



INTERNATIONAL CONFERENCE

PHYSICAL DIMENSION: EVALUATION AND MONITORING



1ST & 2ND
DECEMBER 2022

INSEP
11, avenue du Tremblay - 75012 Paris
mandatory registration

www.insep.fr



Thursday 1st December

8:45 to 9:15 Gathering + Coffee

9:15 to 9:30 **Opening by Fabien Canu, General Director.** INSEP (FRANCE)
Launching of the conference by its host Babak Amir-Tahmasseb. INSEP (FRANCE)

FIRST SESSION: ASSESSMENT AND MONITORING

9:30 to 10: **Paralympic Performance : what can we improve ?**
Jean-François Toussaint, Head of IRMES. INSEP (FRANCE)

10: to 10:30 **Evidence-Informed Assessment in the High Performance Gym at the Japan High Performance Sport Center**
Yuko Ishida, Physio Therapist. Japan Sport Council (JAPAN)
Guest : Ms Martine George (French Olympic Gymnastics head coach)

10:30 to 11: Coffee break

11: to 11:20 **Using preparticipation evaluations to prepare individualized programmes and optimize performance in team sports**
Sharmella ROOPCHAND-MARTIN, Head of the Mona Academy of Sport, Faculty of Sport (JAMAICA)

11:20 to 11:40 **Managing Elite Athletes. Is it different than managing ordinary athletes ?**
Akshai Mansingh, Dean of the Faculty of Sport at the University of the West Indies (JAMAICA)

11:40 to 12: **Technology applied to sport: An opportunity for the sports coaches professional practice transformation (PPT) in evaluation and follow-up monitoring**
Ramón Luis Álvarez Feliciano, Associate Professor at the University of Puerto Rico (PUERTO RICO)

12: to 12:30 **Evaluation and Monitoring Complexities of High Performance Centre's. Medals and podium finishes versus administrative policy**
Kervin Jean, Head the UWI Open Campus Academy of Sport. (TRINIDAD AND TOBAGO)

12:30 to 2: Lunch (INSEP's cafeteria)

SECOND SESSION: INDIVIDUALIZATION AND PERFORMANCE OPTIMIZATION

2: to 3: **Common presentation 45min/15 min Q/A : "Individualized training; is testing and management of training load really needed?"**
Niina Sippola, Head of testing at the Olympic Training Center. Kuortane (FINLAND)
Apostolos Theos, Associate Professor, Deputy Head of Department of Community Medicine and Rehabilitation, Head of Section of Sports Medicine at the Umea University. (SWEDEN)
Guests : Mr Robert Emmiyan (French National Olympic coach and European record holder in long jumping), Mr Erwan Konaté and Mr Jules Pommery (French national long jumping athletes)

3: to 3:30 **Training the individual within the team: insights from elite football**
Martin Buchheit, High Performance Consultant. LOSC, KitmanLabs & HIITScience (FRANCE)

3:30 to 4: Coffee break

4: to 4 :30 **Monitoring and adjusting training load in elite athletes, an interdisciplinary approach**
Richard Louman, Lead expert/Head Performance manager in Strength and Conditioning for Team NL. Papendal (NETHERLANDS)

4:30 to 5: **Individualized monitoring of training load, recovery needs and injury risk**
Anne Hecksteden, Professor at the Innsbruck university (AUSTRIA)

5:30 to 7: **Optional Tour of INSEP sport facilities**

7: **Buffet (INSEP)**

Friday 2nd December

8:45 to 9:15 Gathering + Coffee

THIRD SESSION: PREVENTION OF INJURIES

9:15 to 9:45 **How sport injury-prevention is possible – the Norwegian approach**
Christine Holm Moseid, Researcher Skadefri/Fittoplay/GETSET (NORWAY)
Guests : *Mr Thierry Soler (Head of the Performance at the French badminton federation) and Ms Lea Palermo (French national badminton athlete)*

9:45 to 10:30 **ReFORM Consortium**
Approaches to injury prevention in the upper limb
Camille Tooth, Physio therapist CHU Liege (BELGIUM)

Injury prevention approaches for the lower limb
François Delvaux, Researcher CHU Liege (BELGIUM)

10:30 to 11: Coffee break

11: to 11:30 **Injury prevention and surveillance program related to elite Taekwondo**
Pr Sae Yong-Lee, Co-director of the Yonsei Institute of Sports Sciences and Exercice Medecine. YISSEM (SOUTH KOREA)
Guest : *Mr Patrick Rosso (National director of the French Taekwondo federation)*

11:30 to 12: **Attempt to Speculation of Injury Risk by Regression of Medical Record Among Elite Runners at Japan High Performance Sport Center**
Yuuki Ara, Doctor Orthopedics. Japan Sport Council (JAPAN)

12: to 2: Lunch (INSEP's cafeteria)

FORTH SESSION: IMPACTS ON PERFORMANCE

2: to 2:30 **From daily monitoring to weekly decision-making in an integrated support team. A 4 years journey to perform at Beijing 2022 with the Canada short track speed skating team**
François Bieuzen, Ph. D., HP certified, Director, Sport Sciences, Sport scientist. INS Québec (CANADA)
Guest : *Mr Christophe Clavier (French womens's wrestling national coach in charge of the AMS)*

2:30 to 3: **From field to Gold – how knowledge from evaluation and monitoring is applied at an Olympic Games**
Niall Elliott, Chief medical Officer. Team GB (GREAT BRITAIN)

3: to 3:30 **Performance Questions in Nutrition and Physiology: Linking the applied practitioner and the researcher**
Sharon Madigan, Head of Nutrition of the Sport Ireland Institute. Team Ireland (IRELAND)

3:30 to 4: Coffee break

4: to 4:30 **Linking research and practice : From knowledge generation to implementation**
Paolo Menaspa, Chief science officer of the Australian Institute of Sports. AIS (AUSTRALIA)

5:45 **Closing by Fabien Canu General Director. INSEP (FRANCE)**

6: Buffet (INSEP)