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EDUCATION
MOTOR BEHAVIOUR
SPORT
HEALTH

2nd EDITION INTERNATIONAL **CONGRESS** 15TH - 18TH
DECEMBER 2021

in The High Institute of Sport and Physical Education of Sfax

All important information will be published soon
STAY CONNECTED

First Draft of the program

15th December 2021 – Hall 1 {[link of zoom will be available three days before the congress](#)}

Speakers	Titles	Time		Duration
Helmi Ben Saad University of Sousse, Tunisia	Power, precision and sample size estimation in sport and exercise health [Presentation in French language]	08:30	09:30	60 min
Pantelis Nikolaidis University of West Attica, Greece	The role of sedentary behavior in anthropometry and physiology of recreational marathon runners	09:30	10:00	30 min
Urs Granacher University of Potsdam, Germany	Relevance and Effectiveness of Resistance Training in Youth	10:00	11:00	60 min
Jacopo A Vitale Istituto Ortopedico Galeazzi, Italy	The role of sleep/nap for athletes	11:00	11:45	45 min
Khouloud Mtibaa Qatar University, Qatar	The effect of passive and active hyperthermia on proprioception	11:45	12:15	30 min
Karim Chamari Aspetar, Qatar	Injury and Illness surveillance in Professional Football: the Aspetar-ASPREV experience	12:15	12:45	30 min
Lunch break				
David Behm Memorial University of Newfoundland, Canada	Effects of Stretching on Performance, Injury Incidence, and Pain	13:15	14:05	50 min
Emerson Franchini University of São Paulo, Brazil	High-intensity interval training prescription for combat sports athletes	14:05	15:05	60 min
Rodrigo Ramirez-Campillo Universidad de Los Lagos, Chile	Plyometric Jump Training: From Ancient Greek Olympics to Planetary Exploration	15:05	15:50	45 min
Daniel Bouldosa Universidade Federal de Mato Grosso do Sul, Brazil	Warming up: more than simply increasing body temperature	15:50	16:50	60 min
Jeffrey Martin Wayne State University, United States of America	The Psychology of the Paralympics	16:50	17:35	45 min
Jennifer Myers Neurotrack – Howard University, United States of America	Rising to the challenge: Asynchronous remote assessment for cognitive impairment	17:35	18:20	45 min

16th December 2021 – Hall 1 {[link of zoom will be available three days before the congress](#)}

Speakers	Titles	Time		Duration
Monoem Haddad Qatar University, Qatar	Wearable tools for monitoring training load and health among athletes	08:00	08:30	30 min
Karim Khalladi Aspetar, Qatar	Psychological responses to injury and return to sport	08:30	09:10	40 min
Tulasiram Bommasamudram Manipal Academy of Higher Education, India	Exploring aerobic blood flow restriction during exercise and training	09:10	09:40	30 min
Damir Zubac University of Split, Croatia	Spleen contraction during a step-transition exercise: insights from the supine cycling model	09:40	10:25	45 min
Sébastien Ratel Université Clermont Auvergne, France	Arguments scientifiques pour une préparation physique chez l'enfant	10:25	11:25	60 min
Marco Beato University of Suffolk, United Kingdom	Load quantification, testing and training periodisation using flywheel devices in sports	11:25	12:20	45 min
Lunch break				
Filipe Manuel Clemente Instituto Politécnico de Viana do Castelo, Portugal	Match analysis in soccer: moving to an integrated approach	13:20	14:20	60 min
Stefan Altmann Karlsruhe Institute of Technology, Germany	Testing and training agility in team-sport athletes	14:20	15:20	60 min
Bruno Gonçalves Universidade de Évora, Portugal	Spatiotemporal analysis to provide a complex and holistic view of football players and teams' performance	15:20	16:20	60 min
Olivier Hue Université des Antilles, France	Performance et climat chaud	16:20	16:55	45 min
Peter Dürking University of Wuerzburg, Germany	Wearable Technology to support decision making of coaches to individualize endurance training	16:55	17:40	45 min

16th December 2021 – Hall 2 {[link of zoom will be available three days before the congress](#)}

Speakers	Titles	Time		Duration
Matt Driller La Trobe University, Australia	Sleep and athletic performance	08:00	09:00	60 min
Piotr Zmijewski Jozef Pilsudski University of Physical Education in Warsaw, Poland	“story” of Biology of Sport (how we developed the journal – lessons: wrong and good decisions)	09:00	09:30	30 min
Piotr Zmijewski Jozef Pilsudski University of Physical Education in Warsaw, Poland	sports genetics	09:30	10:00	30 min
Mohammed Alkatan Public Authority for Applied Education and Training-Department of Physical Education and Sports, Kuwait	The Efficacy of Swimming and Cycling Training in Individuals with Osteoarthritis	10:00	10:40	40 min
Bachir Zoudji Université de Valenciennes, France	Nouvelles technologies & cognition	10:40	11:25	45 min
Billy Sperlich University of Wuerzburg, Germany	Wearables technology for sport performance analysis and optimisation in endurance athletes	11:25	12:25	60 min
Lunch break				
Florian Engel University of Wuerzburg, Germany	Compression Clothing for the Optimization of Sports Performance and Recovery	13:25	14:10	45 min
med. Tim Meyer University of Saarland, Germany	Is playing football beneficial or detrimental for health?	14:10	14:55	45 min
Jana Strahler University of Freiburg, Germany	Strengthening mental resilience through an active lifestyle	14:55	15:55	60 min
Cain C.T Clark Faculty of Health and Life Sciences, United Kingdom	Physical activity, sedentary behaviour, and sleep	15:55	16:55	45 min
David Hill University of North Texas, United States of America	Exercise Intensity Domains: Their characteristics and the thresholds that delimit them	16:55	17:55	60 min
Morteza Taheri Imam Khomeini International University, Iran	What points should be considered in the preparation of papers from point of view of the international reviewers (Publoans Strategies)	17:55	18:30	35 min

17th December 2021

**** The program will be prepared after the final acceptance of oral presentations ****

18th December 2021

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