

# 2nd Congress of European College of Sport & Exercise Physicians & 12th Scientific Conference in SEM, Centre for Sports and Exercise Medicine, Queen Mary, University of London

**Date:** 9th - 11th September 2010

**Venue:** Bancroft Building, Queen Mary  
University of London

## Topics:

- Scientific Presentations by MSc Students in Sport and Exercise Medicine
- Ultrasound Scanning in Sports Medicine
- Gene, Stem Cells and Sports Medicine
- Guidelines on Anti-Doping
- 2012 London Olympic and Paralympic Games
- Exercise Induced Leg Pain in Sport
- Muscle and Tendon Injuries in Sports
- Knee Problems in Sports Medicine
- Sports Nutrition
- Academic Programmes in Sports Medicine
- Biological Therapies in Sports Medicine
- Sports Cardiology and Pre-Participation Cardiovascular Evaluation

## Call for Papers:

For further details please contact  
[aynsley.pix@bbraun.com](mailto:aynsley.pix@bbraun.com)  
[rachel.kent@bbraun.com](mailto:rachel.kent@bbraun.com)

## Social Events:

9th September 2010 - Pub crawl followed  
by curry

10th September 2010 - BMI black tie dinner at  
the House of Lords, Westminster

## Contact Details:

For further information or to register by phone please contact  
a member of Aesculap Academia Education's events team on

**0114 225 9057**

[academia.bbmun@bbraun.com](mailto:academia.bbmun@bbraun.com)  
[www.aesculap-academia.co.uk](http://www.aesculap-academia.co.uk)

## EUROPEAN COLLEGE OF SPORT AND EXERCISE PHYSICIANS

ECOSEP is a pan-European organisation which strives to:

- Advance the competency of sports physicians by providing continuing medical education and publishing research thereby increasing the intellectual value given to athletes and patients.
- Collaborate with sports and exercise medicine organisations.
- Serve as a source of information for the public.

ECOSEP Congress is an international, interdisciplinary event which is held every year and attracts over 400 participants from all over Europe.

As the UK has defined the standards of the SEM professional, the 2<sup>nd</sup> ECOSEP congress will be held in London on the 9<sup>th</sup> to the 11<sup>th</sup> September 2010. Nicola Maffulli, Nat Padhiar, John King and Nikos Malliaropoulos will form part of the organising committee and we welcome contributions from sports medicine physicians, physicians, orthopaedic surgeons, podiatrists, podiatric surgeons, academics, researchers, physiotherapists, osteopaths, manual therapists, exercise therapists and rehabilitation medicine physicians.

Website: [www.ecosep.eu](http://www.ecosep.eu)

For further information: [info@ecosep.eu](mailto:info@ecosep.eu)

## CENTRE FOR SPORTS & EXERCISE MEDICINE

The Centre for Sports and Exercise Medicine of Barts and The London, Queen Mary's School of Medicine and Dentistry, University of London offers a modular programme in sports and exercise medicine.

This internationally renowned course is open to doctors and physiotherapists and leads to an MSc or Postgraduate Diploma depending on the pathway chosen. The course is based on the philosophy of total care for the athlete and the promotion of exercise in the health of all. It is unique in the United Kingdom for the delivery of integrated academic and practical tuition.

Working in sport is a largely practical discipline and the emphasis on the course is for regular clinical experience. Course participants benefit from regular contact with members of the department as well as visiting clinicians and lecturers who are all experienced sport medicine specialists. The department is ideally situated on the same campus as the sports injury, physiotherapy and podiatry clinic as well as the interdisciplinary combined clinic.

Website: [www.ihse.qmul.ac.uk/sportsmed](http://www.ihse.qmul.ac.uk/sportsmed)

For further information: [sue.tracey@thpct.nhs.uk](mailto:sue.tracey@thpct.nhs.uk)

The Organising and Scientific Committee would like to welcome you to join us. You can attend as a delegate or as an oral or poster presenter.

