



PROF. EVERT VERHAGEN

VISITING PROFESSOR
VU UNIVERSITY MEDICAL CENTER
AMSTERDAM, THE NETHERLANDS

LECTURES

JUNE 18

11:30 – 15:00 Room 44.31

Introduction to sports medicine and injury prevention

JUNE 19

8:15- 13:15 Room 44.31

Prevention of injury and health problems in sports

JUNE 20

10:00 – 12:30 Room 44.31

Rehabilitation after sports injury

13:30 – 18:30 Room 44.21

Contemporary issues in sports medicine

All lectures will be in English

Location: Humboldtstrasse 48, Graz

PROFILE

Sport scientist working at the Department of Public and Occupational Health of the VU University medical center in Amsterdam, the Netherlands.

Specialist in sports injury epidemiology, injury prevention & implementation.

REGISTRATION (TILL JUNE 8)

Students: In GrazOnline (only possible after registration at Graz University)

https://online.uni-graz.at/kfu_online/wbLv.wbShowLVDetail?pStpSpNr=484116&pSpracheNr=1&pMUISuche=FALSE

Others interested in participating: Email to mireille.van-poppel@uni-graz.at



EPIDEMIOLOGY AND PROTECTION OF ATHLETE HEALTH

Athletes are driven to optimise their athletic performance. The Olympic paradigm '*Citius, Altius, Fortius*' is a clear reference to this quest to become the best athlete.

To perform optimally an athlete should not only train hard, but also take care of his or her health. In case of injury or illness, one is not able to perform at full capacity.

One may think for instance of the risk of injury, overreaching or systemic diseases (e.g. asthma) resulting from participation in high level sports. Such negative side effects obviously hamper the performance of athletes.

Athlete health management and sports medicine plays a pivotal role in managing the risks and consequences of such negative outcomes in sport.

This 3-day course will dive deeper into the health problems sustained by elite athletes, how these health problems affect performance, and how health problems can be effectively prevented.

LEARNING OBJECTIVES

After the course the student can:

- describe and discuss the epidemiology, aetiology, rehabilitation and prevention of sports related injuries;
- apply diagnostic, prognostic, rehabilitative principles of common sports related injuries;
- discuss the value of contemporary rehabilitation and preventive approaches in elite sports.