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ANSA

Enpab

SINut  
Società Italiana di Nutraceutica

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

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

Sport Nutrition From Science To Practice  
SINSeB



# BOLOGNA

Savoia Hotel Regency

30 November/ 1-2 December 2018



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

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

Sport Nutrition From Science To Practice  
SINSeB

### **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



# BOLOGNA

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 Brucci

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

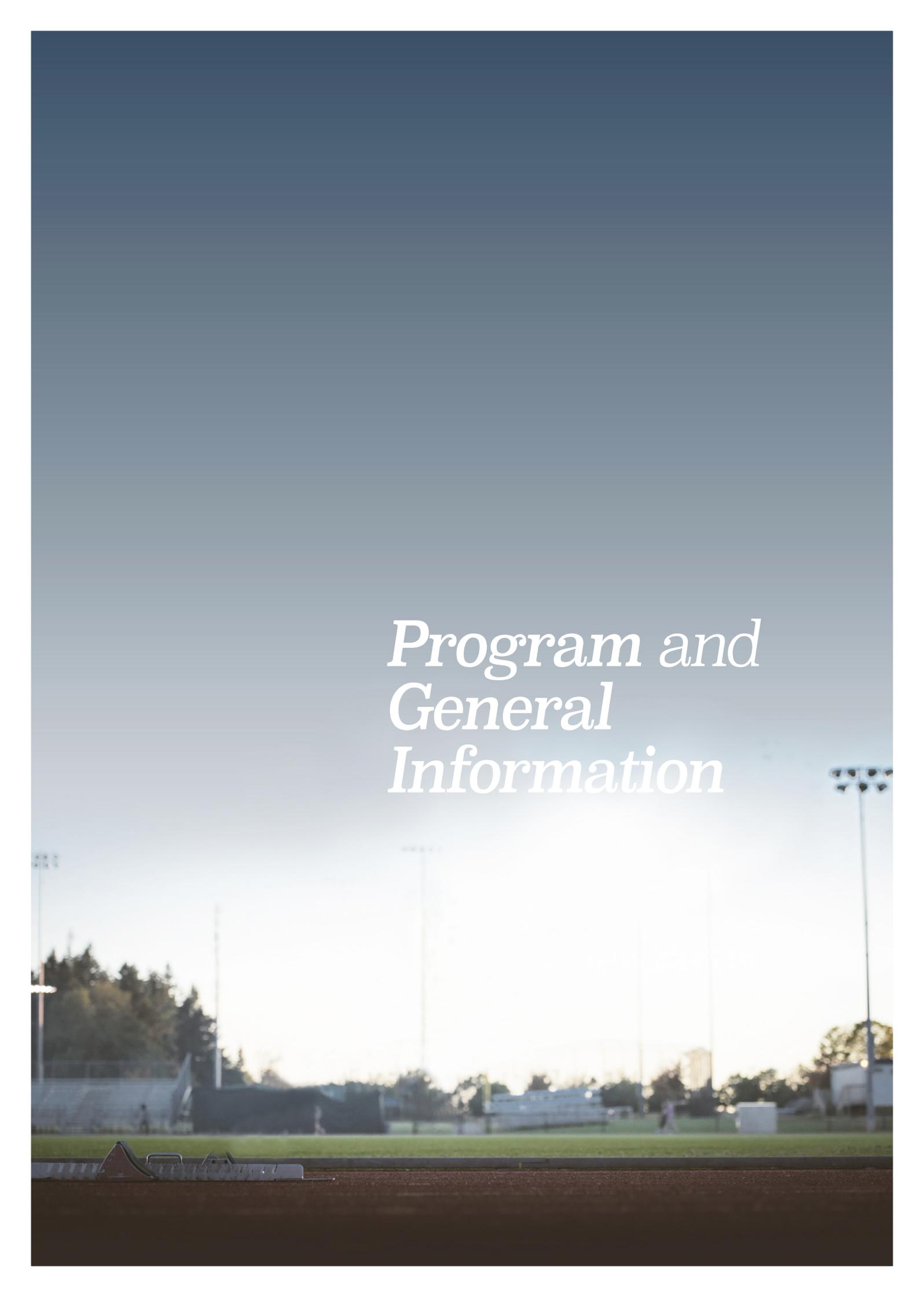
Giorgio Galanti  
Luca Gatteschi

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  
Giuaneluca Stesina  
Alberto Vincenzi  
Jacopo Vitale  
Darryn Willoughby  
Tim Ziegenfuss



