

**13th SOUTH AFRICAN SPORTS MEDICINE ASSOCIATION
INTERNATIONAL CONFERENCE 2009
Southern Sun, Elangeni Hotel, Durban, 21 – 23 October 2009**



Information and Registration

Date

21 – 23 October 2009

Theme

"Back to Basics"

What is new in exercise physiology?

"Taking hands in Sports and Exercise Sciences"

The real Multi-Professional Conference

Venue

Southern Sun Elangeni Hotel, Durban

Conference Address

Tel. 051 436 81 45 or **E-mail** congress@internext.co.za or **Fax** 051 4366 368

web site www.sasma.co.za

The biennial International SASMA Conference is the highlight of the Sports Medicine calendar in South Africa. This is the one event where the whole sports medicine and exercise science community is represented, including sports physicians, orthopaedic surgeons, biokineticists, physiotherapists, chiropractors, dietitians, podiatrists, exercise scientists and other. It is also the event where these professionals assemble to sharpen up on new knowledge and new tools or products.

And ... you are invited!

Who should attend?

All practitioners, academics and specialists with an interest in sports medicine/sciences in the fields of biokinetics, chiropractics, medicine, orthopaedics, physiotherapy, podiatry, sports science.

Focus: General Practitioners, Sport Physicians, Orthopedic surgeons, Physiotherapists, Biokineticists, Chiropractors, Nutritionists and Dietitians, Podiatrists and other members of the multi-professional Sport Medicine team.

INVITED SPEAKERS

An exciting panel of leading South African and international guest speakers have been invited to address the conference.

Confirmed international speakers are:

Prof Frank Marino: Renowned exercise physiologist, Charles Sturt University, Australia.
 Prof Lars Petersen: Renowned Sports physician, orthopaedic surgeon and author, Sweden.
 Prof Andrew Gregory: Paediatric Sports Physician, Vanderbilt University, USA

Invited South African speakers include: Prof Martin Schwellnus (UCT), Prof Mike Lambert (UCT), Prof Wayne Derman (UCT), Dr Jon Particios (president-elect, SASMA), Dr Shuaib Manjra (SAIDS), Prof Andrew Bosch (UCT), Dr Candice Christie (Rhodes University), Ms Mandy Marsden (UCT), Prof Malcolm Collins (UCT), Dr Demitri Constantinou (Wits), Dr Christa Janse van Rensburg (UP), Dr Maretha Delpont (BASA), Dr Amanda Claassen (ADSA)

PROGRAMME OUTLINE

Theme 1: Basic Sciences: Translating Science into practice

- Thermoregulation and exercise
- Pacing during endurance exercise
- Fatigue associated with endurance exercise
- GPS technology and applied sports science
- Accelerated recovery after exercise – does science support the practice
- Ergonomic recommendations for South Africans

Theme2: Multiprofessionalism and Athlete care

- Pre-participation evaluation of elite athletes – feedback from IOC Consensus meeting, March 2009
- Travelling with athletes seminar
- Risk factors for lower back pain in cyclists – Ms Mandy Marsden (UCT)
- Drugs in sport: Overview Dr Shuaib Manjra
- Sport specific athlete care: Cricket, Rugby, Football, Volleyball, endurance sport
- Update on Achilles tendinopathy

Theme 3: Osteoarthritis in the middle aged athlete – A multi-professional approach

- Management options of OA in the athlete
- Imaging of OA
- Physiotherapeutic approach to OA
- Exercise prescription/challenges in the athlete with osteoarthrosis
- Podiatry

Theme 4: Paediatric sports medicine

- Novel concepts in paediatric sports medicine
- Congenital syndromes and sports medicine
- Performance or participation for children – where to draw the line?
- Paediatric fracture care

Theme 5: Sports Nutrition

- Novel concepts in sports nutrition
- Sports nutrition master classes
- Paediatric sports nutrition
- Nutrition in the endurance athlete

Other topics include:

- Football medicine
- Sports concussion
- Event medical coverage
- Doping control and banned substances workshop
- Wellness: Exercise is Medicine

Associate conference stakeholders:

The American College of Sports Medicine (ACSM), FIFA, The South African Institute for Drug Free Sport (SAIDS), The South African Sports Medicine Orthopaedics Association (SASMO), The South African Society for Physiotherapy (SASP), The Association of Dietetics of South Africa (ADSA), The Biokinetics Association of South Africa (BASA), The South African Sports Imaging Group (SAMSIG), The Chiropractic Association of South Africa.

