Sports, Medicine and Health Summit 2021

49. Deutscher Sportärztekongress
9th Congress of Exercise is Medicine Europe

22–24 April 2021
Congress Center Hamburg

www.sports-medicine-health-summit.de
THE PROGRAMME

New Topics
- Molecular markers, epigenome, metabolome
- Digitalisation in sports and medicine
- Sarcopenia and cachexia
- New examination methods
- Medical care in elite sports
- The chronically stressed heart in sports

Implementation in Practice
- Sports orthopaedics
- Sport sciences in practice
- Medical diagnostics
- Exercise as therapy
- Fasciae
- Sports and emotional health

Implementation in the Community and the Club
- Communal exercise promotion – Active City
- Company health management
- Sportivity & club management
- Rehabilitation sports

Sports Practice
- Attentiveness
- Training and Fitness
- Nutrition
- Yoga & Pilates
The Summit for Physicians, Scientists and Practitioners in Sports, Medicine and Health

INTERNATIONAL ALLIANCE
The global alliance for promotion of exercise will meet in Hamburg. Top-flight organisations in sports, medicine and science will participate (incl. WHO, IOC, FIMS, EFSMA, ACSM, DOSB, dvs).

INTERDISCIPLINARY
Speakers from various specialties will appear together in an interdisciplinary presentation format. This format is intended to bridge the specialties as well as science and practice. Topics will be discussed from the various perspectives.

FORMATS
- Keynote-Lectures: What is new and current?
- Symposia: Scientific topics presented by top-flight experts: current, relevant, interesting
- Educational: Implementing new knowledge in practice
- Practice-Workshops: Learn from experts and enter into dialog with them
- Courses for trainers, therapists, physicians, health clubs and health care professionals

EXHIBITORS
Companies in Sports and Medicine present the latest trends.
CONTINUED EDUCATION

Physicians, therapists, trainers and health care professionals can earn continued education points.

ACTIVE CITY – WHO MOVES THE CITY?

The Free and Hansestadt Hamburg is a certified Global Active City and is the ideal place to discuss communal exercise promotion and to work on innovative and interdisciplinary solutions to fight global inactivity. The programme addresses professional groups who use their expertise to promote exercise, initiate and support an active lifestyle (health care professionals, general practitioners, paediatricians, teachers, physiotherapists, companies and many others).

Join us at the new Congress Center Hamburg!
The Summit for Physicians, Scientists and Practitioners in Sports, Medicine and Health

CONGRESS PRESIDENT
Prof. Dr. med. Dr. h.c. Jürgen M. Steinacker

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The Sports, Medicine and Health Summit is the first truly interdisciplinary congress that emphasises the importance of exercise and sports for health and offers an ideal platform for engagement of experts, scientists and practitioners from all over the world.