0% deshidratación
100% flectomin

Rehidratación oral para deportistas

FLECTOMIN
BEBIDA ENERGÉTICA CON SALES MINERALES
Peso neto: 20 g

FLECTOMIN es una bebida energética con sales minerales, elaborada para reconstituir la pérdida de agua y electrolitos eliminada a través del sudor en las actividades físicas intensas.
THE IMPRINT OF A CONGRESS

Congresses are supreme forums to share, discuss and update knowledge among specialists, in this case in the field of Sports Medicine, as well as ideal opportunities for professional and personal interaction. Furthermore, they have a significant socio-economic impact on the host location, especially when it comes to international events with major global appeal.

The XXX FIMS World Congress of Sports Medicine, taking place in Barcelona from the 18th to the 23rd November, offers a solid scientific programme, sixteen guest lectures, a wide variety of symposia and, above all, an outstanding number of papers being presented, thereby providing participants with many opportunities to perfect their knowledge of Sports Medicine.

Since the 1992 Olympic Games put Barcelona on the map so to speak, tourism – both business and recreation – has gone from strength to strength to become the city’s primary economic activity.

We were delighted when the International Federation Assembly meeting held in Oman chose Barcelona to host the XXX FIMS World Congress of Sports Medicine.

80 years have passed since the International Federation of Sports Medicine was founded (FIMS) and we hope that Barcelona, through its participation and cooperation, will manage to raise the level of this area of medicine.

We firmly believe that a spirit of fraternity will pervade the Barcelona congress, not only in the scientific sessions but also in the corridors, where both scientific and social contacts established between participants will raise the profile of Sports Medicine in our country.

As the President of the Organising Committee for the XXX FIMS Congress and the Spanish Federation of Sports Medicine, I would like to thank you personally for taking part in this Congress.

I hope to have the pleasure of meeting you in person at this magnificent event in Barcelona ’08.

Juan José González Iturri

President of the Spanish Federation of Sports Medicine (FEMEDE)
On behalf of Barcelona, I want to welcome all the participants of the XXX International Federation of Sports Medicine (FIMS) World Congress.

Four years ago, we felt very proud about the vote of confidence given to us by the FIMS upon choosing our city to host this congress. Now I want you to know that it is a true honor to have you among us, debating, working and also enjoying Barcelona. As the host city, we hope to return this confidence making you feel at home during these days and meeting all the expectations created by the scientific program proposed by the Sports Medicine Spanish Federation, the congress organizer.

Barcelona is a warm and gentle city, Mediterranean, which projects its millennial history towards the future. A city committed to spread universal values such peace, the interaction of cultures and the promotion of activities that contribute to it, in which sports plays a prominent role.

I take this opportunity to congratulate the FIMS during its 80th anniversary and, at the same time, proclaim that Barcelona feels very proud to contribute its little brick to make possible what the congress slogan proclaims: a better world.

Jordi Hereu
Mayor of Barcelona
GENERAL INFORMATION

November, 18-23, 2008

VENUE OF CONGRESS:
Centro de Convenciones Internacional Barcelona (CCIB)
Rambla Prim, nº 1-17
08019 Barcelona
Tel: +34 932 301 000

Scientific Secretariat:
Spanish Federation of Sports Medicine (FEMEDE)
Adress: P.O. Box Apartado de correos 1207. 31080 PAMPLONA
Phone: +34 948 267 706
Fax: +34 948 171 431
Email: fims2008@femede.es
Web site: http://www.femede.es

Organising Secretariat:
Viajes El Corte Inglés S.A.
IATA 78211733
División Eventos Deportivos
Teniente Borges, nº 5
41002 - Sevilla
Phone: + 34 954 506 603/04
Fax: + 34 954 222 479
Email: sevilladeportes@viajeseci.es

Congress web site
http://www.femede.es/congressbarcelona08
HONOUR COMMITTEE

Chairman: His Majesty the King Juan Carlos I.
Vice-Chairman: Very honourable Mr. José Montilla Aguilar. President of the Generalitat of Catalonia.
Members: Excellency Mr. Jordi Hereu Boher. Mayor of Barcelona.
Dr. Mr. Bernat Soria Escoms. Minister of Health and Consume.
Mr. Jaime Lissavetzky Diez. President of the High Sport Council.
Mr. Pere Alcober Solanas. Sports Councilman. Town Hall of Barcelona.
Mr. Albert Soler Sicilia. General Manager of Sports. High Council for Sport.
Mr. Antonio Fougé Moya. President of Barcelona Provincial Council.
Dr. Mr. Walter Frontera Roura. President of the International Federation of Sports Medicine (FIMS).
Dr. Mr. Antonio Turmo Garuz. The director of the School of Medicine of the Physical Education and of the Sport. Barcelona.
Dr. Mr. Iaciçio Siguero Zurdo. President of the General Council of Official College of Physicians and the Spanish Medical Organisation.
Dr. Mr. Miquel Bruguera Cortada. President of Barcelona’s Official College of Physicians.
Mr. Andreu Camps Povill. Director of National Institute of Physical Education of Catalonia.
Dr. Mr. Norbert Bachl. President of the European Federation of Sports Medicine (EFSMA).
Dr. Mr. Gustavo Liotta. Vice-president of the Iberoamerican Confederation of Sports Medicine (CIMED).

ORGANIZING COMMITTEE

Chairman: Mr. Juan José González Iturri
Vice-Chairman 1: Mr. César Fernández García
Vice-Chairman II: Mr. Ramón Balíus Juli
Secretary General: Mr. Pedro Manonelles Marqueta
Treasurer: Mr. José María Carnero Eliás
Members: Mr. Jordi Ardevol Cuesta
Mr. Juan N. García-Nieto Portabella
Mr. José Fernando Jiménez Díaz
Ms. Begoña Manuz González
Mr. José Naranjo Orellana
Mr. Ángel Sánchez Ramos
Mr. Luis Til Pérez
Mr. Antonio Turmo Garuz
Mr. José María Vilarrubias Guillamet

SCIENTIFIC COMMITTEE

Chairman: Mr. Miguel del Valle Soto
Vice-Chairman: Mr. Carlos Pons de Beristain
Secretary: Mr. Franchek Drobnic Martínez
Members: Ms. Maite Aragonés Clemente
Mr. José Antonio López Calbet
Mr. Emilio Luengo Fernández
Mr. Antonio Maestro Fernández
Mr. José Luis Martínez Romero
Mr. Nicolás Terrados Cepeda
Mr. José Antonio Villegas García

GOBERNING BODY OF SPANISH FEDERATION OF SPORTS MEDICINE

Chairman: Mr. Juan José González Iturri
Vice-Chairman: Mr. Miguel del Valle Soto
Secretary General: Mr. Pedro Manonelles Marqueta
Members: Mr. César Fernández García
Mr. José Fernando Jiménez Díaz
Ms. Begoña Manuz González
Mr. José Naranjo Orellana
Legal adviser: Mr. Miguel Zulaica Balduz
Secretariat: Ms. Marian Artazcoz

FIMS (FÉDÉRATION INTERNATIONAL DE MÉDECINE DU SPORT) EXECUTIVE COMMITTEE

President: Mr. Walter R. Frontera
Past President: Mr. Kai-Ming Chan
Secretary General: Mr. Fabio Pigozzi
Treasurer: Mr. Andre Debruyne
1st Vice President: Mr. Lyle J. Micheli
2nd Vice President: Mr. Martin P. Schwellnus
3rd Vice President: Mr. Wahid Al Kharusi
4th Vice President: Mr. Norbert Bachl
Elected members: Ms. Anita Green
Mr. Guo-ping Li
Mr. Italo Monetti
Mr. C. Thurairaja
Mr. Joe Cumminskey
Mr. Emin Ergen
Mr. Hans Dickhut
Mr. Milton Pinedo Soriano
Spanish Federation of Sports Medicine (FEMEDE)  
International Federation of Sports Medicine (FIMS)

Institute Barcelona of Sports  
(Barcelona City Council)  

Generalitat of Cataluña

High Council for Sport

Congress recognized like of Scientific Interest by the Ministry of Health and Consumption

Congress Declared of Scientific Interest for the Ibero-American Society of Scientific Information
THURSDAY 20TH NOVEMBER

BARCELONA HALL

09.00-11.00 - OFFICIAL LECTURE: UPDATING IN MUSCULAR INJURIES

Chairman: Ramón Balius Matas. Barcelona (Spain).
Moderator: Jordi Ardevol Cuesta. Barcelona (Spain).
Markku Järvinen. Tampere (Finland).
Recent advances in muscle injurie physiopathology.
Martin P. Schewellnus. Newlands (South Africa).
An update on muscle injury and cramping in athletes. Prevention, diagnosis and management.
Sakari Orava. Turku (Finland).
Recent advances in the surgical treatment of muscle injuries.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: SCIENTIFIC BASIS OF TENDINOPATHIES TREATMENT

Chairman: José Luis Martínez Romero. Murcia (Spain).
Moderator: Antonio Maestro Fernández. Gijón (Spain).
Nicola Maffuli. Hartshill (United Kingdom).
The scientific bases of modern approaches to tendinopathy management.
Yoshimasa Ishii. Hiroshima (Japan).
Hyperbaric oxygen on the healing process of ligament and tendon injuries.
Chen Chih-Hwa. Taiwan (Republic of China).
Invasive procedures in the treatment of tendinopathies.
Mikel Sánchez. Vitoria (Spain).
Preparation Rich in Growth Factors (PRGF) in tendon repair: basic research and clinical applications

13.30-15.30 Lunch

15.30-17.30 - OFFICIAL LECTURE: CARTILAGE AND SPORT

Chairman: Andrés Debruyne. Hasselt (Belgium).
Moderator: José María Vilarrubias Guillamet. Barcelona (Spain).
Lyle J. Micheli. Boston (USA).
Management of osteochondritis dissecans in the young athlete.
José Antonio Vega Álvarez. Oviedo (Spain).
Biology of the articular cartilage: genes, proteins... and exercise.
Lars Engenhrtzen. Oslo (Norway).
The future of chondrocyte transplantation.
Ingrid Möller. Barcelona (Spain).
Diagnostic and treatment of the condropathies in the athlete.

17.30-19.30 - SIMPOSYUM: THE SPORTS MEDICINE IN SPAIN

Organized by the Spanish Federation of Sports Medicine (FEMEDE)

Juan José González Iturri.
The history of the Sports Medicine.
Juan José Rodriguez Sendin. Madrid (España).
Professional responsibility in the exercise of Sports Medicine.
Julio César Legido Arce. Madrid (España).
Sports Medicine training.
Pedro Manonelles Marqueta. Zaragoza (España).
Sports Medicine specialty current situation.

