





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





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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



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 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

Gabriele Mascherini

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

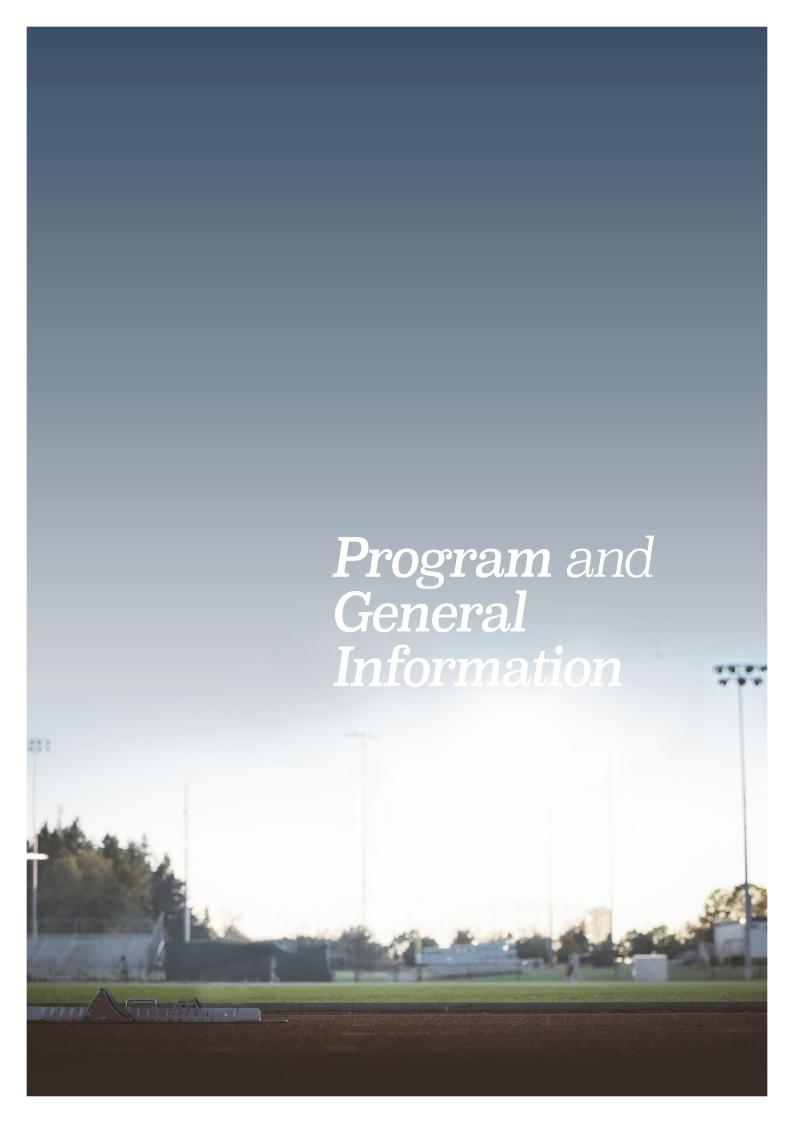
Giuanluca Stesina

Alberto Vincenzi

Jacopo Vitale

Darryn Willoughby

Tim Ziegenfuss



1st Annual ISSN **Italy Conference**



Frida	y, November 30 th		
08.30 ^{am}	Participants Registration		
09.45 ^{am}	Opening Ceremony Fabrizio Angelini		
10.00 am	Session 1 st / 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 2 nd / 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		

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 $6.05 \, \text{pm}$

6.20 pm

6.35 pm

Christian Petri

Stefano Beschi

Alberto Vincenzi

Creatine in Endurance Sport

Frida	y, November 30 th		
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 3 rd / 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		

Evaluation of Body Composition in Elite Soccer Players

Sport Nutrition an Supplements in Young Athlete

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Saturday, December 1st

Saturday, December 15				
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: Gabriele Mascherini, Antonio Parri			
2 00 pm	Energy Expanditure and Performance in Human Lecemetics			

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 6 th / 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		



Suna	ay, December 2 nd			
9.00 ^{am}	Ketogenic Diet and Neurological Disease Cherubino Di Lorenzo			
9.30 am	Session 7 th / 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 Performance Federica Fogacci			
11.10 am	Nutraceuticals Supporting the Athlete's Gastrointestinal Tract Maurizio Salamone			
11.30 am	Discussion			
11.45 am	Session 8 th / 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

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: I.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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