To submit an abstract for oral or poster presentation please visit the conference website [www.aesculap-academia.co.uk](http://www.aesculap-academia.co.uk) or [www.ecosep.eu](http://www.ecosep.eu)

For more information contact [rachel.kent@bbraun.com](mailto:rachel.kent@bbraun.com) or [aynsley.pix@bbraun.com](mailto:aynsley.pix@bbraun.com)

# COMMITTEES

## Congress Hosts

Centre for Sports & Exercise Medicine (CSEM), Queen Mary, University of London (QMUL).  
European College of Sports & Exercise Physicians (ECOSEP).

## Congress Conveners

Dr Nat Padhiar, Dr Nikos Malliaropoulos

## Chairman of the Congress

Mr John King, Prof Nicola Maffulli

## Participating Organisations

- FSEM (UK)
- FSEM (IRE)
- LONDON 2012
- BASEM
- NATIONAL HELLENIC ATHLETICS SPORTS MEDICINE CENTRE
- ISAKOS
- ESSKA
- ICRS
- LONDON SPORTSCARE
- BMI HEALTHCARE
- FA MEDICAL SOCIETY
- SCHOOL OF SPECIALISATION IN SPORTS MEDICINE, UNIVERSITY OF TRIESTE, ITALY
- PROFESSIONAL SPORTS MEDICINE SCHOOL, UNIVERSITY OF BARCELONA, SPAIN
- SPORTNEDIZINISCHES INSTITUT FRANKFURT AM MAIN GERMANY

## Organising Committee

- Mr John King - President, ECOSEP, United Kingdom.
- Dr Nikos Malliaropoulos - Chairman, ECOSEP, Greece.
- Dr Nat Padhiar - United Kingdom.
- Prof Nicola Maffulli - Member, Chair Research Committee, ECOSEP, United Kingdom.
- Prof Charles SB Galasko - President, FSEM, United Kingdom.
- Dr Dalius Barkauskas - Member, Audit Committee, ECOSEP, Lithuania.
- Dr Richard Budgett - CMO, London 2012 Olympics, United Kingdom.
- Dr Stephen Motto - Member, Liaison Committee, ECOSEP, United Kingdom.
- Mrs Agapi Papalada - Greece.
- Prof Karim Khan - Research Director, University of British Columbia, Canada.
- Dr Emmanouil Papakostas - Member, ECOSEP, Greece.

## Science Committee

- Prof Turmo - Barcelona, Spain.
- Dr Bela Eleni - Member, Education Committee, ECOSEP, Greece.
- Dr Michael Petrou - Member, Audit Committee, ECOSEP, Cyprus.
- Dr Zoe Hudson - United Kingdom.
- Prof Bava - Trieste University, Italy.
- Dr Heinz Lohrer - Member, Scientific Committee, ECOSEP, Germany.
- Dr Antonis Papoutsidakis - Member, Liaison Committee, ECOSEP, Greece.
- Dr Gerard Flaherty - Member, Education Committee, ECOSEP, Ireland.
- Prof W S Hillis - FSEM, United Kingdom.
- Dr Auro Gombacci - Head of Sports Medicine Regional Centre, Trieste, Italy.
- Dr Xavier Valle - Director of Sports Medicine, Barcelona University, Spain.
- Prof Lars Engebretsen MD – President, ESSKA
- Dr Niek Van Dijk, MD - 1st Vice President, ESSKA

# CALL FOR PAPERS

The Scientific Committee encourages all participants to send scientific papers to Dr Nat Padhiar via Rachel Kent or Aynsley Pix (rachel.kent@bbraun.com or aynsley.pix@bbraun.com).

## Congress Topics:

- Ultrasound Scanning in Sports Medicine
- Gene, Stem Cells and Sports Medicine
- Guidelines on Anti-Doping
- 2012 London Olympic and Paralympic Games
- Exercise Induced Leg Pain in Sport
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- Knee Problems in Sports Medicine
- Sports Nutrition
- Academic Programmes in Sports Medicine
- Biological Therapies in Sports Medicine
- Sports Cardiology and Pre-Participation Cardiovascular Evaluation

**You are to select one topic from the list above and prepare either an oral presentation or a poster. Please indicate your preference clearly.**

Accepted abstracts will be published in the ECOSEP congress book. All presentations (both oral and poster) are to be presented in English.