GENERAL INFORMATION

Congress date: 21 – 23 October 2009

Language: English will be the official language of presentation.

REGISTRATION FEES

| | Full registration: Reg and pay before 21 September | | Reg and pay after 21 September | |
|--|---|--------------------|---|--------------------|
| | Members | Non-members | Members | Non-members |
| SASMA | R2 500-00 | R2 700-00 | R2 700-00 | R2 900-00 |
| Day Registration | R 900-00 | R1 000-00 | R1 000-00 | R1 200-00 |
| Students | R1 500-00 | R1 700-00 | R1 700-00 | R1 900-00 |
| (This fee is only applicable to graduate and honours students) | | | | |
| Day Registration | R 550-00 | R 600-00 | R 600-00 | R 700-00 |

Full registration fee for the congress includes:

- Attendance of scientific sessions
- Conference bag including programme
- Lunch at the venue on each day of the conference
- Tea and refreshments

Day registration fee includes:

- Admission to academic sessions on day of choice
- Conference bag including programme
- Lunch on the day of attendance
- Tea and refreshments

Method of payment

The registration fee **MUST** accompany the registration form. **No registration will be confirmed** until the completed **registration form** and **full payment** have been received.

Cheques: Cheques should be made payable to **SASMA Conference 2009**

Electronic transfer: Transfer should be made in favour of **SASMA Conference 2009**

Please note:

To avoid errors, please write your invoice number or **initials and surname** in the **deposit reference block** on the deposit slip or bank transfer. Send your deposit slip / bank transfer details with your registration form.

Bank account detail:

| | |
|----------------------------|------------------------------|
| Bank account name: | SASMA Conference 2009 |
| Bank: | ABSA |
| Account number: | 92 2473 4472 |
| Branch code (if required): | 632005 |

Cancellation policy: Only **50%** of the registration fee will be refunded in the case of cancellations after **21 September**. **No refunds** will be made **after 10 October 2009**.

ACCOMMODATION

Travel Agent, *Astra Tours Events* have negotiated very competitive tariffs at places of accommodation near the conference venue. The organisers strongly recommend that you make use of this offer. Please find all the necessary information and an accommodation booking form under the Accommodation heading.

You are responsible for your own reservation and payment. **Please note that travel and accommodation is payable through Astra Travel. Bank account details for Astra are on the Accommodation booking form**

TRANSPORT

Transport to and from the airport can be arranged through Astra Travel on the accommodation booking form, at own expense.

PARKING

Under cover parking is available for delegates who stay in the Southern Sun Elangeni Hotel. Secure parking will also be available at the back entrance of the Southern Sun Elangeni Hotel.

SOCIAL FUNCTIONS

Come and have fun with us in the City where the sun never sets!

Please note that the welcome cocktail is free of charge or booking. Booking and payment of R100 must be made for the dinner on Thursday evening.

Tuesday, 20 October
18:00

Registration: 16:00 - 18:00
Come and enjoy a free cocktail, register for the conference and catch up with old friends!
Costs included in the registration fee

Wednesday, 21 October

Nutrition Lab Fun Run
Free entry, free T-shirt and lucky draws!

Thursday, 22 October

Howzat dinner
Join friends and colleagues for a great evening out!
Costs: R100-00 per person
To reserve your seat – please see registration form.

GENERAL

For any additional **information regarding the conference** please contact Laliq Smit or Marianne Oosthuizen at Tel. (051) 436 8145, Fax (051) 436 6368 or E-mail: congress@internext.co.za

For any **information regarding accommodation**, please contact Leon / Vutlhari at Astra ToursEvents at 051 – 430 2184 or e-mail him at astratours@intekom.co.za

Address all correspondence to:

The Organisers, 2009 SASMA Conference, PO Box 13073, Noordstad, Bloemfontein, 9305, South Africa