



Dear Colleague:

On behalf of the Organizing Committee I am pleased to invite you to the VII International Congress of Sports Medicine and Applied Sciences and the First International Symposium of Vibrotherapy and High Power Laser to be held during the days 12 to October 15, 2015 at the Convention Center Plaza America in Varadero, Cuba.

We extend our cordial invitation to doctors, psychologists, physiotherapists' deportologists, physical rehabilitators, coaches and professionals related to the events related issues, to share lectures delivered by Cuban and foreign specialists, symposia, workshops, panel discussions, free or thematic presentations and posters to promote the exchange of experiences and extend the knowledge and skills on various current issues related to Sports Medicine.

Varadero, one of the most beautiful beaches in the world with its traditional hospitality warmly welcome all participants to develop a broad scientific and tourist activity to foster ties of friendship, solidarity and collaboration between researchers and institutions around the world.

We look forward to your valuable participation in the event and welcome you in Varadero. For now, please accept the warmest regards we send from Cuba.

Dr. Jorge Pavel Pino Rivero
Director Institute of Sports Medicine
Organizing Committee Chairman



THIRD CALL

convened:

Institute of Sports Medicine
Cuban Federation of Sports Medicine

sponsors:

National Institute of Sports , Physical Education and Recreation of the Republic of Cuba, the Cuban Olympic Committee, University of Sciences of Physical Culture and Sports " Manuel Fajardo " University of Medical Sciences of Havana, Ministry of Public Health of the Republic of Cuba, the Intergovernmental Committee for Physical Education and Sport of UNESCO (CIGEPS-UNESCO), CUBADEPORTES.SA Agency and Project Marabana - Maracuba



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COMMITTEE OF HONOR

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Lázara Mercedes López Acea
Antonio Becali Garrido
Roberto León Richard
Osvaldo Vento Montillier
Carlos Gutiérrez Calzado

ORGANIZING COMMITTEE

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Dr. Jorge Pavel Pino Rivero
Director, Institute of Sport Medicine

Vice-chairman:

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Institute of Sport Medicine



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MSc.Dr. Graciela Nicot Balón

MSc. Dr. Bepsi Collazo Garay

PROFESSIONAL ORGANIZERS

Zulema Afá Tomlinson

Convention Center Plaza America Varadero

Contact: eventos@rocio.var.palmarec.cu

MODALITIES OF PRESENTATION IN CONGRESS

- FREE TOPICS
- ROUNDTABLE
- SYMPOSIUM
- WORKSHOPS
- POSTERS
- PEDAGOGICAL AND MEDICAL CLINICS

GUEST SPEAKERS

Dr. Jorge Pavel Pino Rivero, Cuba, Director of the Institute of Sports Medicine, Member of the Commission of the Therapeutics Section of the International Judo Federation, Member of the Medical Commission of the Pan American Cycling Confederation (COPACI), Member of



the Commission of the Pan American Health Organization Sports (PASO) Medical Commission Member CACSO, TUE Committee Member of the International Judo Federation (IJF).

PhD. Osquel Barroso, WADA-AMA, Canadá

Scientific Deputy Director of the World Anti-Doping Agency

PhD. Michael S Bahrke, Estados Unidos

University of Wisconsin, Doctor in Sport Psychology at the University of Wisconsin-Madison, Professor at the University of Kansas, Director of Research at the College of Physical Preparation of the United States Army .

PhD. Eduardo E de Rose, Brasil

President of the Medical Commission of the South American Organization (ODESUR), Consultant to the Central American Sports Organization (ORDECA) and the Central American and Caribbean Sports Organization (ODECABE). President of the Medical Commission of the Pan American Sports Organization (PASO), President of the Medical Commission of the Association of National Olympic Committees (ANOC).

PhD. Rodrigo Álvarez Cambra, Cuba.

