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Società Italiana di Nutraceutica

1st Annual ISSN Italy Conference

3rd Sport Nutrition International Conference

Sport Nutrition From Science To Practice
SINSeB



BOLOGNA

Savoia Hotel Regency

30 November/ 1-2 December 2018

ECOMEDICA
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1st Annual ISSN Italy Conference

3rd Sport Nutrition International Conference

Sport Nutrition From Science To Practice
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Congress Chair

Fabrizio Angelini

Scientific Committee

Fabrizio Angelini

Tim Ziegenfuss

Luca Gatteschi

Arrigo F.G. Cicero

Carmine Orlandi

Giuseppe D'Antona

Pietro Enrico Di Prampero

Josè Antonio

Asker Jeukendrup

Laurent Bannock

Organizing Committee

Fabrizio Angelini

Carmine Orlandi

Luca Gatteschi

Fulvio Massini

Luca Belli

Alessandro Bonuccelli

Massimo Rapetti



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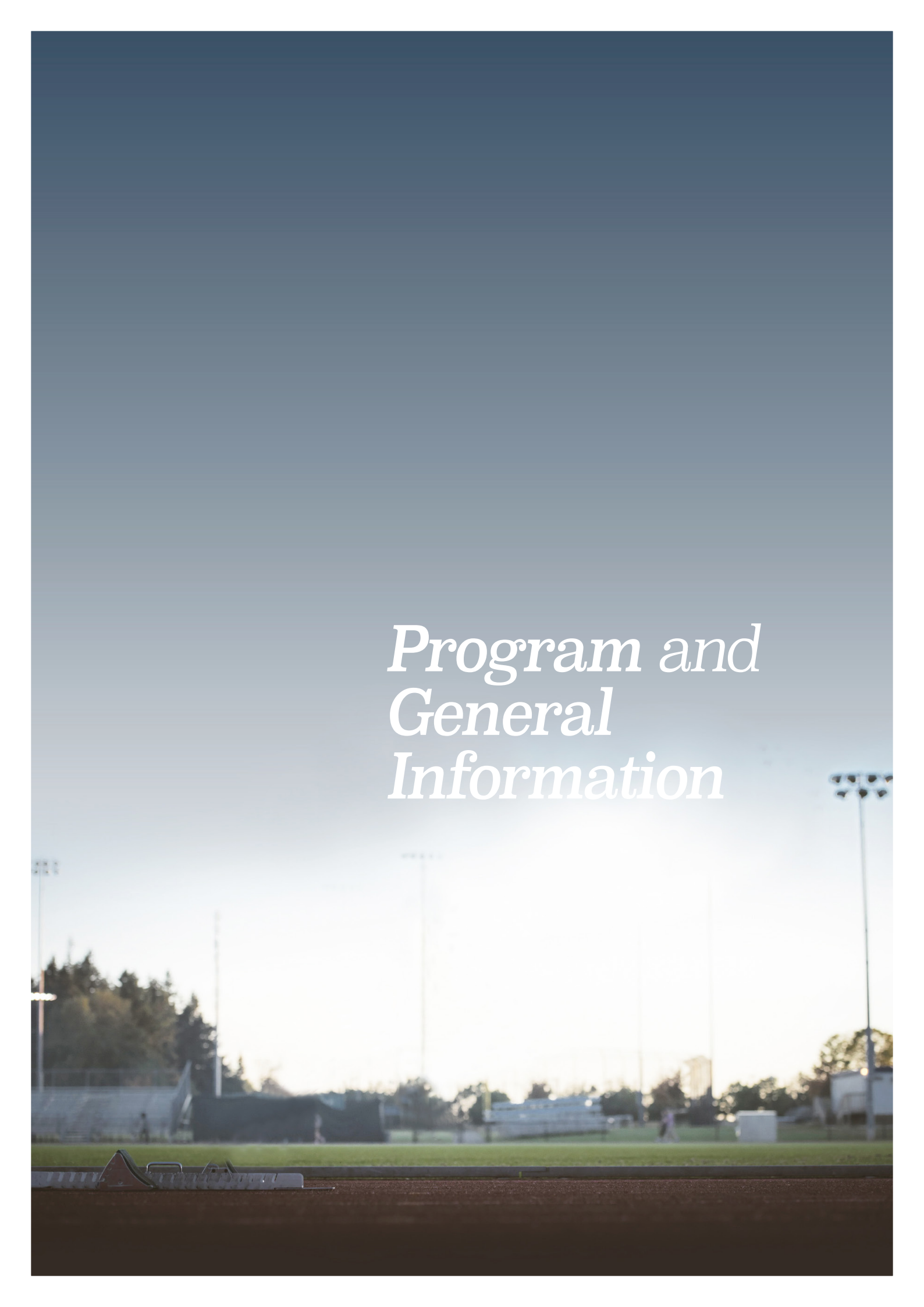
30 November/1-2 December 2018



