The High Institute of Sport and Physical Education of Sfax
In collaboration with
The Tunisian Association of Young Researchers in STAPS
Organize

the 2nd International Congress

EDUCATION MOTOR BEHAVIOUR SPORT HEALTH

15 - 16 - 17 - 18 December 2021

In The High Institute of Sport and Physical Education of Sfax

SPORT PERFORMANCE ANALYSIS AND OPTIMISATION

EDUCATION AND MOTOR BEHAVIOUR

PHYSICAL ACTIVITY AND HEALTH



DAAD
Deutscher Akademischer Austauschdienst
German Academic Exchange Service

Program of the Congress

"Education, Motor Behaviour, Sport and Health"

15th to 18th December 2021

To participate online to all presentations via Microsoft teams, the following link should be used:

15th December 2021 – Hall 1:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MzVmNWQyNTMtODI4Yi00Zjg3LTk5NTYtMzQ0MTYzNWEwZmJi%40thread.v2/0?context=%7b%22Tid%22%3a%221e725f1c-ac25-48f3-81bb-a8b935ea5e03%22%2c%22Oid%22%3a%22b32ea8fd-bfd7-43ea-aeb5-98f6f185083d%22%7d

16th December 2021 – Hall 1:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MWViZTNlMGItOTliNi00MzY3LWEzYjYtYTFmNTU1MDBiMWZl%40thread.v2/0?context=%7b%22Tid%22%3a%221e725f1c-ac25-48f3-81bb-a8b935ea5e03%22%2c%22Oid%22%3a%22b32ea8fd-bfd7-43ea-aeb5-98f6f185083d%22%7d

16th December 2021 – Hall 2:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MDdlMjlmOWYtMzdiZC00NWJiLWE0ZjItNzhjZmE3ODA5MmE2%40thread.v2/0?context=%7b%22Tid%22%3a%221e725f1c-ac25-48f3-81bb-a8b935ea5e03%22%2c%22Oid%22%3a%22e9c99de8-fa3b-4747-a706-4f8716561418%22%7d

Congress Day	Venue	MS Teams Link
Day 1 15th December 2021	Hall 1	**Link 1**
Day 2 16th December 2021	Hall 1	**Link 2**
	Hall 2	**Link 3**

15th December 2021 – Hall 1

Speakers	Titles	Time		Duration	Speaker time
Chairs : Anis Chaouachi & Sina Hartmann					
Pantelis Nikolaidis University of West Attica, Greece	The role of sedentary behavior in anthropometry and physiology of recreational marathon runners	08:30	09:00	30 min	09:30
Achraf Ammar Otto von Guericke University of Magdeburg, Germany Johannes Gutenberg University, Mainz, Germany	The ECLB-COVID19 international online survey: summary of main findings	09:00	09:25	25min	09:00
Morteza Taheri Imam Khomeini International University, Iran	What points should be considered in the preparation of papers from point of view of the international reviewers (Publons strategies)	09:25	10:00	35 min	11:25
Urs Granacher University of Potsdam, Germany	Relevance and effectiveness of resistance training in youth	10:00	11:00	60 min	10:00
Jacopo A Vitale Istituto Ortopedico Galeazzi, Italy	The role of sleep/nap for athletes	11:00	11:45	45 min	11:00
Khouloud Mtibaa Qatar University, Qatar	The effect of passive and active hyperthermia on proprioception	11:45	12:15	30 min	13:45
Karim Chamari Aspetar, Qatar	Injury and illness surveillance in professional Football: the Aspetar-ASPREV experience	12:15	12:45	30 min	14:15
Lunch break					
Chairs : Mohamed Amine Bouzid & Anita Höekelman					
David Behm Memorial University of Newfoundland, Canada	Effects of stretching on performance, injury Incidence, and pain	13:15	14:05	50 min	09:45
Emerson Franchini University of São Paulo, Brazil	High-intensity interval training prescription for combat sports athletes	14:05	15:05	60 min	10:05
Rodrigo Ramirez-Campillo Universidad de Los Lagos, Chile	Plyometric jump training: From ancient Greek Olympics to planetary exploration	15:05	15:50	45 min	11:35
Daniel Boullosa Universidade Federal de Mato Grosso do Sul, Brazil	Warming up: more than simply increasing body temperature	15:50	16:50	60 min	10:50
Jeffrey Martin Wayne State University, USA	The psychology of the Paralympics	16:50	17:35	45 min	11:50
Jennifer Myers Neurotrack – Howard University, USA	Rising to the challenge: Asynchronous remote assessment for cognitive impairment	17:35	18:20	45 min	11:35
Anita Höekelman Otto von Guericke University of Magdeburg, Germany	Effects of sport on the brain	18:20	18:50	30 min	18:20

