

SPORT SCIENCES Symposium

I3S 24'

“Sports Performance & Sports Health”

MAY 30 & 31, 2024

PROGRAM

ORGANIZED BY

FACULTY OF SCIENCES, MOULAY ISMAIL UNIVERSITY, MEKNES, MOROCCO.

SYMPOSIUM CHAIR



Fatiha LAZIRI
Professor
Moulay Ismail University,
Meknes, Morocco.

SPEAKERS



Hassane ZOUHAL
Professor
Rennes University,
France.



Haithem REBAI
Professor
National Center for Medicine
and Sports Sciences, Tunisia.



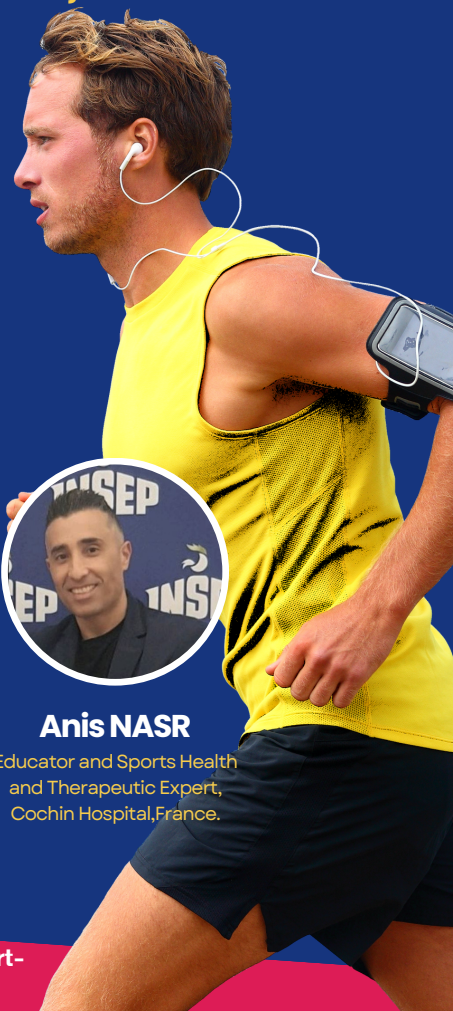
Thierry PAILLARD
Professor
University of Pau and the
Adour region, France.



Sara DERROU
Professor
Sidi Mohamed Ben Abdellah
University, Fez, Morocco.



Anis NASR
Educator and Sports Health
and Therapeutic Expert,
Cochin Hospital, France.



THURSDAY
30/05/2024

FACULTY OF SCIENCES, MAKNES
CONFERENCE HALL



➔ 8:30 AM - 9:00 AM	Opening & Welcoming of Participants
➔ 9:00 AM - 9:30 AM	Keynote Session
➔ 9:30 AM - 10:15 AM	Pr Haithem REBAI , Professor at the National Center for Medicine and Sports Sciences, Tunisia. <ul style="list-style-type: none">• Lecture 1: Adapted physical activity and obesity: Dialectics of training intensity/volume for individuals with obesity
➔ 10:15 AM - 11:00 AM	Pr Thierry PAILLARD , Professor at Pau and the Adour region University, France. <ul style="list-style-type: none">• Lecture 2: Strategies for optimization and conditioning of balance function in young and old people.
➔ 11:00 AM - 11:45 AM	Coffee-Break & Poster Sessions
➔ 11:45 AM - 12:30 PM	Pr Sarra DERROU , Professor at Sidi Mohamed Ben Abdellah University, Morocco. <ul style="list-style-type: none">• Lecture 3: Polycystic ovary syndrome: Highlighting the role of physical activity therapy in improving fertility and hyperandrogenism.
➔ 12:30 PM - 13:15 PM	Pr Hassane ZOUHAL , Professor at Rennes University, France. <ul style="list-style-type: none">• Lecture 4: Physical activity and bone metabolism: Implications for physical performance and health.
➔ 13:15 AM - 13:45 PM	Discussion
➔ 13:45 PM - 15:15 PM	Lunch-Break
➔ 15:15 PM - 16:00 PM	Pr Thierry PAILLARD , Professor at Pau and the Adour region University, France. <ul style="list-style-type: none">• Lecture 5: Isokinetism: principles, interests and training follow-up.
➔ 16:00 PM - 16:45 PM	Pr Haithem REBAI , Professor at the National Center for Medicine and Sports Sciences, Tunisia. <ul style="list-style-type: none">• Lecture 6: Post-exercise recovery techniques for high-level athletes: from literature data to practical recommendations.
➔ 16:45 PM - 17:30 PM	Pr Hassane ZOUHAL , Professor at Rennes University, France. <ul style="list-style-type: none">• Lecture 7: Artificial Intelligence and Machine Learning in the service of sports performance and injury prevention.
➔ 17:30 PM - 18:00 PM	Coffee Break & Poster Sessions - END of DAY 1



Morning session
adapted physical activity and diabetes

FRIDAY
31/05/2024

Moderation - Mr. Anis NASR, expert and manager of missions and projects in therapeutic patient education, adapted physical activity referent, Cochin hospital, France.
- **Mr. Ayoub BENCHEIKH**, Ph.D student and sports educator, Cochin hospital, France.

➔ 8:30 AM - 9:00 AM	Welcoming and registration of participants
➔ 9:00 AM - 9:30 AM	Introduction and presentation of the morning session
➔ 9:30 AM - 11:00 AM	Therapeutic education workshop with assessment of the activity level and assessment of the physical condition of the participants. Motivation to practice adapted, regular and autonomous physical activity.
➔ 11:00 AM - 11:15 AM	Coffee-Break
➔ 11:15 AM - 12:15 PM	Practical workshop on adapted physical activity: practical exercise sessions in small groups, supervised by health professionals and sports educators.
➔ 12:15 AM - 12:45 AM	Healthy break and snack
➔ 12:45 PM - 13:15 PM	Discussion and Conclusion
➔ 13:15 PM	CLOSING CEREMONY AND BEST POSTER AWARD