Faculty Members

Fabrizio Angelini
Laurent Bannock
Ciro Basile Fasolo
Luca Belli
Emiliano Benelli
Lorenzo Bergami
Stefano Beschi
Alessandro Bonuccelli
Adriano Bruci
Bill Campbell
Hellas Cena
Arrigo F.G. Cicero
Paolo Cigni
Alessandro Colletti
Giuseppe D'Antona
Cherubino Di Lorenzo
Pietro Enrico Di Prampero
Laura Di Renzo
Michele Di Stefano
Federica Fogacci
Andrea Fratter
Giorgio Galanti
Luca Gatteschi
Antonio Gianfelici
Asker Jeukendrup
Massimo Labate
Paolo Manetti
Massimo Massarini
Fulvio Massini
Alberto Mazza
Luca Mondazzi

Carmine Orlandi
Antonio Parri
Christian Petri
Franco Pittau
Valeria Polzonetti
Marco Postacchini
Massimo Rapetti
Stefano Righetti
Maurizio Salamone
Luis B. Sardinha
Giovanni Scapagnini
Analiza Silva
Nicola Silvaggi
Luca Stefanini
Giuannluca Stesina
Alberto Vincenzi
Jacopo Vitale
Darryn Willoughby
Tim Ziegenfuss

A photograph of a baseball field at sunset. The sky is a gradient of blue and orange. In the foreground, the brown dirt of the infield is visible. In the background, the green grass of the outfield is visible, along with several tall stadium lights and some trees. The text "Program and General Information" is overlaid in the center of the image.

Program and General Information

1st Annual ISSN Italy Conference



BOLOGNA

30 November 2018

Friday, November 30th

08.30 ^{am} Participants Registration

09.45 ^{am} **Opening Ceremony**
Fabrizio Angelini

10.00 ^{am} **Session 1st / Body Composition**

Chairmen: Fabrizio Angelini, Paolo Manetti

10.00 ^{am} Nutraceutical in Sport Nutrition
Arrigo F.G. Cicero

10.30 ^{am} Nutrition and Body Composition: from Science to Practice
Laurent Bannock

11.00 ^{am} Difference between Body Composition and Functional Body
Composition in Sport Field
Luis B. Sardinha

11.30 ^{am} Assessment and Body Composition in Elite Football
Laurent Bannock

12.00 ^{pm} Body Composition in Athletes: Methodological Issues
Analiza Silva

12.30 ^{pm} Discussion

1.00 ^{pm} Lunch

2.00 ^{pm} **Session 2nd / Performance & Supplements**

Chairmen: Alberto Mazza, Luca Stefanini

2.00 ^{pm} Ethic in Sport Nutrition
Luca Gatteschi

2.30 ^{pm} Supplement Pyramid, from the Evidence-Based Medicine
to the Practice
Tim Ziegenfuss