(In spanish)

DALÍ HALL

09.00-11.00 - OFFICIAL LECTURE: POST COMPETITION RECOVERY AND REST

Chairman: Jose Luis Orizaola Paz. Albacete (Spain)
Moderator: Juan N. García-Nieto Portabella. Barcelona (Spain)
Paul Dorochenko. Valencia (Spain).
The importance of low-frequency pulsed sounds in the sport neuromotor reprogramming.
Nicolás Terrados Cepeda. Avilés (Spain).
Physiologic and medical newness in post-competition recovery.
Wayne Derman. Cape Town (South Africa).
Fatigue and underperformance in athletes following extensive competitive sport: strategies in diagnosis, monitoring & management.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: LONG-TERM COMPLICATIONS OF EXERCISE

Chairman: Carlos de Teresa Galván. Granada (Spain)
José María Vilarrubias Guillamet. Barcelona (Spain).
Long-term complications of sport and exercise.
José María Vilarrubias Guillamet. Barcelona (Spain).
Long-term complications after surgery in the knee joint.
Long-term cardiac complications of exercise.

13.30-15.30 Lunch

15.30-17.30 - OFFICIAL LECTURE: HYPOXIA: HEALTH AND PERFORMANCE

Chairman: Fernando Gutiérrez Ortega. Madrid (Spain)
Moderator: Pedro A. Galilea Ballarini. Barcelona (Spain).
Jean Paul Richalet. Paris (France).
Training in hypoxia and performance.
Paolo Cerretelli. Milan (Italy).
Living in hypoxia and performance.
Mauricio Serrato Roa. Bogotá (Colombia).
Sinergistic effect of hypoxia and training on hemoglobin mass.

MIRÓ HALL

12.00-13.30 - PRESENTATION OF THE BOOK: GUIDE OF DIETETIC FOOD ADAPTED TO AN INTENSE MUSCULAR WEAR

With the sponsorship of Isostar

Nieves Palacios Gil-Antuñano. Madrid (Spain).
Presentation of the book: Guide of dietetic food adapted to an intense muscular wear, with description of food and drinks specially designed for the sport.
Antoni García Gabarra, Doña Isabel de Fuenmayor.
Presentation Isostar products.
FRIDAY 21ST NOVEMBER

BARCELONA HALL

09.00-11.00 - OFFICIAL LECTURE: SUDDEN DEATH IN SPORT
With the sponsorship of Boehringer Ingelheim

Organized by the National Record of Sudden Death in Athletes

Chairman: Antonio Bayés de Luna. Barcelona (Spain).
Moderator: Carlos Pons de Beristain. Barcelona (Spain).
Yeosep Brugada Tarradellas. Barcelona (Spain).

Endurance sport practice: may be too much for the heart?
Antonio Pellicia. Roma (Italy).
Clinical significance and long-term follow-up of abnormal ECGs in trained athletes.
Araceli Boraita Pérez. Madrid (Spain).

Causes of sudden death during sport activities in Spain.

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: THE DOPING. CLINICAL SIGNIFICANCE FOR SPORTS MEDICINE

Chairman: Jordi Segura Noguera. Barcelona (Spain).

Is there a relation between doping and addiction?
Giselher Spitzer. Postdam (Germany).
The consequences of doping in children.
José Naranjo Orellana. Sevilla (Spain).
Use and abuse of medication in sport: Beta2 agonists, corticosteroids, growth hormone and anabolic steroids.

13.30-15.30 Lunch

15.30-17.30 - OFFICIAL LECTURE: STATE OF THE ART IN SPORT NUTRITION

Chairman: José Antonio Villegas García. Murcia (Spain).
Moderator: Nieves Palacios Gil-Antuñano. Madrid (Spain).
Fabio Pigozzi. Rome (Italy).

Nutritional Supplements in Sports: merits and myths.
Julia Warnberg. Madrid (Spain).
Nutrition, Immunity and physical activity.
Manuel J. Castillo Garzón. Granada (Spain).

Suitability of the beer in athletes metabolism recuperation in the context of the equilibrated diet.

17.30-18.00 Coffee break

DALÍ HALL

09.00-11.00 - OFFICIAL LECTURE: PHYSICAL EXERCISE FOR HEALTH AND LONGEVITY: PRESCRIPTION PATTERNS
With the sponsorship of the Instituto Tomás Pascual

Chairman: Luis Giménez Salillas. Zaragoza (Spain).
Moderator: Emilio Luengo Fernández. Zaragoza (Spain).
Norbert Bachl. Wien (Austria).

Exercise and training as therapy in chronic diseases.
Alejandro Lucia Mulas. Madrid (Spain).

Exercise prescription in cancer:
Herbert Lüllgen. Remscheid (Germany).
Physical activity and prevention of cardiovascular diseases.
Antonio López Farré. Madrid (Spain).
Right arrhythmogenic ventricular dysplasia: from genetic to proteomics in the athlete.

18.00-20.00 - SIMPOSYUM THE PARALYMPIC SPORT: ADVANCES AND CONTROVERSIES
With the sponsorship of the Paralympic Spanish Committee

Chairman: Miguel Segarra Gadea. Madrid (Spain).
Moderator: Oriol Martínez Ferrer. Barcelona (Spain).
Ahmueda Ramón Cueto. Valencia (Spain).

Serial stretch loading in strength training of athletes.
Pedro A. Galilea Ballarini. Barcelona (Spain).
Competition demands analysis as a help to professional cyclist's training.
Ilígio Mújica Antón. Vitoria (España).

Performance modelling and tapering.

18.00-20.00 Coffee break

MIRÓ HALL

09.30-11.00 - SIMPOSYUM: TRENDS IN NUTRITIONAL HABITS
With the sponsorship of Herbalife

Chairman: Julián Álvarez García. Madrid (Spain).

Synergies between nutrition and exercise in health care.

(In spanish)
11.30-13.30 - SIMPOSYUM: NEW THERAPEUTIC PERSPECTIVES IN THE TREATMENT OF THE SPORTS INJURIES
With the sponsorship of Heel España Laboratories

Alejandro Orizola. Santiago de Chile (Chile).
New alternatives in the treatment of the muscle injuries: clinical experience.
Carlos Sánchez Marchori. Valencia (Spain).
Clinical experience with a modulator of the inflammation.

TAPIES HALL

11.30-13.30 - TECAR SIMPOSYUM: USE OF TECAR’S TECHNOLOGY IN REHABILITATION PROGRAMS OF HIGH PERFORMANCE ATHLETES
With the sponsorship of Tecar

Carlo Tranquilli. Roma (Italy).
Use of Tecar’s technology in rehabilitation programs of high performance athletes.

SUNDAY 23RD NOVEMBER

BARCELONA HALL

09.00-11.00 - OFFICIAL LECTURE: BIOMECHANICS APPLIED TO EVALUATION AND IMPROVEMENT OF SPORTS PERFORMANCE
Chairman: Carlos Moreno Pascau. Salamanca (Spain).
Moderator: Xavier Aguado Jodar. Toledo (Spain).
How to improve the landing movement after jump? Implications for injury prevention.
The use of computer simulation to improve sport performance.
Roger Bartlett. Dunedin (New Zealand).
What functions does movement variability fulfill?
11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: PHYSICAL TRAINING AND IMMUNITY
Chairman: Luis Franco Bonafonte. Reus (Spain).
Immune response and risk of illness in elite athletes. Practical strategies to maintain immunocompetence.
Influence of gender, training, and lifestyle on parameters of the immune system in athletes.
Katarína Bergendiová. Bratislava (Slovakia).
Immunomodulating effect of Beta-1,3/1,6-D-Glucan on elite athletes.
13.30-15.30 Lunch

15.30-17.30 - OFFICIAL LECTURE: REHABILITATION IN SPORT
Chairman: Juan José González Iturri. Pamplona (Spain).
Moderator: Walter R. Frontera Roura. San Juan (Puerto Rico).
Exercise in the rehabilitation of the hemiplegic patient.
Rehabilitation following anterior cruciate ligament reconstruction.

18.00 - CLOSING CONFERENCE

19.00 - CLOSING CONGRESS

DALÍ HALL

09.00-11.00 - OFFICIAL LECTURE: DETERMINANTS OF PERFORMANCE AND FATIGUE IN HUMANS: NEW INSIGHTS
Chairman: Julio César Legido Arce. Madrid (Spain).
Moderator: Gil Rodas Font. Barcelona (Spain).
The limits of human performance.
Heart rate variability in the control of training elite athletes.
11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: ADVANCES IN STRENGTH PHYSIOLOGY AND ITS APPLICATION IN SPORT TRAINING
Chairman: Begoña Manuz González. Torrelavega (Spain).
Moderator: Per Aagaard. Copenhagen (Denmark).
Training-induced changes in muscle morphology and neural function.
The importance of eccentric training.
Applications of strength training in elite athletes.
13.30-15.30 Lunch

15.30-17.30 - OFFICIAL LECTURE: WHAT THE FUTURE WILL BRING IN EXERCISE PHYSIOLOGY
Moderator: José Naranjo Orellana. Sevilla (Spain).
Have changes in physical activity levels driven the obesity epidemic?
Calorie restriction, antioxidants and exercise.
The role of leptin on exercise.

MIRÓ HALL

9.00-11.00: I SIMPOSYUM OF IBEROAMERICAN CONFEDERATION OF SPORTS MEDICINE. II
Organized by CIMED

Chairman: Juan José González Iturri. Pamplona (Spain).
Moderator: Miguel E. Del Valle Soto. Oviedo (Spain).
Prevention of hydroelectrolytic disorders.

SATURDAY 22ND NOVEMBER

BARCELONA HALL

09.00-11.00 - OFFICIAL LECTURE: BIOMECHANICS APPLIED TO EVALUATION AND IMPROVEMENT OF SPORTS PERFORMANCE
Chairman: Carlos Moreno Pascau. Salamanca (Spain).
Moderator: Xavier Aguado Jodar. Toledo (Spain).
How to improve the landing movement after jump? Implications for injury prevention.
The use of computer simulation to improve sport performance.
Roger Bartlett. Dunedin (New Zealand).
What functions does movement variability fulfill?

11.00-11.30 Coffee break

11.30-13.30 - OFFICIAL LECTURE: PHYSICAL TRAINING AND IMMUNITY
Chairman: Luis Franco Bonafonte. Reus (Spain).
Immune response and risk of illness in elite athletes. Practical strategies to maintain immunocompetence.
Influence of gender, training, and lifestyle on parameters of the immune system in athletes.
Katarína Bergendiová. Bratislava (Slovakia).
Immunomodulating effect of Beta-1,3/1,6-D-Glucan on elite athletes.

13.30-15.30 Lunch

15.30-17.30 - OFFICIAL LECTURE: REHABILITATION IN SPORT
Chairman: Juan José González Iturri. Pamplona (Spain).
Moderator: Walter R. Frontera Roura. San Juan (Puerto Rico).
Exercise in the rehabilitation of the hemiplegic patient.
Rehabilitation following anterior cruciate ligament reconstruction.

