SISMES
Società Italiana delle Scienze Motorie e Sportive

Ud'A
Università degli Studi "G. d'Annunzio"

RICERCA e FORMAZIONE APPLICATE alle SCIENZE MOTORIE e SPORTIVE



XV Congresso Nazionale



PROGRAMMA

CHIETI 2024
19-21 settembre

Comitato Organizzatore

Presidente Angela Di Baldassarre

Membri
Maurizio Bertollo
Danilo Bondi
Ines Bucci
Andrea Di Blasio
Andrea Di Credico
Andrea Fusco
Giulia Gaggi
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Pascal Izzicupo
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Comitato Scientifico

Angela Di Baldassarre
Antonino Bianco
Attilio Carraro
Laura Guidetti
Samuele Marcora
Stefania Orrù
Antonio Paoli
Antonio Tessitore

Con il patrocinio di

CONI

COMITATO ITALIANO PARALIMPICO
ITALIAN PARALYMPIC COMMITTEE

Giovedì **19 settembre**

09.30 Apertura Segreteria Congressuale

AULA 12

10.00-13.00 **Meeting Dottorato Nazionale di Scienze Motorie e Sportive**
39° ciclo 1° anno

Presentazioni dei Dottorandi e dei Docenti
Comunicazioni del Coordinatore, Prof. Federico Schena
Presentazioni delle 'ricerche in corso' dei partecipanti al DIN
Discussione

AULA A

14.00-16.00 **Presentazione delle migliori Comunicazioni Orali per il Premio Giovane Ricercatore 2024**

Moderatori/Commissione valutatrice: *Antonino Bianco, Pasqualina Buono, Elvira Padua, Antonio Paoli, Antonio Tessitore*

OP01 Physical and cognitive fatigability during military training at high altitude
S. Spinabelli, B. Martinez-Gonzalez, C. Ranuncoli, S.M. Marcora

OP02 Visceral fat influences the heart rate recovery post power exercise: a cross-sectional study
A. Amato, L. Petrigna, F. Roggio, B. Trovato, M. Sortino, M. Zanghì, G. Musumeci

OP03 Body core temperature regulation in mice under light/dark inversion: the role of physical activity
A. Ciorciari, N. Casanova-Vallve, L. Fetzer, E. Irizarry, L. Galasso, L. Castelli, E. Roveda, A. Montaruli, F. Esposito, K. Lamia

OP04 Global strength training impairs lipid oxidation during ADL in highly fatigable persons with multiple sclerosis: a randomized controlled trial
D. Natale, A. Boi, L. Ventura, M. Meloni, M. Morrone, G. Martinez, F. Deriu, A. Manca, L. Cugusi

OP05 Changes in the neural control of motor units of synergistic muscles during the acquisition of a new motor skill task
C. Cosentino, M.A. dos Santos, H.V. Cabral, E. Pourreza, J.G. Inglis, F. Negro

OP06 Absolute but not relative parameters of the rate of force development and force-velocity relationship differ among sexes
F. Salvaggio, P.R. Brustio, A. Pintore, L. Grossio, E. Calcagno, A. Rainoldi, G. Boccia

OP07 Insights from IISSAAR project: the interference of digital media use with sleep and quality of life during childhood
V. Presta, A. Guarnieri, F. Laurenti, S. Mazzei, A. Fusco, A. Di Baldassarre, P. Izzicupo, C. Cortis, M. Bellafiore, A. Bianco, E. Thomas, L. Capranica, P. Mirandola, G. Gobbi, G. Condello

OP08 Four weeks of training on unstable boards improves balance transfer from trained to untrained tasks
A. Rizzato, S. Faggian, M. Bozzato, A. Paoli, G. Marcolin

OP09 The effectiveness of a supervised online pilates program on body composition and muscular fitness in overweight/obese adults
F. Greco, L.F. Cosco, M.G. Tarsitano, F. Quinzi, K. Folino, M. Spadafora, M. Afzal, C. Segura-Garcia, T. Montalcini, A. Pujia, A. Mancini, D. Martone, P. Buono, G.P. Emerenziani

OP10 Promoting tactical awareness and gameplay skills in net games: comparison of the tactical games model and traditional teaching in elementary school physical education
A.M.V. Quinto, G. Diquattro, R. Coppola, M. Lipoma

OP11 Is a 4-week near-maximal HIIT beneficial for the muscle oxidative capacity?
G. Giuriato, G. Dorelli, A. Pedrinolla, F. Schena, M. Venturelli

AULA B

14.00-16.00 **Presentazione dei migliori Poster per il Premio Giovane Ricercatore 2024**

