



FACULTY OF HEALTH SCIENCES



The Future Reimagined



4th UJ Sport Conference

31 October – 1 November

2023

**Integrating Science and Practice:
A Multi-Disciplinary Approach to Sports Medicine,
Rehabilitation and Performance Enhancement.**

#UJsportconference2023 @go2uj @UJ_Sport

31 October – 1 November 2023

UNIVERSITY OF JOHANNESBURG

Johannesburg, South Africa

Programme

DAY 2 – 1 November 2023 (08:00 to 16:00)

08:20	Sign in and Admission
08:30 to 09:30	<p>KEYNOTE ADDRESS</p> <p>Optimizing Performance and Wellbeing in Paralympic Athletes: A Multi-Disciplinary Sports Medicine Approach</p> <p>FACILITATED by Prof Heather Morris-Eyton with presentations and panel discussion with:</p> <p>PANELISTS</p> <p>MR RANNOA NTSEKE – <i>Physiotherapist Beijing Paralympic Games 2008 & London 2012 Paralympic Games</i></p> <p>DR BRAD SANDLER – <i>Chiropractor Rio Paralympics & served on the FICS team at the World Games in Koahsiung, Taiwan (2009) and Cali, Colombia (2013)</i></p> <p>MR LIFA HLONGWA – <i>Para Rower (World Rowing Championships)</i></p>
09:30 to 09:45	Panel Discussion with Questions & Answers
09:45 to 09:55	BREAK
09:55 to 10:55	<p>Ethical Considerations in Sports Medicine and Performance Enhancement</p> <p>FACILITATED by Prof Heather Morris-Eyton</p> <p>PRESENTER</p> <p>DR THULANI NGWENYA – <i>SAFA, CAF, COSAFA, SASCOC, Chief Medical Officer & Sport Physician</i></p>
10:55 to 11:10	Panel Discussion with Questions & Answers
11:10 to 11:20	BREAK

11:20 to 12:20	<p>Integrating Nutrition and Exercise Science in Sports Rehabilitation and Performance FACILITATED by Prof Heather Morris-Eyton</p> <p>PRESENTERS DR NICKI DE VILLIERS – <i>Dietitian</i> DR AMANDA CLAASSEN-SMITHERS – <i>Dietitian</i></p>
12:20 to 12:35	Panel Discussion with Questions & Answers
12:35 to 13:30	LUNCH
13:30 to 14:30	<p>Psychological Factors in Sports Medicine and Performance Enhancement FACILITATED by Jacqueline du Toit</p> <p>PRESENTERS MR NIC VENTER – <i>Sport Psychologist & Mental Performance Coach</i> MS MELISSA WILLIAMS – <i>Olympian Skateboarder</i></p>
14:30 to 14:45	Panel Discussion with Questions & Answers
14:45 to 15:45	<p>Multi-disciplinary Collaboration in Sports Medicine and Rehabilitation FACILITATED by Dr Moshe Magethi with a panel discussion around various medical professionals.</p> <p>PANEL MEMBERS DR JEROME MAMPANE – <i>Springboks Medical Doctor</i> DR ANEURIN ROBYN – <i>Springboks Physiotherapist</i> MR RG SNYMAN – <i>Springbok Player</i></p>
15:45 to 16:00	Discussion with questions and answers
16:00 to 16:15	CLOSING ADDRESS: Prof Andrew Green – <i>Department of Sport and Movement Studies at the University of Johannesburg</i>

Thank you to all our speakers, panelists, athletes, and attendees.
Conferences like this are impossible without your support and following!

