يُسر كلية الآداب والعلوم دعوتكم لحضور فعالية بعنوان:

المراقبة الفعالة لحمل التدريب والتكيف من أجل الأداء الرياضي الأمثل

الثلاثاء، ١٨ نوفمبر ٢٠٢٠
٩ صباحًا - ١١ عصرًا
جامعة قطر، مجمع البحوث، مدرج ٩٣١٠
The College of Arts and Sciences is pleased to invite you to attend:

“The Effective Monitoring of Training Load and Adaption for Optimal Performance”

Tuesday, 6 November 2018
10:00 am - 3:00 pm
Research Complex - Auditorium 239
Symposium:

Effective Monitoring of Training Load and Adaptation for Optimal Performance

Sport Science Program (Sport Performance Research Unit)
College of Arts and Sciences, Qatar University

Tuesday 6th November 2018

Auditorium (239) of Research Complex
10:00am – 3:00 pm

General background:

The Symposium on “Effective Monitoring of Training Load and Adaptation for Optimal Sport Performance”, coordinated by Dr Monoem Haddad, Sport Science Program at the College of Arts and Sciences seeks to offer a multisectoral approach to the understanding and the study of sport performance. The purpose of the symposium is to bring all partners in sport science provision (scientist and practitioners) in Qatar to exchange views about the optimization of sport performance. Today in the domain of sport performance to acquire a competitive advantage in sport performance we need an up to date knowledge in sport science provision, state of the arts sport facilities, and experts in the field. Furthermore, to learn from best practice elsewhere and applying them into Qatari context, while acknowledging/ and adopting to local needs.

Specific Background

Nowadays, the technology “tsunami” and the plenty of subjective and objectives tools make it harder for scientists, medical and para medical staff, coaches and fitness instructors to select the right devices and tools for monitoring training load. Choosing the best method and technology depends on many factors such the cost, weight, size, and usefulness of this equipment/tool during the training, competition and research as well. The present symposium will describe the barriers and facilitators of using training load among athletes. The relation between training load, injury, and physical performance will be developed. Tips will be given to optimize the use of training load monitoring tools as a means to improving communication around the athletes.

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Keynote Speaker

Dr. Iñigo Mujika (PhD)
Associate Professor at the University of the Basque Country
Associate Researcher at Finis Terrae University in Chile

Iñigo Mujika earned Ph.D.s in Biology of Muscular Exercise (University of Saint-Etienne, France) and Physical Activity and Sport Sciences (University of The Basque Country). He is also a Level III Swimming and Triathlon Coach and coaches World Class triathletes. His main research interests include training methods and recovery from exercise, tapering, detraining, overtraining and nutrition. He has also performed extensive research on the physiology and performance of professional cycling, swimming, running, rowing, tennis, football and water polo. He received research fellowships in Australia, France and South Africa, published 122 articles in peer reviewed journals, six books and 41 book chapters, and has given 370 lectures and communications in international conferences and meetings. Iñigo was Senior Physiologist at the Australian Institute of Sport and Team Selector for Triathlon Australia; Head of Physiology and Training at Euskaltel Euskadi World Tour Cycling Team; Head of Research and Development at Athletic Club Bilbao professional football club; Director of Physiology and Training at Araba Sport Clinic; Physiologist of the Spanish and French Swimming Federations. He is now Associate Professor at the University of the Basque Country, Associate Researcher at Finis Terrae University in Chile, and Associate Editor for the International Journal of Sports Physiology and Performance.

Speakers

Pr. Karim Chamari (PhD, HDR)
Full Professor, Senior Scientific Researcher
Aspetar

Former elite athlete, Prof. Karim Chamari is one of the most active Sport Science Researchers in the fields of Football (soccer) and Ramadan. His H-index is: 57. He co-authored more than 250 scientific manuscripts (of which more than 75 on football/soccer) and 20 book chapters in different topics in Sports Science and Medicine (to date of May 2017). In the field of Football he has conducted and co-authored many publications on evaluation and training of elite players. Amongst other, in 2005 (Chamari et al. BJSM) an endurance test was
created where the football players are assessed while dribbling the ball on a specific circuit.

