

## CISM INTERNATIONAL SYMPOSIUM 2021 ANCIENT OLYMPIA GREECE

DATE	TIME	PRESENTATION	PRESENTER
<b>THURSDAY 4-11-21</b>	<b>SYMPOSIUM DAY 1: FROM ANCIENT OLYMPIA TO MODERN TIMES THE HISTORY OF MILITARY SPORTS</b>		
	08:30-09:30	<b>Symposium Registration</b>	
	09:30-10:00	<b>Opening Session</b>	
Each lecture 15 minutes	10:00-11:00	<b>Session 1-1 Round Table The History of Military Sports</b>	<b>Chairpersons</b> Colonel Fernando Luiz Nóbrega Colonel Grigory Dmitriev
		<b>Presentation 1-1-1</b> The evolution in Sports	Major Christoforos Christoforou Cyprus
		<b>Presentation 1-1-2</b> From amateur to professional. Military sport in Italy, a model	Lt. Colonel Walter Borghino Italy
		<b>Presentation 1-1-3</b> Military Institute of Physical Culture: 110 years at Army Service	Major General Botsman Oleg Russian Federation
	10:45-11:00	<b>Discussion</b>	
Lecture 20 minutes	11:00-11:20	<b>CISM Lecture</b> The Route of Truce - a CISM International Sport and Peace Event.	Colonel Luiz Fernando Nobrega Brazil
	11:20-12:00	<b>Coffee</b>	
Each lecture 15 minutes	12:00-13:15	<b>Session 1-2 Round Table Sports as an aspect of military life through the ages</b>	<b>Chairpersons</b> Major Jefferson Martinez Couto Major Athinodoros Moschopoulos
	(Telecast)	<b>Presentation 1-2-1</b> Sports and military training in the Hellenistic Egypt (Telecast)	Dr Aikaterini Samara Democritus Univ Thrace Greece
	(Telecast)	<b>Presentation 1-2-2</b> The Ephebeia as an institution for the athletic and military ability in the Hellenic world during the Hellenistic and Roman Imperial times.	Dr Nikolaos Kameas Democritus Univ Thrace Greece
	(Telecast)	<b>Presentation 1-2-3</b> The Hellenic Armed Forces in the service of Greek sports	Dr Anestis Giannakopoulos Democritus Univ Thrace Greece
	(Live)	<b>Presentation 1-2-4</b> The military physical education and sports from the liberation of Greece to the Olympic Games of 1896	Major Athinodoros Moschopoulos Democritus Univ Thrace Greece
	13:00-13:15	<b>Discussion</b>	
	13:30-15:30	<b>Lunch Break</b>	
	15:30-16:30	<b>Rest &amp; Coffee</b>	



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DATE	TIME	PRESENTATION	PRESENTER
<b>FRIDAY 5-11-21</b>	<b>SYMPOSIUM DAY 2: SPORT SCIENCE BEHIND THE LINES PREPARING THE SOLDIER - CARING FOR THE VETERAN</b>		
Each presentation 12 minutes	08:30-09:30	<b>Session 2-1 Presentations Operational Fitness</b>	<b>Chairpersons</b> Lt Colonel Christian Lützkendorf Professor Andreas Flouris
		<b>Presentation 2-1-1</b> Lumbopelvic muscle endurance asymmetry predicts low back pain intensity in Helicopter Pilots from Brazilian Air Force.	Lieutenant Daniele Gabriel Costa Brazil
		<b>Presentation 2-1-2</b> The Impact of a Core Stabilization Training Program on Low Back Pain Perception in Brazilian Air Force Helicopter Pilots	Major Jefferson Martinez Couto Belgium
		<b>Presentation 2-1-3</b> The effect of specific physical training on musculoskeletal symptoms and fatigue among Brazilian T-27 Flight Instructors	Major Eduardo Augusto Duque Brazil
		<b>Presentation 2-1-4</b> Muscle training improves military shooting efficiency in Brazilian Air Force soldier	Major Guilherme Oliveira Kavguas Brazil
	09:15-09:30	<b>Discussion</b>	
Each presentation 12 minutes	09:30-10:45	<b>Session 2-2 Presentations Operational Fitness</b>	<b>Chairpersons</b> Colonel Grigory Dmitirev Professor Bogdanis Gregory
		<b>Presentation 2-2-1</b> Are Injuries Necessary During Basic Military Training? Sport training vs Military training in Naval Cadets.	Professor Antonis Vantarakis Greece
		<b>Presentation 2-2-2</b> Morphofunctional readiness of Joint Force operation Ukrainian Soldier	Lt Colonel Volodymyr Mykhaylov Ukraine
		<b>Presentation 2-2-3</b> Physical Fitness Tests in Military: Relevance with occupational Tasks	Professor Kostantinos Havenetidis Greece
		<b>Presentation 2-2-4</b> Impact of one-year CrossFit training on performance of soldiers and civilian employees – results of the controlled, prospective, interventional trial MedXFit.	Lt Colonel Annete Schmidt Germany
		<b>Presentation 2-2-5</b> "Elbrus Ring" as a means of the military professional readiness improvement to perform combat tasks in mountainous terrain.	Colonel Grigory Dmitirev Russian Federation
	10:30-10:45	<b>Discussion</b>	

