

# 1<sup>st</sup> Annual ISSN Italy Conference



# BOLOGNA

30 November 2018

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**Friday, November 30<sup>th</sup>**

**08.30<sup>am</sup>** Participants Registration

**09.45<sup>am</sup>** **Opening Ceremony**

*Fabrizio Angelini*

**10.00<sup>am</sup>** **Session 1<sup>st</sup> / Body Composition**

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**Chairmen: Paolo Manetti, Claudio Rigo**

**10.00<sup>am</sup>** Endocrinology of Sport

*Fabrizio Angelini*

**10.30<sup>am</sup>** Nutrition and Body Composition: from Science to Practice

*Laurent Bannock*

**11.00<sup>am</sup>** Difference between Body Composition and Functional Body Composition in Sport Field

*Luis B. Sardinha*

**11.30<sup>am</sup>** Assessment and Body Composition in Elite Football

*Scott Robinson*

**12.00<sup>pm</sup>** Body Composition in Athletes: Methodological Issues

*Analiza Silva*

**12.30<sup>pm</sup>** Discussion

**1.00<sup>pm</sup>** Lunch

**2.00<sup>pm</sup>** **Session 2<sup>nd</sup> / Performance & Supplements**

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**Chairmen: Alberto Mazza, Luca Stefanini**

**2.00<sup>pm</sup>** Ethic in Sport Nutrition

*Luca Gatteschi*

**2.30<sup>pm</sup>** Supplement Pyramid, from the Evidence-Based Medicine to the Practice

*Tim Ziegenfuss*

# 1<sup>st</sup> Annual ISSN Italy Conference



**Friday, November 30<sup>th</sup>**

**3.00** <sup>pm</sup> Synergism of Resistance Exercise, Nutrition, and Dietary Supplements  
*Bill Campbell*

**3.30** <sup>pm</sup> Muscle Damage and Supplementation  
*Darryn Willoughby*

**4.00** <sup>pm</sup> Supplement for Endurance  
*Asker Jeukendrup*

**4.30** <sup>pm</sup> Hydration in Sport Nutrition  
*Luca Mondazzi*

**5.00** <sup>pm</sup> Discussion

**5.15** <sup>pm</sup> **Session 3<sup>rd</sup> / Short Communication and  
Poster Session**

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**Chairmen: Alessandro Bonuccelli, Marco Postacchini**

**5.15** <sup>pm</sup> Poster Session

**5.45** <sup>pm</sup> Evaluation of Body Composition in Elite Soccer Players  
*Christian Petri*

**6.00** <sup>pm</sup> Sport Nutrition and Supplements in Young Athlete  
*Stefano Beschi*

**6.15** <sup>pm</sup> Alcohol and Muscle Recovery: Positive or Negative?  
*Franco Pittau*

**6.30** <sup>pm</sup> Creatine in Endurance Sport  
*Alberto Vincenzi*

# 3<sup>rd</sup> Sport Nutrition International Conference

Sport Nutrition From Science To Practice  
SINSeB



# BOLOGNA

1/2 December 2018

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## Saturday, December 1<sup>st</sup>

**07.00** Muscle Activation and Running  
*/08.00 am*

**09.30 am** **Opening Ceremony**  
*Fabrizio Angelini*

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### **9.50 pm** **Session 4<sup>th</sup> / Ketogenic Diet**

**Chairmen: Arrigo F.G. Cicero, Valeria Polzonetti**

**9.50 am** Ketogenic Diet and Performance  
*Fabrizio Angelini*

**10.20 am** Acute Administration of Aminoacid and Performance  
*Giuseppe D'Antona*

**10.40 am** Ketogenic Diet and Nutraceuticals  
*Luca Belli*

**11.00 am** Ketogenic Diet and Microbiota  
*Laura di Rienzo*

**11.20 am** Discussion

**11.40 am** Ketogenic Diet and Interaction with Renal Function  
*Adriano Brucci*

**12.00 pm** Ketogenic Diet and Eating Disorder  
*Hellas Cena*

**12.20 pm** Ketogenic Diet and Neurological Disease  
*Cherubino Di Lorenzo*

**12.40 pm** Discussion

**1.00 pm** Lunch

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### **2.00 pm** **Session 5<sup>th</sup> / Sport Medicine**

