



Scientific Program

Friday 12 April 2024

14:00 - 15:00

Registrations

Amphitheatre II, RDC, AUTH

15:00 - 16:00

**ROUND TABLE
SPORTS PHYSIOLOGY**

Chairmen: **K. Symeonidou, E. Spandou**

Adaptations of exercise at the cellular level
K. Dipla

Climatic conditions and responses during aerobic exercise
D. Flouris

Importance of the skeletal muscle in health and performance
Ch. Karatzaferi

Commentators: **N. Geladas, I. Vrampas, A. Kyparos**

16:00 - 16:30

**LECTURE
APPLICATION OF VIRTUAL REALITY AND ROBOTICS IN
THERAPEUTIC EXERCISE**

Chairperson :**I. Chouvarda**

Speaker: **P. Mpamidis**

16:30 - 18:00

**ROUND TABLE
EXERCISE AS THERAPY IN CHRONIC DISEASES**

Chairmen: **A. Filippou, G. Sakkas**

Exercise as therapy in chronic kidney disease
P. Koufaki

Exercise as therapy after myocardial infarction
S. Mazic

Exercise as therapy in children with cystic fibrosis
E. Chatziagorou

Commentators: **E. Fotiadou, M. Marketou, D. Mameletzi**

18:00 - 18:30

Break



18:30

**OPENING CEREMONY
GREETINGS**

Keynote Speech: The Genetic Origin of the Macedonians

Chairperson: **G. Tzetzis**

Speaker: **K. Triantafyllidis**

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ORAL PRESENTATIONS

15:00 - 16:30

Chairmen: A. Lola, A. Lailoglou

16:30 - 18:00

D. Chatzopoulos, D. Milosis



Saturday 13 April 2024

Amphitheatre II, RDC, AUTH

09:00 - 10:00

**ROUND TABLE
SPORTS AND HEALTH DISORDERS**

Chairmen: **A. Karagiannis, Ch. Euaggelinou**

Exercise and arterial hypertension: Friends or enemies?

M. Doulas

Epilepsy and exercise

D. Kazis

Infectious diseases in athletes

S. Metallidis

Commentators: V. Kotsis, Ch. Savvopoulos, Th. Tegos

10:00 - 11:00

**DEBATE
PRE-COMPETITION SCREENING IN ATHLETES**

Chairmen: **E. Kouidi, G. Efthymiadis**

Pros

A. Biffi

Cons

M. Papadakis

Commentators: N. Fragkakis, K. Toutouzas, A. Anastasakis

11:00 - 11:15

Break

11:15 - 12:15

**ROUND TABLE
SPORTS CARDIOLOGY**

Chairmen: **A. Ziakas, I. Styliadis**

Acute myocarditis and exercise

Ch. Papadopoulos

Exhaustive exercise and cardiac complications

E. Pagkourelis

Congenital cardiac diseases and exercise

G. Giannakoulas

Commentators: I. Zarifis, I. Vogiatzis, G. Spiromitros



12:15 - 12:45

LECTURE

SUDDEN DEATH IN ATHLETES: IS IT JUST THE TIP OF THE ICEBERG?

Chairperson: **A. Deligiannis**

Speaker: **S. Papaioannou**

12:45 - 13:45

ROUND TABLE

SPORTS INJURIES IN FOOTBALL

Chairmen: **M. Potoupnis, P. Tsaklis**

Meniscus rupture in professional football players: Suturing or meniscectomy?

I. Terzidis

Return to training and return to play after ACL injury in professional soccer players

