

Aims and program description

Physical activities and exercise are relevant to study and manage movements as a tool to prevent or treat pathological conditions as well as to improve the physical performance. The First International University School on Physical Activity and Exercise consists of lectures, and workshops to provide participants updated knowledge on interventions that help people with disease conditions to improve their health and quality of life as well as to prevent future disease complications.

Physical activities outcomes will be analyzed in the main areas of interest: **cardiovascular, osteo-muscular, endocrine-metabolic, nutritional, psychological** evaluating the strategies for influencing the treatment and prevention. Each section will be open by a *general lecture* on the specific field, followed by the same thematic sequence: *state of the art* (the revision of the literature and the contextualization of the argument), *evaluation and assessment* (exploring diagnostic methodologies and approaches), *treatment and intervention* (evaluating therapeutic strategies including pharmacologic approaches). At the end of each section, critical appraisal of the literature and clinical experiences will be treated in an interactive workshop.

Participants will also have the possibility to actively participate at the school presenting their own research in the poster sessions. An abstract of max. 2000 characters reporting the main results must be sent before November 30 to Organizing Secretariat.

A satellite symposium will conclude the school offering a general landscape on the history and role of sport medicine in Italy.

Scientific Committee

Presidents

Prof. Luca Dalle Carbonare &
Prof. Federico Schena

Prof. Carlo Capelli
Prof.ssa Lidia Del Piccolo
Prof. Paolo Moghetti

Organizing Secretariat and Provider (314):

Radiovision di G. D'Este & C. Snc,
Tel. + 39 0415952420
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Target Groups

The School is addressed to master's course students, PhD students, Post-docs and Specialists involved in the Exercise and Sport Sciences. An interest in participation from students and specialists from other disciplines is also welcome.

Course Language

The School language will be English no translation provided.

Fees

Full Registration: lectures, coffee break, lunch and teaching supplies 650 €
Student (Master, PhD, residents) Full Registration 350 €
Free registration for Master/ PhD Students, residents and fellows of University of Verona.

Registration by december 3rd.

TO REGISTER [CLICK HERE](#)

ECM

25.9 ECM credits were assigned to the course.



FIRST INTERNATIONAL UNIVERSITY SCHOOL ON PHYSICAL ACTIVITY AND EXERCISE

PhD School: Life and Health Sciences
Graduate School in Sport and Exercise Medicine

Verona
9-11 December 2021



UNIVERSITÀ
di VERONA

Scuola
di **MEDICINA
E CHIRURGIA**

Thursday 9, December

Location: Aula Bragagnolo, Scienze Motorie

8.30-9.00 Participant Registration

Chair: Prof. Carlo Capelli

9.00 - 9.45 Main Lecture Prof. Pietro Di Prampero:
Limiting factors maximal oxygen consumption: facts and theories

Cardiovascular area

09.45-10.15 State of the art: Prof. Viktor Persic

10.15-10.45 Evaluation and assessment: Prof. Flavio Ribichini – Dott.ssa Anna Piccoli

10.45-11.15 Coffee break

11.15-11.45 Treatment and Intervention: Prof. Anna Vittoria Mattioli

11.45-12.45 Working groups

12.45-13.30 Lunch + Lab Section

Chair: Prof. Luca Dalle Carbonare

13.30-14.15 Main Lecture Prof. Marco Narici: Molecular and structural basis
of muscle homeostasis

Osteo-muscular area

Muscle

14.15-14.45 State of the art: Prof. Mauro Zamboni

14.45-15.15 Evaluation and assessment: Prof. Francesco Fantin

15.15-15.45 Treatment and Intervention: Prof. Silvia Pogliaghi

15.45-16.15 Coffee break

Bone

16.15-16.45 State of the art: Prof. Luigi Gennari

16.45-17.15 Evaluation and assessment: Prof. Maurizio Rossini – Dott. Angelo Fassio

17.15-17.45 Treatment and Intervention: Prof. Andrea Ermolao

17.45-18.45 Working groups

18.45-20.00 School Sport Event + light dinner

Friday 10, December

Location: Aula Gavazzi, Policlinico G.B. Rossi

8.30-9.00 Participant Registration

Chair: Prof. Cristiano Chiamulera

9.00-09.45 Main Lecture Prof. Russ Richardson: Symmorphosis and exercise
capacity. The role of exercise training.

Metabolic and nutritional area

09.45-10.15 State of the art: Prof. Stefano Balducci

10.15-10.45 Evaluation and assessment: Prof. Angelo Pietrobelli

10.45-11.15 Coffee break

11.15-11.45 Treatment and Intervention: Prof. Carmine Fanelli

11.45-12.45 Working groups

12.45-13.30 Lunch + Poster session

Behaviour and wellness area

Chair: Prof. Federico Schena

13.30-14.00 State of the art: Prof. Lidia Del Piccolo – Dr.ssa Anna Mason

14.00-14.30 Evaluation and assessment: Prof. Francesca Vitali

14.30-15.00 Coffee break

15.00-15.30 Treatment and Intervention: Prof. Massimo Venturelli

15.30-16.30 Working groups

16.30-17.15 Main Lecture: Prof. Fabio Lucidi
Motivations and barriers toward an active life style

Saturday 11, December

Location: Aula De Sandre, Policlinico G.B. Rossi

Chair: Prof. Angelo Pietrobelli – Vice President of Medical School of Verona
University

9.00-10.30 Sport Medicine: history and perspectives
Origin and development of Sport Medicine in Italy:
Prof. Paolo Zeppilli
Origin and development of Sport Medicine in Verona:
Dott. Alberto Ciacciarelli

10.30-11.00 Future perspectives of Sport Medicine: Prof.ssa Daniela Lucini
Presentation of the *Interdepartmental Centre of Movement
Sciences, Sport Medicine and Health Psychology*

11.00-11.30 Closing remarks and ECM questionnaire
11.30-13.00 Coordinator Meeting of the Graduate School
of Sport Medicine and Exercise

