



# Sports, Medicine and Health Summit 2021

49. Deutscher Sportärztekongress  
9<sup>th</sup> Congress of Exercise is Medicine Europe

**22–24 April 2021**  
Congress Center Hamburg

[www.sports-medicine-health-summit.de](http://www.sports-medicine-health-summit.de)





# Sports, Medicine and Health Summit 2021

## THE PROGRAMME

### New Topics

- ▶ Molecular markers, epigenome, metabolome
- ▶ Digitalisation in sports and medicine
- ▶ Sarcopenia and cachexia
- ▶ New examination methods
- ▶ Medical care in elite sports
- ▶ The chronically stressed heart in sports

### Implementation in Practice

- ▶ Sports orthopaedics
- ▶ Sport sciences in practice
- ▶ Medical diagnostics
- ▶ Exercise as therapy
- ▶ Fasciae
- ▶ Sports and emotional health

### Implementation in the Community and the Club

- ▶ Communal exercise promotion – Active City
- ▶ Company health management
- ▶ Sportivity & club management
- ▶ Rehabilitation sports

### Sports Practice

- ▶ Attentiveness
- ▶ Training and Fitness
- ▶ Nutrition
- ▶ Yoga & Pilates



# The Summit for Physicians, Scientists and Practitioners in Sports, Medicine and Health

## INTERNATIONAL ALLIANCE

The global alliance for promotion of exercise will meet in Hamburg. Top-flight organisations in sports, medicine and science will participate (incl. WHO, IOC, FIMS, EFSMA, ACSM, DOSB, dvs).

## INTERDISCIPLINARY

Speakers from various specialties will appear together in an interdisciplinary presentation format. This format is intended to bridge the specialties as well as science and practice. Topics will be discussed from the various perspectives.

## FORMATS

- ▶ Keynote-Lectures: What is new and current?
- ▶ Symposia: Scientific topics presented by top-flight experts: current, relevant, interesting
- ▶ Educational: Implementing new knowledge in practice
- ▶ Practice-Workshops: Learn from experts and enter into dialog with them
- ▶ Courses for trainers, therapists, physicians, health clubs and health care professionals

## EXHIBITORS

Companies in Sports and Medicine present the latest trends.



Join us at the new Congress Center Hamburg!

### CONTINUED EDUCATION

Physicians, therapists, trainers and health care professionals can earn continued education points.

### ACTIVE CITY – WHO MOVES THE CITY?

The Free and Hansestadt Hamburg is a certified Global Active City and is the ideal place to discuss communal exercise promotion and to work on innovative and interdisciplinary solutions to fight global inactivity. The programme addresses professional groups who use their expertise to promote exercise, initiate and support an active lifestyle (health care professionals, general practitioners, paediatricians, teachers, physiotherapists, companies and many others).



# The Summit for Physicians, Scientists and Practitioners in Sports, Medicine and Health

## CONGRESS PRESIDENT

Prof. Dr. med. Dr. h.c. Jürgen M. Steinacker

## PROGRAMME COMMITTEE

- ▶ Prof. Dr. Anja Hirschmüller (UMC Freiburg)
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- ▶ Prof. Dr. Andreas Nieß (UMC Tübingen)
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- ▶ Prof. Dr. Yannis Pitsiladis (University of Brighton)

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# ORGANISER

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für Sportmedizin und Prävention

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(Chairman Prof. Dr. Frank Mayer)



The Sports, Medicine and Health Summit is the first truly interdisciplinary congress that emphasises the importance of exercise and sports for health and offers an ideal platform for engagement of experts, scientists and practitioners from all over the world.