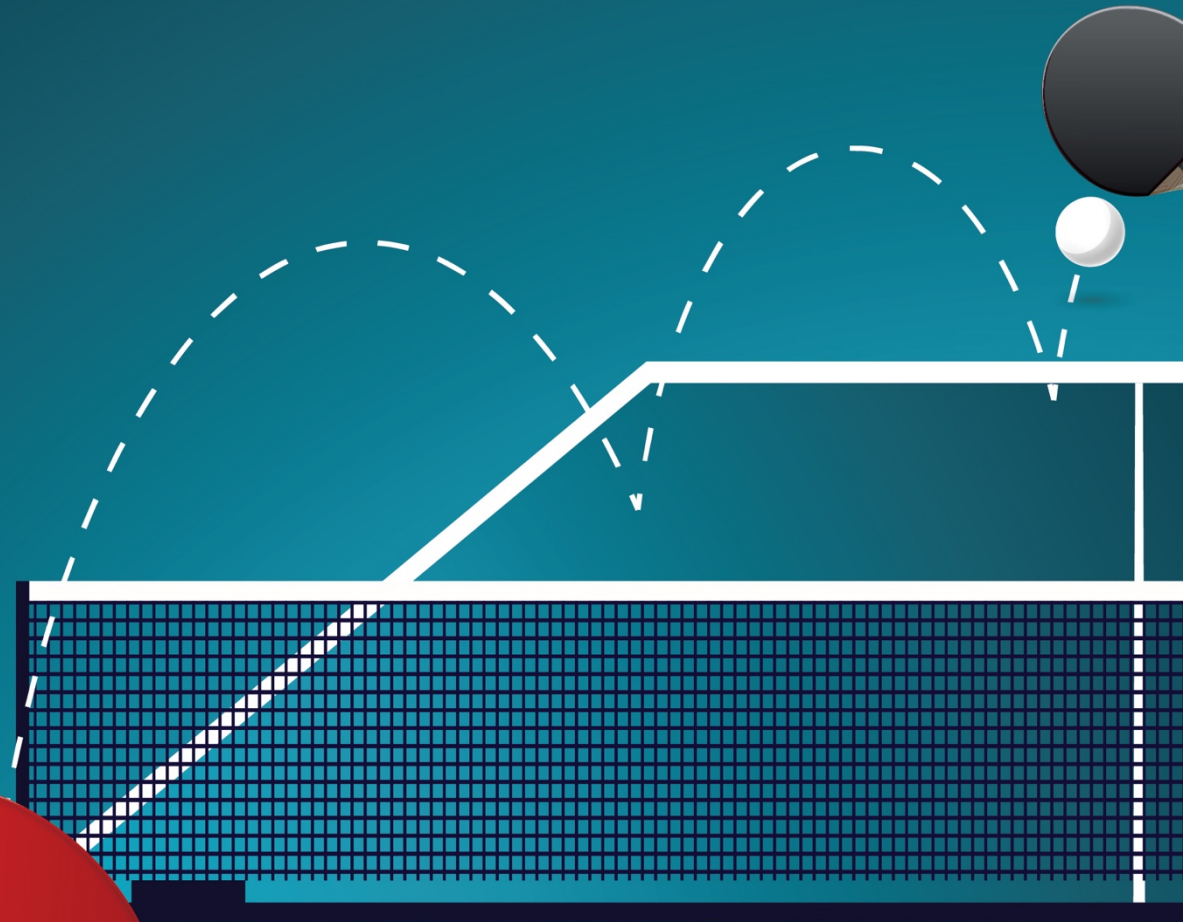


# 17TH ITTF SPORTS SCIENCE CONGRESS DOHA 2025

15<sup>th</sup> - 16<sup>th</sup> May 2025

## CONFERENCE AGENDA





**Agenda**  
**17<sup>th</sup> International Table Tennis Federation (ITTF) Sports Science Congress – Doha 2025**  
**15-16, May 2025**

**Target Audience:** Physicians, Allied Healthcare Practitioners, Others (Sports Scientists, Coaches, and Sports Managers)

**Activity code:** HGI-03-P160

**Venue:** Aspetar Auditorium (in person) and Microsoft Teams (online)

**Time:** 08:00-18:00

**Overall Learning Objectives:**

On completion of this activity, participants will be able to:

1. Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.
2. Discuss risk of injuries and health of table tennis players
3. Apply best evidence in the diagnosis, treatment and prevention of common injuries in table tennis players, considering youth and adults, male and female.
4. Apply knowledge on travel sports medicine to develop professionals who work with elite table tennis players.
5. Discuss injuries and transoceanic travel and aspects related to sleep with elite table tennis and coaches and understand the importance of shared decision making in sports science and medicine.

