaction between FLV, supervisors and invited colleagues	

THURSDAY 10 OCTOBER 2019

09:00	REGISTRATION FOR PRE CONGRESS WORKSHOPS OPEN	Exhibition Hall
09:00 - 16:30	SASMA - Exercise is Medicine FULL DAY WORKSHOP	ROOM 2
		Chair: Dr Georgia Torres
09:00 - 09:15	Registration	
09:15 - 10:15	Introduction and Keynote lecture	Prof Walt Thompson
10:30 - 11:00	Pre-participation Health Screening	Dr Georgia Torres
11:00 - 11:20	Tea/Coffee	
11:20 - 12:30	Exercise Prescription for the Healthy Case Study	Prof Leon Lategan
12:30 - 13:30	Behavior change for Physical Activity	Dr Louis Holthauzen
13:30 - 14:00	Lunch	
14:00 - 14:30	Exercise - Medicine for Diabetes and Metabolic Syndrome Case Study	Dr Georgia Torres
14:30 - 15:00	Exercise - Medicine for Cardiovascular disease Case Study	Prof Demetri Constantinou
15:00 - 15:30	Exercise - Medicine for Hypertension Case Study	Natalia Neophytou
15:30 - 16:00	Exercise - Medicine for Cerebral Palsy Case Study	Natalia Neophytou
16:00 - 16:30	Exercise - Medicine for Scoliosis Case Study	Dr LouAnn Rivett
07:15 - 17:30	World Conference of the Future Leader Volunteer 2019	ROOM 11
		Chair: Prof Hans de Ridder
07:15 - 07:40	Registration	
07:45 - 08:15	Welcome and Introduction of 1st WCFLV 2019 Programme	Prof Dr Refilwe Phaswana-Mafuya
08:15 - 08:45	Keynote Speaker	Chair: Prof Dané Coetzee
	Changing Agents™ In Global Promotion Strategies of Holistic Health and Well-Being	Prof Ming-Kai Chin
08:45 - 09:15	Invited Speaker	Chair: Dr Marianna Tudor
	The Development, Validation and Dissemination of the Dietary Inflammatory Index (DII®): implications for the Future of Holistic Health and Sustainability	
09:15 - 09:25	BRAIN BREAKS	Dr Antonin Kuban and Mr Tholomusa Favoured Mlazi
09:30 - 10:45	FLV PARALLEL 1	ROOM 8
		Chair: Dr Antonin Kuban
09:30 - 09:45	Brain Breaks® Classroom-Based Physical Activities and its impact on Attitudes toward Physical Activity in 3rd and 5th grade learners	SFLV: Asst. Prof Dr Agata Glapa (Poland), Joanna Grzesiak, Ida Laudanska-Krzeminska, Ming-Kai Chin, Christopher R. Edginton, Magdalena
09:45 - 10:00	Actual motor competence versus perceived motor competence in 6- to 7-year old children in the Stellenbosch region	Roodt O, Duncan M, Africa E

10:00 - 10:15	Implementation of a Brain Breaks® program in a Catalan Public School. Effects of the Intervention and Attitudes towards Physical Activity in 5-6th Grade Children	FLV: Mr. Oriol Sansano-Nadal (Spain), Dra. Elena Carrillo Álvarez, Dr Mingkai Chin, Jordi Badia Castell, Maria José Gilabert Pitarch, Lara Buch Romeu, Dra. Myriam Guerra-Balic
10:15 - 10:30	The effect of a perceptual-motor intervention on the letter recognition and -formation in selected Grade 1 children.	Botha, Sharney & Africa, Eileen
10:30 - 10:45	Effects of using technology supported Brain-Breaks on physical activity behaviour among primary school children: a transtheoretical perspective	SFLV: Dr Garry Kuan (Malaysia), Ayu Suzailiana Muhamad, Hussein Rizal, Mawar Siti Hajar
09:30 - 10:30	FLV PARALLEL 2	ROOM 9 Chair: Prof Elena Carrillo Alvarez
09:30 - 09:45	Being a volunteer – perspective of Macedonian students	SFLV: Assoc. Prof Dr Biljana Popeska
09:45 - 10:00	“Walk for life” – Phase One: An Alternative Church-led Health Promotion Community Exercise Program	FLV: Mr. Tholomusa Favoured Mlalazi (Zimbabwe)
10:00 - 10:15	Sustainable Development and Holistic Health in Bulgarian Schools and Communities	SFLV: Dr Zornitza Mladenova (Bulgaria), Ming-Kai Chin, Asen Markov, Plamen Rangelov
10:15 - 10:30	The joy of movement, the enfleshed body and wellbeing in physical education	FLV: Dr Susannah Stevens
09:30 - 10:45	FLV PARALLEL 3	ROOM 11 Chair: Dr Olawale Sunday Onagbiye
09:30 - 09:45	Lived Experience of Student-Athletes under a state University Varsity Sports Program	FLV: Asst. Prof Mona Maghanay
09:45 - 10:00	Training Load and Quality of Recovery in Ethiopian Higher League Football Players	Adula Fikreyesus
10:00 - 10:15	Enhancing Corporate Business Relationship through Hosting a Running Race Event: The Case of J.P. Morgan Corporate Challenge in Shanghai	FLV: Ms. Jinyu Shi (Gin) (China), James J. Zhang