Moderatori/Commissione valutatrice: *Giuseppe Calcagno, Giuliana Gobbi, Stefania Orrù, Antonio Palma, Virginia Tancredi*

PP01 Differences in RPE and enjoyment between elite water polo players and their head coach
A. Perazzetti, M. Dopsaj, C. Sebastianutti, A. Tessitore

PP02 Resistance training vs specific strength training on the bike in young off-road cyclists
D.S.S. Vicari, V. Giustino, G.M. Scrofani, L. Filipas, G. Belmonte, P. Drid, A. Patti, A. Bianco

PP03 Lifestyle, physical activity levels and dietary habits in a semi-residential rehabilitation centre: a preliminary investigation
M. A. Guerriero, M. di Padova, A. Basta, T. Fratini, F. Moscatelli

PP04 Evaluation of muscle oxygen saturation (SMO2) in swimmers: a pilot study
E. Serra, M.T. Benincasa, D. Albano, R. Vastola

PP05 Relationship between visceral fat and cardiovascular fitness in paralympic athletes with a locomotor impairment
A. Ciccarelli, M.R. Squeo, E. Poggiogalle, I. Peluso, E. Guerra, E. Cavarretta, P. E. Adami, F. Valentini, A. Pelliccia, G. Trincas, E. Viti, P. Aiello, F. Frigerio, G. Di Gioia, M. Bernardi

PP06 Do hand exercises influence physiological hand tremor?
O. Papale, F. Di Rocco, E. Festino, V. Gammino, C. Cortis, A. Fusco

PP07 Effect of intermittent visual deprivations on static postural control in young and older adults
S. Guarducci, G. Panconi, V. Sorgente, L. Mucchi, D. Minciacchi, R. Bravi

PP08 The effect of a half marathon run in improving motor accuracy in a hand muscle
M. Benedini, M. Cogliati, A. Cudicio, A. Rizzardi, C. Tarperi, F. Schena, F. Negro, C. Orizio

PP09 Efficacy of daytime physical activity to improve sleep quality during a week of balneotherapy treatments
L. Castelli, L. Galasso, A.M. Ciorciari, F. Fornasini, A. Montaruli, E. Roveda, F. Esposito

PP10 Is a relative age effect associated with jumping performance in young soccer players?
V. Rocco, S. Amatori, L. Zanini, G.S. Musicco, M.B.L. Rocchi, D. Sisti, F. Perroni

PP11 The effects of 8-week combined exercise training program in patients after acute myocardial infarction
M. Minnucci, G. Caminiti, C. Salimei, A. Parisi, F. Iellamo, M.A. Perrone

PP12 Post-activation performance enhancement (PAPE): men vs women
R. Battioli, E. Cè, S. Longo, A. Squillante

PP13 Introducing muscle age as a novel estimate of sarcopenia and health risks in healthy adults aged 50-90 years
L. Ventura, M. Morrone, A. Boi, A. Cano, N. Loi, G. Martinez, D. Natale, F. Deriu, A. Manca

AULA 11

14.30-16.00 **Simposio** L'educazione fisica nel terzo millennio

Moderatori: *Marianna Bellafiore, Attilio Carraro*

Promoting lifelong physical activity through physical education: the new PE curriculum in Greece
Nikos Digelidis

Educazione fisica in Italia: scenari, sfide, prospettive
Massimo Lanza

Educazione fisica inclusiva: criticità, benefici e strumenti di intervento
Erica Gobbi

Nuovi corpi social(i) dalla generazione Z alla generazione alpha. Quale ruolo per l'educazione fisica?
Alice Iannaccone

Discussione

FOYER AUDITORIUM RETTORATO

16.00-17.00 **Poster Session**

AULA 11

17.00-18.00 **Science date** (a cura di SISMeS Young)

Moderatori: *Elisa Grazioli, Federico Roggio*

AUDITORIUM RETTORATO

18.00-18.30 **Cerimonia Inaugurale XV Congresso Nazionale SISMeS**

18.30-19.30 **Tavola Rotonda** La revisione dei gruppi scientifico - disciplinari e il riordino delle classi di studio: prospettive e opportunità per le Scienze Motorie

Moderatori: *Liborio Stuppia, Angela Di Baldassarre*

Intervengono: *Andrea Lenzi, Antonio Uricchio, Daniele Gianfrilli*

CAMPUS UNIVERSITARIO

19.30-22.30 **Cocktail di Benvenuto e Get-together party**

Venerdì **20 settembre**

08.30 Apertura Segreteria Congressuale

AULA A

09.00-10.30 **Simposio** International and national policies for Dual Career

Moderatori: *Laura Capranica, Enrico Montaperto*

Il Consiglio Internazionale dello Sport Militare (CISM).
Il ruolo dello Sport Militare nel percorso dell'atleta
Roberto Recchia

