



Olympic Committee of Serbia  
Medical Commission



FOUNDATION  
OF SPORTS  
AND OLYMPISM



## **SPORT MEDICINE COURSE**

# **Best practices in the health evaluation of elite athletes**

## **Post Olympic Analyses**

# **PROGRAM**

**BELGRADE 2012**  
**October 31 - November 3**



Wednesday, October 31<sup>st</sup>

09.00 – 10.00	REGISTRATION	
10.00 – 10.30	<b>WELCOME</b>  Vlade Divac, President of NOC Serbia Ola Ronsen, Representative of IOC Dragan Radovanovic, Scientific Director of the Course President of Medical Commission, NOC Serbia Jasminko Pozderac, Director of Serbian Institute of Sport Alisa Maric, Minister of Youth and Sport of the Republic of Serbia	
10.30 – 11.00	The Olympic Movement Medical Code – theoretical and practical issues	Ola Ronsen
11.00 – 11.30	The importance of sports medicine for IOC, role and duties of NOC in organization of health care for athletes	Dragan Radovanovic
11.30 – 12.00	Coffee break	
12.00 – 12.30	Organization of health care in one of the biggest national sport body, Football Association of Serbia. From clubs to FA, NOC and UEFA	Miljko Ristic
12.30 – 12.50	The creation of top results in individual sports during the last two Olympic Cycles: The role of the Faculty of Sport and Physical Education	Dusko Ilic Vladimir Mrdakovic
12.50 – 13.10	Strategy for health evaluation of Serbian Olympians – from London OG experiences to Rio challenge	Branislav Jevtic
13.10 – 13.30	IOC Recommendations for PHE, from strategy to praxis	Sanja Mazic
13.30 – 14.30	Lunch	
14.30 – 15.00	Asthma and the Olympic athlete, prevalence and diagnosis	Todor Popov
15.00 – 15.30	Optimal management of asthma in athletes. Present state of Therapeutic Use Exemptions (TUE)	Todor Popov
15.30 – 16.00	Prevention of Respiratory Infections in Olympic Athletes	Ola Ronsen
16.00 – 16.30	Coffee break	
16.30 – 16.50	Serbian Institute of Sport and Sports Medicine, medical partner of the Olympic Committee of Serbia	Sead Malicevic
17.00 – 18.30	Results of medical and functional tests of Serbian Olympic athletes	Nebojsa Antic Jovan Zlatkovic Slavica Saranovic Milena Antic Marina Miletic Ljubica Bacanac Biljana Nikolic

# Post Olympic Analyses



## Thursday, November 1<sup>st</sup>

10.00 – 10.30	European harmonization of standards of Postgraduate Medical Specialist Training - the position and role of the UEMS (Union Europeenne des Medecins Specialistes)	Zlatko Fras
10.30 – 10.50	Sports medicine in Serbia; past, present, future	Slobodan Zivanic Sanja Mazic
11.50 – 11.10	European perspectives for competence-based specialty training in Sports Medicine, from UEMS strategy to potential NOC practice	Zlatko Fras
11.10 – 11.30	Health-oriented physical activity – public health aspects	Stjepan Heimer
11.30 – 12.00	Coffee break	
12.00 – 12.30	Principles in Sports Nutrition	Antonis Zampelas
12.30 – 13.00	Use of dietary supplements in sport - example of Montenegrin athletes on the London Olympic games	Vasilije Stijepovic
13.00 – 13.30	Chronobiological aspects of nutrition	Ana Gifing
13.30 – 14.00	Nutrition and cardiovascular health: beyond performance?	Antonis Zampelas
14.00 – 15.00	Lunch	
15.00 – 15.30	Challenges of 12-lead rest ECG interpretation in the elite athlete - a fine line between normality and abnormality	Antonio Pelliccia
15.30 – 16.00	Beyond rest ECG: What doctors should know about stress ECG?	Zdravko Babic
16.00 – 16.30	Specific topics in evaluation of children and adolescents active in sports	Vojislav Parezanovic
16.30 – 17.00	Coffee break	
17.00 – 17.30	To deal the team in a proper way: the need to know the exercise physiology of team sport	Marcello Faina
17.30 – 18.00	The predictive value of GXT tests; link between laboratory test and competition	Radoje Milic
18.00 – 18.30	Proprioception workshop	Emin Ergen

