

14.05.24

SONAR – Stop children and youth injuries with a particular focus on female athletes

Final Multiplier Event

Vic, Main Hall UVic-UCC



9:30h – 10:00h. **Accreditations**

10:00h – 10:20h. **Opening Ceremony**

Albert Juncà, Vicerector UVic-UCC

10:20h – 11:05h

Dr. Javier Peña

'Admit it or not to admit it: the youth sports injury burden and the rationale for the SONAR project'

Javier Peña holds a PhD, a MSc in High-Performance Sports, and a BSc in Physical Education. He is also an NSCA CSCS*D and an FIVB Level III volleyball coach. Since 2003 he has been teaching the degree in Physical Activity and Sport Sciences at UVic-UCC, and is the leader of the Sport, Exercise, and Human Movement Research Group (SEaHM) in the same institution. He possesses an extensive professional background as a coach, assistant coach, strength and conditioning specialist, and consultant in professional sports organizations such as AE L'Hospitalet, FC Barcelona, Club Joventut Badalona, Voleibol Teruel, CV Río Duero Soria, or the Catalonia Volleyball Federation. Currently, he leads different research and knowledge transfer projects in the Sport and Physical Activity Studies Centre (CEEAF) of UVic-UCC, and he has published numerous scientific peer-reviewed articles and two books. His expertise lies in strength and conditioning, team sports training, injury prevention, and sports analytics.

11:05h – 11:35h. **Coffee Break**

11:35h – 12:15h

Dr. Joske Nauta & Dr. Femke van Nassau

'Implementation of injury prevention: from evidence to impact'

Joske Nauta (PhD) holds a Master's degree in Human Movement Sciences and currently works as a senior researcher within both the department of Public and Occupational Health (Amsterdam UMC) and the School for Physical Education at the Amsterdam University of Applied Sciences. She successfully defended her PhD thesis on injury prevention in young children in 2015, and she has continued to be involved in youth injury prevention projects within different sports ever since. Beside her work in injury prevention, Joske is also involved in health promotion projects in different settings such as public playgrounds, in schools and in hospitals.

Femke van Nassau (PhD) is a human movement scientist, currently working as senior researcher at the Department of Public and Occupational Health and Amsterdam Public Health Research Institute at the Amsterdam UMC, VUmc in Amsterdam, the Netherlands. Her PhD focused on the scale-up of the school-based obesity prevention DOiT programme in the Netherlands and she developed an explorative implementation score to link implementation measures to outcomes. Her research focuses on 1) development, evaluation, implementation and scale up of physical activity and sedentary behaviour lifestyle interventions for adults and children; 2) measurement of sedentary and physical activity behaviour; 3) implementation and scale up research, including determinants, strategies, designing and conducting process evaluations and measurement of implementation.



12:20h – 13:00h

Ms. Irene del Río

'Training and load management in young female football players'

Irene del Río holds a bachelor's degree in physical Activity and Sports Sciences, and she has a master's degree in High Performance Sports from the University of Barcelona. She has also completed the Advanced Football Coach course at the National Coaching School of the Royal Spanish Football Federation. Currently, she works as a technical assistant for the Women's National Football Team, having previously worked at FC Barcelona for several years in various roles within the club: player, coach, physical trainer, and in charge of load control and assistant coordinator of the club's physical preparation area.

13:00h – 15:00h. **Lunch Break**

15:00h – 15:40h

Dr. Jaime Fernández-Fernández

'Neuromuscular training. A win win strategy for developing young athletes'

Jaime Fernández-Fernández holds a PhD in sport science and exercise physiology. He is lecturer and researcher at the University of León. He is also a sports science and coaching consultant for different international tennis federations (i.e., Norwegian tennis association), coordinator of the sports science and coaching area of the Spanish tennis federation (RFET), and member of the editorial board of the Journal of Sport Science and Medicine.

15:40h – 16:10h. **Coffee Break**

16:10h – 16:50h

Dr. Christine Holm

'Injury prevention in young athletes'

Christine is a specialist in physical medicine and rehabilitation as well as a certified sports physician and sport psychology advisor and has also worked as a general practitioner as well as a rheumatologist. She has been involved as a sports physician both at the elite, sub-elite, and recreational level, with athletes of all ages. She defended her PhD thesis on "Injury and illness in youth elite athletes" from the Oslo sports Trauma Research Center and the University of Oslo in 2020. Her research focus is young elite athletes, evaluating their injury and illness burden as well as potential risk factors (early single sport specialization, talent, and physical fitness) for incurring health problems in this population when entering a high-level training and competition environment.

16:50h – 17:30h

Round Table

Moderator: Àlex López

'What can be done to support athletes and their network to stay in the game?'

17:30h – 17:45h

Dr. Javier Peña

'Closing Ceremony'

Organizer:



UNIVERSITAT DE VIC
UNIVERSITAT CENTRAL DE CATALUNYA

Funder:



Co-funded by
the European Union

Partners:



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Centre d'Estudis
en Esport i Activitat Física
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