

Applied Science and Development in Football:

From Elite Performance to
Health and Inclusion

FEV | **09h**
14 | **18h**

Universidade da
Madeira, Colégio dos
Jesuítas, Funchal

Convidados

Peter Krustrup
(University of Southern
Denmark)

André Seabra
(Federação Portuguesa de
Futebol)

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Inscrições:



SCAN ME

Validação pela SRECT (7.5 horas) para professores dos grupos de recrutamento 160, 260 e 620;

Creditação de 1.8 unidades de crédito para treinadores de desporto, técnicos de exercício físico e diretores técnicos.

<https://tinyurl.com/2ux4fz3k>

Part I – Football as Medicine across the Lifespan

09:00 – Welcome and opening session

09:30 - Football as Prevention and Treatment of Non-Communicable Diseases - Past, present and future.

Peter Krstrup (Professor of Sport and Health Sciences, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Denmark).

10h45 – Walking Football and Healthy Aging

Francisco Santos (UMa / UC / ITI-LARSyS)

11h15- Coffee Break

12h00 - Football for an active and healthy life. The example of the FPF

André Seabra (Director of Portugal Football School, in Portugal Football Federation).

13:00 Lunch Break

Part II – Elite Football

14:30 – Modern Elite Football for Men and Women: Match performance, fatigue, training and testing.

Peter Krstrup (Professor of Sport and Health Sciences, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Denmark).

15:40 - Applied Science in Football – The Contribution of the Physical Education and Sports Department of the University of Madeira to the Topic

- Differences in the Profiles of Injured and Non-Injured Professional Football Players: A Four-Year Longitudinal Study
Francisco Martins (UMa / UC / ITI-LARSyS)
- Perception of professional Portuguese soccer players about the replacement of leadership with the season underway – a qualitative study
Honorato Sousa (UMa / UC)

16:15 - Coffee Break

16:50 - Women's Football

- Evaluating lower-body strength and body composition in female football players
Cíntia França (UMa / ITI-LARSyS)
- Assessment and Monitoring of Physical Indicators in Women's Football
Carolina Saldanha (UC / Clube Sport Marítimo)
- Locomotor activity in female football players
Andreia Neves (AFM / FPF)

17h30 - Closing Remarks