



IV Międzynarodowy Kongres Polskiego Towarzystwa Mięśni, Ścięgien i Węzadeł
"STAY IN THE GAME - Praktyczne zastosowanie medycyny w sporcie"

WYKŁAD OTWARCIA KONGRESU

12 GRUDNIA 2024 r. godzina 11.00

Wystąpienie w j. angielskim

Tytuł naukowy	Imię	Nazwisko
Md PhD Ass. Prof.	Christine	Holm Moseid

Afiliacja

Oslo Sports Trauma Research Center, Norwegian school of sport sciences
Nimi (Norwegian institute of sports medicine), Volvat
Norwegian National Ballett

Tytuł wystąpienia

Demise of the fittest – a holistic, national solution to protect the health of the aspiring athlete

Streszczenie wystąpienia

In this talk - the components of a national program developed in Norway since 2014 to prevent young athletes from succumbing to injuries and other health problems will be discussed. The specific programs developed to translate science into action across different levels of sport, opening with children and zooming in on the journey of youth athletes desiring to pursue an elite athletic career, will be discussed in the talk

The Oslo Sports Trauma Research Center have developed the Get Set – Train Smarter app, which since 2014 has been expanded with preventive exercise programs for all Olympic sports, a number of non-Olympic and Paralympic sports and all the key body regions (available in nine languages), available in 11 different languages. We have also developed the website www.fittoplay.org (available in English and Norwegian), which features an abundance of other relevant information in addition to the exercise programs. These tools will be presented and discussed.

To make real-life changes across all levels of youth sport, we need to speak directly to coaches, sport academies, national federations and the athletes. In their early years, children are coached by volunteers with limited or no previous formal coaching education. These are the target of two of our programs: The national coach certification program and local “crash courses”. And we also speak directly to young athletes by reaching out through SoMe channels.

Finally, an important target is the sport academy high schools. The most talented athletes often find themselves in a crossfire – often playing “up” with older athletes, often representing many teams and therefore having to relate to several coaches, who all want a piece of the prize. We know from science how these young athletes are at a particular risk of incurring injury and illness due to high training and competition load, combined with the loads from life itself, affecting adolescents. Targeting this group, we have developed an educational program Prep to be PRO – aiming to teach each athlete the survival skills they need to thrive in elite programs. The structure and some of the main topics covered in the program will be discussed in the talk.

Organizator



Patron Główny



Polski Komitet Olimpijski

Współorganizatorzy



POLSKIE STOWARZYSZENIE
SPECJALISTÓW FIZJOTERAPII