*Program and  
General  
Information*

# 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: Fabrizio Angelini, Paolo Manetti**

10.00 <sup>am</sup> Nutraceutical in Sport Nutrition  
*Arrigo F.G. Cicero*

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  
*Laurent Bannock*

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 Bonucelli, Marco Postacchini**

5.15 <sup>pm</sup> Prescription of Physical Activity for People with Sarcopenia  
*Giorgio Galanti*

5.35 <sup>pm</sup> Poster Session

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

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

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

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

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# BOLOGNA

1-2 December 2018

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

07.00 / 08.00 am Muscle Activation and Running

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

9.50 am **Session 4<sup>th</sup> / Ketogenic Diet**

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**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 Brucci*

12.00 pm Ketogenic Diet and Eating Disorder  
*Hellas Cena*

12.20 pm Discussion

12.40 pm Lunch

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

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**Chairmen: Luca Gatteschi, 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

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## 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

*Michele Di Stefano*

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

*Stefano Righetti*

5.25 <sup>pm</sup> Injured Athlete: Nutrition and Supplements

*Alessandro Bonuccelli*

5.45 <sup>pm</sup> Discussion



# BOLOGNA

1-2 December 2018

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

9.00 <sup>am</sup> Ketogenic Diet and Neurological Disease  
*Cherubino Di Lorenzo*

9.30 <sup>am</sup> **Session 7<sup>th</sup> / SINUT**

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**Chairmen: Massimo Labate, Fabrizio Angelini**

9.30 <sup>am</sup> Qualitative Assessment of a Nutraceutical Supplement  
*Andrea Fratter*

9.50 <sup>am</sup> Nutraceutical Immunomodulation in Sport Nutrition  
*Alessandro Colletti*

10.10 <sup>am</sup> Nutraceutical in the Management Weight Loss in Combat Sport  
*Carmine Orlandi*

10.30 <sup>am</sup> Cocoa Flavanols in Sport Nutrition  
*Giovanni Scapagnini*

10.50 <sup>am</sup> Inorganic Nitrates, Cardiovascular Health and Physical Performances  
*Federica Fogacci*

11.10 <sup>am</sup> Nutraceuticals Supporting the Athlete's Gastrointestinal Tract  
*Maurizio Salamone*

11.30 <sup>am</sup> Discussion

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

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**Chairmen: Fulvio Massini, Carmine Orlandi**

11.45 <sup>am</sup> Lipids in Sports: Focus on Omega 3 and Extra Virgin Coconut Oil  
*Massimo Rapetti*

12.00 <sup>pm</sup> CrossFit: a Model of Cycling Diet?  
*Emiliano Benelli*

12.15 <sup>pm</sup> Hydration and Gastrointestinal Distress in Endurance Sports  
*Lorenzo Bergami*

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

12.45 <sup>pm</sup> 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](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)**

<b>Subscription fee</b>	<b>with CME credits (ECM)</b>	<b>no CME credits (no ECM)</b>
<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. 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**