**This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum 12.75 hours.**

Date	Topic	Session Learning Objectives	Speaker
Day 1: 15 May 2025		By the end of this session, participants will be able to:	
08:00AM-all day	<b>Registration</b>		
09:30-10:00	<b>Opening Ceremony</b>		Presidents/Directors of ITTF, Aspetar and QTTA.
10:00-10:40	<b>Opening Conference</b> Load in sport and risk of injury	Discuss risk of injuries and health of table tennis players	1 speaker (30 min +10 min of interactive time)
10:40-11:00	<b>Coffee Break</b>		
11:00-12:00	<b>Oral Presentation - Session I</b> Biomechanics, Match Analysis, and Skill analysis in Table Tennis	Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.	4 oral presentations (10min each +5 min of interactive time each)
12:00-13:30	<b>Lunch Time</b>		
13:30-14:30	<b>Oral Presentation - Session II</b> Anti-doping, Table Tennis as a Health Sport Equipment, Esport	Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.	4 oral presentations (10min each +5 min of interactive time each)

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14:30-15:50	<b>Plenary Session I</b>  <i>Table Tennis Injuries</i>  Epidemiology of table tennis injuries  Body posture and asymmetries in the Trunk  Neck and back injuries  Hand and wrist injuries  Q & A	Apply best evidence in the diagnosis, treatment and prevention of common injuries in table tennis players, considering youth and adults, male and female.	4 professionals - (15 min each + 20 min of interactive time)
15:50-16:10	<b>Coffee Break</b>		
16:10-17:30	<b>Plenary Session II</b>  <i>Shoulder injuries in table tennis athletes.</i>  Clinical syndromes of the shoulder in table tennis  Rehabilitation of shoulder problems in table tennis athletes  Prevention of shoulder injuries  Conditioning of the upper body and core in table tennis	Apply best evidence in the diagnosis, treatment and prevention of common injuries in table tennis players, considering youth and adults, male and female.	4 professionals - (15 min each + 20 min of interactive time)

	Q & A		
17:30 – 18:30	<b>Poster presentation</b>	Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.	

Date	Topic	Session Learning Objectives	Speaker
Day 2: 16 May 2025		By the end of this session, participants will be able to:	
09:00-10:20	<b>Plenary Session III</b> <i>Athletes Travel/Sleep demands</i> Jet lag - Travel fatigue Travel sleep demands Nutrition for travel Travel medical issues affecting the athlete's health and performance Q & A	Apply knowledge on travel sports medicine to develop professionals who work with elite table tennis players.	4 professionals – (15 min each + 20 min of interactive time)

10:20-11:20	<b>Oral Presentation - Session III</b>  Physiology, Nutrition, Fitness testing, and Training applied to Table Tennis	Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.	4 oral presentations (10min each +5 min of interactive time each)
11:20-11:40	<b>Coffee Break</b>		
11:40-12:40	<b>Oral Presentation - Session VI</b>  Coaching and teaching, and Youth in table tennis  Para Table Tennis	Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.	4 oral presentations (10min each +5 min of interactive time each)
12:40-14:10	<b>Lunch Time</b>	.	
14:10-15:30	<b>Plenary Session IV</b>  Player and Coach centered approaches applied to health context.	Discuss injuries and transoceanic travel and aspects related to sleep with elite table tennis players and coaches and understand the importance of shared decision making in sports science and medicine.	2 players and 2 coaches - (15 min each + 20 min of interactive time)



15:30-16:30	<b>Oral Presentation - Session V</b> Mental/Psychological aspects Gender Equality, Diversity and Inclusion Governance, Integrity, and Sustainability	Discuss table tennis studies, including various sports sciences disciplines, based on research developed around the world.	4 oral presentations (10min each +5 min of interactive time each)
16:30-16:50	<b>Coffee Break</b>		
16:50-17:30	<b>Closing Conference</b> Health of table tennis players	Discuss risk of injuries and health of table tennis players	1 speaker (30 min + 10min of interactive time)
17:30-18:00	<b>Closing Remarks</b>		

#### Scientific Planning Committee:

Taisa Belli (Chair), Fethi.Regagieg (Vice Chair), Louis.Holtzhausen, Konstantinos Epameinontidis, Irene Faber, Nabil H Alfakih, Nansi Jawhar (CPD Coordinator)

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 760 min: Lecture: 660 min  
Interactive: 200 min (26%)

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