16th December 2021 – Hall 1

Speakers	Titles	Time		Duration	Speaker time
Chairs : Sina Hartmann & Soufien Chikh					
Monoem Haddad Qatar University, Qatar	Wearable tools for monitoring training load and health among athletes	08:00	08:30	30 min	10:00
Karim Khalladi Aspetar, Qatar	Psychological responses to injury and return to sport	08:30	09:10	40 min	10:30
Tulasiram Bommasamudram Manipal Academy of Higher Education, India	Exploring aerobic blood flow restriction during exercise and training	09:10	09:40	30 min	13:40
Damir Zubac University of Split, Croatia	Spleen contraction during a step-transition exercise: insights from the supine cycling model	09:40	10:25	45 min	09:40
Sébastien Ratel Université Clermont Auvergne, France	Arguments scientifiques pour une préparation physique chez l'enfant	10:25	11:25	60 min	10:25
Marco Beato University of Suffolk, United Kingdom	Load quantification, testing and training periodisation using flywheel devices in sports	11:25	12:20	45 min	10:25
Lunch break					
Chairs : Mohamed Jarraya & Hamza Baati					
Filipe Manuel Clemente Instituto Politécnico de Viana do Castelo, Portugal	Match analysis in soccer: moving to an integrated approach	13:20	14:20	60 min	12:20
Stefan Altmann Karlsruhe Institute of Technology, Germany	Testing and training agility in team-sport athletes	14:20	15:20	60 min	14:20
Bruno Gonçalves Universidade de Évora, Portugal	Spatiotemporal analysis to provide a complex and holistic view of football players and teams' performance	15:20	16:20	60 min	14:20
Olivier Hue Université des Antilles, France	Performance et climat chaud	16:20	16:55	45 min	11:20
Peter Düking University of Wuerzburg, Germany	Wearable technology to support decision making of coaches to individualize endurance training	16:55	17:40	45min	16:55
Wolfgang Schöllhorn Johannes Gutenberg University, Mainz, Germany	Repetition hinders effective learning - try differential learning	17:40	18:25	45min	17:40

16th December 2021 – Hall 2

Speakers	Titles	Time		Duration	Speaker time
Chairs : Anis Chaouachi & Yousri Elghoul					
Matt Driller La Trobe University, Australia	Sleep and athletic performance	08:00	09:00	60 min	18:00
Piotr Zmijewski Jozef Pilsudski University of Physical Education in Warsaw, Poland	"Story" of Biology of Sport (how we developed the journal – lessons: wrong and good decisions)	09:00	09:30	30 min	09:00
	Sports genetics	09:30	10:00	30 min	09:30
Mohammed Alkatan Public Authority for Applied Education and Training-Department of Physical Education and Sports, Kuwait	The efficacy of swimming and cycling training in individuals with osteoarthritis	10:00	10:40	40 min	12:00
Bachir Zoudji Université de Valenciennes, France	Nouvelles technologies & cognition	10:40	11:25	45 min	10:40
Billy Sperlich University of Wuerzburg, Germany	Considerations for personalized training of elite endurance athletes	11:25	12:25	60 min	11:25
Lunch break					
Chairs : Mohamed Amine Bouzid & Anita Höekelman					
Cain C.T Clark Faculty of Health and Life Sciences, United Kingdom	Physical activity, sedentary behaviour, and sleep	13:25	14:10	45 min	12:25
Tim Meyer University of Saarland, Germany	Is playing football beneficial or detrimental for health?	14:10	14:55	45 min	14:10
Jana Strahler University of Freiburg, Germany	Strengthening mental resilience through an active lifestyle	14:55	15:55	60 min	14:55
Florian Engel University of Wuerzburg, Germany	Compression clothing for the optimization of sports performance and recovery	15:55	16:55	45 min	15:55
David Hill University of North Texas, USA	Exercise intensity domains: Their characteristics and the thresholds that delimit them	16:55	17:55	60 min	10:55

General program - 17th December 2021

Time	Content	Hall
09:00 – 10:00	Conference opening	Hall 1
10:00 – 12:30	Oral presentations	Hall 1, 2 and 3
12:30 – 14:00	Lunch break	
14:00 – 15:00	Plenary symposia	Hall 1, 2 and 3
	Education and Motor Behaviour: Chairs: Mohamed Jarraya & Riadh Dahmen Speaker: Mourad Bahloul *L'effet de l'activité physique et sportive régulière sur le développement cognitif des enfants*	Hall 1
	Physical activity and health: Chairs: Ezdine Bouhlel & Ali Ayedi Speaker: Haithem Rebai *Promotion de la santé par l'activité physique*	Hall 2
	Sport performance analysis and optimisation: Chairs: Nizar Souissi & Mohamed Amine Bouzid Speaker: Anis Chaouachi *Suivi scientifique en sport d'équipe (football): quels tests choisir, périodicité, outils de profilage et de prise de décision & données* normatives	Hall 3
15:00 – 16:00	Poster presentations and coffee break	Team sports Hall
16:00 – 18:00	Oral presentations	Hall 1, 2 and 3

General program - 18th December 2021

Time	Content	Hall
08:30 – 11:30	Oral presentations	Hall 1, 2 and 3
11:30 – 12:30	Chairs: Mohamed Amine Bouzid & Soufien Chikh Speaker: Sina Hartmann *German Motor Test 6-18: Theoretical approach and practical implementation*	Team sports Hall
11:30 – 12:30	Practical session (*Athlé-santé* – *Kung-fu* – SUC)	Team sports Hall
12:30 – 14:00	Lunch break	
14:00 – 15:30	Online oral presentations	Hall 1, 2 and 3
	PhD students presentations (progress in thesis preparation)	Hall 4
15:30 – 16:30	Poster presentations and coffee break	Library of the institute
16:30 – 17:00	*e*-Poster presentations	Hall 2
17:00 – 17:30	Closing ceremony	Hall 1