18.00 - CLOSING CONFERENCE

19.00 - CLOSING CONGRESS
Gustavo Liotta. Buenos Aires (Argentina)
Pubalgia: Physiopathology and biomechanics boarding.
José Gregorio Ramírez Rangel. Mérida (Venezuela)
Injuries of the mountain biking, adapting the treatment to the reasons.
Armando Pancorbo. Matanzas (Cuba)
Sub-severe fatigue in the sport of high performance: a new diagnosis.

11.00-11.30 Coffee break

11.30-13.30: I SIMPOSYUM OF IBEROAMERICAN CONFEDERATION OF SPORTS MEDICINE. II

Chairman: Juan José González Iturri. Pamplona (Spain)
Moderator: Miguel E. Del Valle Soto. Oviedo (Spain)
Eloy Cárdenas. México D.F. (México)
Lactate like diagnosis of the state of training.
Joao C. Bouzas. Viçosa (Brasil)
Can cardiac maximum frequency be a control ratio of the training?
Galo E Narváez Pérez. Quito (Ecuador)
Physiological behavior in competition: over 2500 meters.
Gianni Mazzoca. Caracas (Venezuela)
Feminine soccer: Venezuelan experience.

TAPIES HALL
09.00-11.00 - SYMPOSIUM: CONTRIBUTIONS OF THE KINANTHROPOMETRY TO THE WORLD OF SPORT AND THE PUBLIC HEALTH

Organized by the Spanish Group of FEMEDE’s Kinanthropometry

Chairman: M. Dolores Cabañas Artesilla. Madrid (Spain).

ADMINISTRATIVE MEETINGS

FIMS. Executive Committee Meeting of International Federation of Sports Medicine.
FIMS. Commissions Meeting of International Federation of Sports Medicine.
FIMS. Council of Delegates Meeting of International Federation of Sports Medicine.
FEMEDE. Governing Body Meeting of Spanish Federation of Sports Medicine.
FEMEDE. General Ordinary Assembly of Spanish Federation of Sports Medicine.
FEMEDE. Groups Meeting of Spanish Federation of Sports Medicine.
FEMEDE. Assembly of Specialists Group of Medicine of Physical Education and Sports of FEMEDE.
EFSMA. Executive Committee Meeting of European Federation of Sports Medicine.
EFSMA. Commissions Meeting of European Federation of Sports Medicine.
CIMED. Assembly of Iberoamerican Confederation of Sports Medicine.

ORGANIZERS

Spanish Federation of Sports Medicine (FEMEDE).
International Federation of Sports Medicine (FIMS).

CO-ORGANIZERS

Generalitat of Catalonia.
High Sport Council.
Barcelona Provincial Council.
University of Barcelona.
European Federation of Sports Medicine (EFSMA).
Iberoamerican Confederation of Sports Medicine (CIMED).

CONTINUING MEDICAL EDUCATION (CME CREDITS)

The University of Barcelona (UB) has given the Congress 2,5 Continuing Medical Education (CME Credits) equivalent to 30 evaluated hours.
The Organization doesn’t assume the responsibility of the changes in the program due to circumstances outside the Organising Committee.
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<th>Time</th>
<th>Official Lectures</th>
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<td>Barcelona</td>
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<td>Updating in Muscular</td>
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<td>09.30-10.00</td>
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<td>Scientific Basis of</td>
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**Thursday 20 Poster communications**

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<th>Time</th>
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<td>10.00-11.00</td>
<td>Medicine I</td>
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<td>Sudden Death</td>
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<td></td>
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<td>11.00-11.30</td>
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<td>The Doping. Clinical</td>
<td>Benefits of</td>
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<td>Significance for Sports</td>
<td>Exercise in Chronic</td>
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<td>Medicine</td>
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<td>Treatment of</td>
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<td>State of the Art in Sports</td>
<td>Training in Elite</td>
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<td>Nutrition</td>
<td>Athletes</td>
<td>Physiol-V</td>
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| 16.30-17.00| 17.00-17.30 | | Diagnosti-
| | | c-I |
| 17.00-17.30| Lunch | Lunch | Medicine-I | English | Spanish |
| 17.30-18.00| Coffee Break | Coffee Break | Coffee Break |
| 18.00-18.30| Coffee Break | Coffee Break | Coffee Break |
| 18.30-19.00| Coffee Break | Coffee Break | Coffee Break |
| 19.00-19.30| Coffee Break | Coffee Break | Coffee Break |
| 19.30-20.00| Coffee Break | Coffee Break | Coffee Break |

**Friday 21 Poster communications**

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<td>09.00-09.30</td>
<td>Biomechanics Applied</td>
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<td>Performance</td>
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<td>Immunity</td>
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<td>17.30-18.00</td>
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<td>Congress Closure</td>
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<td>19.00-19.30</td>
<td>Gala dinner</td>
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**Saturday 22**

**Poster communications**

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<td>Doping-II</td>
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<td>Diagnosis-III</td>
<td>Managem-V</td>
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<td>10.00-11.00</td>
<td>Athlete’care-I</td>
<td>Imaging-I</td>
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SPEAKERS AND ORGANIZERS

Aagaard, Per

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Til Pérez, Luis  

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Zorzoli, Mario  
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LA MUERTE SÚBITA
PUEDE DIAGNOSTICARSE CON UNOS SENCILLOS EXÁMENES

Muchos deportistas profesionales y entidades deportivas ya han realizado estos exámenes genéticos pioneros en toda España

Para un individuo portador de una mutación propia o de un familiar pero que aún no presenta síntomas, la probabilidad de que sus descendientes hereden la misma mutación es del 50%, situando a la próxima generación en riesgo de desarrollar problemas cardíacos.

Las enfermedades cardíacas congénitas más importantes relacionadas con la Muerte Súbita son:
- Displasia Arritmogénica Ventricular Derecha (mutaciones en los genes PKP2, DSG y DSG2)
- Miocardiopatía Hipertrofica (mutaciones en los genes MYH7, MYBPC3 e TNNT2)
- Miocardiopatía Dilatada (mutaciones en los genes MYH7, LMNA/C e TNNT2)
- Miocardiopatía No Compactada (mutaciones en los genes TAZ, LDB3 e DTNA)

THE SUDDEN DEATH
CAN BE DIAGNOSED WITH A FEW SIMPLE TESTS

Many professional sportsmen and sporting bodies already have realized these genetic pioneering examinations in the whole Spain

For a carrying individual of an own mutation or of a relative but that still does not present symptoms, the probability from which his descendants inherit the same mutation is 50 %, placing the next generation in risk of developing cardiac problems.

The most important cardiac congenital diseases related with the Sudden Death they are:
- Right ventricular arrhythmogenic dysplasia (mutations in the genes PKP2, DSG y DSG2)
- Hypertrophy Myocardopathy (mutations in the genes MYH7, MYBPC3 e TNNT2)
- Dilated Myocardopathy (mutations in the genes MYH7, LMNA/C e TNNT2)
- Non-compacted Myocardopathy (mutations in the genes TAZ, LDB3 e DTNA)

Genetest will be present on the 20th, November 21 and 22 in the XXX FIMS WORLD CONGRESS OF SPORTS MEDICINE, in the Stand 32
**ORAL COMMUNICATIONS**

**20TH NOVEMBER**

**ROSES HALL**

**09.00-10.00  HEALTH IMPROVEMENT AND AGING DELAY THROUGH PHYSICAL ACTIVITY-I**

**LANGUAGE: SPANISH**

**MODERATOR: Gil Rodas Font**

Accelerometer-based activity monitors: description and validation as objective instruments in physical activity assessment related to prevent social sedentary lifestyles

Ruiz Tendero G, Salinero Martín JJ, Aznar Lain S

Maternal exercise during the third trimester of pregnancy and the fetal heart rate

Barakat R, Stirling J, Zakynthinaki M, Sampedro J

Age influence in sportmen after strenuous effort over NK cell overall number and activity

Gómez Quevedo L, Rosado Velázquez DC, Da Silva-Grigoletto ME, Peña Martínez J, Lancho Alonso JL, Lozano Reina JM

Effects of exercise and caloric restriction in physical performance in mice Rodríguez-Bies E, Velázquez A, Navas P, López-Lluch G

Physical activity, anthropometry and other factors related with the health status of Madrid’s adolescents

Cordente Martínez CA, García Soidán P, Siller Quinanta M, Stirling J, Monroy A

Adherence in programs of exercise on prescription: a pilot intervention in Catalonia

Aranda S, Violán M, González A, Vallejo L, Lloret M

**10.00-11.00  KINANTHROPOMETRY-I**

**LANGUAGE: SPANISH**

**MODERATOR: Jordi Porta Manuñiado**

Estimation of skeletal muscle mass by fat-free mass index in males athletes

Canda A, De la Torre A, Heras E, Higuerras S, Pancobo A

Body composition in infant haemophiliacs aged 8 to 14 years with low physical activity

Casaña J, Pardo A, Benavent J, Madera X, García C

Analysis anthropometric of the somatotipo in patients with sharp heart attack of myocardium of under risk submitted to a program of physical rehabilitation

Cabañas MD, Barca J, Abeló V, Barrado J, Fuentes JP, Díaz C, Martín A

Anthropometric dates of two pretty similar exotic style of wrestling: Ssirum

Cabañas MD, Barca J, Abelló V, Barrado J, Fuentes JP, Díaz C, Martín A

Kinanthropometry versus impedance tetrapol in dancers the national dance company

Andrés A, Cabañas MD, Moreno Y

Sample entropy in the analysis of static equilibrium with dynamometric platform in healthy people

Albga del Castillo José, De la Cruz Torres Blanca, Naranjo Orellana José, Centeno Prada Ramón A, Beas Jiménez Juan de Dios

Biomechanical and baropedometric analysis of the foot in professional dancers

Vera Ivans P, Torres Cuencos R, Barrios Pitarche C

Baropedometric dynamic study in Champion’s League soccer players

Vera Pablo, Albors Juan, Barrios Carlos

Temporal analysis of the start at Sierra Nevada’s World Cup 2008

De la Fuente Caynzos Blanca, Martínez Martínez Luis, Ruiz FernándezGerna, Arguelles Cienfuegos Javier, Gómez-López Pablo J, Hernán Rupérez Olimo

**SANT JORDI HALL**

**09.00-10.00  SPORTS CARDIOLOGY-I**

**LANGUAGE: SPANISH**

**MODERATOR: Emilio Luengo Fernández**

Analysis of pNN50 and pNN20 in healthy subjects and cardiac patients at rest and exercise

De la Cruz Torres Blanca, Algba del Castillo Jose, Naranjo Orellana José

Resting electrocardiographic findings in university athletes

Fernández M, Alvarez A, Pascale L, Jiménez J, Salamanca C, Almada L

Cardiac structural pathology in competitive sportmen subjected to echo-cardiography: a 6 year experience

Trujillo Francisco, Fernández-Vivancos Carla, Pedroza Valle, Fernández-Armenta Juan, García de la Borbolla Mariano, Castro Antonio, Cruz José M