1st Annual ISSN Italy Conference



Friday, November 30th

3.00 ^{pm} Synergism of Resistance Exercise, Nutrition, and Dietary Supplements

Bill Campbell

3.30 ^{pm} Muscle Damage and Supplementation

Darryn Willoughby

4.00 ^{pm} Supplement for Endurance

Asker Jeukendrup

4.30 ^{pm} Hydration in Sport Nutrition

Luca Mondazzi

5.00 ^{pm} Discussion

5.15 ^{pm} **Session 3rd / Short Communication and
Poster Session**

Chairmen: Alessandro Bonuccelli, Marco Postacchini

5.15 ^{pm} Prescription of Physical Activity for People with Sarcopenia

Giorgio Galanti

5.35 ^{pm} Poster Session

6.05 ^{pm} Evaluation of Body Composition in Elite Soccer Players

Christian Petri

6.20 ^{pm} Sport Nutrition and Supplements in Young Athlete

Stefano Beschi

6.35 ^{pm} Creatine in Endurance Sport

Alberto Vincenzi

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BOLOGNA

1-2 December 2018

Saturday, December 1st

07.00 / 08.00 am Muscle Activation and Running

09.30 am **Opening Ceremony**
Fabrizio Angelini

9.50 am **Session 4th / Ketogenic Diet**

Chairmen: Carmine Orlandi, 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 Renzo

11.20 am Discussion

11.40 am Ketogenic Diet and Interaction with Renal Function
Adriano Bruci

12.00 pm Ketogenic Diet and Eating Disorder
Hellas Cena

12.20 pm Discussion

12.40 pm Lunch

2.00 pm **Session 5th / Sport Medicine**

Chairmen: Luca Gatteschi, Antonio Parri

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

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Saturday, December 1st

2.30 pm Concurrent Training

Antonio Gianfelici

2.50 pm Multi-Dimensional Functional Assessment in Endurance Sport

Massimo Massarini

3.10 pm Functional Assessment in Strength and Power Sports

Nicola Silvaggi

3.30 pm Evaluation of The maximal Strength of the lower Limbs in Orthostatism

Paolo Cigni

3.50 pm Discussion

4.05 pm **Session 6th / Injured Athlete**

Chairmen: *Ciro B. Fasolo, Luca Gatteschi*

4.05 pm Sleep in Injury Prevention

Jacopo Vitale

4.25 pm Injured Athlete: Diagnosis and Therapy

Giuanluca Stesina

4.45 pm Correlations between Injury, Celiac Disease and Gluten Sensitivity

Michele Di Stefano

5.05 pm Correlation Between Injured Athlete and Sarcopenic Patient

Stefano Righetti

5.25 pm Injured Athlete: Nutrition and Supplements

Alessandro Bonuccelli

5.45 pm Discussion



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1-2 December 2018

Sunday, December 2nd

9.00 ^{am} Ketogenic Diet and Neurological Disease

Cherubino Di Lorenzo

9.30 ^{am} **Session 7th / SINUT**

Chairmen: Massimo Labate, Fabrizio Angelini

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 8th / Short Communication**

Chairmen: Fulvio Massini, Carmine Orlandi

11.45 ^{am} Lipids in Sports: Focus on Omega 3 and Extra Virgin Coconut Oil

Massimo Rapetti

12.00 ^{pm} CrossFit: a Model of Cycling Diet?

Emiliano Benelli

12.15 ^{pm} Hydration and Gastrointestinal Distress in Endurance Sports

Lorenzo Bergami

12.30 ^{pm} Alcohol and Muscle Recovery: Positive or Negative?

Franco Pittau

12.45 ^{pm} 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

How to reach the Congress Venue

From the Airport: bus Aerobus

From the city center: bus n. 14/35/20

From the railway station: bus n. 35

By car: exit n. 9 from the ring road (tangenziale), direction to Granarolo dell'Emilia

We have activated a discounted rate for the participants of the Congress with the following Hotels:

- Hotel Michelino Bologna Fiera
- Novotel Bologna Fiera

You can contact them by referring to the Sinseb Congress and you will receive a quotation with a dedicated tariff.

Registration

To register, you must log onto the website: 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 25th to November 23rd, 2018.

For any question or problem, please contact Lucia Offidani: l.offidani@planning.it

Registration Fees (22% VAT included)

Subscription fee	with CME credits (ECM)	no CME credits (no ECM)
SINSeB Member	€ 160,00	€ 150,00
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. 38-242139 no. 13,3 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.

Language

The first day of the Congress will be held in English, simultaneous translation service is planned. During the remaining two days of the Congress, the official language will be Italian.

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Organizing Committee

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dello Sport e del Benessere**

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