

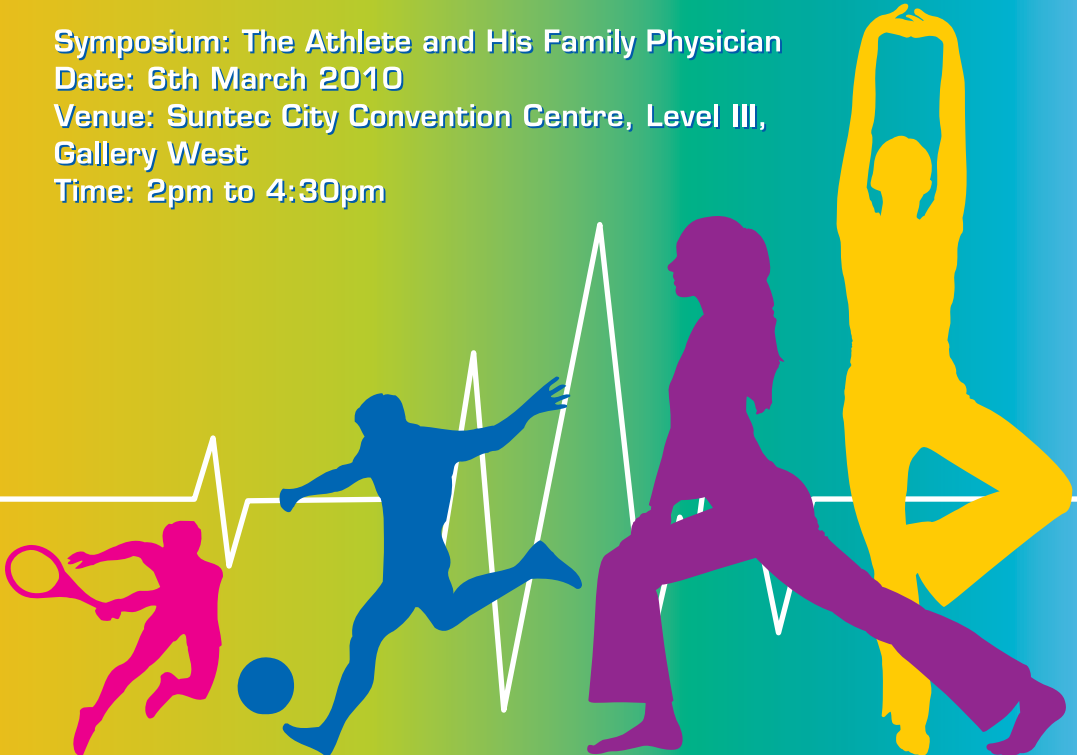
Sports Medicine Association Singapore AGM and Sports Seminar 2010

Symposium: The Athlete and His Family Physician

Date: 6th March 2010

Venue: Suntec City Convention Centre, Level III,
Gallery West

Time: 2pm to 4:30pm



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SYNOPSIS

The needs of the 'weekend warrior' and the performance athlete differs widely. This afternoon we will highlight some of the issues that concern these 2 groups in the sporting population and how you may help them in your clinical practice.

PROGRAMME

- 1.00pm – 2.00pm Buffet Lunch and Registration
- Welcome address by SMAS president, Mr Adam Jorgensen
- The performance athlete*
- 2.00pm – 2.40pm The tired athlete: causes and diagnostic workup for the tired athlete
A/Prof Kieran Fallon, Head of Department of Sports Medicine, Australian Institute of Sports
- 2.40pm – 3.00pm Nutritional demands of the elite athlete: how does it differs from the average Joe
Ms Victoria Hally, The Food Clinic
- 3.00pm – 3.20pm Training for the elite athlete: basic principals and understanding the jargon of exercise physiology
Mr Daniel Plews, Sports Physiologist (Performance Physiology) with Singapore Sports Institute, Singapore Sports Council
- The weekend warrior*
- 3.20pm – 3.40pm Doc, will I keel over? : screening the weekend warrior at risk of cardiac
Dr Kenneth Ng, Consultant Cardiologist, Novena Heart Centre
- 3.40pm – 4.00pm Managing the weight of the weekend athlete
Ms Karen Wright, The Food Clinic
- 4.00pm – 4.20pm Can excessive exercise be bad for your health?
Dr Jason Chia, Consultant Sports Physician
- 4.20pm – 4.30pm Question and answer session
- 4.30pm – 5.30pm SMAS Annual General Meeting

CME points for the event is pending approval.

REGISTRATION

Registration - \$5 (Free for SMAS members)*
1st 150 registrants will receive a pedometer worth \$20

*Participants may wish to join SMAS during registration, in which case the registration fee for the event will be waived. (SMAS annual membership fees - \$50)

RSVP: Email to smasseminar2010@yahoo.com.sg or call Mr Michael Lim at 63948011.