10:15 - 10:30	Exploring the Quiet Eye parameters during the rugby union goal kicking task	Retief Broodryk et al
10:30 - 10:45	A new possibility for the determination of the mechanical and morphological properties of the Achilles tendon	FLV: Ms. Michelle Slunecko
10:45 - 11:15	Tea/Coffee	
11:15 - 12:15	FLV PARALLEL 1	ROOM 8 Chair: Prof Biljana Popeska
11:15 - 11:30	The effect of a three month HOPSports Brain Breaks® intervention programme on the physical fitness levels of Grade 6-learners	SFLV: Assoc. Prof Dané Coetzee , Jacky Bonnema, Dr Anita Lennox
11:30 - 11:45	The relationship between body composition, physical fitness and levels of physical activity of Zimbabwean children aged 10-12 years old	Caroline Mavingire, Prof Hans de Ridder
11:45 - 12:00	Classroom-based strategies to increase the level physical activity among children	SFLV: Dr Marianna Tudor & Luminita Georgescu,
12:00 - 12:15	Creation and verification of effectiveness of our new "Music-based physical educational (MBPE) program for pre-school children"	FLV: Dr Antonín Kubaň
11:15 - 12:15	FLV PARALLEL 2	ROOM 9 Chair: Prof Agata Glapa
11:15 - 11:30	Shared social determinants of lifestyle and academic performance in a sample of Catalan adolescents	SFLV: Assoc. Prof Dr Elena Carrillo Alvarez (Spain), Dario Novak, Oriol Sansano-Nadal, Myriam Guerra-Balic, Lluís Costa-Tutusaus1
11:30 - 11:45	Are Obesity Levels Related to Living Habits of Adolescents in Singapore?	FLV: Ms. Ng Yew Cheo, Govindasamy Balasekaran, Stanley Sai-Chuen Hui, Visvasuresh Victor Govindaswamy, Peggy Boey, Jolene Lim.
11:45 - 12:00	The Effect of Dance on Social-Emotional Skills	FLV: Prof Filiz Bijen
12:00 - 12:15	Correlation between selected anthropometric variables and health related quality of life in Tswana speaking adults	FLV: Dr Olawale Sunday Onagbiye
11:15 - 12:15	FLV PARALLEL 3	ROOM 11 Chair: Dr Zornitza Mladenova
11:15 - 11:30	The effects of connective tissue manipulation on balance and proprioception among healthy individuals	FLV: Ms. Çiçek Duman
11:30 - 11:45	Motivation and quality of life in sport	FLV: Ms. Karolina Chlebosz , Maciej Tomczak, Małgorzata Walczak, Paweł Kleka, Małgorzata Sławińska & Tony Morris
11:45 - 12:00	Competitive anxiety among Brazilian elderly athletes	FLV: Ms. Larissa Pires Cavaleante
12:00 - 12:15	Comparison of the muscle activation threshold and pain level of temporomandibular joint, balance and posture between healthy individuals and individuals with temporomandibular joint dysfunction	Ms. Çiçek Duman
12:15 - 13:30	Lunch	

13:30 - 16:00	GROUP DISCUSSION <i>Room: 1,2,3,4,5,6, 8, 9, 11 & common Spaces</i>	Divide into 10 groups as per instructed
	Group 1 Group 2 Group 3 Group 4 Group 5 Group 6 Group 7 Group 8 Group 9 Group 10	
16:00 - 16:15	BRAIN BREAKS	Prof Mona Maghanay & Ms Karolina Chlebosz
16:15 - 16:30	Tea/Coffee	
16:30 - 17:30	Group Report	
17:30 - 21:00	Dinner and Social Night sponsored by North West University	Conference Lounge Upstairs
09:00 - 15:15	SASMA Full Day Workshop SAIDS/WITS Doping in Sport for Health Professionals	ROOM 7 Chair: Dr Amanda Claassen-Smithers
09:00 - 09:05	Opening and Purpose of the programme	Khalid Galant (SAIDS CEO)
09:05 - 09:25	SA Doping statistics The role of the health professional in doping / anti-doping	Khalid Galant (SAIDS CEO)
09:25 - 10:10	Understanding how the Code applies to athletes & support personnel (health professionals) -What constitutes a Doping offence -Sanctions (athlete & support personnel) -Doping cases where health professionals were implicated	Mrs. Wafeekah Begg-Jassiem (SAIDS Legal Manager)
10:10 - 10:25	Open floor Q&A	
10:25 - 10:45	Tea/Coffee	
10:45 - 11:00	The List of Prohibited Substances & Methods - How do substances get on the list - Resources: Medication check tool; GlobalDRO	Prof Demetri Constantinou (WITS)
11:00 - 11:35	Therapeutic Use Exemptions (TUEs) - Criteria / standards & process - Who needs a TUE – Pro- vs Retro-actively - Common medications & reasons for TUE rejections - “Ritalin / Concerta” – stats / criteria	Prof Demetri Constantinou (WITS)
11:35 - 11:45	Open floor Q&A (10 min)	Mr. David Bayever (Pharmacist; WITS)
11:45 - 12:30	Marijuana – demystifying the melting pot of interpretations	
