PROGRAMME

THURSDAY, 9 NOVEMBER

8.30 – 9.00  Registration
9.00 – 10.45 Thematic session 1 – Adaptations to training (with/without hypoxia)
   Pasqualina Buono (Napoli) – Molecular adaptation induced by training in skeletal muscle: influence on human health and longevity
   Laurent Mourot (Besancon, FRA) – Training in hypoxia: for better or for worse?
   Aldo Savoldelli (Rovereto) – Interaction between hypoxia exposure and exercise intensity
Letizia Rasica (Milano) – “B’Eet On Alps”: Ergogenic Effects Of Dietary Nitrate Supplementation At High Altitude

10.45 – 11.00 Coffee break
11.00 – 11.30 Official opening
11.30 – 12.30 Keynote lecture:
   Russell S. Richardson (Utah, USA) – Exercise is the Fountain of Youth: Metabolic and Vascular Evidence
12.30 – 13.30 Lunch
13.30 – 14.40 Thematic session 2 – Sport, education and dual career
   Francesca Vitali (Verona) – Supporting dual career and employability of active and former elite athletes: Italian contributions to B-WISER project
   Nicola Petrone (Padova) – The ISEA Winterschool in Sports Engineering: a successful synergy between engineers, sport scientists, sport companies
   Dual Career projects:
   Floriana Cova (Trento) University of Trento: TOP sport
   Caterina Rota (Verona) University of Verona: Academic Coach
14.40 – 15.40 Keynote lecture
   Carlo Reggiani (Padova) – Response of skeletal muscles to life and activity at high altitude

15.40 – 16.00 Coffee break
16.00 – 17.00 Thematic session 3 – Incoming olympic sport
30 min Eivind Wang (NOR) – Blood flow and oxygen uptake during forearm exercise: Implications for rock climbing performance
20 min Maurizio Fanchini (FASI – ITA) – Research and Sport climbing. Where we come from and where we are going.

20.00 Speakers Congress Dinner
FRIDAY, 10 NOVEMBER

9.00 – 10.30  Thematic session 4 — Physiology
Fabio Esposito (Milano) — Effects of acute passive stretching on anaerobic and aerobic performance
Mark Rakobowchuk (CAN) — Vascular health, eccentric exercise and the involvement of microvesicles
Silvia Pogliaghi (Verona) — Laboratory-derived measures of critical intensity: what’s new?

10.30 – 11.00  Coffee break
11.00 – 12.15  Thematic session 5 — Endurance Sport
Stefan Lindinger (AUT) — Skitouring in the lab - a testing and performance approach
Chiara Zoppirolli (Rovereto) — Kinematics during Marcialonga Ski marathon: gender and fatigue.
Gianluca Vernillo (Milano) — A call for standardised procedures in the study of running economy in ultra-marathon

12.15 – 13.00  Lunch
13.00 – 14.00  Poster Session

14.00 – 15.00  Thematic session 6 — Technology in Sports
Francesco Biral (Trento) — Modelling and optimisation of sport performance: exploiting wearable technologies and AI
Francesca Pizzini (Verona) — Explore the exercising brain: Neuroradiological technics and applications

15.00 – 16.20  Thematic session 7 — Outdoor activities for health
Federico Schena (Verona) — How to match scientific prescription and health outcomes in a daily life perspective
Raffela Rosa (Verona) — Can Nordic Walking improve motor abilities in people with cognitive impairments?
Matteo Bonato (Milano) — A program of moderate physical activity for people living with HIV

16.30 – 17.30  CeRiSM Lab visit with “Aperitivo” and closing remarks

20.30  Special event — in Italian— free entry (Sala Filarmonica, corso Rosmini Rovereto)
“Vincersi - il film” Documentary movie on a team of Blind Climbers