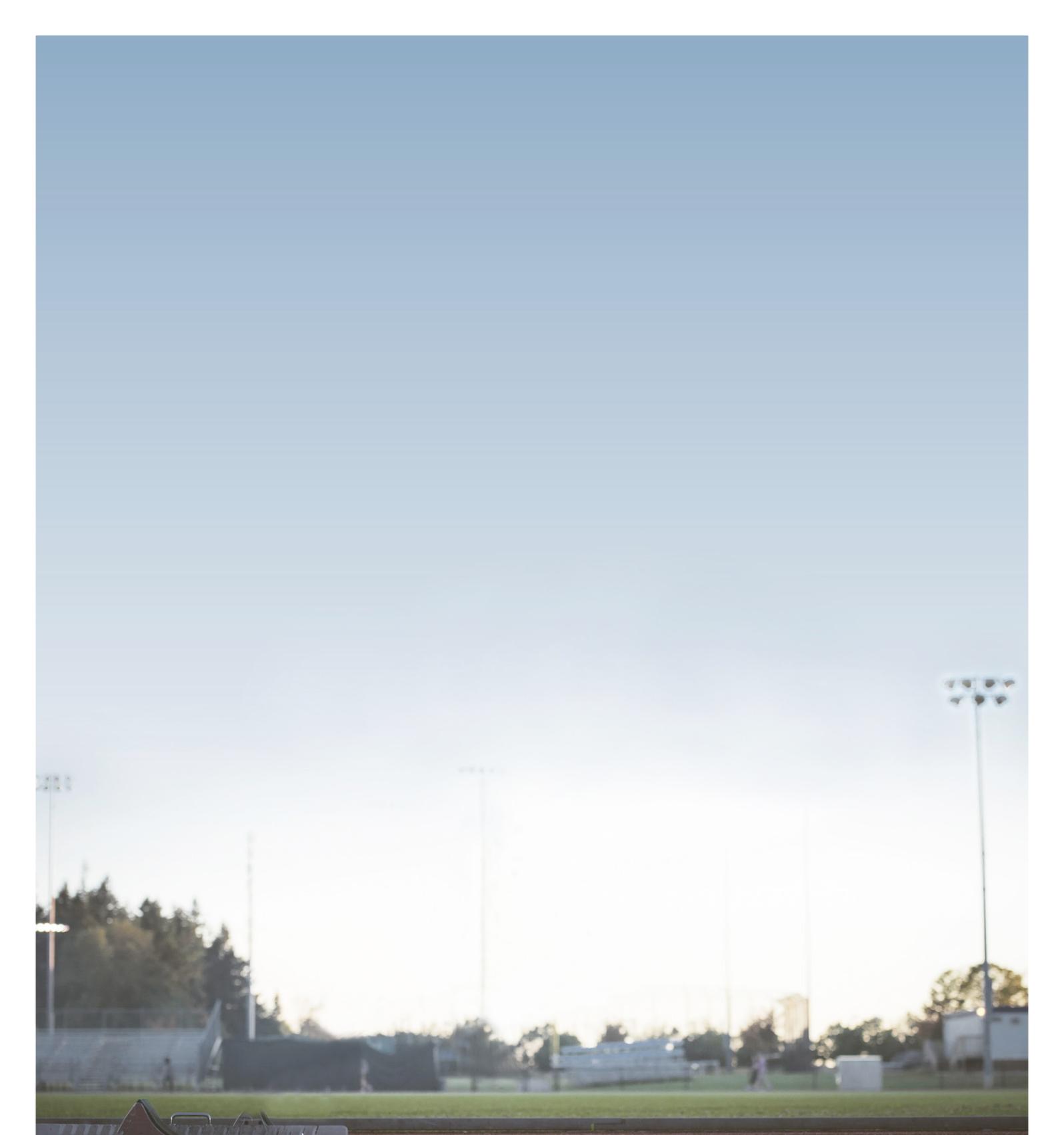
The first day of the Congress will be held in English, simultaneous translation service is planned. During the remaining two days of the Congress, the official language will be Italian.

Main Sponsor



Sponsor





**Organizing Secretariat  
CME Provider**

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

Via Guelfa, 9  
40138 Bologna  
Tel. 051300100 int. 150 - Fax 051309477  
l.offidani@planning.it  
www.planning.it

**Organizing Committee**

**Società Italiana di Nutrizione  
dello Sport e del Benessere  
Istituto Ricerche Cliniche Ecomedica**  
Via Cherubini, 1  
50053 Empoli (FI)  
info@sinseb.it - www.sinseb.it

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