



**INTERNATIONAL MILITARY SPORTS COUNCIL
TUNISIAN DELEGATION TO CISM
CISM International Symposium 2023
TUNIS - TUNISIA
(30th October – 04th November, 2023)**



SCIENTIFIC PROGRAM

1st day of the Symposium - 31/10/2023

Session	Hour	Time	Country	Presenter	Presentation	Chairperson
Registration - Coffee						
1st session Military athlete injury prevention	09:00 - 10:30					
	11:00 - 11:20	20'	TUN	Raouf Ben Abderrahmen	VO2 max how to develop physiology of interval training	Maj Moschopoulos Athinodoros
	11:25 - 11:40	15'	KSA	Dr Hassan AL RAYEN	Understanding risk factors of patellofemoral pain in military individuals	
	11:45 - 12:00	15'	PAK	Lt. Col. Ghulam Shabir Anjum	The overview of fitness regime of contemporary armies	Maj Jefferson Couto
12:05 - 12:20	15'	GRE	Maj Moschopoulos Athinodoros	Military doctors, sports medicine and the Cism academy from 1948-1986		
Lunch						
2nd session Military and Sport Medicine	14:30 - 14:50	20'	GRE	Brig. General Odysseas Paxinos	Lecture: osteoarthritis in elite athletes	Brig. General Odysseas Paxinos
	14:55 - 15:15	20'	GER	LT Col Christian Luetzkendorf	Target group oriented analysis of sport event wounded, injured and sick soldier - interim results of a qualitative preliminary investigation	
	15:20 - 15:35	15'	TUN	Ldhem TORIK	setting and management of a performance unit	DR. Karl E. Friedl
	15:45 - 15:55	10'	TUN	DR. RIM Maouia	post ligamentoplasty rehabilitation of the posterior cruciate: which protocol	
Opening Ceremony - Class A Uniform						

2nd day of the Symposium - 01/11/2023

Session	Hour	Time	Country	Presenter	Presentation	Chairperson	
1st session physical and psychological preparation of the soldier	09:30 - 09:45	15'	RSA	Lt Col Etesia Terblanche	The impact of the covid 19 pandemic on the physical and emotional well being of sport men and women in the south african national defence force	Lt. Col. Ghulam Shabir Anjum	
	09:45 - 10:00	15'	BRA	Gelson Luiz Pierre Junior	12 week circuit training proposal with overload volume and intensity control on body composition and muscular and cardiorespiratory fitness of brazilian army recruits		
	10:05 - 10:15	10'	TUN	Dr. Hanene Djemaïel	Assessing the Performance Capacity of High-Level Military Athletes	Lt. Col. Andrei V. Politov	
	10:20 - 10:30	10'	BRA	Sgt D'Urso, F	Fatigue, dehydration and academic performance in a military course		
	Coffee Break						
	11:00 - 11:20	20'	USA	DR. Karl E. Friedl	Lecture: Body composition metrics for fit and healthy military men and women	Brig. General Odysseas Paxinos	
	11:25 - 11:40	15'	TUN	DR. Khadija Ayed	Impact of resistance training by electromyostimulation on energy cost of walking and chronotropic reserve of Tunisian pilot		
	11:45 - 11:55	10'	BRA	Marco Antonio Muniz	Relationship between insulin resistance biomarkers and visceral adipose in military personnel		
12:00 - 12:10	10'	QAT	Abdelkader Mghisib	Standards and requirements of physical performance For military athletes			
12:15 - 12:25	10'	SRB	LtCol Negovan Ivankovic	The influence of playing sports on the development of mentally and physically health military command staff	Lt. Col. Christian Luetzkendorf		
Lunch							
2nd session Sport Participation and Military Leadership Enhancement	14:30 - 14:50	20'	ITA	Col. Walter Borghino	Lecture: Leadership characteristics of sport and military groups	Col. Lotfi Bouguerra	
	14:55 - 15:10	15'	RUS	Col Vladimir Nevaev	The use of complex control exercises to test and assess military physical fitness		
	15:15 - 15:25	10'	RUS	Alexander S. Ivanov	Peculiarity of cadets physical education organization in pre-university educational organization of the ministry of defense of the russian federation	Lt. Col. Andrei V. Politov	
	15:30 - 15:40	10'	TUN	Talel Maddeh	Effect of adding an in-service training program in indiscipline prevention and management on maghrebian secondary school physical education teachers		
	15:45 - 15:55	10'	TUN	Imen Ben Amor	The relationship between locus of control and pre-competitive anxiety in highly trained soccer players		
	Coffee Break						
	16:30 - 16:50	20'	MKD	Sasho Danevski	Lecture: Efficiency of functional training for the development of general and specific motor skills in the armed forces in a period of 16 weeks	Lt. Col. Christian Luetzkendorf	
	16:55 - 17:10	15'	RUS	Gen Oleg S. Botsman	Participation in sports and leadership qualities strengthening of military institute of physical training cadets		
17:15 - 17:25	10'	MKD	Col Haralampie Trajkov	Determination of new test for physical fitness for personnel of active duty in the army of north macedonia in accordance with demands of modern warfare	Maj Moschopoulos Athinodoros		
17:30 - 17:40	10'	TUN	DR. Sana Ben Othman	The impact of covid19 on military athletes			
17:45 - 17:55	10'	BRA	Sgt D'Urso, F	Correlation between anthropometric measurements and physiological variables in military personnel			

