

Afide 2021 with nearly 600 registered participants

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Afide-2021

Havana, November 2 (JIT)-- "We have almost 600 experts registered to participate in Afide 2021," Dr. C. Mélix Ilisástigui, executive secretary of the event, which will be held virtually from November 17 to 19, told the sports magazine JIT.

The biennial call of the National Institute of Sports, Physical Education and Recreation (Inder) has this 2021 as its central theme Winning from Science.

"As part of Afide 2021, there will be three master lectures by prestigious foreign and Cuban professionals," said the director of Science, Technology and Environment of Inder.

Ilisástigui added that due to the current hygienic-epidemiological situation, caused by covid-19, for the first time the event is being held in virtual mode, as was done with previous events, among them the I Conference of Applied Sciences for High Performance Sports.

"Since August, preconvention courses have been held by outstanding Cuban specialists. These will have a second edition the week before the inauguration of Afide 2021," he added.

These courses began with the theme Mental preparation at home, an alternative to enhance self-knowledge during the covid-19 confinement stage.

Dr. C. Luis Gustavo González, president of the Sports Section of the Cuban Society of Psychology, and Ms. C. C. César Alejandro Montoya Romero, deputy director of psychology of the Institute of Sports Medicine (IMD), had the honor of inaugurating the course, who spoke about a very current topic due to the situation humanity is going through.

A total of 17 workshops will be given with contents related to doping, muscular strength, protection of sports information, training control and rehabilitation of the high performance athlete, among others.

Experts from the Manuel Fajardo University of Physical Culture and Sports Sciences, the Center for Chess Studies (Isla), the Cuban Sports Research Center, the Institute of Sports Medicine and the Inder Branch School will participate.

As part of the congress, prior to the start of its scientific program on the 17th, the National Meeting of Students and the VIII Meeting of Doctors of the Cuban Sports System will take place on the 15th and 16th.

"Because of the wide exchange of experiences that takes place with foreign specialists, Afide is a propitious scenario for the enrichment of knowledge of the sports community," Ilisástigui concluded.

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