



The Department of Education,  
in collaboration with the Department of Athletics,  
cordially invites you to attend the

# “FIRST LAU CONFERENCE ON INNOVATION, EDUCATION AND SPORTS: NEW PRACTICES AND TRENDS”

IRWIN HALL  
AUDITORIUM

LEBANESE AMERICAN  
UNIVERSITY,  
BEIRUT CAMPUS

WEDNESDAY  
10:00 A.M.

**17**  
APRIL

## PROGRAM

Coffee	10:00 a.m.
Welcoming Word, <b>Rima Bahous</b> , EdD, Chair, Department of Education	10:30 a.m.
Welcoming Word, <b>Sami A. Garabedian</b> , MS Ed, Director of Athletics (moderator)	10:35 a.m. – 10:45 a.m.
<b>Lama Mattar</b> , PhD, Assistant Professor of Nutrition Lebanese American University "Nutrition for Training and Performance"	10:45 a.m. – 11:15 a.m.
<b>Alfred Khoury</b> , MD, Orthopedic Surgery and Sports Medicine LAU Medical Center-Rizk Hospital "Can He/She Play Next Sunday? Newest Guidelines in Diagnosis and Treatment of Athletes"	11:15 a.m. – 11:45 a.m.
<b>Maher Fathallah</b> , PhD, Physiotherapist Beirut Physiotherapy Center and Lebanese American University "Treating Injuries and Speedy Recovery: What's New in Physiotherapy"	11:45 a.m. – 12:15 p.m.
Lunch break	12:30 p.m. – 1:30 p.m.
<b>Samia Khatib</b> , Sport and Exercise Psychologist "Mental Toughness: Playing the SMART Way"	1:30 p.m. – 2:00 p.m.
<b>Edwen Khoury</b> , Fitness and Health, Lebanese American University "Staying Fit and Competitive"	2:00 p.m. – 2:30 p.m.
<b>Tarek Charaf</b> , PhD, Sports Management "Best Current Practices in Sports Management"	2:30 p.m. – 3:00 p.m.