Director of the International Orthopedic Complex "Frank País", Havana, Cuba. Second Degree Specialist in Orthopedics and Traumatology, Doctor of Science from the University of Karlos, Prague, Czechoslovakia, Dean of the Latin American School of Orthopedics and Traumatology ISSO, Doctor Honoris Causa from the Universidad Mayor de San Andrés, La Paz, Bolivia, Doctor Honoris Causa from the University of San Agustín, Arequipa, Peru, Academician of the Academy of Sciences of Cuba, Doctor Honoris Causa of the "Ricardo Palma", Lima, Peru, Professor Emeritus of the Faculty of Medicine of the University of the University La Paz, Bolivia, Honorary Professor of the University of Santo Domingo, Dominican Republic, abroad Assistant, Faculty of Medicine, University of Paris, France, Orthopaedic. Consultant Professor Al-Razi Hospital, Kuwait, Consulting Professor of the Paulista School of Orthopedics and Traumatology, Rio de Janeiro, Brazil, consultant Professor of Children's Orthopedic Hospital in Baghdad, Iraq.

PhD. Eduardo Rivas Estany, Cuba.

President of the Cuban Society of Cardiology, Director of the Center for Cardiovascular Rehabilitation Institute of Cardiovascular Surgery Cuba, members of the Pan American Society of Cardiology, Member of the Group of Cardiovascular Rehabilitation Europe. Honorary member of Society of Cardiovascular Surgery of Venezuela and Argentina.

PhD. Ricardo anillo Badía, Cuba.

PhD. on Medical Sciences. Master in Medical Management of Sports Training. Second Degree Specialist in Sports Medicine. First Degree Specialist in General Medicine. Institute of Sports Medicine and International Scientific Complex " Frank País" , Havana, Cuba .



PhD. Antonio E Becali Garrido, Cuba.

President of the National Institute of Sports, Physical Education and Recreation (INDER), Graduate of the University of Sciences of Physical Culture and Sport, PhD. of Physical Culture and Sport, Professor of Judo and recognized for their dedication to the preparation of National Team athletes in this sport. Former Rector of the University of Science of Physical Culture and Sports "Comandante Manuel Fajardo".

PhD. Osvaldo García González, Cuba.

PhD. on Physical Culture and Sport, Master in Medical Management of Sports Training and Coaching Methodology for High Performance. Second Degree Specialist in Sports Medicine. Second Degree Specialist in General and Integral Medicine, Professor, Faculty of Medicine " Enrique Cabrera" and the University of Science of Physical Culture and Sport at the Institute of Sports Medicine, Havana, Cuba .

MSc. Dra. Graciela Nicot Balón, Cuba.

Physician, Master in Medical Management of Sports Training. Second Degree Specialist in Sports Medicine. Assistant Professor, Faculty of Medicine " Enrique Cabrera " Havana, Cuba .

PhD. Luis Gustavo González Carballido, Cuba.

PhD. on Psychological Science. Researcher of the Academy of Sciences of Cuba. Associate Professor Titular of the University of Science of Physical Culture and Sport and Professor of Sports Medicine Residency. Senior Lecturer in Sport Psychology Master taught in the School of Psychology at the Autonomous University of Yucatán. Foreign Guest Professor Ph.D. " Research in Sport and Physical Activity " (Distinguished with Quality Mention by the Ministry of Education and Science of Spain) taught at the University of Málaga, Spain. Member of the Research Group "Psychosocial Assessment in natural settings: Sport and Consumption (SEJ444) " directed by Dr. Antonio Hernández Mendo, University of Malaga, Spain. President of the Sport Psychology Section of the Cuban Society of Psychology. Deputy Director of Psychology, Institute of Sports Medicine, Havana, Cuba.

PROGRAM OF PRE-CONGRESS COURSES

1-Upgrade testing field control of the sports training

Coordinator: MSc.Dr.Graciela Nicot Balón.

2-Applications and advances in imaging in the sport.

Coordinator: PhD. Ricardo Anillo Badía

3- Control Biomedical Triathlon training.

