

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)

*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-sssm/mitgliedschaft/>

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.



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	<i>Coffee break</i>
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	<i>Lunch break</i>
13:45 – 14:45	1st workshop rotation
14:45 – 15:45	2nd workshop rotation

Workshop 1 - How to tape an ankle (G: J. Vernier, F: Dr. F. Fourchet)

Workshop 2 - Introduction to manual medicine (G: Dr. M. Narozny, F: Dr. G. Clénin)

Workshop 3 - How to conduct a sports psychology consultation (E: Dr. M. Piffaretti)

Workshop 4 - Introduction to musculoskeletal ultrasound (E: Dr. M. Laupheimer)

16:15 – 17:45	Sport event: Make running fun with Prof. V. Gremeaux, Wankdorf, Berne
18:00 – 21:00	Dinner at Energie Lounge, PostFinance Arena, Berne
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 Narozny, 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)