Responses of n-terminal pro brain natriuretic peptide and cardiac troponins to sporadic exercise in sedentary subjects

Fernández-Armenta Juan, Pedroza Valle, Trujillo Francisco, Fernández-Vivancos Carla, Sánchez-Temblique Claudio, Carranza Dolores, López de la Osa Manuel, Cruz José M

Influence of sport and season period on the dietary intake of adolescent runners and kayakers

Rgauant A, Terrados N

**09.00-11.00  NUTRITION AND SPORTS SUPPLEMENTATION-I**

**LANGUAGE: SPANISH**

**MODERATOR: José Antonio Villegas García**

A dietary supplement based on Lippia enhances endogenous antioxidant defenses

Funes L, Carrera L, Fernández S, Cerdá M, Pons A, Roche E, Micó L

Effects of caffeine ingestion on attentional performance at rest and moderate aerobic exercise

Huertas F, Blasco E, Zahonero J, Moratal C, Lupiañez J

Study on the physiological effects of the continued seawater intake in sportmen

Ballester MA

Modifications in oxidative damage in sportmen after docosahexaenoic acid ingestion

López FJ, Luque AJ, Martínez AB, Contreras CJ, Villegas JA

Performance improvement in sportmen after docosahexaenoic acid ingestion

López FJ, Luque AJ, Martínez AB, Contreras CJ, Villegas JA

**11.30-12.30  EXERCISE PHYSIOLOGY-I**

**LANGUAGE: ENGLISH**

**MODERATOR: José Naranjo Orellana**

Adventure racing: energetic metabolism, physiologic stress – reported case

Bassan JC, Bianchini LF, Urbinati SK, Wassmansdorff R, Ferreira MAS, Rodrigo E

Modesto FJ

Relationship between serum ferritin and markers of cellular damage in ultraradurendance and endurance exercise

Ööpik V, Uni E, Karelson K, Vaher I

Diurnal fluctuations in factors affecting cycling performance

Sesoeb B, Moussay S, Bessot N, Gauthier A, Davenne D

Intermittent hypobaric hypoxia exposure enhances running economy in untrained rats

Pagès T, Marín J, Esteva S, Torrella JR, Viscor G
The effects of combined training (endurance – resistance) on lipid profile in men aged between 35 and 45
Sepani B, Fallah Mohamadi Z, Kargarfard M

15.30-16.30 TRAINING AND PERFORMANCE IMPROVEMENT I
LANGUAGE: SPANISH
MODERATOR: Miguel del Valle Soto
Seasonal changes in jump performance in elite female volleyball athletes
González-Ravé JM, Martinez Valencia MA, Clemente Suárez V, Juarez D, Navarro Valdivielso F
Effects of plyometric training on lower body power and speed in young athletes
Martínez Valencia MA, Clemente Suárez V, Navarro Valdivielso F, González-Ravé JM
Effect of ultramarathon race on the biochemical parameters in elite endurance athletes
Clemente Suárez V, Navarro Valdivielso F, Martínez Valencia MA, González-Ravé JM
Acute effect of whole body vibration on sprint time and jump ability
Da Silva-Grigoletto ME, Viana-Montaner BH, Beas-Andrez-Ravé JM, Navarro Valdivielso F, Martínez Valencia MA, Gonzalezlez-Rave JM
Effect of a maximal strength mesocycle on muscle strength, muscle power, and jump ability in a Superleague volleyball team
González-Ravé JM, Martinez Valencia MA, Clemente Suárez V, Juarez D, Navarro Valdivielso F

RAMBLA HALL
09.00-10.00 NUTRITION AND SPORTS SUPPLEMENTATION-I
LANGUAGE: ENGLISH
MODERATOR: Luis Tél Pérez
Effects of beer intake on rehydration parameters compared with water alone
Acute effects of a carbohydrate-protein sports drink on performance in swimmers
Vandenbogaerde T, Hopkins W, Talbot S
Effects of pre-exercise meals on glucose kinetic before and during moderate exercise
Marins J, Aloue J, Silva R, Ferreira F, Makkai L, Reis F
Alternative approach on the rugby players’ diet
Pepesca Alin Nicolea, Bara Laura Margarita, Vasiliu George
A probiotic fermented dairy product improves clinical outcome of common infections and life quality in stressed adults

10.00-11.00 HEALTH IMPROVEMENT AND AGING DELAY THROUGH PHYSICAL ACTIVITY-I
LANGUAGE: ENGLISH
MODERATOR: Antonio Turno Garuz
The potential health benefits of training program on body composition and cardio-ventilatory parameters in middle aged obese women
Castres I, Lemaître F, Tourny-Chollet C.
Development and dissemination of a physical activity program down under – the Australian 10,000 steps program
Mummery WK, Hinchliffe A, Joyner K, Davis C
Effects of uphill- and downhill-walking during daily life on risk factor of hip fracture
Diaz G, Carrasco M, Martínez M, A, Barriga A, Jiménez F, Navarro F
Age-associated longitudinal change of objectively measured daily physical activity in early seventh decade of life
Ayabe M, Yoshitake Y, Tobina T, Higuchi H, Harada T, Kimura Y, Miyazaki H, Kiyonaga A, Tanaka H
Consecutive duration of daily physical activity in older individuals at 80 years old

11.30-12.30 SPORTS MEDICINE-I
LANGUAGE: ENGLISH
MODERATOR: Franchek Drobnic Martinez
Immune response and long-term adaptation to significant physical loadings in top sportmen
Dorofieieva Elena E

Factors influence on sports result and traumas in top wrestler
Dorofieieva Elena E, Lieberman Mark
Stress fractures in elite Greek track and field athletes. Epidemiologic characteristics
Mallioropoulos N, Papaalexandris S, Papalada A
The Enduro- Motorcyclists wrist and other overuse Injuries in competitive Enduro- Motorcyclists: a prospective study
Sabis-ACHraf M, Serek M, Pachtner T, Geisler M, Auner K, Machinik M
Syntolic blood arterial pressure during the Astrand bench effort test in school sportmen

12.30-13.30 SPORTS MEDICINE-II
LANGUAGE: ENGLISH
MODERATOR: Juan N. Garcia-Nieto Portabella
Relationship between cardiopulmonary fitness and selected risk factors for coronary heart disease in the male and female of academic members of IFSahan University
Pirani H, Kargarfard M, Ghias M
Hormonal evaluation in the chronic fatigue syndrome
Physically active subjects show better seminological parameters than sedentary subjects
Vaamonde D, Da Silva-Grigoletto ME, Swanson RJ, Cunha Filho JS, Oehninger S
Alterations of sperm morphology among practitioners of three different training modalities
Vaamonde D, Da Silva-Grigoletto ME, Swanson RJ, Garcia-Manso JM, Suarez-Serra R, Oehninger S
Premenstrual syndrome and personality factors
Shayanpour M, Ataei A, Abedi MR, Tahatabuean Nimavard M

15.30-16.30 EXERCISE PHYSIOLOGY-II
LANGUAGE: ENGLISH
MODERATOR: José Antonio López Calbet
Effects of single dose arginine supplementation on lactate threshold and performance
Yavuz Hu, Demirsel AH, Turnagil H, Sahin Z
Effects of different exercise program on blood markers of oxidative stress in young women
Radovanovic D, Vukovic J, Ignjatovic A, Veselinovic N, Dondur S
Effect of relatively high intensity exercise training on myocardial β-adrenergic responsiveness and calcium signalling in diabetic rats
Comparison of VO2max between three submaximum protocols in women between the ages of 40 and 65
Marins J, Dramboz C, Martins N, Oliveira C, Moreira O

LICEO HALL
09.00-10.00 MANAGEMENT AND TREATMENT OF ILLNESS THROUGH PHYSICAL EXERCISE-I
LANGUAGE: ENGLISH
MODERATOR: Jordi Ardevol Cuesta
Can we use strength training for diagnosis of calcified tendinitis in the shoulder?
Tsir A, Loberant N, Volpin G
Chronic-exercise effects on glucose homeostasis and adipokines in the adult OZ-ray model of metabolic syndrome
Condeco L, Carrascosa JM, Balleigsa G, Ortega E, De la Fuente M, Manso R
Systemic inflammatory status in chronic kidney disease: effect of one month of moderate aerobic exercise
Viana J, Smith A, Kosmadakis G, Clapp E, Feally H, Bishop N
Specific training can improve sensorimotor control in type 2 diabetic patients
Thorwesten L, Eichler C, Spernberg C, Eils E, Rosenbaum D, Violler K
Assessment of handgrip strength, quality of life and physical activity in Chilean patients on peritoneal dialysis
Cano M, Pacheco A, Torres R, Kamisato C, Mauro J, Sanhueza ME, White A

10.00-11.00 BIOMECHANICS-I
LANGUAGE: ENGLISH
MODERATOR: Ramón Balbuñ Matas
Electromyographic analysis of three shoulder muscles using waveform transformation and spherical separation
Dual-mode dynamic functional stiffness of swine elbow cartilage
Feiré J, Ardurà García H, Daniels AU, Gökşen B, Witz D

Differences of bone lose between cortical and trabecular bone in 4 weeks simulated hindlimb suspension rats
Changsun Kim, Dongho Park, Shionee Lee

Evidence of ligamento-muscular reflexes in dynamic stabilization of the wrist
Ljung B-O, Bentley L, Hagert E

Prox position in knee flexor and extensor muscle isokinetic evaluation: Preliminary study
Coll-Fernandez R, Chaler J, Torra M, Quintana S, Garreta R

11.30-12.30 KINANTHROPOMETRY-I
LANGUAGE: ENGLISH
MODERATOR: Pedro A, Galilea Ballarini
Body mass index as a tool for assessing overweight in a military population
Havenetidis K, Kardaris D, Milias GA, Paxonos T

Body composition of young basketball players measured by bioelectrical impedance (BIA)
Stefanovic Milica, Oblakovic-Bubic Jelena, Radivojevic Numad, Suzic Jelena, Dikic Nenad

Bioelectrical impedance analysis of the body composition of breath-hold divers
Smobad Milica, Stefanovic Milica, Dikic Nenad

Kineanatropometric study for the selection of talents of speed athletes in Venezuela
Peña T, Siret R, Ceballos J

Effect of short-term endurance and resistance training on total body and regional fat mass

15.30-16.30 SPORTS CARDIOLOGY-I
LANGUAGE: ENGLISH
MODERATOR: Carlos Pons de Beristain
Protocol of cardiac examination in young athletes for the prevention of sports-related cardiovascular complications

Routine ECG as a part of the preparticipation screening programme: so much or so little?
Martin M, Ania JM, Carro A, Hernández E, Calvo D, Garcia Castro M, Coto E, de la Torre A, Fernández A, del Valle M, Regueiro JJ, Espolita A

Preparticipation screening for cardiovascular abnormalities in competitive athletes: role of 12-lead electrocardiogram
Ania JM, Carro A, Martín M, Regueiro JJ, del Valle ME, Hernández E, Espolita A