(Course organized by the International Triathlon Union)

Coordinator: Dr. Ediunys Carrazana Garces

4-Control Biomedical of Sport Training in High Performance: Cuban model.

Coordinator: MSc. Dra. Zonia Miranda Izquierdo



SYMPOSIUM TO TAKE PLACE IN CONGRESS

❖ Application of High Power Laser, Vibrotherapy and New technologies in the rehabilitation of sport injuries (Organized by the EMILDUE Medical Company, Italy).

Main teachers:

❖ Education and Doping Control (Organized by the Laboratories for Doping Control in Latin America and the World Anti-Doping Agency).

Main teachers:

PhD. Osquel Barroso, Canada,

Deputy Scientific Director of the WADA

PhD. Michael S Bahrke, University of Wisconsin, United States

MSc. Montes de Oca Rodney Porto, Cuba, Director of the Anti-Doping Control Laboratory of Havana.

PhD. Victor M Cabrera Oliva, Cuba, Doping Education Programs UNESCO

PRESENTATION OF TEACHING MEDICAL CLINICS

During the Congress-Pedagogical Medical Clinics will be held in the following sports:

Baseball, Volleyball, Basketball, Athletics, Boxing, Cycling, Canoeing, Rowing, Judo, Wrestling Taek Won-DO and others that are requested by coaches or technical directors of sports.

Clinical Coordinator: Dr. Luis Núñez Vázquez.

TOPICS TO BE PRESENTED AT THE CONGRESS

- Biomedical Control Sports Training (BCST), Progress and perspectives.
- Biomedical Control in Sports Training in Muscle Strength and Power in Elite Athletes.
- Field Tests as Useful Tools for Competitive Modeling.
- Biomedical Control Sports Training and Preventive and Curative Care in Sports Groups (Combat, Games with Balls, Rapid Strength and Speed, Endurance and Competitive Art).
- Hormonal and Enzymatic Monitoring of Residual and Cumulative Effects of Training Loads.
- The Most Common Injuries in Elite Male Volleyball Players and their Cuban Fisioprofilaxis.
- Cardiology Applied to Sport.
- Fisioprofilaxis in Sport.
- Role of Rehabilitation in the Management of Sports Injuries.
- The Rehabilitation and Adaptive Sports.
- Rehabilitation and Chronic Diseases.
- Rehabilitation and Quality of Life.
- The Natural and Traditional Medicine as Rehabilitation Item.
- Osteopathic Management of Sports Injuries.
- Effectiveness of interventions in the Psychological Control of Sports Training. Experiences in High Performance.
- Coaching vs Sport Psychology. A Cuban Approach to the Subject.
- The Role of Emotions in High-level Sport.



- Stress and High Performance Sport.
- Exploration Motivational Sports.
- Psychological Aspects Involved in Effective Tactical Learning.
- Laboratory vs Field. Predictive Validity of Laboratory Evaluations and Field Trials on Athletic Performance.
- Systems Personality Assessment. Case Studies of High Performance Cuban Athletes.
- Psychophysiological Assessments and their Importance in the Psychological Control of the Sports Training.
- Linked to the Sport initiation Psychological Aspects.
- Sports Psychology and Health Promotion.
- Advanced Analytical Procedures for Detecting Prohibited Substances.
- The Anti-Doping Education Programs.
- Kinanthropometry and Bioimpedance in Sport.
- Biochemistry of exercise.
- Osteomioarticular Ultrasound System.
- The Imaging and Traumatology in Sport.
- The ultrasound SOMA to the Challenges posed by the Sport and the Development of Imaging.
- Ultrasound Knee in Athletes. Utility Preventive Ultrasound Examination as part of MCST.
- Ultrasound Shoulder in Athletes. Utility preventive Ultrasound Examination as part of MCST.
- Promoting Health and Sports for Disabled
- Intervention of Exercise on Health Promotion, Quality of Life and a Satisfactory Longevity.
- Physical Activity in Chronic Diseases.
- Intervention of Exercise in Rehabilitation and the Panels.
- Physical Activity and Sport Detraining.
- Psychological Aspects of Physical Activity and Health Promotion.
- Nutrition and Sport.
- The Regenerative Medicine.
- Social Communication and Physical Activity.
- Methodology of Sports Training.