12:30 - 13:15	Lunch	
13:15 - 13:35	Consequences of Doping - Social consequences (Case studies) - Health Risks (overview)	SAIDS Education Officer
13:35 - 14:20	Dietary / sport supplements – Adults & Youth - Separating the silver bullets from the duds ...? - Risks, Red flags & Red Herrings - case studies - Ethics of supplement prescription by health professionals - Open floor Q&A	Dr Amanda Claassen-Smithers (SAIDS Education & Research Manager)
14:20 - 14:45	Performance-enhancement without doping: Top 5 (10) nutrition do's and don't's to maximise performance Athlete education - Resources	Dr Amanda Claassen-Smithers (SAIDS Education & Research Manager)
14:45 - 15:05	Functions of a health professional working with athletes - Anti-Doping education to athletes & available resources - Working in a multi-disciplinary team - Scope of Practice: When to refer	Dr Jeroen Swart (Sports Physician)
15:05 - 15:15	Course Feedback and Evaluation Closure	Khalid Galant (SAIDS CEO)
13:00 - 17:00	SASMA Half Day Workshop SA Sports Physiotherapy Group	ROOM 10 Chair: Mrs Elaine Burger
13:00 - 13:20	Arrival and registration	Mrs Elaine Burger
13:20 - 14:00	Introduction: Interactive Introduction - The Return to sport Continuum	Dr Nicol van Dyk (Physiotherapist)
14:00 - 14:45	Return to sport (RTS) following hamstring injury - the Aspetar experience	Dr Nicol van Dyk (Physiotherapist)
14:45 - 15:30	RTS following throwing shoulder injury	Megan Dutton (Physiotherapist)
15:30 - 16:00	Tea/Coffee	
16:00 - 16:45	RTS following running injury	Chris Allan (Physiotherapist)
16:45 - 17:00	Final thoughts and wrap up	
17:00	Session Close	Elaine Burger
18h30	SASMA Presidents Dinner - By Invitation only Terroir Restaurant, Kleine Zalze, Stellenbosch	

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 BRICSCESS Opening Address	Dr Pierre Viviers 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	HALL B
	Tutorial Lecture	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	ROOM 11
	Workshop	Chair: Dr Helen Bayne and Dr John Cockcroft
	Biomechanics Interest Group	
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	ROOM 2
	Clinical Case Presentations	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 Culpan
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 Goutteborge
15:20 - 15:45	Panel Discussion: Wayne Viljoen (SARU), Clint Readhead (SARU), Mike Lambert (UCT), Vincent Goutteborge (University of Amsterdam) & Ruan Schlebusch (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 Giovannelli, Dr Robert Lamberts, Dr Maïke 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	BRICSESS 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 Goutteborge
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 SRC, MTBI and Head Trauma: Important Recent Findings 2019	Chair: Dr Debby Alexander Dr Doug McKeag (USA)
16:00 - 17:30	SASMA PARALLEL 5 Abstract Presentations	ROOM 9 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	
BRICSESS SESSIONS		
16:00 - 16:50	BRICSESS 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) Topic: Manipulating carbohydrates for endurance training and performance: from keto, train low to compete/train high	HALL A Chair: Dr Amanda Claassen-Smithers
BRICSCESS KEYNOTE		
08:00 - 09:00	BRICSCESS Keynote Address: Prof Anita Pienaar (RSA) Topic: Kinderkinetics, physical activity and health: A South African perspective	HALL C Chair: Prof Maya van Gent
SASMA SESSIONS		
09:00 - 11:00	SASMA PARALLEL 1 Colloquium	HALL A 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 ADSA Sports Nutrition Interest Group - Putting the latest Sport Nutrition evidence into practice	Chair: Dr Amanda Claassen-Smithers
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
BRICSCESS SESSIONS		
09:10 - 10:40	BRICSCESS 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 Monyeki
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	BRICSCESS 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	BRICSCESS 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	BRICSCESS 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
BRICSCESS SESSIONS		