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DATE	TIME	PRESENTATION	PRESENTER
	10:45-11:15	<b>Coffee</b>	
Each presentation 12 minutes	11:15-11:45	<b>Session 2-3 Presentations Basic Science</b>	Chairpersons Prof Geladas Nikolaos Colonel Bouguerra lofti
		<b>Presentation 2-3-1</b> Effect of two high intensity interval training models calibrated with time until exhaustion at 100% of the maximal aerobic velocity on hematological and biochemical parameters”	Colonel Bouguerra lofti Tunisia
		<b>Presentation 2-3-2</b> Comparison of cardiorespiratory conditions between approved and reprovved candidates in a special operation course	Lieutenant Pedro Tourinho Brazil
	11:30-11:45	<b>Discussion</b>	
Each presentation 12 minutes	11:45-12:15	<b>Session 2-4 Presentations Basic Science - Thermal Stress</b>	<b>Chairpersons</b> Professor Geladas Nikolaos Colonel Bouguerra lofti
		<b>Presentation 2-4-1</b> The use of thermal perception analog scales to monitor physiological responses during a simulated military triathlon race	Dr Danielli Mello Brazil
		<b>Presentation 2-4-2</b> The influence of military pentathlon obstacle run on athletes’ skin temperature	Dr Danielli Mello Brazil
Each lecture 20 minutes	12:15-13:30	<b>Session 2-5 Round Table Preparing the soldier for battle in adverse environmental conditions</b>	<b>Chairpersons</b> Professor Geladas Nikolaos Professor Bogdanis Gregory
		<b>Lecture 2-5-1</b> Preparing the soldier for battle in hot environments	Andreas D. Flouris University of Thessaly Greece
		<b>Lecture 2-5-2</b> Prepare the soldier for operation in cold, amphibious and dark environments	Stylios N Kounalakis Hellenic Army Academy Greece
	13:00-13:30	<b>Discussion of Sessions 2-4 and 2-5</b>	
	13:30-15:00	<b>Lunch Break</b>	
	15:00-16:00	<b>Coffee - Rest - Change to sport attire for “Fun Run”</b>	
Lecture 30 minutes	16:00-16:30	<b>Lecture The Route of Truce - Bridging the ancient and modern</b>	Mr Kostantinos Kontogiannis Federation of Olympia
	17:00-18:30	<b>“Fun Run” Kleosthenis Route of Truce</b>	
	20:00-22:00	<b>Traditional Greek Food Festival</b>	