EPAS: rendere lo Sport più etico, inclusivo e sicuro
Andrea Carletti

Il sostegno allo Studente Atleta: il punto di vista della CRUI
Maurizio Oliviero

L'esperienza di UNISPORT ITALIA
Paolo Bouquet

Indagine sul supporto della doppia carriera nelle università europee:
punti di vista di esperti e studenti-atleti
Pascal Izzicupo

OC01 Women elite Italian football players' perceptions on gender equality and dual career opportunities
F. Guidotti, S. Ciaccioni, S. Demarie, E. Padua, L. Capranica

Discussione

AULA B

09.00-10.30 **Oral presentation** Strength training and testing

Moderatori: *Emiliano Cè, Giancarlo Condello*

OC02 Effects of repeated mental fatigue on training volume and hypertrophy following a 12-week resistance training protocol in untrained adults: a randomized trial
D. de Lima-Junior, B. Costa, B. Roelands, E. Cyrino, M.E. Ferreira, L. Fortes

OC03 Muscle damage and repeated bout effect following a typical dose of Nordic hamstrings exercise
G. Coratella, S. Longo, A. D'Orlando, E. Steri, O. La Spina, C. Mocchi, E. Cè, F. Esposito

OC04 Principal component analysis of neuromuscular metrics under isometric and dynamic single leg contractions
L. Grossio, F. Salvaggio, P.R. Brustio, A. Rainoldi, P. Samozino, G. Boccia

OC05 The effects of isometric and isoinertial exercises until exhaustion on the mechanical properties and temperature of the biceps brachii: a preliminary study
B. Trovato, F. Roggio, M. Sortino, M. Zanghì, A. Amato, L. Petrigna, G. Musumeci

OC06 Understanding performance impairment: analysis of phase-specific predictors of CMJ performance after a loss of speed in the 3x12 squat session
M. Gervasi, E. Formiglio, E. Grassi, S. Piras, A. Patti, E. Fernández-Peña

SC01 Perception of velocity and perception of velocity loss for resistance training autoregulation
E. Dello Stritto, R. Romagnoli, M.F. Piacentini

SC02 Acute effects of core exercises on spinal postural parameters: a cross-sectional study
M. Sortino, B. Trovato, F. Roggio, M. Zanghì, A. Amato, L. Petrigna, M. Alleruzzo, G. Musumeci

SC03 Homologous vs. ipsilateral muscles: which muscle pairs are more correlated in terms of strength and speed?
G. Boccia, S. D'Emanuele, P. R. Brustio, A. Rainoldi, F. Schena, C. Tarperi

SC04 An investigation of the anthropometrics measures, body composition data and strength performance of male and female Italian breaking athletes: a pilot study
B. Ruscello, G. Morganti, A. De Fano, F. Mancina, L. Lunetta, G. Di Mauro, C. Cogoni, E. Pagani, N. M. Brigati, A. Di Castro, A. Gianfelici, R. Spada, E. Padua, C. Ragona

SC05 Thermal imaging insights into the effects of box squats and pin squats-based training on powerlifting
S. Marino, D. Perpetuini, A. Di Credico, S. Serafini, I. Prestanti, R. Giammichele, D. Cardone, A. Merla, G. Gaggi, B. Ghinassi, A. Di Baldassarre, P. Izzicupo

SC06 The EMG activity synchronized during the whole-body vibration as a tool for neuromuscular evaluation
S. Marinelli, S. La Greca, F. Farina, R. Di Giminiani

09.00-10.30 **Oral presentation** Physical activity literacy and teaching methods

Moderatori: *Attilio Carraro, Massimo Lanza*

OC07 Physical performance in 9-11 Italian children is affected by sex, chronological age, BMI and sport practice, but not by maturity, and relative age
M. Varalda, A. Coassin, N. Maffei, C. Lupo

OC08 Investigation on the adequacy of the written test questions for the contest on movement education in primary schools'
S. Aliberti, G. Raiola

OC09 Impact of spontaneous play on gross motor coordination in preschool children: a longitudinal study
V. Biino, F. Ravenna, C. Munaretto, M. Bertucco

OC10 Validity and reliability of the Italian version of the physical activity questionnaire for adolescents (PAQ-A)
M. Privitera, A. De Giorgio, S. Dell'Anna, A. Gomes Bernardes, L. Correale, G. Liberali, C. Montomoli, C.F. Buzzachera