Syncope and drowning during swimming race

Drugs use to enhance sportive performances among Italian sport people
Fratini A, Bavazzano P, Liverani L, Stefani L, Galanti G

21st NOVEMBER

ROSES HALL

09.00-10.00 TRAINING AND PERFORMANCE IMPROVEMENT-I
LANGUAGE: SPANISH
MODERATOR: Javier Pérez Ansón

Validity and reliability of specific ech geometry for training prescription and evaluation in top-level kayakers
Carrasco L, Sañudo B, De Hoyo M, Martínez IC, Garcia J

Evolution of physiological, anthropometric and technical parameters in top-level kayakers during traiiing macrocycle
Garcia J, Carrasco L, Sañudo B, De Hoyo M, Martínez IC

Effect of ascent to a moderate altitude on muscle power: normobaric hypoxia vs hyperbaric hypoxia

Assessment of the capabilities of physical tennis category of sub-16
Sulbarán J, Amaral A, Ponce C

Power measurement to assess the useful strength in BMX cycling
Mateo M, Zabala M, Blasco C, Velarde S, Garrido R, Oviedo A, Simón A

11.30-12.30 TRAINING AND PERFORMANCE IMPROVEMENT-I
LANGUAGE: ENGLISH
MODERATOR: Armando Pancorbo Sandoval

A prospective observational study of hydration status in elite female soccer players by urinalysis assessment
Boyece Stephen H, Quigley Michael A

Effect of unilateral breathing on coordination and force symmetry in crawl swimmers
Chollet Didier, Boury Chollet Claire, Seifert Ludovic

Fluidia FA-100, a new physiologic electro-muscular stimulator that mimics the action of the native calf musculature
Tamir Jeremy

Variability of power output occurring throughout the cycling stage of an elite triathlon
Bernard T, Haussmirth C, Le Muer Y, Bignet F, Brisswalter J

Modeling the relationship between infection risk and heart rate variability in elite swimmers
Hellard P, Guimaraes F, Avalos M, Barthelemy JC

12.30-13.30 TRAINING AND PERFORMANCE IMPROVEMENT-II
LANGUAGE: ENGLISH
MODERATOR: José Fernando Jiménez-Díaz

Ontogenic of reaction times in children and younger adults in high altitude population
Perst N, Navarro M, Bolicznea E, Ranvau R

Influence of prolonged rowing exercise on plasma viscosity, glucose and leptin concentrations in male rowers

Effects of plyometric training and resistance training in adolescents basketball players
Vila Dos Santos F, Bassan JC, Szkudlarek AC, Zapani AKM, Camilo E, Souza RF, Santos JAII

Change in performance, but not in oxygen cost of running, during cycling-running succession
Díaz V, Alvarez M, Peinado AB, Benito PJ, Zapico AG, Calderón FJ

Could the mean point of the ventilatory thresholds be the maximal lactate steady state?
Peinado AB, Díaz V, Benito PJ, Álvarez M, Zapico AG, Calderón FJ

15.30-16.30 SPORTS CARDIOLOGY-II
LANGUAGE: ENGLISH
MODERATOR: Carlos Pons de Beristain

Adaptive hypertrophy: a five-years echo follow-up in athletes

Features of disadaptation of cardiovascular system in patients with physical and psychosomatic stress
Bondera Sergey

Sotalol treatment in athletes with atrial fibrillation
Panhuysen-Goedkoop Nicole M, Smets Joep RLM

Prevalence and long-term clinical significance of aortic root dilatation in competitive athletes
Quatrini FM, Di Giacinto B, Guerra E, Di Paolo FM, De Blasiis E, Piscicchio C, Ciardo R, Pelliccia A

Mechanical systolic time is shortened in highly trained athletes

SANT JORDI HALL

09.00-10.00 EXERCISE PHYSIOLOGY-III
LANGUAGE: ENGLISH
MODERATOR: Nicolás Terrados Cepeda

Aerobic capacity and heart rate variability in athletes
Zupet P, Fiderle Z

Cardiovascular system adaptation of young elite athletes trained in different sports
Larins V, Ponta I

Metabolic muscle damage and oxidative stress markers in an America’s Cup yachting crew
Barrios C, Hadala M, Almansa I, Bosch-Morell F, Romero FJ

Proposal of an estimation of VO2 peak for patients with end stage renal disease
Cano M, Leppe J, Pacheco A, Torres R, Sanhueza ME, White A
10.00-11.00 TRAINING AND PERFORMANCE IMPROVEMENT-III
LANGUAGE: SPANISH
MODERATOR: Ramón A. Centeno Prada
Biological and psychological alterations in a handball male team along an entire season
Heart rate variability analysis in the Spanish field hockey team: from 2006th World Cup to Pre-olympic preparation
Capdevila L, Cervantes J, Florit D, Parrado E, Yanguas X, Rodas G
Analysis of the correlation between laboratory results and flatwater test reached by Spanish elite paddlers
Normative data to classify the physical condition of cyclist according to the maximal oxygen consumption (VO2max)
Gálvez PA, Pons V, Riera J, Drobnic F
The yo-yo intermittent recovery test and its relation to the specific position in young soccer players
Losada JA, Fernández E, Mora J

11.30-12.30 SPORTS INJURIES PREVENTION-I
LANGUAGE: SPANISH
MODERATOR: José María Carnero Elias
Kitesurfing injuries. Prevention
Ramón Correa EA, Ramón Correa J
Stabilometry and body composition analysis in professional players from different sports
Moreno R, Mendizabal S, Ramos D, Rubio JA, Jiménez F
Physiological, anthropometric and podiatrists characteristics in a professional basketball team
Ramos D, Mendizabal S, Moreno R, Rubio JA, Martín F, Jiménez F
Prevention in sport
Vera C, Barcelo J, Algaba J, Álvarez V

15.30-16.30 SPORTS MEDICINE-I
LANGUAGE: SPANISH
MODERATOR: Ángel Sánchez Ramos
Repeated traumatisms effect on the forearm bone mass in karate men
Luque AJ, Martínnez AB, López FJ, Martínez A, Villegas JA
Physical activity as a potential health risk factor
Greco J, Gris G, Valero M
Doping as addiction: a new approach?
D’angelo C, Tumburini C
Novel desmocollin-2 gene mutation associated with arrhythmogenic right ventricular cardiomyopathy in a professional athlete
Strength training reduces circulating leptin levels independent of changes in the juvenile population in CAM
Cabañas MD, Andrés A, Moreno Y, Perales A, Pachón S, Lemus A

11.30-12.30 SPORTS MEDICINE-III
LANGUAGE: ENGLISH
MODERATOR: Miguel Chiachio Sieira
Partner relationship influence in the functional capacity in Chronic Fatigue Syndrome women
Blazquez A, Alegre J, Ruiz E, Guillamo E, Suárez A, Garcia-Quintana A, Javierre C
The effects of yoga exercise program for female seniors
Djelic Marina, Mazic Sanja, Nesic Dejan, Stojiljkovic Stanimir, Popovic Dejan, Mitrovic Dusan
Abuse of growth hormone increases the risk of persistent De Quervain tenosynovitis
Pagonis T, Toli P, Ditsios K, Karataglis D, Papadopoulos P, Christodoulou A
The underlying trials in the visual impaired individual motor performance: comparative study of the proprioceptive sensibility in a young adults population
Rocha F, Rezende V, Vasconcelos O, Botelho M
Elevated systolic blood arterial pressure during the Astrand bench effort test in school sportmen
Manonelles P, Larra A, Álvarez J, Gímenez L, Garcia-Felipe A, Rubio E

22º NOVEMBER
ROSES HALL
09.00-10.00 DIAGNOSTICS, MANAGEMENT AND TREATMENT OF SPORTS INJURIES-I
LANGUAGE: SPANISH
MODERATOR: José Luis Ortizola Paz
Psychometric properties of Spanish version of visa-p for patellar tendinopathy in athletes: preliminary results of validation study
Hernández Sánchez S, Poveda Pagán EJ, Gómez Conesa
Shortened hamstring treatment: a meta-analysis
Dias Rosane, Gómez-Conesa Antonia, Sánchez-Meca Julio
Ultrasound study presurgical of suitability of pesanserinus for anterior cruciate ligament reconstruction
Jiménez F, Barriga A, Rubio JA, Ramos D, Cotarelo J, Goitz H, Bouffard A
Medical incidents and evacuation in canyoneering
Longitudinal intratendinous ruptures of the peroneal tendons
Solanas J, Bada JL, Coll X, Oller R

10.00-11.00 MANAGEMENT AND TREATMENT OF ILLNESS THROUGH PHYSICAL EXERCISE-I
LANGUAGE: SPANISH
MODERATOR: Juan Roig Cañellas
Prescription of physical exercise in primary health care and its implementa- tion in municipal sports centers
Carranza Márquez MD, Naranjo Orellana J, Cayetano Méndez ML, Rueda Puente JD, de la Cruz Torres B, Molina Carranza JM, Mystal P, Nieto A, Flores M, Ortega M
Assessment of cardiorespiratory function in Ischemic Stroke patients. Differences with older people without the pathology
Fleming F, Grossi M, Castro J, Vargas C
Analysis between physical activity, ingestion of liquids and antioxidant consumed in the juvenile population in CAM
Cabañas MD, Andrés A, Moreno Y, Perales A, Pachón S, Lemus A
Bromhial hyperreactivity prevalence in sport people in Malaga
Melero Romero C, Martín Fernández MC, Alvero Cruz JR Sánchez Arjona C
Pilates protocols for knee injuries in sports
Calvo JB, Cabel L
The effects of 20 weeks of aerobic exercise on women with fibromyalgia
Sañudo B, Galiano D, Carrasco L, Saxton J, Romero S, De Hoyos M

15.30-16.30 TRAINING AND PERFORMANCE IMPROVEMENT-IV
LANGUAGE: ENGLISH
MODERATOR: José Naranjo Orellana
Classification of available resources to strength training. A review
Gonzalo I, Benito PJ, Calderon J
Assessing the status of biological footballer. Impact of training in their skills
De la Cruz Márquez JC, García Pérez L, Vila Castellar J, García Mármol E, De la Cruz Campos JC, López García R, Cueto Martin B
Analysis of swimming individual anaerobic threshold and stroking parameters in triathlon. A case study
Correlation of tethered swimming with swimming performance
Useful strength in badminton, volley, tennis and handball: comparison by means of the Atlas tests
Blasco Lafarga C, Garrido Chamorro RP, Albert Gimenez AR

SANT JORDI HALL
09.00-10.00 EXERCISE PHYSIOLOGY-VI
LANGUAGE: ENGLISH
MODERATOR: Nicolás Terrados Cepeda
Maximum oxygen uptake vs level of performance in judo
Blasco Lafarga C, Pablos Abella C, Garrido Chamorro RP
The response to resistance training is attenuated in aged individuals after exercise muscle atrophy.

