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Sports Medicine and Fitness

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Maltese Olympic Committee, Malta

Caring for the health and fitness in the disciplined forces

Caring for the health and fitness in the disciplined forces entails a multi-disciplinary approach involving the integrated work programmes of specialized professionals including: physical performance, health promotion, sports and exercise medicine, psychological services as well as nutrition and dietetics. The following objectives are the mainstay of the programme: To improve the health and wellbeing of personnel; to improve the physical and psychological performance of personnel; to improve the nutritional intake and body composition of personnel; to reduce the incidence of musculoskeletal injuries and the time taken to return to full fitness among personnel; to improve the psychological wellbeing and mental skills of personnel; and to apply best management practices to the development of operations and processes. An initial pilot study involving certain sections of the police force, civil protection and correctional services will be followed by a thorough audit that will lead to on the field implementation programmes that will target all objectives.

Biography

Kirill Micallef Stafrace is an established Sports and Exercise Medicine Expert holding various positions in the Republic of Malta, namely, SEM Consultant Mater Dei Hospital, Medical Director Malta Football Association, Director Maltese Olympic Committee, Chairman of the Medical Commission of the Maltese Olympic Committee and Senior Lecturer in Sports Science at the University of Malta. He was the Vice President of the European Federation of Sports Medicine Associations and Head of the Sports Medicine Section within The Presidential Guard of the UAE Armed Forces. Over the decades, he has organized, managed, accompanied and enjoyed major heartbreaks and joyous moments with Team Malta during Olympic, Commonwealth and Mediterranean Games.

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