STUDENTS DAY
Swiss Sport and Exercise Medicine Conference

Sport and Exercise Medicine (SEM) is a broad medical speciality dealing with injury among elite and amateur athletes but also with prevention and treatment of Non-Communicable Diseases (NCDs). NCDs include cardiovascular and metabolic diseases, cancers, mental illnesses, etc.

To present this variety to Swiss medical students, the Schweizerische Gesellschaft für Sportmedizin (SGSM) / Société Suisse de Médecine du Sport (SSMS), organises, through its Students & Junior Doctors section, the third edition of the Students Day. Through various lectures and workshops, you will gain a broad understanding of what SEM really is. Moreover, you will meet a F.C. Barcelona doctor, a famous Australian sport scientist, as well as several Swiss SEM doctors.

Last but not least, it will be a great opportunity to meet medical students from other universities through the social program at the end of the day!

We are looking forward to meeting you in Ittigen bei Bern!

Organizer
Students & Junior Doctors SGSM/SSMS

Date
14.11.2018

Place
Haus des Sports
Talgut-Zentrum 27, 3063 Ittigen bei Bern

Fee
→ SGSM/SSMS Student Member*: free
→ Non-SGSM/SSMS Student Member*: 20.-
→ Resident Doctor & SGSM/SSMS Member: 40.-
→ Resident Doctor non-SGSM/SSMS Member: 60.-
Fee includes conference, coffee, lunch and the sport event (dinner and overnight stay are not included).
→ Dinner: 30.- (for everyone; drinks not included)

Registration
To register visit https://bbscongress.ch/en/2018/registration-studentsday/
Registrations are open until 05.11.2018.
Please choose 2 workshops and specify if you will take part in the sport event and/or in the dinner.

*Become a SGSM/SSMS Student Member now for 30 CHF a year, attend the Students Day for free and benefit from all the members advantages!
https://sgsm.ch/die-sgsm/mitgliedschaft/
Program

09:00 – 09:15 Welcome
09:15 – 10:00 Exercise prescription: what a wonder drug! (Prof. V. Gremeaux)
10:00 – 10:45 Everything you need to know about tendinopathy (Dr. L. Weisskopf)
10:45 – 11:15 Coffee break
11:15 – 12:00 Making difference in high performance sport (Dr. T. Gabbett)
12:00 – 12:45 Working at the F.C. Barcelona as a medical doctor (Dr. Gil Rodas)
12:45 – 13:45 Lunch break
13:45 – 14:45 1st workshop rotation
14:45 – 15:45 2nd workshop rotation
15:45 – 16:15 Workshop 1 - How to tape an ankle (G: J. Vernier, F: Dr. F. Fourchet)
16:15 – 17:45 Workshop 2 - Introduction to manual medicine (G: Dr. M. Narozy, F: Dr. G. Clénin)
17:45 – 18:00 Workshop 3 - How to conduct a sports psychology consultation (E: Dr. M. Piffaretti)
18:00 – 21:00 Workshop 4 - Introduction to musculoskeletal ultrasound (E: Dr. M. Laupheimer)
21:00 – 01:00 Party at Energie Lounge, PostFinance Arena, Berne

- Morning lectures and workshops 3 & 4 are in English (E), while workshops 1 & 2 are in both French (F) and German (G).
- Bring shorts & a t-shirt for workshops 1, 2 & 3.

Speakers

Prof. Vincent Gremeaux, MD, PhD
Centre de médecine du sport
CHUV – Lausanne

Lukas Weisskopf, MD
ALTIUS Swiss Sportmed Center
Rheinfelden (AG)

Tim Gabbett, PhD
Gabbett Performance Solutions
Brisbane
Australia

Gil Rodas Font, MD, PhD
Medical Department
F.C. Barcelona
Spain

Jaclyn Vernier, PT
Sportklinik Basel, Hirslanden
Münchenstein (BL)

François Fourchet, PT, PhD, Osteopath
La Tour Sports Medicine
Hôpital de La Tour, Meyrin (GE)

Martin Narozy, MD
Sports Medical Center Zurich
Medbase, Zürich

German Clénin, MD
Sportmedizinisches Zentrum Bern - Ittigen, Ittigen bei Bern

Mattia Piffaretti, PhD, FSP Sport psychologist
AC&T Sport Consulting, Lausanne & Locarno
Department of neurosciences & movement sciences, University of Fribourg

Markus Laupheimer, MD, MBA, MSc SEM
Bupa Basinghall, London (UK)
Rappjmed, Jona (SG)