3rd day of the Symposium - 02/11/2023

Session	Hour	Time	Country	Presenter	Presentation	Chairperson	
"Fun Run" Gammarth - All participant							
1st session physical training evaluation methods in armed forces	09:00 - 09:20	20'	TUN	Col. Lotfi Bouguerra	Lecture: The effect of time of day of training during Ramadan on physiological parameters in highly trained endurance athletes	DR. Karl E. Friedl	
	09:25 - 09:40	15'	SLO	Janez Vodisar	Association of body composition parameters and performance on the slovenian combat fitness test		
	09:45 - 10:00	15'	BRA	Aline Tito	Correlation between double product and visceral adipose tissue	Maj Jefferson Couto	
	10:05 - 10:20	15'	GER	Lt. Col. Schmidt Annette	Functional fitness as a military sport and in its military relevance		
	Coffee Break						
	11:00 - 11:20	20'	RUS	Lt. Col. Andrei V. Politov	Lecture: Development model of normative requirement for military personnel physical fitness evaluation	Lt. Col. Christian Luetzkendorf	
	11:25 - 11:40	15'	BRA	Lt. Cdr. Priscilados Santos Bunn	Comparative analysis of performance in physical fitness tests between approved and reproved groups in a special operations course		
11:45 - 12:00	15'	TUN	OLFA Turki	Weighted vest warm-up: improvement of repeated change of direction performance in young soccer players	Lt. Col. Ghulam Shabir Anjum		
12:05 - 12:20	15'	BRA	Rafael Soares Cunha	The scientific research on physical training conducted in the brazilian army			
Lunch							
2nd session Elite Athlete Performance Enhancement	14:30 - 14:40	10'	TUN	OLYMPIAN MOHAMMED GAMMOUDI		Col. Lotfi Bouguerra	
	14:45 - 15:00	15'	TUN	Raouf Hammami	Lecture: Exploring of two different equated instability resistance training programs on measure of physical fitness and lower limb asymmetry in pre-pubertal weightlifters fitness		
	15:05 - 15:15	10'	TUN	Dr. Hammouda lefray	TBD+C50:G65	Maj Jefferson Couto	
	15:20 - 15:30	10'	TUN	Thouraya Mhenni	Reliability and time of day effect on measures of RSA Test in young Healthy Physical Education Student		
	15:35 - 15:45	10'	TUN	Rim Dridi	Effect of endurance training intensity on pulmonary diffusing capacity in young athletes	Lt. Col. Ghulam Shabir Anjum	
	15:50 - 16:00	10'	RUS	Col Viktor Egorov	Injury prevention by plyometric means of cism athletes		
	Coffee Break						
	16:30 - 16:45	15'	TUN	Dr Yassine Nagra	New Specific Karate Agility Test: Reliability, Validity and Sensibility	Lt. Col. Ghulam Shabir Anjum	
16:50 - 17:05	15'	TUN	Dr. Walid selmi	effect of aerobic and speed training versus active control on repeated ability and measures of self-confidence and anxiety in highly trained male soccer players			
17:10 - 17:20	10'	TUN	OLFA Turki	A 3 min weighted vest re-warmups induce sprint performance enhancements at the start of the second half of a soccer match-play	Maj Moschopoulos Athinodoros		
17:25 - 17:35	10'	TUN	Raouf Hammami	Preseason integrative neuromuscular training improves selected measures of physical fitness in highly trained youth male soccer players			
16:45 - 17:55	10'	RUS	Lt.Col. Alexandr Zelenin	Training of diving specialists in hand to hand combat in the aquatic environment			
Closing Ceremony - Class A Uniform							

The 11th Version of the Scientific Program was updated on October 31st, 2023.