**Chairmen: Gabriele Mascherini, Antonio Parri**

**2.00 pm** Energy Expenditure and Performance in Human Locomotion  
*Pietro E. Di Prampero*

# 3<sup>rd</sup> Sport Nutrition International Conference

Sport Nutrition From Science To Practice

SINSeB



## Saturday, December 1<sup>st</sup>

**2.30** <sup>pm</sup> Concurrent Training

*Antonio Gianfelici*

**2.50** <sup>pm</sup> Multi-Dimensional Functional Assessment in Endurance Sport

*Massimo Massarini*

**3.10** <sup>pm</sup> Functional Assessment in Strength and Power Sports

*Nicola Silvaggi*

**3.30** <sup>pm</sup> Evaluation of The maximal Strength of the lower Limbs in Orthostatism

*Paolo Cigni*

**3.50** <sup>pm</sup> Discussion

**4.05** <sup>pm</sup> **Session 6<sup>th</sup> / Injured Athlete**

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**Chairmen: *Ciro B. Fasolo, Luca Gatteschi***

**4.05** <sup>pm</sup> Sleep in Injury Prevention

*Jacopo Vitale*

**4.25** <sup>pm</sup> Injured Athlete: Diagnosis and Therapy

*Giuanluca Stesina*

**4.45** <sup>pm</sup> Correlations between Injury, Celiac Disease and Gluten Sensitivity

*Marco Di Stefano*

**5.05** <sup>pm</sup> Correlation Between Injured Athlete and Sarcopenic Patient

*Stefano Righetti*

**5.25** <sup>pm</sup> Prescription of Physical Activity for People with Sarcopenia

*Giorgio Galanti*

**5.45** <sup>pm</sup> Injured Athlete: Nutrition and Supplements

*Alessandro Bonuccelli*

**6.05** <sup>pm</sup> Discussion



# BOLOGNA

1/2 December 2018

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## Sunday, December 2<sup>nd</sup>

### 9.00 am **Session 7<sup>th</sup> / SINUT**

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**Chairmen: Massimo Labate, Fabrizio Angelini**

**9.00 am** Nutraceutical in Sport Nutrition

*Arrigo F.G. Cicero*

**9.30 am** Qualitative Assessment of a Nutraceutical Supplement

*Andrea Fratter*

**9.50 am** Nutraceutical Immunomodulation in Sport Nutrition

*Alessandro Colletti*

**10.10 am** Nutraceutical in the Management Weight Loss in Combat Sport

*Carmine Orlandi*

**10.30 am** Cocoa Flavanols in Sport Nutrition

*Giovanni Scapagnini*

**10.50 am** Inorganic Nitrates, Cardiovascular Health and Physical Performances

*Federica Fogacci*

**11.10 am** Nutraceuticals Supporting the Athlete's Gastrointestinal Tract

*Maurizio Salamone*

**11.30 am** Discussion

### 11.45 am **Session 8<sup>th</sup> / Short Communication**

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**Chairmen: Fulvio Massini, Carmine Orlandi**

**11.45 am** Lipids in Sports: Focus on Omega 3 and Extra Virgin Coconut Oil

*Massimo Rapetti*

**12.00 am** Sports Nutrition: Gender Differences

*Beatrice Molinari*

**12.15 am** CrossFit: a Model of Cycling Diet?

*Emiliano Benelli*

**12.30 am** Hydration and Gastrointestinal Distress in Endurance Sports

*Lorenzo Bergami*

**12.45 am** CME Questionnaire and Closing Remarks



# BOLOGNA

30 November/1-2 December 2018

## General Information

### Congress Venue

#### Savoia Hotel Regency

Via del Pilastro, 2  
40127 Bologna

### Registration

To register, you must log onto the website: [www.planning.it](http://www.planning.it) and select the **events page**. Look for the course icon in the events being programmed and, after having selected the title, proceed with the registration by filling in the screen. Once completed the registration process, a confirmation email will be sent to the address indicated. The registrations will be open from July 25<sup>th</sup> to November 23<sup>rd</sup>, 2018. For any question or problem, please contact Lucia Offidani: [l.offidani@planning.it](mailto:l.offidani@planning.it)

### Registration Fees (22% VAT included)

Subscription fee	with CME credits (ECM)	no CME credits (no ECM)
<b>SINSeB Member</b>	<b>€ 160,00</b>	<b>€ 150,00</b>
NOT a SINSeB Member	€ 250,00	€ 200,00
Students	€ 100,00	
ANSISA, ENPAB and SINUT	€ 170,00	

### Continuing Medical Education (CME)

Planning Congressi s.r.l. is a CME provider - identification code no. 38 - and has assigned to the event no. X no. X credits for Physicians, Pharmacists, Biologists, Dietitians, Physiotherapists.