Sueta Charlotte, Justesen Lene, Hvid Lars G, Christensen Ulrik, Magnusson S, Peter, Kjaer Michael, Aagaard Per

Peak power in obese, overweight and lean adolescents boys: effects of aqueous exercise


Anthropometric and physiological characteristics of elite Serbian basketball players

Mazic S, Suzic J, Dikic N, Ostojic S, Djelic M, Iliv C, Nesic D, Radovanovic D

3-months multivariate aerobic training abolish exercise-induced lipid peroxidation in overweight adolescent girls


10.00-11.00 HEALTH IMPROVEMENT AND AGING DELAY THROUGH PHYSICAL ACTIVITY-II

LANGUAGE: ENGLISH

MODERATOR: Franchek Drobnic Martinez

The effect of water exercise on strength and hip risk fracture in postmenopausal women


Cardiorespiratory fitness attenuate the health risks associated with obesity in adolescents


Parental behavior in relation to physical activity and psychosocial profile in 11-18 aged Spanish girls

Molinero O, Martínez R, Bragancía M, Salguero A, Márquez S

Effect of caloric restriction and aerobic exercise on oxidant stress in plasma of young mice


Effects of resistance training on body composition and muscle strength in older women

Brito J, Fernandes R, Louro H, Conceição A

11.30-12.30 MANAGEMENT AND TREATMENT OF ILLNESS THROUGH PHYSICAL EXERCISE-II

LANGUAGE: ENGLISH

MODERATOR: Luis Til Pérez

Effects of aquatic training in patients with haemophilia A

Gallach JE, Perez S, Garcia X, Gomis M

Relationship between weight lifted and energy expenditure during resistance circuit training


Effect of short-term endurance and resistance training on lipid profile


Three years longitudinal study about body composition and functional capacities in eleven Down syndrome children

González de Agüero A, Vicente-Rodriguez G, Casajus JA

Exercise impact in integral treatment in cancer patient. The patient case: metastatic mixed germinal tumor

García Alarcón GA

15.30-16.30 BIOMECHANICS-II

LANGUAGE: ENGLISH

MODERATOR: Antonio Maestro Fernández

The use of a GPS as a measurement tool of velocity in a progressive test.

Brito J, Fernandes R, Louro H, Conceição A

The improvement of rotational stability after double bundle ACL reconstruction


10.00-11.00 DIAGNOSTICS, MANAGEMENT AND TREATMENT OF SPORTS INJURIES-II

LANGUAGE: ENGLISH

MODERATOR: Jordi Ardevol Cuesta

The augmentation of independent bundles of ACL


Radial shockwave therapy for the treatment of musculoskeletal injuries in a sports medicine clinic

Malliaropoulos N, Arkitidou A, Christodoulou D

Flameco dance injuries

Calvo JB, Cabral L

Acute injuries in Olympic Fencing: Athens 2004 and Beijing 2008

Rodríguez Rey ER

The effectiveness of two different therapy modalities in the Endaur motorcyclist's wrist: a prospective random sample study


10.30-11.30 GENETICS AND MOLECULAR BIOLOGY-I

LANGUAGE: ENGLISH

MODERATOR: Eduardo Ortega Rincón

Association between the VDR F1 polymorphism, muscle strength and a national athletic status

Dongho Park, Changsun Kim, Shionee Lee

The type 5 collagen (COL5A1) gene is associated with anterior cruciate ligament injuries

Posthumus M, September AV, Keegan M, O’Cunneagain D, Van der Merve W, Schwellnus M, Collins M

Variants within the metatalloproteinase 3 (MMP-3) gene are associated with Achilles tendinopathy

Raleigh SM, van der Merve L, Ribbons WJ, Smith RKW, Schwellnus MP, Collins M

Influence of the angiotensin converting enzyme insertion/deletion polymorphism on lactate metabolism during strength training

Cupeiro R, Gonzalez-Lamuñio D, Arıgo T, Alvarez M, Morencos E, Benito PJ

15.30-16.30 SPORTS CARDIOLOGY-III

LANGUAGE: ENGLISH

MODERATOR: Carlos de Teresa Galván

Post-exercise response of heart rate recovery following a maximum exercise test in amateur cyclists

Martin Aragón M, Martínez Aniz I, Ramos Álvarez JJ, López-Silvarrey Varela FJ, Segovia Martinez JC

Long-term consequences of extreme and chronic training on cardiac morphology and function in Olympic athletes


Feasibility of a training programme in basic life support and automated external defibrillation in athletes

Caballero Oliver A, López Servio F, Vera Vallejo C, Guerra Martín JJ, Barceló Guillén J, Murillo Cabezás F, Pérez Torres I

Effects of sport activity in BAV athletes with mild aortic regurgitation

Stefani Laura, Mercuri Roberto, Toncelli Loira, Robertina Vono Maria Concetta, Cappelli Brunello, Galanti Giorgio
LICEO HALL

09.00-10.00  TRAINING AND PERFORMANCE IMPROVEMENT-III
LANGUAGE: ENGLISH
MODERATOR: Juan R. Garcia-Nieto Portabella

Improvements in thermoregulation in adverse environmental conditions using a new cooling vest
Vaz Pardal C, Ruiz Verdeja C

Eccentric training and repeated bout effect in young women

Coping inventory for competitive sport: convergent and concurrent validity of the Spanish version
Molina O, Salguero A, Márquez S

Effects of anaerobic training on serum paraoxonase / arylesterase enzyme activities
Turgay F, Sisman AR, Cecen Aksu A, Akalin E

Oxygen consumption during drafting in swimmers
Conceição A, Moreira A, Silva A, Reis V, Brito J, Mendes B

10.00-11.00  SPORTS INJURIES PREVENTION-II
LANGUAGE: ENGLISH
MODERATOR: Ramón Balius Matas

Different strategies for sports injury prevention in an America’s Cup yacht crew
Hadala M, Barrios C

Infrared thermography as an injury prevention method in soccer
Gómez PM, Sillero M, Noya J, Pastrano R

Investigations of course setting geometry in alpine skiing for injuries prevention
Erdemann WS, Aschenbrenner P

Isokinetic trunk strength assess in high level ice skaters
De Campos Gutiérrez de Calderón A, López Román A, Lafarga Berciano J, López-Illescas Ruiz A

Long-term monitoring muscular enzymes in football players
Mercuri R, Stefani L, Innocenti G, Moretti A, Manetti P, Galanti G

11.30-12.30  SPORTS MEDICINE-II
LANGUAGE: SPANISH
MODERATOR: Begoña Manuz González

Criterion-related validity of the sit-and-reach tests as measures of hamstring muscle extensibility in athletes
López-Miñarro PA, Alacid F, Muyor JM

Sagittal lumbar spinal curvature during the lat pulldown exercise
López-Miñarro PA, Rodríguez-García PL, Alacid F, Muyor JM

Effect of school physical education program on low-back pain in schoolchildren
Rodríguez-García PL, López-Miñarro PA, Santonja F, Muyor JM

Back school program effects through the Roland-Morris disability questionnaire
Muyor Rodríguez José María, López-Miñarro Pedro Ángel, Ramírez Patricia

15.30:16.30  SPORTS MEDICINE-IV
LANGUAGE: ENGLISH
MODERATOR: Antonio Turmo Garuz

Sagittal alignment and radiological findings of the spine in Spanish high sport people
González M1, Fernández T2, González MJ, SANTAELA O, Heredia JA, Gutiérrez E

The role of ultrasound in the evaluation of sports injuries in the university sport Ruíz Gómez MC, García Romero JC

Effectiveness of a doping prevention and health promotion program for high school athletes
Moe E, Elliot D, Goldberg L, Otis M, Perrier E, McGinnis W

Innovative stratification method for users of anabolic steroids
Toli P, Pagonis T, Ditsios K, Karataglis D, Papadopoulos P, Christodoulou A

Effect of different intensity efforts in ergometre on electrocardiograms variables of cyclists amateurs
De la Cruz Márquez JC, García Pérez L, Vila Castellar J, GarcÍa Mármol E, López García R, De la Cruz Campos JC, Cueto Martín B

Level of physical activity, anthropometry, cardiovascular fitness and aerobic capacity between Spanish and Argentinean children
Cis Spoturno A, Cañete Bujalance M, Alvero-Cruz JR, Portela J, Cis Spoturno G, Almada G, Gorla H
ATHLETE’S CARE-I
Medical examination in the detection of cardiovascular risk factors in athletic children and adolescents
Cis Spoturno A, Paez Sauquillo MT, Lopez Zea M

Adequacy of the progressive effort test in field for population with intellectual disability
Bofill-Rödenas A, San-Molina J, Guerra-Balic M, Porcar-Rivero C

Effects of vibration therapy on electric activity of fatigued muscles in professional basketball women players
Rodríguez V, López AF, Moreno C, Abeica S, Seco J

BIOMECHANICS-I
Image acquisition and movement analysis – a protocol aiming to decrease trauma incidence in high level volleyball
Avramescu ET, Ilincă I, Gruison L, Cristi Neamtu

Elaboration of a tridimensional musculoskeletal model based on strike attack biomechanical analysis in volleyball
Ilincă I, Avramescu ET, Gruison L, Cristi Neamtu

Difference of trunk musculature activity during driver swing in novice, amateur and professional golfers
Seung Hoon Han, Tae-Kon Kim, Sung Ho Jang, Kyu Hoon Lee, Mi Jung Kim, Si Bog Park

The type of contact mat affects vertical jump height estimated from flight time
García-López I, Morante JC, Rodríguez-Marroyo JA, Rodríguez-Rodrigo MA, Pernía R, Romeo S, Avila MC, Serrato D, Villa JG

Kinematics and biomechanics in free-swimming - comparative analysis of underwater undulatory stroke in swimmers versus dolphins
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BIOMECHANICS-II
Foot orthotic recommendations for the haemophilic’s physical activity
Pérez S, Alkadar Y, Cayaña J, Azurza JA, Querol F

Static-dynamical spine analysis and trunk posture – comparing ultrasound based vs. Optical based measurement system
Thorwesten L, Schmieders D, Schuling M, Völker K

Analysis of muscular responses to imbalance situations in young individuals with Down syndrome
Massó N, Germán A, Rey F, Costi L, Guerra M, Perez S, Martin C, Martínez E

Cocontraction of internal and external oblique muscles during maximal strength tests in professional tennis players
Vera-Garcia FJ, Azorin-Picazo F, Moya-Ramón M, Moreno-Hernández FJ

Benefit of the use of trainers with pronation control in runners with supports you will plant
Garcia Antúnez Consuelo, Sánchez Sánchez Sandra

BIOMECHANICS-III
A new ergometer is designed for wrestling sports

Wrist impact during the execution of hip circles on the pommel horse in gymnastics
Ferrer V, Turmo A

Evaluation of the strength deficit after surgery intervention by the use of a maximal isometric force test and anthropometric measurement
Ferrer V, Roig A, Banquells M, Pons V