Friday, November 2<sup>nd</sup>

10.00 – 10.20	Possibilities of radiological diagnostic of sports injuries	Igor Boric
10.20 – 10.40	Ultrasound in diagnosis of sport injuries	Djordje Lalosevic Tanja Nastasic
10.40 – 11.00	Beyond radiology and ultrasound	Djordje Jelic
11.00 – 11.30	Diagnostic procedure of stress fracture	Igor Boric
11.30 – 12.00	Coffee break	
12.00 – 12.30	Strategies for the prevention of sudden cardiac death in elite athletes - past, present and future	Antonio Pelliccia
12.30 – 13.00	Echocardiography - one step forward in the evaluation of the athlete's heart. Necessity for all elite athletes or matter of individual medical indications?	Antonio Pelliccia
13.00 – 13.30	Technological development for sport performance: the CONI perspectives from London to Rio	Marcello Faina
13.30 – 14.00	Comparative analysis of injury records on major sport events (FIFA, OG)	Svetozar Putnik
14.00 – 15.00	Lunch	
15.00 – 15.20	Field side assessment, evaluation, triage and initial treatment of muscle and tendon injuries	Nebojsa Mitrovic
15.20 – 16.10	Taping - workshop	Emin Ergen
16.10 – 16.30	Autologous Conditioned Serum in Treatment of Sport Injuries	Vlasta Brozicevic
16.30 – 17.00	Coffee break	
17.00 – 17.30	Our experience at Olympic competitions (EYOF 2009, 2011, YOG 2010, WOG 2010), team work in monitoring of the health of athletes	Goran Vasic
17.30 – 18.30	Dry needling for sports injuries - workshop	Emin Ergen

Saturday, November 3<sup>rd</sup>

10.00 – 10.30	Managing of psychological issues in elite athletes	Borjanka Batinic
10.30 – 11.00	Influence of stress on sport performance	Milenko Cabarkapa
11.00 – 11.30	Prevention of dental injuries in elite sport	Zoran Vulicevic
11.30 – 12.00	Coffee break	
12.00 – 12.30	Kinesio Taping in sport – theoretical approach	Gordana Devecerski
12.30 – 13.30	Kinesio Taping workshop	Dragan Dimitijevic Milan Ilic
13.30 – 14.00	MBST - Nuclear Magnetic Resonance Therapy - New opportunity in sports medicine	Dalibor Krpan
14.00 – 15.00	Lunch	
15.00 – 15.30	MBST – rational application in prevention and treatment of musculoskeletal injures	Dalibor Krpan
15.30 – 16.00	Prevention and Early Diagnostic of Muscle Injuries in Sprinting – New Biomechanical Approach	Srdjan Djordjevic
16.00 – 16.30	Additional demands confronting Team Physicians for Professional Athletes - spine surgeon point of view	Robert Saftic
16.30 – 18.30	Key advantages of isokinetic diagnostics and therapy in discovery of risks, prevention and treatment of back pain in top athletes. Experiences from isokinetic analysis and dynamic rehabilitation of the spine from the last 15 years of team approach to treatment	Slobodan Kuvalja
18.30	<b>CLOSING CEREMONY AND AWARDING OF DIPLOMAS</b>  Nikola Kuljaca, President of Sport Comission, NOC Serbia Sanja Mazic, Course Director, Member of Medical Commission, NOC Serbia	



## FOREIGN LECTURERS

### **Prof. Antonio Pelliccia, MD, PhD**

Scientific Director of the Institute of Sports Medicine and Science, Italian National Olympic Committee, Chief Medical Officer of the Italian National Team

### **Prof. Marcello Faina MD**

Sport Science Director of the Institute of Sport Medicine and Sport Science, Italian National Olympic Committee

### **Prof. Emin Ergen, MD, PhD**

Chairman of Medical Commission, National Olympic Committee of Turkey, World Archery Medical Commission Chairman, Secretary General of European Federation of Sports Medicine Associations

### **Ola Ronsen, MD, PhD**

Chief Medical Officer of Norwegian Olympic Teams

### **Prof. Todor Popov, MD, PhD**

Vice president of ILSE, Member of the Joint Task force of EAACI and ERS on Allergy, Asthma and Sports, Past President of Interasma

### **Prof. Antonis Zampelas, PhD**

Director, Unit of Human Nutrition, University of Athens, Greece

### **Prof. Zlatko Fras, MD, PhD**

UEMS Past President and Liaison Officer, Director of the Internal Medicine Clinic, School of Medicine, University of Ljubljana, Slovenia

### **Radoje Milić, MD, PhD**

Head of Exercise Physiology Laboratory, Institute of Sport, University of Ljubljana, Slovenia

### **Srdjan Djordjević**

R&D Executive, TMG-BMC, Faculty of Mathematics, Natural Sciences and Information Technologies, University of Primorska, Slovenia