Educational goal: Guidelines, Protocols, Procedures.

Please be aware that for the acquisition of credits it is mandatory to have attended the 90% of the whole duration of the Congress and selected at least the 75% of correct answers of the CME questionnaire.

### Organizing Secretariat – CME PROVIDER

#### Planning Congressi s.r.l.

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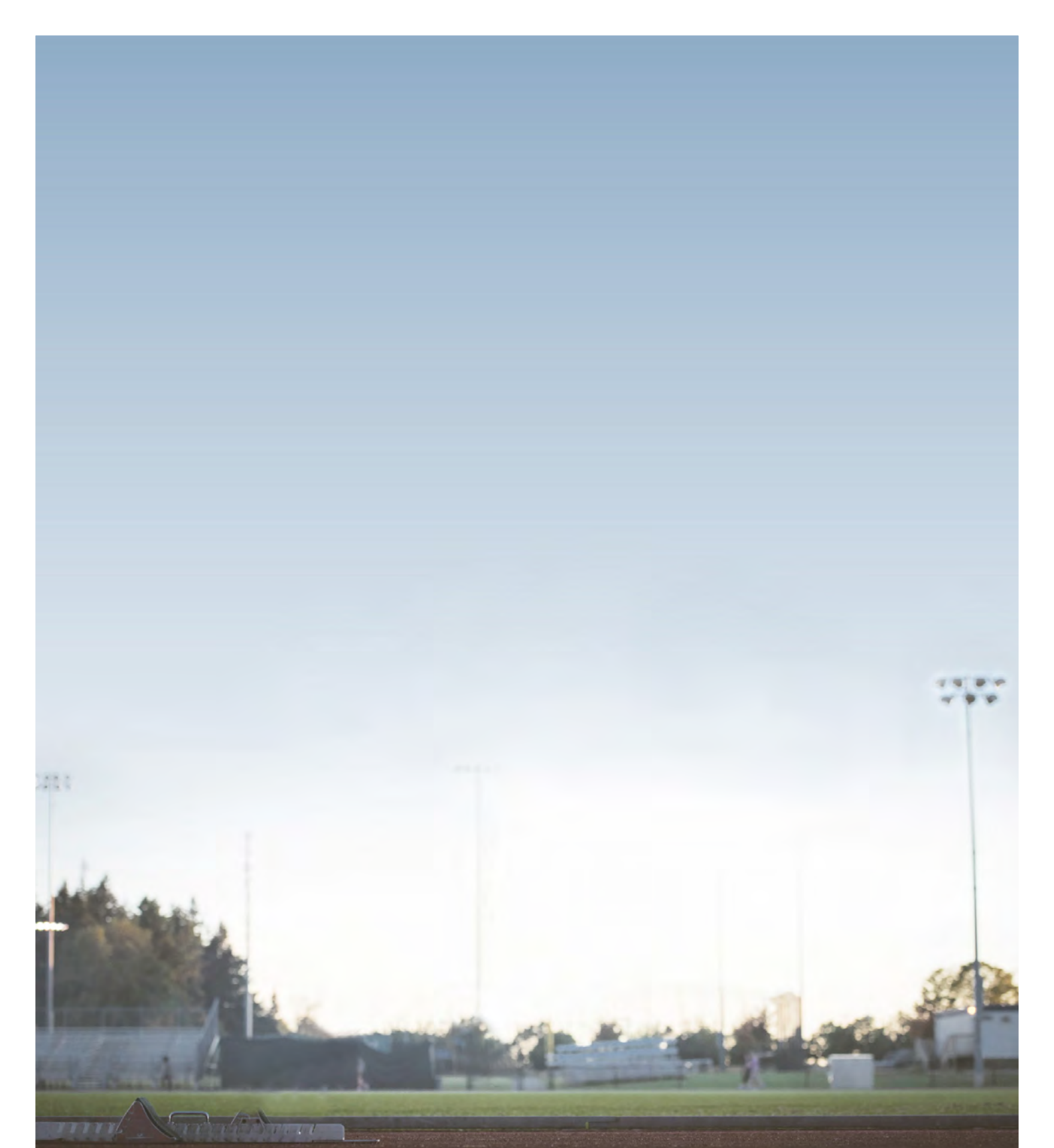
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IN BODY COMPOSITION





## Organizing Secretariat

**Planning Congressi S.r.l.**

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## Comitato Organizzatore

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