ABSTRACT SUBMISSION AND WORK

Authors of free topics and posters should send abstracts to the Scientific Committee before September 2015 first to the e-mail address: imdcongreso2015@gmail.com

In the case of conferences, workshops and panel discussions, exhibitors should send an abstract of no more than 250 words before the first of September 2015 the Scientific Committee.

RULES FOR SUBMISSION OF WORK AND ABSTRACTS.

The papers should be structured as follows: abstract, introduction, objectives, materials and methods, results, conclusions and references.

Those interested in presenting papers with unprecedented nature should submit abstracts in electronic form before the first of September 2015 Organizing Committee according to the following rules:



Abstracts should be sent in Microsoft Word format (97; 2003; 2007; 2010), letter sheet, Arial 12 and 1,5 spaced a maximum of 250 words (in English and Spanish), 5 key words (in English and Spanish). It will include job title (in English and Spanish), associated subject, and mode, name of the author, scientific degree and / or teaching, e-mail, institution and country. In addition to the following features:

- Title centered, in bold capitals, with no more than 15 words.
- The names of the authors will be written three spaces in the title. Becoming only the initials of the name followed by the surname, and among them they will be separated by commas, underlining the name and surname of who will make the presentation.
- Name of institution, address, city and country: → the (s) institution (s) of origin be identified as follows. You then need to add the email address.
- The images, tables and / or graphics must also be part of the Word document or PDF. The document does not exceed 10 MB in size. Should it be higher volumes compacted send necessary.
- If the author wants the synthesis of his work is published in a special issue of the Journal of Sports Medicine and Physical Culture, should be sent on the same date a summary should not exceed ten pages and will of: Introduction, objectives methods, results and discussion, conclusions, references.
- **PRESENTATION OR POSTER**
- Format posters or banners will be presented at least 0.70 m (width) by 1.00 m maximum (high). You should be structured: title, author, co-authors, institution, country, synthesis of the work with the results accompanied by graphics, photos, etc.

REGISTRATION FEES

Participants paid the registration fee upon arrival in Cuba in the venue. The teachers and **directors who make their registration for CUBADEPORTES SA in your account: No .: 030000002638721 Swift banking BFICCUHH, will apply the following discounted rates:**

People pay their fee between May 20 and July 23 will receive a discount of 20%, between July 23 and August 30 will receive a discount of 10%. He must send a copy of proof of pay to the following e-mail: vcabrera@infomed.sld.cu, imdcongreso2015@gmail.com

To pay the full amount of tuition students, must submit an official document certifying their university undergraduate condition.

- Foreign Delegates-----\$ 200.00 CUC
- Residents Students: ----- \$ 150.00 CUC
- Undergraduate students----- \$ 25.00 CUC*
- Companions: ----- \$ 50.00 CUC

NOTE:

The Pre-Congress courses will take place during the 11th of Octobers at the same venue of the Congress and the registration fee for them is \$ 25.00 CUC.



* Only undergraduate students duly accredited by their school or identification.

The registration fee includes: accreditation module, participation in scientific and social activities of the event, documentation and certificates of participation and / or presentation of papers.

Companions will have their credentials and participation of the event official and social activities.

Materials related to the specialty of Medicine and Sport Psychology may be purchased for an additional price at the time of accreditation.

PAYMENT FORMAS

The registration fee and other payments to be made in Cuba, will be paid in Cuban Convertible Pesos (CUC), the official currency of the country (the event payment will be in cash at the time of accreditation). This can be obtained on arrival in Cuba at the airport, banks, exchange houses (CADECA) or the hotel facilities, the prevailing exchange rate on that day.

