

BAUERFEIND® STUDENTS DAY 2021

Swiss Sport and Exercise Medicine Conference

Sport and Exercise Medicine (SEM) is a broad medical specialty dealing not with sport-related injury but also with prevention and treatment of noncommunicable diseases (NCDs). To present our fascinating discipline to medical students, Junior Sport & Exercise Medicine Switzerland (JSEMS), organizes the fourth edition of its yearly Students Day. Through various lectures and workshops, you will gain a broad understanding of what SEM really is. Importantly, it is also a great opportunity to meet medical students from other universities during the social program closing the day! We look forward to meeting you in Magglingen/Macolin!

ORGANIZER Junior Sport & Exercise Medicine Switzerland (JSEMS)

DATE 20.10.2021

PLACE Aula, Hochschule Hauptgebäude, BASPO
Hauptstrasse 247
2533 Magglingen/Macolin

FEE

- SEMS Student Member*: free
- Non-SEMS Student Member*: 20.-
- Resident & SEMS Member: 40.-
- Resident non-SEMS Member: 60.-

Fee includes conference, coffee, lunch and the sport event
→ dinner: 30.- (members and non-members, drinks included)
Please note that if payment is not made before 06.10.2021, your ticket will be given to a student on the waiting list.

*Become a **SEMS Student Member** now for 30 CHF a year, attend the Students Day for free and benefit from all the members advantages!

<https://sems.ch/die-sems/mitgliedschaft/>



REGISTRATION online at <https://bbscongress.ch/en/2021/registration-students-day>
Choose 1 workshop. Indicate if you participate in the sport event (games in a gymnastic hall). Specify if you take part in the dinner and if you have any special requirement (gluten free, lactose free, vegan, etc.).

COVID-19 Valid Swiss/EU Covid certificate and face mask wearing are mandatory to participate.

REFUND 100% until 05.10.2021, 0% from 06.10.2021.

PROGRAM BAUERFEIND® STUDENTS DAY 2021

9h00- 9h15	Introduction German Clénin, MD, SEMS President
9h15-10h00	Myocarditis in athletes – is it dangerous? Prof. Christoph Gräni, MD, Cardiology, University Hospital Bern
10h00-10h30	Coffee break
10h30-11h15	Type 2 diabetes: training at home to get fit! Sam Scott, PhD, Endocrinology & Metabolism, University Hospital Bern
11h15-11h30	Active break
11h30-12h15	Tendon injuries: how to deal with? Prof. Anja Hirschi, MD, Altius Swiss Sportmed Center & University Freiburg (Germany)
12h15-12h45	Exercise Oncology: personal journey of an academic and cancer survivor – Ilaria Croci, PhD, Department of Sport, Exercise & Health, University Basel
12h45-14h00	Lunch break
14h00-16h00	Workshop 1: High performance in cycling (G) - Beat Müller, MSc* Workshop 2: Teaching athletes psychological flexibility (E) - Daniel Birrer, PhD* Workshop 3: Training monitoring in team sports (G) - Markus Tschopp, MD* Workshop 4: Neuromuscular training to prevent injury (E) - Claus Löcherbach, MD* Workshop 5: 1st part: spine clinical examination (F) - Silvia Albrecht, MD* 2nd part: core stability: testing and training (F) - Pascal Bourban, PT*
	<i>NB: skintight t-shirt required for workshop 5 (or shirtless) !</i> <i>*Swiss Federal Institute of Sport Magglingen/Macolin</i>
16h30-18h30	Sport event
19h00-21h00	Dinner (vegetarian <u>and</u> meat-based options available)
21h00-24h00	Let's have a drink together!

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Junior SEMS



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LINDENHOFGRUPPE