Vertical jump test and anthropometry for the assessment of bilateral strength asymmetry after injury
Borrás X, Ferrer V, Banquells M, Pons V

Validation of three different jumping height measurement systems, Ergo Jump (BoscoTM), OptoJump (MicrogateTM) and MyotestTM
Roig A, Borrás X, Drobnic F, Galilea P

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Bilateral simultaneous avulsion fractures of the anterior superior iliac spine (ASIS) in an adolescent athlete
Quigley Michael A, Boyce Stephen H

Vascular sclerosis in patellar tendinosis
Melo Romero C, Martín Fernández MC, Beas Jiménez JD, Centeno Prada R, Viana Montaner B, Gomez Puerto Jr., Da Silva M

Protocol to conservative treatment and costal rehabilitation for diagnosis of disc protrusion in amateur athletes
Baboglu Ali M, Msarin E, Vieira V, Contreras ML

The methods and instruments of evaluation to measure hamstrings flexibility. A systematic review
Dias Rosane, Gómez-Conesa Antonia, Sánchez-Meca Julio

Femoral monostotic fibrous dysplasia in professional elite athlete. Case report

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Aplication of an hyperpolarize electric current innuscle elongation injuries
Beas-Jiménez JD, Pesquera-Guerrero R, Centeno-Prada RA, Cabeza-Ruiz R, Da Silva-Grigoletto ME, Viana-Montaner BH, Gómez-Puerto JR

Electrodiagnostic study on the normative value of distal sensory nerve conduction of the superficial peroneal nerve in Korean adults
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A case report of winged scapula caused by rhomboideus muscle rupture, diagnosed with musculoskeletal sonography
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A case report of axillary neuropathy associated with quadrilateral space syndrome due to arterivenous malformation
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Effectiveness of the physiotherapy before a syndrome of reduction of hamsstrings muscles
López Porcel M, Sánchez Arjona C

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Effects of a workplace exercise intervention on flexion relaxation response, disability and perception of occupational low back pain
De Souza VL, Feriche-Fernández Castanyas B, González-Ramírez AR, Díaz-Rodríguez L, Arroyo-Morales M

Sport injuries treated in CAR of Sierra Nevada and its relationship with the type of sport

Efficacy of physiotherapy in hamstrings syndrome
López Porcel M, Sánchez Arjona C

DIAGNOSTICS, MANAGEMENT AND TREATMENT OF SPORTS INJURIES-IV
A modified quadriceps femoris muscle setting with co-contraction of the hamstrings
Masaaki Nakajima, Etsuko Abeo, Koji Nonaka, Naomi Tatsuta, Junichi Akiyama

A systematic review of the methods and instruments of evaluation to measure hamstrings flexibility
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Stanozolol treatment induces structural and functional alterations in rat liver mitochondria
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Prevalence of drug misuse in Mexican elite athletes
Pegueroz-Pérez A, Ibarr-Fonte de León JC
L'affaire Jessica Hardy – doping violations and the Olympics: ensuring qualification and competition by clean athletes
Kaufman KR, Driscoll S, Pallone L, Kaufman ND
Cardiovascular effects of chronic cocaine abuse in sportsmen
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Hematological effects of chronic cocaine abuse in sportsmen
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Desmopressin induced hemodilution masks blood doping in sport. Possibility to detect its use?
Evidence-based doping education: two dissemination models
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Contemporary patterns of anabolic steroids abuse and associated side effects in athletes
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Anabolic steroids use in monogygotic twins relates to psychiatric and hostility factors
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Subtle differences between anabolic steroid use patterns of recreational and professional athletes
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Stanozolol treatment decreases the oxidative damage induced by exhaustive exercise on muscle mitochondria
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Influence of training status on the exercise-induced free radical production by muscle mitochondria
Saborido A, Soblechero L, Cadefau JA, Cussó R, Megías A
The effect of caffeine ingestion on natural killer lymphocyte activation following prolonged strenuous cycling
Fletcher D, Bowry P, Noon M, Bishop N
Attempt to measure motor unit activity during dynamic muscular contraction using independent component analysis
Miwa K, Inoue K, Kawaihatsu K, Shimizu K
EXERCISE PHYSIOLOGY-I
The evaluation of local muscle fatigue at athletes by surface electromyography
Vasilescu M, Nestiana N, Romanescu F, Nestiana A, Ionescu
Heart rate and maximal oxygen uptake at ventilatory threshold and maximal effort in trained duathletes
Diego Acosta AM, Ronconi M, Alvero-Cruz JR
Evolution of simple and elective reaction time in motorcycle bikers during 24 hours endurance race
Porta J, Bescós R, Torrado P, Marina M
Analysis of the physiological parameters and success of stroke during a tennis specific field test
Caballero P, Domínguez G, De Teresa C, Feriche B
Chronic loading increases the number of leptin receptors in the human triceps brachials: a study on professional tennis players
Olmedillas Hugo, Fuentes Teresa, Guadalup-Moraim, Ponce-González Jesús Gi, Santana Alfredo, Sanchis Joaquín, Calbet José AL, Guerra Borja
EXERCISE PHYSIOLOGY-II
Impact of a soccer match on oxidative stress and muscle damage in elite female players
Gravina L, Ruiz F, Gil J, Santos J, Lekue J, Longa M, Gil SM
Better antioxidant capacity in elite female soccer players compared to sub-elite players
Gravina L, Zubero I, Ruiz F, Inazusta J, Lekue J, Gil SM
Acute effects induced by rotational and vertical mechanical vibrations on balance, strength and electromyography activity
Influence of moderate / intense and prolonged physical exercise on crystalluria and on some modulators of urinary stone formation
Gender differences in the exercise response after sildenafil administration at simulated altitude
EXERCISE PHYSIOLOGY-IV
Comparison of four methods to assess body composition in Caucasian young adults with Down syndrome
Gender differences in handgrip strength in adults with Down syndrome
The specific endurance test (SET-Test): design, reliability, and validity
Baiget E, Iglesias X, Vallejo L, Rodríguez FA
Oxygen kinetics during intermittent work
Narváez PGE, Narváez AGE, Santelices R
Highly exercise training of diabetic rats alters endothelium dependant (or not) reactivity of thoracic aorta
EXERCISE PHYSIOLOGY-V
Effects of voluntary running exercise under low- or high-oxygen conditions on the soleus muscle in rats
Matsumoto A, Mor A, Nagatomo F, Fujino H, Ishihara A
Effects of repeated supramaximal exercises on plasma adiponectin, IL–6 and TNF–α levels
Gökbel H, Okudan N, Gül I, Belvirani M, Gergertioğlu HS, Basarali MK
Evaluating heart rate recovery after submaximal exercise by means of different models assessing their reliability
The effects of combined exercise, on blood lipids and cytokine of college female students according to the FTO gene polymorphism
Choi MG, Kim TU, Jeong SI, Kim JH

Effects of anaerobic training on plasma androgen and catecholamine responses to short-term exercise in adolescent boys

GENETICS AND MOLECULAR BIOLOGY-I

Acute exercise induces expression of NOS isoforms in skeletal muscle through NF-κB modulation
Lima E, Almar M, Baldini M, Garatachea N, Cuevas MJ, González-Gallego J

The type I collagen (COL1A1) gene and anterior cruciate ligament injuries
Posthumus M, September AV, Keegan M, O’Cuinneagain D, Van der Merve W, Schwemmler MP, Collins M

Are endothelial progenitor cells mobilized after acute hypoxia exposure?

Leptin receptor 170 KDa (OB-R170) protein expression is reduced in obese human skeletal muscle

Muscle damage and inflammatory response induced by eccentric exercise in the elderly

GENETICS AND MOLECULAR BIOLOGY-II

Increased frequency of the homozygous DD angiotensin converting enzyme genotype in Spanish top level gymnasts

Cardiac remodeling in endurance athletes: effects of NAD(P)H oxidase P22phox polymorphism on the right ventricular function and on pro-inflammatory biomarkers
Izzicupo P, Amicarelli F, Di Valerio V, Soccio M, Di Mauro M, Gallina S, Di Baldassarre A

Left ventricular hypertrophy in endurance athletes. The role of AT1-R polymorphism
Di Mauro M, Granieri M, D’Angelo E, Di Blasio A, Amicarelli F, Cala

HEALTH IMPROVEMENT AND AGING DELAY THROUGH PHYSICAL ACTIVITY-I

Development of the functional capacity in older adults who undertake a community physical exercise programme

Physical activity, cardiorespiratory fitness and blood pressure in university students
Hoyos I, Irazusta A, Kortajarena M, Sánchez C, Gil J, Irazusta J

Running between companies as a factor to stimulate the practice of physical activity in a workplace
Baboghlian M, Tacach A, Contreras ML

Comparison of Group- and Home- based physical activity intervention in Japanese subjects with metabolic syndrome
Koji Yamatsu, Atsuko Hanai

Relationship body mass index-physical activity in workers of the National Institute of Rehabilitation, Mexico
Salas-Romero R, Pegueros-Pérez A, Franco-Sánchez JG

HEALTH IMPROVEMENT AND AGING DELAY THROUGH PHYSICAL ACTIVITY-II

Fatness is a better predictor of cardiovascular disease risk factor than cardiopulmonary fitness in adolescents

Cardiovascular adaptations following aerobic fitness training, detraining and re-training
Petito A, De Rosas M, Bellomo A, Iuso S, la Salandra M, Cibelli G

Ultrasound densitometry: review of normative data in different populations
Martin Urrialde J, Gomez Conesa A, Fernandez Rosa L

Longitudinal changes in overweight parameters, lipoproteins and maximal oxygen consumption in male former athletes
Ur E, Timpmann S, Medijainen L, Karelson K, Mägi A, Kuik R

Alterations in the mechanical properties of the calcaneus in runners evaluated using quantitative ultrasound densitometry
Martin Urrialde JA, Gomez Conesa A, Fernandez Rosa L

HEALTH IMPROVEMENT AND AGING DELAY THROUGH PHYSICAL ACTIVITY-III

Impact of age and physical fitness on resistance exercise intensity progres- sion of men: A pilot study
Ciolac EG, Leme LEG, Greve JM

Care center for integral older adults with type 2 diabetes and hypertension. Strategic plan for its creation
Amaral A, Perez G, Ponce C

Short-term endurance training failed to stimulate the antioxidant capacity and the mitochondrial respiratory pathway in skeletal muscle in aged rats
Derbè F, Gomez-Cabrea MC, Domenech E, Martinez-Bello VE, Nascimento AL, Sanchis-Gomar F, Vina J

IMAGING DIAGNOSTICS IN SPORTS MEDICINE-I

Ultrasound collagen injury diagnosis by ultrasound, a case report
Valle J, Tü L, Salmerón J

Pelvic apophysitis in young soccer players: report on 15 cases diagnosed through ultrasonography
Marcos Morta Jordi, Til Pérez Lluís, Medina Leal Daniel