SCIENTIFIC EXHIBITION - SHOPPING

Parallel to the event, a Scientific Exhibition will be held in the Main Lobby of the Convention Center of Varadero in which companies, laboratories and specialized firms, both domestic and foreign, will have an exceptional opportunity to exhibit and sell their equipment occasion, technologies, medicine, literature and other materials related to the topics of the event.

For further information contact e: eventos@rocio.var.palmares.cu;
ecarrazanagarces@gmail.com

VENUE OF THE CONGRESS

The Convention Center of Varadero, an institution specializing in events and congresses of unquestionable prestige in Cuba, has highly qualified professionals with a conference composed of different formats infrastructure, all equipped with advanced technologies. For more information, contact the following email: eventos@rocio.var.palmares.cu

OFFICIAL LANGUAGES

The event will have simultaneous translation in the official languages are Spanish and English

ACCOMMODATION

CUBADEPORTES S.A. is the specialized company designated as the official host of the VI International Congress of Sports Medicine and Applied Sciences, for which it has proposed the following hotels.



Offers Cubadeportes, SA for the " VII International Congress of Sports Medicine and Applied Sciences "



HOTEL MELIA VARADERO.

HAB. DBL 115 .00 CUC X PAX PER NIGH.

HAB. SGL 155.00 CUC X PAX PER NIGH

HOTEL ARENAS DORADAS.

HAB. DBL 80 .00 CUC X PAX PER NIGH.

HAB. SGL 100.00 CUC X PAX PER NIGH

HOTEL MAR DEL SUR.

HAB. DBL 45 .00 CUC X PAX PER NIGH.

HAB. SGL 55.00 CUC X PAX PER NIGH

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- TRANSFER IN / OUT.
- LODGING all inclusive.
- DAILY TRANSPORT CONFERENCE.
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Documentary payment by bank transfer.

Cubadeportes SA payment will be for 100% of the value of the successful tender will be held by bank transfer Documentary to Cubadeportes SA, your account no.0300000002638721, Swift banking BFICCUHH, the BFI bank, branch Sierra Maestra. Bank address. 1st Avenue esq. or, Miramar, Havana, Cuba, in the previous 7 days from the date of issuance of the service to the submission of bills Cubadeportes SA

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Cash or cash payment.

Cubadeportes SA payment will be for 100% of the value of the successful tender, upon arrival to the country through our operations specialist who will be attending the activity.

NOTE: Prices are in Cuban Convertible Pesos (CUC).

For more information about the exchange rate of CUC, visit the Metropolitan Bank website [http: // www.banco-metropolitano.com](http://www.banco-metropolitano.com)

To ensure Transfer Airport-Hotel-Airport must contact at least 72 hours in advance of their flight details.



FOR FURTHER INFORMATION OR ACCURACY OF DETAILS, CONTACT THE EVENT MANAGEMENT AND TRAVEL CUBADEPORTES:

malena@cubadeportes.cu; yolanda@cubadeportes.cu

TELE. (53) 72040348; www.cubadeportes.cu

CONTACTS:

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Vice chairman of the Organizing Committee

- Telephone (53) 7643 9175 and 7643 9148 office.

- E-mail: vcabrera@infomed.sld.cu; imdcongreso2015@gmail.com

2. Dr. Ediunys Carrazana Garces

Executive Secretary

- Telephone (53) 7643 0054 office (53) 3458942 cel.

- E-mail: ecarrazanagarces@gmail.com
ediunyscg@imd.inder.cu

3. Zulema AFA Tomlinson

Convention Center Plaza America Varadero

Professional Congress Organizer

e-mail: eventos@rocio.var.palmares.cu

For more information visit our website:

<http://medicinadeportiva2015.sld.cu/>

<http://www.imd.inder.cu>

You can find us on Facebook: <https://www.facebook.com/imd.congreso>