



PRELIMINARY PROGRAM

II INTERNATIONAL SYMPOSIUM ON HEALTH AND PHYSICAL FITNESS OF PUBLIC SAFETY WORKERS

Wednesday, March 20th, 2019

08:00 – 12:00	
08:00 – 12:00	Registration
09:00 - 09:40 Magna Lecture 1	- Physical Activity and Health: Update on Public Health recommendations Dr. Victor Matsudo - Studies Center of the Physical Fitness Research Laboratory of São Caetano do Sul - CELAFISCS – SP
09:45 - 10:25 Magna Lecture 2	- Towards comprehensive step-based physical activity recommendations Prof. Dr. Catrine Tudor-Locke - University of Massachusetts, Amherst - USA
10:25 – 10:40 – Interval	
10:40 - 11:10 Lecture 1	- The influence of the fire-fighting technique and the physical overload in the combatant firefighter Col. QOBM/Compl. George Cajaty Braga - Federal District Military Firefighter Department - CBMDF
11:15 – 11:35 Lecture 2	- Autonomic heart control as a predictor of cardiovascular health Prof. Dr. Luiz Fernando Junqueira Jr – Faculty of Medicine – University of Brasilia - UnB
11:40 – 12:00 Lecture 3	- Chronotropic response during physical effort and recovery as an indicator of cardiovascular health Prof. Dr. Guilherme E. Molina – Faculty of Physical Education - University of Brasilia - UnB
12:00 – 14:00 – Lunch	
14:00 - 14:40 Magna Lecture 3	- The role of dehydration on firefighters' cardiovascular risk profile Prof. Dr. Denise Smith - Skidmore College - USA



14:45 - 15:25 Magna Lecture 4	- Effect of exercise and heat stress on myocardial performance Dr. Patricia Fehling - Skidmore College - USA
15:25 – 15:45 – Interval	
15:45 - 16:25 Magna Lecture 5	- Prevalence of cardiovascular risk factors in Quebec male and female police officers Prof. Dr. Claude Lajoie - Université du Québec à Trois-Rivières - Canadá
16:30 – 17:20 Panel Discussion 1	Theme: Physiotherapy intervention on prevention and rehabilitation of injuries in the occupational health scenario - Injuries related to occupational activity Physiotherapist Esp. Marcelino Vizeu Calvo – Federal District Secretary of Sports and Tourism – Brazilian Olympic Committee - Assessment of muscle function and risk of injury in military firefighters Prof. Dr. Rodrigo Luiz Carregaro - Faculty of Ceilandia - University of Brasilia - UnB