## Abstract Submission Rules

The following rules are mandatory for all oral and poster presentations:

- The final deadline will be 12th July 2010.
- All completed abstract forms are to be submitted to the scientific committee via rachel.kent@bbraun.com or aynsley.pix@bbraun.com.
- All abstracts must have a clear relationship to the 2nd ECOSEP Congress contents and definitely to Sport and Exercise Medicine.
- The Scientific Committee has the right to reject submitted abstracts that do not fulfil the requirements.
- You can present no more than two scientific communications. Should both of these be accepted only one can be an oral presentation and the other must be a poster presentation.
- Authors submitting abstracts must have registered and paid their course fees before the 1st August 2010. Failure to do so will result in your abstract being rejected and removed from the congress brochure.

## Instructions for Abstract submission

- Only abstracts submitted electronically will be accepted.
- **Title:** The title must be brief (no more than 15 words) and specific. It must reflect the content of the abstract and must not include abbreviations. The title should be written in Arial, 12 points in capital letters.

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- **Authors:** Surnames are to be written in lower case letters followed by the initial of the name (without a comma after the surname). Multiple authors are to be separated by commas.
  - **Workplace:** The workplace for every author must be indicated. If there are several centres, these will be identified by a number.
  - **Preference for presentation:** The author will mark the kind of presentation preferred for the paper.
  - **Text:** The maximum length for the text is 300 words or 3000 characters, and it will be written in Arial, 10 points in lower case letters. Non explained abbreviations should be avoided. The abstract should not repeat the title and should be laid out as follows: Introduction, methods, results, conclusions and 3 key words.
  - Tables, figures and images may be included respecting the maximum length of the text.
  - Abstracts must include specific information about the results and conclusions of the investigation. Abstracts with expressions such as 'results will be discussed' will not be accepted.

## Notification of receipt of paper

You will be notified within 15 days that your abstract has been received. If you do not receive confirmation within this time please resend your form electronically to [rachel.kent@bbraun.com](mailto:rachel.kent@bbraun.com) or [aynsley.pix@bbraun.com](mailto:aynsley.pix@bbraun.com).

## Oral Communication Presentation

- Oral presentation will have 7 minutes of presentation and 3 minutes of question time.
- All oral presentations should be prepared in PowerPoint format. Please save it on a CD or a memory stick and bring your presentation with you in advance.
- Individual lap tops will not be allowed.
- 12 is the maximum number of slides allowed.

## Poster Presentation

- If your abstract is accepted but not as an oral presentation we would encourage you to present this as a poster. If you wish to present a poster please email [rachel.kent@bbraun.com](mailto:rachel.kent@bbraun.com) or [aynsley.pix@bbraun.com](mailto:aynsley.pix@bbraun.com) for further instructions.

## Certifications

- A certificate will be presented to the individual responsible for the oral or poster presentation.

## Important Dates

1. Final deadline for submitting oral and poster presentations is 12th July 2010.
2. Final deadline for payment of course fees is 1st August 2010.
3. **Deadline for notification of receipt of your abstract is 26th July 2010.**
4. Congress dates: 9th – 11th September 2010.



## REGISTRATION

### The course fee includes:

- 3 days of education (unless otherwise specified)
- lunch and refreshments
- certificate of attendance
- CPD points applied for

### Accommodation:

Please note no accommodation is included in the course fee.

Should you require accommodation please contact the accommodation agency Doctor in the House who can arrange accommodation at a reasonable rate for medical and all other professionals:

Tel: 0208 870 5949

Email: [doctorinthehouse1@gmail.com](mailto:doctorinthehouse1@gmail.com)