

GENERAL PROGRAM

CISM INTERNATIONAL ATHLETICS CONFERENCE 2023					
TIME	SESSION SUBJECT	TITLE	SPEAKER	MODERATOR	
1st Day - Monday - 11.12.2023					
08:00	60'	Conference Registration		Local Organizing Committee	
09:00	60'	Conference Opening Session and Official Event Photo			
10:00	45'	Functional Strength Training for Military Skill Development	Military Physical Preparedness: Science and Strategies for 21 st Century Warfighter Human Performance Optimization	Prof. Dr. Bradley Nindl	Col. Dr. Hashel Obaid Al-Tunaiji
10:45	15'	Coffee Break			
11:00	15'	Future Vision for Universal Military Athletics Development	Approaches and Strategic Proposals for Increasing the Global Visibility of CISM Athletics	Col. Nilton Gomes Rolim Filho (CISM President)	Maj Jefferson Martinez Couto
	15'		The contribution of the armed forces in high-level athletics and in the Olympic world	Lieutenant. Margherita Magnani (CISM PCSC T&F)	
	15'		Track and Field sport injuries and rehabilitation	Prig. General. Odysseas Paxinos (CISM SSC President)	
	15'		Sports Councils as an Enhanced model for sports in the UAE	Dr. Ahmed Saad Al Sharif	
	15'		The role of specialized clubs in spreading athletics	Col. Khaled Al Zabbi (Abu Dhabi Athletics Club President)	
	15'	Dialogical Discussion			
12:30	15'	Coffee Break			
12:45	40'	Technology's Role in Enhancing Military Physical Readiness	Wearable and telemedicine innovations for Olympic events and elite sport	Prof. Dr. Yannis Pitsiladis	Brig Gen. Odysseas Paxinos
	30'		Use of wearables as a tool for wellness, performance and recovery at Zayed military university	Col. Dr. Hashel Obaid Al-Tunaiji	
14:00	120'	Lunch			
2nd Day - Tuesday - 12.12.2023					
10:00	30'	Global Institutional Excellence in Athletics	Strategic Planning for Institutional Excellence	Dr. Ahmed Saad Al Sharif	Cap. Ghadeer Al Hosani
	30'		Coaches Qualification System in Athletics	Prof. Dr. Hamdi Abdel Rehim	
	30'		Champion Success Story	Olympic Champion. Habiba Ghribi	
11:30	15'	Coffee Break			
11:45	30'	Metrics for Military Physical Achievement	Physical Training and its implications for readiness, operability, and health	Col. Rafael Soares Pinheiro	Maj Jefferson Martinez Couto
	30'		Real-time biometric monitoring in the military: real-life versus Hollywood - Mile 22	Prof. Dr. Yannis Pitsiladis	
12:45	15'	Coffee Break			
13:00	30'	Performance Determinants with Combat Load in Varied Environments	Determinants of motor performance for moving with a combat load in various environments	Dr. Hesham Aref Al Sayed	Lt Col Christian Luetzkendorf
	30'		Sports injuries in the military	Brig. Gen. Odysseas Paxinos	
14:00	120'	Lunch			
17:00	90'	Workshop-2 - Athletics for people with special needs and war-wounded		Prof. Dr. Samir Qasim	
3rd Day - Wednesday - 13.12.2023					
10:00	45'	Scientific Insights into Breaking World Records in Athletics	Complementary to mine a showcasing the sport science involvement to High Performance	Dr. Homayun Gharavi	Prof Dr. Patrick Mullie
	45'		Parameters Affecting High Performance	Mr. Ralph Mouchbahani	
11:30	15'	Coffee Break			
11:45	30'	Environment-Based Performance Determinants	Military Physical Tests for readiness and health	Col. Rafael Soares Pinheiro	Brig Gen. Odysseas Paxinos
	30'		The role of complex training in achieving the special physical readiness of the various elements of the armed forces units	Dr. BENSBAABDELKRIM	
12:45	15'	Coffee Break			
13:00	60'	AI and IT's Impact on Military Sports Development	Ambition or reality of the enhanced soldier and athlete	Prof. Dr. Yannis Pitsiladis	Col. Dr. Hashel Obaid Al-Tunaiji
14:00	120'	Lunch			
17:00	90'	Workshop-3 - Athletics and military schools		Prof. Dr. Hamdi Abdel Rehim	
4th Day - Thursday - 14.12.2023					
09:00	30'	Tactical Nutrition for Operational Performance Enhancement	Tactical nutrition and improving the level of performance in the operational environment	Prof. Dr. Patrick Mullie	Maj Jefferson Martinez Couto
	20'		Night shift diet for military personnel	Cap. Ghadeer Al Hosani	
	20'		Nutrition at high altitudes and performance	Mrs. Shamsa Al Balushi	
	20'		Nutrition and hydration in hot climates	Mrs. Aisha Alteneiji	
10:30	15'	Coffee Break			
10:45	20'	Leading Experiments in World Athletics	Middle Distance Races (Morocco)	Olympic Champion .Hichan El Guerouj (Morocco)	Mr. Ralph Mouchbahani
	20'		Hurdles Races	Olympic Champion .Nezha Bidouane (Morocco)	
	20'		High Jump	Olympic Champion .Mutaz E. Barshim (Qatar)	
11:45	15'	Coffee Break			
12:00	30'	Strategic Physical Training Planning in the Military	Long-term planning and periodization for military physical training	Prof. Dr. Bradley Nindl	Col. Rafael Soares Pnheiro
	30'		Models for simulation exercises in an operational environment	Col. Dr. Lotfi Bouguerra	
13:00	30'	Conference Recommendations			scientific committee
14:00	30'	Closing Ceremony			Local Organizing Committee
19:30	120'	Gala dinner			Local Organizing Committee