In the field of Ramadan, he has published many original studies as well as many reviews about the effects of Ramadan on athletic performance and the way to manage training during the fasting month. He was the principal investigator of the first article published about the effects of Ramadan fasting on injuries in elite athletes (Chamari et al. JSS 2012).

He also has an extensive experience in Football Fitness coaching, as he was Fitness coach of elite Tunisian Footballers for more than 10 years, participating to local leagues, but also to several Clubs’ African Cups.

Prof. Karim Chamari led the Tunisian Research Laboratory “Sport Performance Optimization” of the National Centre of Medicine and Science in Sport, Tunis, Tunisia since its’ creation back in 2004 until March 2013. From that date on, he has moved to Doha for joining the “Athlete Health and Performance Research Centre” department at Aspetar, as Research Scientist. He recently joined ASPREV (injury and illness prevention program) Department at Aspetar, leading the “Injury and Illness Surveillance Program” for Elite clubs and Federations in Qatar.

Dr. Matthew Robert Weston (PhD)
Senior Football Researcher
Aspire Academy

Dr Matthew Weston is a Senior Football Researcher within the Football Performance and Science Department at the Aspire Academy in Qatar. Previously a Reader in Exercise Science at Teesside University, he is currently Associate Editor for the Sports Performance section of the Journal of Sports Sciences. Matthew has published extensively in the area of applied sports science of team sports, with particular emphasis on match analysis and the prescription and monitoring of training loads. He is a BASES accredited Sport and Exercise Scientist with 20 years’ applied experience with highlights including FIFA Sports Scientist at the 2003 World Youth Championships and the 2006 Football World Cup.
Dr. Monoem Haddad (PhD, ACSM-GEI)
Assistant Professor, Sport Science Program
Qatar University

PhD, Certified from the American college of Sports, Dr. Monoem is an Assistant Professor in Sport Science –Coaching and Athletic Training. He has authored or co-authored several articles published on peer-reviewed journals, conference proceedings, book chapters, books and eBooks (more than 80 scientific publications) and has been awarded many research grants that allow him to be expert reviewer and editorial board member of numerous peer-reviewed journals and a keynote speaker at international conferences.
Dr Monoem is currently member of the ACSM-Research Award committee after an experience of three years with ACSM-Professional Education Committee.
He has an extensive experience in coaching among various teams in Football and Taekwondo after being an elite athlete for several years.

Dr. Rodney Whiteley (PhD)
Assistant Director of the Rehabilitation Department
Aspetar

Rod Whiteley, PhD is a specialist Sports Physiotherapist with over 25 years’ experience in professional sport – mainly football, rugby, and baseball. He is especially interested in the intersection between medical, performance, and preparation, and using data to improve outcomes. His research interests are principally in the areas of muscle injury and the interaction of loading on rehabilitation and outcomes.
### Program

**Effective Monitoring of Training Load and Adaptation for Optimal Performance**

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<td>10:00-10:30</td>
<td>Registration Opens</td>
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<td>Coffee and Networking</td>
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<td>10:30-10</td>
<td>افتتاح التسجيل</td>
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<tr>
<td>10:30-11.00</td>
<td>Introduction &amp; Welcome</td>
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**Dr. Rashid Ahmed Al-Kuwari**  
Dean  
College of Arts and Sciences  
Qatar University

**Dr. Ahmed AbuShouk**  
Associate Dean for Research & Graduate Studies  
College of Arts and Sciences  
Qatar University

**Dr. Mahfoud Amara**  
Director  
Sport Science Program  
College of Arts and Sciences  
Qatar University

**Dr. Monoem Haddad**  
Symposium organizer  
Coordinator of the sport performance research unit  
Sport Science Program  
College of Arts and Sciences  
Qatar University

**Morning session**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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| 11:00-11:30| Title: Quantification of training and competition loads in endurance Sports.  
Dr. Iñigo Mujika |

