

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 seventh 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 Interlaken!

ORGANIZER Junior Sport & Exercise Medicin Switzerland (JSEMS)

DATE 25.10.2023

PLACE Kongress Kursaal Interlaken

Strandbadstrasse 44

3800 Interlaken

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: 24.- (meat, veggi, gluten free)

Please note that if payment is not made before 11.10.2023, 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 https://bbscongress.ch/en/2023/registration-students-day

Please choose 2 workshops, specify if you take part in the sport event and/or in the dinner and choose one of the three menus.

REFUND 100% until 11.10.2023, 0% from 12.10.2023



REGISTER HERE!















PROGRAM

9h	100-9h15	Introduction
9h	15-10h00	Sports in pregnancy - physiological adaptations, effects, and recommendations
		PD Dr. Med. Nina Kimmich
10	h00-10h30	Ice breaking + Coffee break
10	h30-11h15	Sustainable nutrition for the silver society: Are plant proteins friends or foes? Dr. Med. Paolo Colombani
11	h15-11h30	Active break: Let's Dance together!
11	h30-12h15	Introduction to sports cardiology and athletes across their lifespan Prof. Dr. Med. Christian Schmied
12	h15-13h00	Fatigue in the adolescent athlete Dre. Med. Nathalie Wenger
13	h00-14h00	Lunch break
14	h00-16h00	 Workshops Workshop 1: Taping: rehabilitation tool in physiotherapy - Mr. Romain Frosio & Mrs. Jasmin Steiner Workshop 2: Clinical examination of the spine and initial examination in case of a v.a. traumatic brain injury - Dr. Med. Stefan Fröhlich Workshop 3: Mind Over Muscle: The Psychology of Sports Performance - Mr. Ray Popoola Workshop 4: The happy doctor - How to succeed in your medical career - Dre. Med. Corina Bello
16	h30-18h30	Sport event: Badminton
19	h00-21h00	Dinner: 3a lounge bar restaurant
21	h00-24h00	Let's have a drink together!

SPEAKERS

Prof. Dr. Med. Christian Schmied

Professor for Cardiology / Senior Medical Consultant in USZ, Zurich, Switzerland Hirslanden Group, Zurich

PD Dre. Med. Nina Kimmich

Senior Physician, Department of Obstetrics in USZ, Zurich, Switzerland

Dr. Med. Paolo Colombani

Competence Center Notabene Nutrition, Bern, Switzerland

Dre. Med. Nathalie Wenger

Sports medicine doctor in CHUV, Lausanne, Switzerland

Mr. Romain Frosio & Mrs. Jasmin Steiner

Physiotherapy Sport Medical Center Ittigen, Bern

Dr. Med. Stefan Fröhlich

Senior Physician, Center for Prevention and Sports Medicine in Universitätsklinik Balgrist, Zurich, Switzerland

Mr. Ray Popoola

Coach for Mental, Leadership and Sports Performance, Zurich, Switzerland

Dre. Med. Corina Bello

Resident physician in anesthesiology, Inselspital, Bern, Switzerland