

7th SMEC Workshop on: **Sports Medicine**

SATURDAY, 20TH AUGUST 2011, 11.00AM - 12.30PM
Seminar Rooms 14A–C

Exercise and physical activity has many health benefits. However, they are not risk free. Mary Pierce in 2006 tore her ACL in a tennis match. Roy Keane, in an attempt to foul Alf-Inge Haaland, had his studs caught in the turf, causing his ACL to snap. Liu Xiang, China's top hurdler, had his hopes of an Olympic medal dashed when his Achilles tendon snapped during the 2008 Olympic finals. Besides musculoskeletal injuries, sudden death during sports has been reported. Worldwide, the incidence of death during jogging is 1 per 15,000 – 18,000 runners. Closer to home, athletes have collapsed or died during triathlons, marathons and soccer.

Besides managing injuries, the sports physician plays an active role in their prevention, as well as the screening of athletes for conditions that may endanger them during sports. Performance optimisation through sports science, nutrition, as well as prescribing exercise interventions for patients with chronic diseases also form part of his/her daily work.

This engaging workshop with Dr Roger Tian, a Sports Physician from CGH and the Singapore Sports Medicine Centre, will introduce you to the discipline of sports medicine. He will be speaking about the job scope and training for aspiring sports physicians.

This video may be interesting: <http://www.youtube.com/watch?v=4arSmXQb7xA>

Facilitator

Dr Roger Tian

*Sports Physician & Consultant
Changi Sports Medicine Centre
Changi General Hospital
Deputy Medical Director, Singapore
Sport Medicine Centre*

**Registration starts on
11th August 2011
(first-come-first-served basis)**

**Closing date of registration:
15th August 2011**

**To register, visit the NUS Calendar of Events:
<https://aces01.nus.edu.sg/CoE/jsp/coeMain.jsp>**

Organised By:



Yong Loo Lin School of Medicine

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