11:15 - 13:00	BRICSCESS 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 Culpán (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 Boule
11:15 - 12:25	BRICSCESS 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 Africa	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	BRICSCESS 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 - 14:00	Lunch BRICSCESS 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 Abstract Presentations	ROOM 11 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 Abstract Presentations	ROOM 8&9 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 Theoretical and Practical Implication of Tai Chi & Qi Gong: Health in Chinese Culture in the Modern World	HALL C Ms Xiaoxia Ding
13:45 - 15:15	BRICSCESS WORKSHOP 2 Assessment of Posture in Schools New York State Posture Evaluation Test: Practical application	HALL D Prof Serap Inal
15:45 - 16:00	Tea/Coffee HMS HOD Meeting	ROOM 2
15:15 - 16:45	BRICSCESS WORKSHOP 3 How do Corporations, Governments, and Universities Work Together to Empower Children	ROOM 7 Mr Thomas Root
15:15 - 16:45	BRICSCESS WORKSHOP 4 Integrating Healthy Habits into the School Day is Prevention at its Best	HALL D Dr Michelle Lombardo
13:45 - 18:00	BRICSCESS WORKSHOP 5 Workshop: ICSSPE ‘Sport for Development’ and The KaziBantu project -	ROOM 10 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 Current situation of Physical Education in different Southern African countries	Prof Darelle van Greunen
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 Featured Symposium Sport Related Concussion Testing: Navigate the maze	HALL A Chair: Dr Rina Grant and Dr Louis Holtzhausen
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 Abstract Presentations	ROOM 8 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 Abstract Presentations	ROOM 9 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 winners	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 Abstract Presentations	ROOM 11 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 MaRoOn 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
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	HALL B Chair: Prof Wayne Derman and Prof Cheri Blauwett
	Innovation in Athletes with Disability	
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	ROOM 10 Chair: Dr Jeroen Swart
	Monitoring and data analysis in Professional Cycling - Insights from a World Tour Team on the rise.	Dr Jeroen Swart
	The Biomechanics of Cycling - An overview of recent research advances and relevant practical aspects.	Wendy Holliday
	Injury and illness patterns in World Tour Cycling - Perspectives from 6 years in the Professional World Tour Peloton.	Dr Adrian Rotunno
	Recent advances in athlete monitoring	Dr Rob Lamberts
	Data analysis in performance cycling	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 Blauwet
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 SASMA 2019 - "A Quest for Health & Performance" - next steps to shape the future Panel Moderator: Prof Wayne Derman	Chair: Dr Pierre Viviers
12:00 - 12:10	Introduction	Prof Martin Schwellnus
12:10 - 13:00	Panel Discussion: Prof Martin Schwellnus, Prof Cheri 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 Featured Symposium Update on Illness in the Athlete: Clinical Approach to Acute Respiratory Tract Infections in Athletes	HALL B Chair: Prof Martin Schwellnus
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 Topic: Travel Medicine	Chair: Dr Jo-Anne Kirby

11:15 - 11:25	Health Continium 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 Carollette Cloete
11:50 - 12:00	Q & A	
10:15 - 12:00	SASMA PARALLEL 3 6th Annual Congress on Medicine & Science in Ultra-Endurance Sport	ROOM 11
10:15 - 11:00	Session 7 Appropriate Level of Medical Support at Ultramarathons	Chair: Dr Patrick Basset Dr Martin Hoffman
11:00 - 12:00	Session 8 Common ultramarathon running injuries	Chair: Dr Patrick Basset Prof Martin Schwellnus, Dr Volker Scheer
10:15 - 11:30	SASMA PARALLEL 4 Featured Symposium Sport Chiropractor Group	ROOM 10 Chair: Dr Moira Robertson
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 SASMA President 2020/22	HALL A 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