

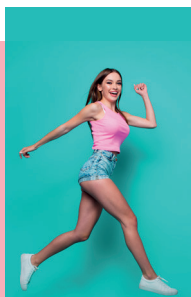
# Aims and program description

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  
[segreteria@radiovision.it](mailto:segreteria@radiovision.it)  
[www.radiovision.it](http://www.radiovision.it)

## 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

For info and registration write to:  
[segreteria@radiovision.it](mailto:segreteria@radiovision.it)  
or call 041.5952420

## ECM

25.9 ECM credits were assigned to the course.



UNIVERSITÀ  
di VERONA

Scuola  
di MEDICINA  
E CHIRURGIA



# 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

# 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,  
University of Verona

**9.00-10.30** Sport Medicine: history and perspectives  
Origin and development of Sport Medicine in Italy:  
Prof. Marco Zaccaria  
Origin and development of Sport Medicine in Verona:  
Dott. Alberto Ciacciarelli  
Future perspectives of Sport Medicine:  
Prof.ssa Daniela Lucini

**10.30-11.00** 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