10:30-11:30

الدكتور. راشد أحمد الكواري
عميد كلية الآداب والعلوم
جامعة قطر

الدكتور. أحمد ابوشوك
عميد مشارك للبحوث والدراسات العليا
كلية الآداب والعلوم
جامعة قطر

الدكتور. محفود عمارة
مدير برنامج مساعد
برنامج العلوم الرياضية
كلية الآداب والعلوم
جامعة قطر

الدكتور. منويم حداد
مستشار مساعد (منظم الندوة)
مدير وحدة بحوث الأداء الرياضي
برنامج العلوم الرياضية
كلية الآداب والعلوم
جامعة قطر

العنوان: التقدير الكمي لأحمال التدريب والمنافسة في رياضات التحمل
الدكتور. أييجو ميخكا
<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
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<tr>
<td>11:30 - 11:50</td>
<td>Wearable Sensor Technology for Monitoring Training Load.</td>
<td>Dr. Monoem Haddad</td>
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<td>11:50 - 12:10</td>
<td>Training Load monitoring and communication within the staff.</td>
<td>Pr. Karim Chamari</td>
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<td>12:10 - 12:40</td>
<td>Monitoring and assessment of athletes’ preparation.</td>
<td>Dr. Iñigo Mujika</td>
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<td>12:40 - 12:50</td>
<td>General Questions about the morning session</td>
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<tr>
<td>12:50-13:40</td>
<td>Lunch</td>
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<td>13:40-14.00</td>
<td>Training loads, injury, and performance – what’s the perspective from the medical team?</td>
<td>Dr. Rodney Whiteley</td>
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<tr>
<td>14.00-14.30</td>
<td>Tapering and peaking in for optimal performance in team sports.</td>
<td>Dr. Iñigo Mujika</td>
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<tr>
<td>14.30-14.50</td>
<td>Using differential ratings of perceived exertion to enhance our understanding of training loads.</td>
<td>Dr. Matthew Robert Weston</td>
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<tr>
<td>14.50 - 15:00</td>
<td>General Questions about the morning session</td>
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**General Questions about the morning session**

**Title:** Monitoring and assessment of athletes’ preparation.

**Speaker:** Dr. Iñigo Mujika

**Title:** Wearable Sensor Technology for Monitoring Training Load.

**Speaker:** Dr. Monoem Haddad

**Title:** Training Load monitoring and communication within the staff.

**Speaker:** Pr. Karim Chamari

**Title:** General Questions about the morning session

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**Title:** Monitoring and assessment of athletes’ preparation.

**Speaker:** Dr. Iñigo Mujika

**Title:** General Questions about the morning session

**Title:** Using differential ratings of perceived exertion to enhance our understanding of training loads.

**Speaker:** Dr. Matthew Robert Weston

**Title:** Tapering and peaking in for optimal performance in team sports.

**Speaker:** Dr. Rodney Whiteley
Unit Profile: The Sport performance cluster (SPC) is the first cluster within Qatar University to focus exclusively on the optimization of sport performance. This cluster aims to promote the development of scholarship and teaching, whilst establishing interdisciplinary research, and advancing knowledge about sport performance issues from the scope of multiple disciplines (e.g., physiology, psychology, biomechanics, nutrition, motor control).

Vision Statement: The vision of the SPC is to establish a multidisciplinary scientific culture and research team, able to work collaboratively inside and outside of Qatar University. The cluster also aims to conduct relevant research that promotes a ‘sport environment’ within Qatar and the Gulf region as per the QNV 2030. In order to achieve this vision the SPC will work to optimize sport performance across the scope of abilities (ie non-professional, youth and professional athletes) and genders in Qatar, through up-to-date evidence based research, via a method of sharing best practice with policy makers inside Qatar.

Mission Statement: The overall mission of the SPC is to lead interdisciplinary research within the field of sport and social sciences in order to optimize sport performance in Qatar, the Middle East and internationally. A secondary aim is to enable and support students, academics and scientists with particular interests in sport performance to lead scientific studies and research in accordance with the needs of the athletes and players in difference sports in Qatar and Internationally. Thirdly, the SPC aims to help optimize practices and solutions for the sport movement.