### **Prof. Vasilije Stijepović**

Director of the Institute for Sport and Sports Medicine, Podgorica, Montenegro

### **Assoc. Prof. Zdravko Babić, MD, PhD**

President of the Croatian Rugby Union Health Commission, Secretary of Working Group for Professional and Sports Cardiology, University Hospital Center, Zagreb, Croatia

### **Igor Borić, MD, PhD**

Chief Medical Officer of the Croatian Ice-Hockey Association, Member of the Croatian Olympic Committee Health Commission, Assistant Professor of Radiology, School of Medicine, University of Split, Croatia



**Vlasta Brozicević, MD**

President of the Croatian Ski Team Health Commission, Member of the Medical Commission EOC, FIS, HOO, EOO, Selce, Croatia

**Prof. Dalibor Krpan, MD, PhD**

Head of the Center for Mineral Metabolism and Calcified Tissue Disease, University of Zagreb, Croatia

Visiting professor DHMC, New Hampshire, USA

Auditor and EC member of the World Taekwondo Federation

**Robert Saftić, MD, MS**

Neurosurgeon, Medical director of the Vertebri International Spine Hospital Minimally Invasive Spinal Surgery Zagreb, Croatia

**Slobodan Kuvalja, MD**

Director of the Cybex Center for Isokinetic Diagnostic of Painful Conditions in the Locomotor System, Zagreb, Croatia

**Prof. Stjepan Heimer, MD, PhD**

President of Croatian Association of Sports Medicine, Faculty of Sport and Physical Education, University of Zagreb, Croatia

## DOMESTIC LECTURERS

**Prof. Dragan Radovanović, MD, PhD**

Chairman of Medical Commission, Olympic Committee of Serbia, Chief Medical Officer of the National Team of Serbia at Olympic Games 2004, 2008, 2012

**Prof. Miljko Ristić, MD, PhD**

Chairman of Medical Commission, Football Association of Serbia

**Prof. Slobodan Živanić, MD, PhD**

Former President of Serbian Association of Sports Medicine

**Asoc. Prof. Svetozar Putnik, MD, PhD**

Member of Medical Commission, Football Association of Serbia

**Prof. Branislav Jevtić, PhD**

Chief de Mission of Serbian Olympic Team London 2012

**Prof. Dusko Ilić, PhD**

Vice Dean, Faculty of Sport and Physical Education, University of Belgrade

**Asoc. Prof. Vojislav Parezanović, MD, PhD**

Department of Sports Medicine, Department of Pediatrics, School of Medicine, University of Belgrade, Serbia



**Asoc. Prof. Sanja Mazić, MD, PhD**

Medical Director of Serbian Institute of Sports and Sports Medicine, Chair of Sports Medicine Department, School of Medicine, University of Belgrade, Serbia

**Goran Vasić, MD**

Member of Medical Commission, Olympic Committee of Serbia, Chief Medical Officer at EYOF, WOG

**Ass. Prof. Vladimir Mrdakovic, MSc,**

Department of Biomechanics with the basics of motor control Faculty of Sport and Physical Education, University of Belgrade, Serbia

**Ass. Prof. Nebojša Mitrović MD, PhD**

Member of Medical Commission, Olympic Committee of Serbia, Medical Officer at EYOF, Team doctor of National Basketball Team

**Sead Malicevic, MD, MSc**

Serbian Institute of Sports and Sports Medicine, Belgrade, Serbia

**Ana Gifing, MD**

Nutritionist

**Djordje Lalošević, MD**

Radiologist, Clinical Centre "Dragisa Misovic", Belgrade, Serbia

**Tanja Nastasić, MD**

Radiologist, Clinical Centre "Dragisa Misovic", Belgrade, Serbia

**Djordje Jelić, MD**

Radiologist, "Eurodijagnostika", Belgrade, Serbia

**Ass. Prof. Borjanka Batinić, MD, PhD**

Qualified Therapist for Rational-Emotive-Cognitive-Behavioral Therapy, Faculty of Philosophy, Department of Psychology, University of Belgrade, Serbia

**Prof. Milenko Čabarkapa, PhD**

Faculty of Philosophy, Department of Psychology, University of Belgrade, Serbia

**Prof. Zoran Vulicevic, DMD, PhD**

School of Dentistry, University of Belgrade, Serbia, Basketball Club "Partizan", Belgrade, Serbia

**Prof. Gordana Devečerski MD, PhD**

Clinical Centre of Novi Sad, School of Medicine, University of Novi Sad, Serbia

**Dragan Dimitijević, Physiotherapist**

Certified Kinesio Taping® Instructor (CKTI)

**Milan Ilić, Physiotherapist**

"Master Physical" private practice