

2018 하반기 MEDI-Sports 학술대회

Sports Medicine and Athletic Performance

2018. 11. 27(TUE) 16:00~21:10
Gymnasium, Room 201

President: Ah-Ram Kim (Namseoul Univ.)

		Moderator: Yong-Hyun Byun (Dankook Univ.)
16:00-16:10	Opening Ceremony	Ho-Seong Lee (Dankook Univ.)
16:10-16:40	Optimal Physical Therapy and Sports Performance	Ah-Ram Kim (Namseoul Univ.)
16:40-17:10	What is the Best Conditioning for Taekwondo?	Tae-Yong Yun (Baekseok Culture Univ.)
17:10-17:40	Athletic Performance Training, Sports Medicine	Ho-Seong Lee (Dankook Univ.)
17:40-18:10	Managing the health of the elite athlete: a new integrated performance health management and coaching model	Kimura Fuminori (University of Tsukuba)
18:10-18:40	Discussion	Young-Eun Song (Daejon Univ.) Young-Ho Soh (Dankook Univ.) Sang-Bin Lee (Namseoul Univ.) Jung-Hyun Choi (Namseoul Univ.)
18:40-19:00	Coffee break	
19:00-19:30	Current concepts in periodization of strength and conditioning for the sports physical therapist	Kyung-Tae Yoo (Namseoul Univ.)
19:30-20:00	Youth Performance and Fitness	Young-Goo Yun (Catholic Kwandong Univ.)
20:00-20:30	Strength and Conditioning Workout for Athletes	Taisuke Kinugasa (Japan Institute of Sports Science)
20:30-21:00	Discussion	Jong-Pil Kim (Dankook Univ.) Dong-Jun Lee (Dankook Univ.) Woo-Young Park (Dankook Univ.) Ho-Seong Lee (Dankook Univ.)
21:00-21:10	Closing Ceremony	Ho-Seong Lee (Dankook Univ.)

* Program schedule could possibly be changed by depending on Dankook Univ. decision