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DATE	TIME	PRESENTATION	PRESENTER
<b>SATURDAY 6-11-21</b>	<b>SYMPOSIUM DAY 3: MILITARY SPORT EVENTS MANAGEMENT SOCIAL AND POLITICAL ASPECTS</b>		
Each presentation 12 minutes	08:30-10:00	<b>Session 3-1 Presentations</b>  <b>Military Sports</b>	<b>Chairpersons</b> Col Grigory Dmitriev Lt Col Ghulam Shabbir Anjum
		<b>Presentation 3-1-1</b> Military Academy Cadets physical activity during the pandemic	Sasho Danevski North Macedonia
		<b>Presentation 3-1-2</b> Military Training Traits is Key to Success in Competitive Sports	Lt Colonel Ghulam Shabbir Anjum Pakistan
		<b>Presentation 3-1-3</b> The importance of the military school competitions in the values development of the young cadet in the Brazilian Army's Military Academy.	Colonel Renato Souza Pinto Soeiro Brazil
		<b>Presentation 3-1-4</b> Building Sport and Military Peace Support Operations	Dr Alexander Cárdenas Colombia
		<b>Presentation 3-1-5</b> Organization of the III World Cadet Games given the experience in organizing sports events in the context of pandemic	Lt Colonel Andrei Politov Russian Federation
	09:45-10:00	<b>Discussion</b>	
	10:00-10:30	<b>Coffee</b>	
Each lecture 15 minutes	10:30-11:30	<b>Session 3-2 Round Table</b> <b>Safeguarding from violence and abuse in army sport</b>	<b>Chairpersons</b> Professor Maria Michalopoulou Lt Colonel Christian Lützkendorf
	(Telecast)	<b>Presentation 3-2-1</b> Sexual harassment and abuse in Sport	Professor Stiliani "Ani" Chroni Inland Norway University of Applied Sciences
	(Telecast)	<b>Presentation 3-2-2</b> Risk factors for harassment and abuse in the army	Professor Kari Fasting Norwegian School of Sport Sciences
	(Telecast)	<b>Presentation 3-2-3</b> Preventing harassment and abuse in sport	Håvard B. Øvregård Norwegian Olympic and Paralympic Committee and Confederation of Sport
	11:20-11:30	<b>Discussion</b>	
	11:30-13:30	<b>Cultural Day</b> <b>Archaeological site &amp; Museum</b>	
	14:00-15:30	<b>Lunch Break</b>	

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DATE	TIME	PRESENTATION	PRESENTER
	15:30-16:00	<b>Rest &amp; Coffee</b>	
Each presentation 12 minutes	16:00-17:30	<b>Session 3-3 Presentations Sports and the Veteran</b>	<b>Chairpersons</b> Colonel Odysseas Paxinos Lt Col Ghulam Shabbir Anjum
		<b>Presentation 3-3-1</b> Organizing a major multinational event for elderly individuals The Golden Age Gymnastics Cup	Nikolaos Provias MSc University of Crete Greece
		<b>Presentation 3-3-2</b> Algorithms and news content: The case of Mega Sport Events	Sotiris Triantafyllou
		<b>Presentation 3-3-3</b> Knee osteoarthritis and pain perception in end of career military personnel	Colonel Odysseas Paxinos Greece
		<b>Presentation 3-3-4</b> The Defense Paralympic Project in support of the disabled personnel	Captain (Navy) Roberto Recchia Italy
		<b>Presentation 3-3-5</b> Danish Model - Rehabilitation and personal development through sport	Sara Almholt Hjalager Denmark
		<b>Presentation 3-3-6</b> A Novel Approach for Mental Readiness	Brig. General Farshad Najafipour I.R. Iran
	17:15 17:30	<b>Discussion</b>	
	17:30-18:30	<b>Session 3-4 Invited Lectures</b>	<b>Chairpersons</b> Colonel Fernando Luiz Nóbrega Colonel Odysseas Paxinos
Invited Lecture 30 minutes	17:30-18:00	<b>Invited Lecture</b> "The Invictus Games"	<b>Invited Speaker</b> Richard Smith CBE UK
Invited Lecture 30 minutes	18:00-18:30	<b>Invited Lecture</b> Revival of the modern Olympic Games.	<b>Invited Speaker</b> Prof Kostantinos Georgiadis Dean IOA
	18:30-19:00	<b>Change Uniform to Class A</b>	
	19:00-20:00	<b>Closing Ceremony</b>	
	20:30-22:30	<b>Closing Banquet</b>	