N. Kofotolis

Patellofemoral pain syndrome / extension mechanism injuries

N. Galanis

Commentators: **E. Kellis, Th. Metaxas, A. Papavasileiou**

13:45 - 14:45

Break

14:45 - 15:45

DEBATE

LEGAL ERGOGENIC SUBSTANCES AND SPORTS

Chairmen: **V. Mougios, A. Tziamourtas**

G. BogdanisPros

N. KoutlianosCons

Commentators: V. Barkoukis, M. Nikolaidis, S. Douka

15:45 - 16:15

Lecture

Overtraining Syndrome

Chairperson: **I. Koutentakis**

Speaker: **G. Panagiotou**



16:15 - 16:45

LECTURE

**PRESCRIPTION OF SOCIAL AND CULTURAL RECREATIONAL
ACTIVITIES IN MENTAL HEALTH**

Chairperson: **Ch. Tsorbatzoudis**

Speaker: **K. Fountoulakis**

16:45 - 17:45

DEBATE

CHAMPIONSHIP AND HEALTH IN CHILDHOOD

Chairmen: **V. Hatzitaki, E. Bassa**

Pros

F. Arampatzi

Cons

V. Manou

Commentators: **Th. Siatras, Ch. Galazoulas, D. Patikas**

17:45 - 18:00

Break

18:00 - 19:00

ROUND TABLE

NUTRITION AND HEALTH

Chairmen: **M. Hasapidou, F. Mavrovouniotis**

Sarcopenia in the elderly: Diet and exercise

Suz. Papadopoulou

Functional foods: Their role in health

E. Koidou

The role of informatics in nutrition

I. Pangalos

Commentators: **A. Zafeiridis, M. Koskolou, A. Petridou**

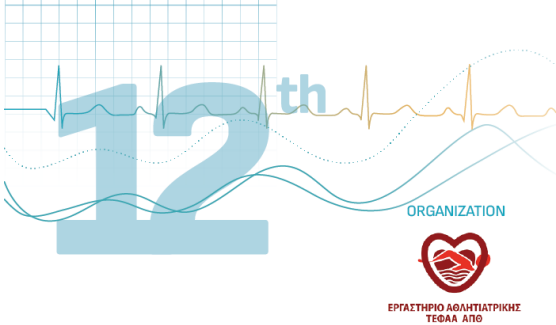
19:00 - 19:30

LECTURE

**HUMAN MOVEMENT VARIABILITY, NONLINEAR DYNAMICS, AND
PATHOLOGY: IS THERE A CONNECTION?**

Chairperson: **I. Giakas**

Speaker: **N. Stergiou**



12th International Congress
Sportsmedicine
in the 21st Century



THESSALONIKI | April 12th-14th 2024 | RESEARCH DISSEMINATION CENTER AUTH

19:30 - 20:00

LECTURE

FROM 3 TO 5,000 KILOMETERS: HOW MANY KILOMETERS ARE ENOUGH FOR A LONG-DISTANCE RUNNER?

Chairperson: **K. Christoulas**

Speaker: **G. Grouios**

20:00

Congress Conclusions

A. Deligiannis, E. Kouidi

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ORAL PRESENTATIONS

09:00 - 10:30

Chairmen: **S. Alexiou, D. Loupos**

10:30 - 12:00

Chairmen: **D. Chatzimanouil, D. Ourda**

1st Applied Workshop

12:15 - 13:45

WRITING A STUDY IN MEDICAL - BIOLOGICAL SCIENCES

Coordinator: **S. Triaridis**

Types of studies, formulation of research question

A. Triantafyllou

Writing a scientific paper

G. Tsaousi

Review of scientific paper

P. Tsitsopoulos

Submission of revised paper

P. Tsitsopoulos



Sunday 14 April 2024

**Laboratory Of Sports Medicine, School Of Physical Education And Sports Science
Aristotle University Of Thessaloniki, Thermi**

2nd Applied Workshop

09:00 - 11:00

ON-FIELD CARE OF SPORT INJURIES

Coordinators: **M. Anifanti, V. Michou**

On-field first aids in sport injuries

N. Gourtsas

On-field physical examination of sport injuries

M. Pagkalos

Practical applications in sport injuries treatment

N. Gourtsas - M. Pagkalos

3rd Applied Workshop

11:00 - 13:00

EVALUATION OF FUNCTIONAL CAPACITY IN THE LABORATORY

Coordinators: **A. Dalkiranis, M. Nikopoulou**

Measurement of anthropometric characteristics - Body composition assessment

D. Dragoumis - Ch. Pantou

Cardiopulmonary exercise testing - Practical application

K. Anagnostaras - I. Deli

Dynamometry of upper and lower limbs

E. Semaltianou

Oculomotion in sports

K. Hatzinikolaou

4th Applied Workshop

13:00 - 15:00

EVALUATION OF FUNCTIONAL CAPACITY IN THE FIELD

Coordinators: **I. Michailidis, A. Kaltsatou**

Practical applications for strength assessment in upper and lower limbs

Th. Nikodelis

Simple field assessment tests of functional capacity (6MWT, STS, SR, TUG)

A. Teloudi, N. Syrakou

Simple field assessment tests of functional capacity in developmental ages

A. Samara, S. Symeonidou



Sunday 14 April 2024

**Laboratory Of Sports Medicine, School Of Physical Education And Sports Science
Aristotle University Of Thessaloniki, Thermi**

5th Applied Workshop

09:00 - 11:00

EXERCISE DURING PREGNANCY & POSTPARTUM: NEW DATA

Coordinators: **A. Kaprara, E. Glinia**

Aligning the trunk and strengthening the muscles of the trunk and pelvis
K. Tsourvakas

Breathing exercises and pelvic floor muscle strengthening exercises
A. Zourladani

Exercises for trunk mobility
M. Ligda

Balance exercises
E. Nikolakakou