Muscular injuries diagnosed by ultrasound and blood analysis in football players
Rodas JA, Insunza A, Del Valle M

KINANTHROPOMETRY

Somatotype of baseball players at European level

Anthropometric study of baseball players at European level (basemen and fielders)

Association of digit ratio (2D:4D) with world rankings in female tennis

Somatotype in young male kayakers
Martínez González-Moro I, Alacid Cárceles F, López-Miliarto PA, Ferrer López V

Kinanthropometric reference study of Andalussian football players
Fernández Chamizo EM, Váz Pardal C, Ruiz Verdeja C, Gómez-Plana

Study of the corporal composition and the somatotype in expert and recrea- tional climbers
Núñez F, Losada Benítez J
Effects of a functional strength training program in women with chronic low back pain
Correll JM, Tercedor P, Pérez JA, Ribas J, Cejuela R, Chinchilla JJ, Lledó J
Level of physical activity, energy expenditure and pain in women with chronic low back pain
Correll JM, Tercedor P, Pérez JA, Ribas J, Chinchilla JJ, Cejuela R, Lledó J
Complex knee in jury in a mountain board athlete – case report
Rodrigues L, Rodrigues FL, Pereira F
Personal training for elderly people. What are we doing in a university sport center?
Ruiz Gómez MPC, Villares Torquemada EMª, Mate Pacheco F, Torres Luque A, Domínguez Durán A
Sport and obesity: relations for a health lifetime since children sport initiation
Galatti LR, Paes RR

NUTRITION AND SPORTS SUPPLEMENTATION-I
Peptide glutamine supplementation for intermittent exercise tolerance among soccer players
Favano A, Santos-Silva PR, Nakano EY, Pedrinelli A, Hernandez AJ, Greve JMDA
Consumption of ergogenic aids in long-distance amateur runners
Miguel-Tobal F, Rodriguez Palacios N, Lopez Prieo A
Protective action of sulforaphane on exhaustive exercise induced muscle damage in rats
Whey protein hydrolysates can favor recovery from endurance training without improving performance
Costa G, Cauduro C, Zaffani V, Amaya Farfan J
Comparative study of the iron supplementation in long-distance runners
Gallego J, Biagi PL, Hrelia S

NUTRITION AND SPORTS SUPPLEMENTATION-II
Impact of the strength training and β-hydroxy-β-methylbutyrate supplementation on muscular performance of endurance runners
Pegueroz-Pérez A, Ortiz-Gómez JD, Guillén-Ramirez A
An almond based functional beverage enriched with a phenolic antioxidant enhances the erythrocyte antioxidant response induced by intense exercise
Mestre A, Ferrer MD, Sureda A, Martínez J, Hrbekti CE, Bibalini MM, Tur JA, Pons A
L-citrulline supplementation increases neutrophil nitric oxide production and oxidative burst after exercise
Sureda A, Ferrer MD, Córdova A, Tur JA, Pons A
Analyses of the macronutrients intake in children and adolescents of Granada
Muros JJ, Som A, Zabala M, Ramírez-Lechuga J, Oliveras MJ, López-García de la Serrana H
Analyses of the micronutrients intake and physical activity level in children and adolescents of Granada
Muros JJ, Som A, Zabala M, Ramírez-Lechuga J, Oliveras MJ, López-García de la Serrana H

NUTRITION AND SPORTS SUPPLEMENTATION-III
Cell injury, oxidative stress and cortisol levels related to nutrition in a ski-mountaineering competition
Díaz E, Ruiz F, Zubero J, Gravina L, Hoyos I, Gil J, Gil SM
Analysis of the feeding habits in cyclists of the Spanish national mountain bike team
Dehydration in gymnasts and fighters from the balear school of sport of the Balearic Islands
Eating dysfunctions in female athlete a meta-analysis
Ionescu AM, Jaliu BA, Jaliu BC

NUTRITION AND SPORTS SUPPLEMENTATION-IV
Incidence of diet and physical activity level in infant obesity
Villa JG, Sánchez-Collado P, Rodríguez-Marroyo JA, Ávila MC
Energy and macronutrients intake of the swimming Spanish Olympic team in the CAR of Sierra Nevada
Mariscal-Arcas M, Carracedo J, Ribot E, Domingo A, Martín T, Fernández de Alba MC
Nutritional study of an Olympic Spanish athlete (20km walk men) during two weeks in CAR of Sierra Nevada (Spain)
Mariscal-Arcas M, Molina JM, Monteagudo C, Martín T, Fernández de Alba MC, Oloz-Serrano F
Nutrient and energy intake of the 2008 world triathlon champion
Pajares L, Rivas A, Martín T, Moraleda L, Hernández J, Mariscal-Arcas M
Nutritional habits in high level Spanish and German swimmers
Fernández de Alba MC, Mariscal M, Arroyo M, Martín T, Domingo A, Calderon C

NUTRITION AND SPORTS SUPPLEMENTATION-V
Sweat losses during game and practise in professional soccer players
Androulakis N, Koundourakis N, Christoforakis J, Kakavelaki K, Manidakis A, Manidakis A, Margioris A
Effects of pre-hydration on muscular power after intense soccer training
Koundourakis N, Androulakis N, Christoforakis J, Sassi R, Malliaraki N, Manidakis A, Margioris A
The supplementation with creatine increased of the time of exhaustion in intermittent exercise
Argemí R, Liotta G, Ortega Gallo P
Oral administration of vitamin C decreases muscle mitochondrial biogenesis, and hampers traininginduced adaptations in endurance performance
Modification of traditional recipes to improve nutritional sport menu in CAR of Sierra Nevada
Pajares L, Mariscal-Arcas M, Monteagudo C, Domingo A, Martín T, Olea-Serrano F

SPORTS CARDIOLOGY-I
Soccer related sudden deaths in Turkey
Saka T, Ozdemir C, Asli H, Uzun I, Oner M
Playing position predicts autonomic profile in elite soccer players
Lucini Daniela, Malacarne Mara, Manetti Paolo, Venturati Giambattista, Cesellato Renzo, Galanti Giorgio
Left ventricle performance by longitudinal peak systolic strain measurement in young athletes with bicuspid aortic valve
Stefani Laura, De Luca Alessio, Mercuri Roberto, Brunello Cappelli, Gabriele Innocenti, Toncelli Loira, Robertina Vono Maria Concetta, Galanti Giorgio
Elite sailors: are their hearts all the same?
Detection of cardiovascular abnormalities in female football players using the Italian model of pre-participation screening
Avila A, Melgarejo I, Rodrigues J, Serrato M

SPORTS CARDIOLOGY-II
Electrocardiographic and echocardiographic findings in teenage athletes
Erice B, Búañez J, Martínez-Olorón P, Romero C
Repolarization abnormalities in competition sportmen
Fernández-Vivancos Carla, Trujillo Francisco, Fernández-Armenta Juan, Pedrosa Valle, Prado Belén, Rivera Francisco J, Castro Antonio
The ventricular function response to a sporadic exercise in sedentary subjects
Pedrosa Valle, Fernández-Armenta Juan, Trujillo Francisco, Fernández-Vivancos Carla, Sánchez-Temblbleau Claudio, Carranza Dolores, López de la Osa Manuel, Cruz José M
Relationship between sports probation and RR’ wave at young athletes
Zlatkovic M, Gavrilovic T, Ilic J, Plavsic D, Djavolovic B, Mazic S

SPORTS INJURIES PREVENTION-I
Performance stability - a new perspective on risk assessment and retraining for movement and sport
Hadala Michal, Comerford Mark, Mottram Sarah
The incidence of musculoskeletal injuries in young soccer players
Spedicato M, Roi GS
The determination of serum myosin as a marker of muscle injury in team sports
Rodas Gil, Guiu Marc, Guerrero Mario, Capdevila Lluis, Til Lluis, Cussó Roser
Maxillo facial traumas in sport activities
Amaddeo P, Calligaris A, Mazzenli D, Griner R
Lunge in youth fencing: analysis of the load on the lower limbs and differences in gender for the prevention of injuries
Sannicandro I, Piccinnno A, Cataleta R, Maiffione E, De Pascalis S

SPORTS INJURIES PREVENTION-II
The using of tensiomyographical evaluation for prevention of muscle injuries at athletes
Vasilescu M, Nestiana N, Rumenescu F, Nestiana A, Ionescu
Epidemiology of pediatric injuries in Rugby Union
Roi GS, Chiozzi F, Bonanno D, Pacini D, Bianchetti D
Isokinetic analysis of flexion-extension shoulder strength in competitive young kayaks and canoe paddlers
Martinez Gonzalez- Moro I, Pinto A M, van Veldhoven I
Lumbar work and posture in pole- vaulter
Pomé S, Tust F, Turno A, Sil L
Sports related injuries in no professional practice. A review serie
Moreno C, Celador R, Barbero F, Orejuela J, Calvo JI

SPORTS INJURIES PREVENTION-III
Fernández’s Index in sports injuries prediction
De la Cruz Marquez JC, Fernández Martínez A, García Pérez L, Vila Castellá J, García Mármo E, De la Cruz Campos JC, Cueto Martin B
Injury prevention through balance and coordination analysis in elite basketball players
De Campos Gutiérrez de Calderón A, López Román A, Dominguez Muñoz C, López-Illescas Ruiz A
Effects of rhythmic gymnastics in growing youths (GRD)
Martinez Gallego F, Rodriguez Garcia P, Sontanja F, Pastor A
Incidence of injuries during the U23 European Fencing Championship
Ricci M, Roi GS
TRAINING AND PERFORMANCE IMPROVEMENT-III

Basal salivary cortisol levels in elite athletes: is there any variation depending on sport discipline?
Mauri C, Bertone M, Fiorella PL, Sardella F, Tranquilli C, Faina M

Validity of force generation and speed movement during bench press in male wrestlers: practical applications

Sprint capacity differences in soccer players with distinct sprint performances
Aguiló A, Pasquarelli BN, Stanganelli LCR, Dourado AC, Andrade CA, Tauler P

Control of the tennis stroke and metabolic responses through a new specific tennis field test
Caballero P, Domínguez G, De Teresa C, Feriche B

Balance and postural control assess in elite ice skaters

TRAINING AND PERFORMANCE IMPROVEMENT-IV

Assess of isokinetic trunk strength in elite basketball players

Heart rate variations of Venezuelan elite judoists during a training season at middle altitude conditions
Guillen M, Almenares ME, Vargas ER

The analysis of abdominal muscle activity during trunk curl up exercise based on Pilates Method
Koji Nonaka, Masaaki Nakajima, Naomi Tatsuta, Junichi Akiyama

Spatial and temporal perception in swimmers and sedentary children
Fernandes R, Vasconcelos O, Amaral D, Carmo J, Mota F, Botelho M, Rezende V

Arm coordination and intracyclic velocity variations during a time limit test at the velocity of VO2max
Una vocación especial por atenderle.
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