## CISM INTERNATIONAL SYMPOSIUM 2021 ANCIENT OLYMPIA GREECE

DATE	TIME	PRESENTATION	PRESENTER
		<b>POSTERS</b>	
		<b>POSTERS DAY 2 - SPORT SCIENCE BEHIND THE LINES - PREPARING THE SOLDIER - CARING FOR THE VETERAN</b>	
		<b>Poster 2-1</b> Neck circumference as a simple tool for identifying the metabolic syndrome in Brazilian army soldiers	Major Laercio Camilo Rodrigues Brazil
		<b>Poster 2-2</b> The use of EGM System as Feedback Feature for the AGSM Training  <b>Poster 2-3</b> Does Brazilian Air Force physical fitness test predict operational performance? Evaluation of its accuracy in the air force's wing operational exercise.	Lieutenant Massaferi Renato Brazil  Major Diego Ameida Souza Brazil
		<b>Poster 2-4</b> The Brazilian Air Force's wing operational exercise as way to motivate soldiers to military training	Major Diego Ameida Souza Brazil
		<b>Poster 2-5</b> The influence of a military field-based training on anthropometric measures among Brazilian Air Force cadets  <b>Poster 2-6</b> Barriers to participate on military physical training in a Brazilian marine corps infantry battalion  <b>Poster 2-7</b> Infrared thermography as a tool to monitor workload adaptation in Brazilian Army militaries soccer players by position	Willian Carrero Botta Brazil  Captain (Marines) Andre Luiz Da Silva Brazil  Dr Danielli Mello Brazil
		<b>Poster 2-8</b> "João do Pulo Project" at the Brazilian Army Center for Physical Training (CCFEx): initial experiences in promoting social integration and human valuing of military veterans with disability	Dr Miriam Raquel Mainenti Brazil
		<b>Poster 2-9</b> Brown adipose tissue activation by cold exposure in Brazilian army tactical athletes  <b>Poster 2-10</b> The effect of a Functional Training Intervention on injury risk and FMS scores in military recruits.  <b>Poster 2-11</b> Psychometric validation of the Exercise Dependence Scale-Revised (EDS-R) for a sample of Brazilian military personnel	Lt Colonel Samir Ezequiel DaRosa Brazil  Commander James Ledingham Ireland  Professor Neves Nogueira Brazil

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		<b>Poster 2-12</b> Morphofunctional screening of future Ukrainian Armed Forces Recruits	Colonel Oleksandr Petrachkov Ukraine
<b>POSTERS DAY 3</b> <b>MILITARY SPORT EVENTS MANAGEMENT - SOCIAL AND POLITICAL ASPECTS</b>			
		<b>Poster 3-1</b> Military Pentathlon. Which Discipline its decisive in the final result	Professor Mainenti Miriam Brazil
		<b>Poster 3-2</b> Relationship between power and performance in Brazilian Pentathlon athletes	Captain Altmann Frederico Brazil
		<b>Poster 3-3</b> The influence of strength training in Brazilian Army Military Pentathlon Team during the specific preparatory training period.	Captain Thiago Dias Brazil
		<b>Poster 3-4</b> Economic factors affecting the success of selected countries participating in the 7th CISM Games 2019 Wuhan China	Captain Dr Naser Hassani I.R.IRAN
		<b>Poster 3-5</b> Proposition of an Index for Sports Diplomacy in the Military Context	Professor Neves Nogueira Brazil
		<b>Poster 3-6</b> Legal aspects of competition manipulation	Major Paralikas Apostolos Greece
		<b>Poster 3-7</b> How to improve CISM shooting system?	Dr Korostylova Yuliya Ukraine
		<b>Poster 3-8</b> The History of Military Sports in Mesopotamian Civilizations from Persian Empire to Now	Brig. General Farshad Najafipour I.R.IRAN