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Annual Congress & Medicare Expo on

Primary Healthcare

April 25-27, 2016   Dubai, UAE

Monitoring training load and fatigue in professional football (soccer)

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Appropriate periodization of training is of paramount importance for optimal performance in sport. Many tools have been developed aiming to help the technical staff to better monitor training load and fatigue in professional football. In this context, the aim of the present talk is to present 2 validated and easy-to-use tools. (1) The session-RPE method for quantifying training has become popular tool for monitoring training periodization in various sports, and many football teams have adopted this approach. This method allows coaches to monitor individual player's perception of training loads (TLs) and follow its periodization. Additional psychometric tools can also be used to assess how players are responding to training. (2) The Hooper Index allows assessing the status of the player with respect to his/her perceived sleeping quality, and the quantity of stress, muscle soreness and general fatigue. The effectiveness of the training programs depends on the successful manipulation of the total training load. Appropriate and balanced manipulation of training load and subsequent recovery allows for the optimal balance between the effects of training induced catabolism and the re-establishment of energy stores and protein catabolism in the regeneration process. It is suggested that there is a supercompensation in performance as the athlete adapts to the stress imposed by the training bout. The presentation will provide the scientific validation evidence of these tools in addition to practical examples of their daily use with professional football players.

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Promoting primary care to improve population health

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This presentation uses evidence from around the world to demonstrate the efficacy of primary care and its potential as an effective approach to improve the health and health care experiences of population and patients. The presentation has four parts. Conceptualizing primary care, the concept and practice of primary care will be defined, its essential attributes highlighted, distinctions from primary health care drawn, and its measurement delineated and operationalized. Efficacy of primary care, evidence from around the world will be drawn to demonstrate that advancing primary care can improve population health and the quality of health care experience, reduce health disparities, and contain health care costs. Innovative primary care practices, I will highlight innovative primary care practices from three aspects: system, practice, and use of technology. Finally, in part 4, a course of action will be presented.

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Primary Health Care
ISSN: 2167-1079 PHCOA, an open access journal

Primary Healthcare 2016
April 25-27, 2016

Volume 6, Issue 2(Suppl)

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