OC11 Enhancing physical literacy to promote lifelong physical activity participation: preliminary results from the e-phyli project
A. Mulè, M. Duina, N. Green, O. Tsivitanidou, E. Christodoulides, A. Carraro

SC07 Impact of scientific production of Italian scientists in exercise and sport sciences by measuring authorship-weighted H-index
G. Raiola

SC08 Teamwork on and off the field: assessing "trainability" in a team
A. Bagnato, I. Raimondi, D. Finocchio

SC09 Are our teachers physically active? A description of the physical activity rate in the preservice primary school teachers using the international physical activity questionnaire: an update after two years and surveillance system in pete
S. Cazzoli, F. Abate Daga

SC10 Physical activity levels and physical fitness health-related comparison between adolescents from sports high school and non-sports high school
M. Bibba, S. Ladiana, D. Colella

SC11 Impact of Italian scientists on physical and sport education and sport pedagogy
T. D'Isanto

SC12 Teaching methods of physical activity' workshop in primary teacher education degree courses
F. D'Elia

AULA 11

09.00-10.30 **Oral presentation** Exercise interventions for cancer and kidney diseases patients

Moderatori: *Pasqualina Buono, Francesco Fischetti*

OC12 The impact of a physical exercise training in patients affected by cancer cachexia: two case report
L. Toniolo, A. Borsati, C. Ciurnelli, L. Belluomini, I. Trestini, D. Tregnago, M. Sposito, M. Milella, M. Lanza, F. Schena, S. Pilotto, A. Avancini

OC13 Physical fitness and health-related quality of life in adolescents renal transplant recipients: a pilot study on the effect of an adapted combined training
E. Grazioli, E. Tranchita, A. Murri, C. Cerulli, I. Guzzo, L. Bellis, G. Salvatori, F. Drago, A. Parisi

OC14 Impact of a 16-week multimodal exercise intervention on frailty in older adult cancer survivors
S. Cuomo, M. Norris, C. Dieli-Conwright

OC15 Feasibility, safety and efficacy of a 3-month exercise intervention for patients with cancer affected by bone metastasis
A. Borsati, C. Ciurnelli, L. Toniolo, L. Belluomini, I. Trestini, D. Tregnago, J. Insolda, M. Sposito, F. Schena, M. Milella, S. Pilotto, A. Avancini

OC16 Monitoring physical activity level in breast cancer survivors using the SenseWear Armband® during and after 6- month of lifestyle intervention
M. Imperio, V. Natalucci, C. Ferri Marini, G. Annibalini, F. Lucertini, D. Sisti, L. Micheli, T. Grossi, V. Catalano, R. Emili, E. Barbieri

SC13 Effects of physical exercise on sleep disorders following mastectomy
C. Mannucci, F. Calapai, L. Puzzo, D.A. Vecchio, R. Blandino, G. Bova, A. Barbagallo, I. Ammendolia, G. Ficarra, E. Esposito, M. Calapai, F. Trimarchi

SC14 Efficacy of the ERICE/TSB project on anthropometry and cardiorespiratory fitness in breast cancer survivors: a 6- month intervention
C. Galvani, S. Lucchetta, C.S. Vatovec, F. Rovera, A. Grande, D. Bosetto, A. Corazza

SC15 Dance therapy as an alternative adapted physical activity protocol to improve health-related quality of life in cancer patients: the Rafael dance protocol
A. Murri, S. Boyer-Tami, E. Grazioli, C. Draghi, N. Barhoumi, E. Tranchita, C. Cerulli, A.M. Antinori, L. Morillon, N. Scher, A. Toledano, A. Parisi

SC16 An exercise specialist to favour the participation in physical activity programs of end-stage kidney disease patients: a pragmatic non-randomized controlled trial
G. Piva, L. Caruso, A. Storari, A. Crepaldi, Y. Battaglia, P.J. Lopez Soto, A. Martin-Malo, F. Manfredini, N. Lamberti

SC17 The impact of physical exercise on quality of life (QOL) in children affected by cancer: a systematic review of randomized controlled trials
C. Ciurnelli, A. Borsati, L. Toniolo, L. Belluomini, I. Trestini, D. Tregnago, M. Sposito, J. Insolda, M. Milella, M. Lanza, F. Schena, S. Pilotto, A. Avancini

SC18 Effectiveness of the presence of a kinesiologist in the dialysis centre to improve patients' functional capacity and quality of life: results of a non-randomised pragmatic trial
G. Piva, N. Lamberti, A. Crepaldi, E. Pettenuzzo, Y. Battaglia, P.J. Lopez-Soto, F. Manfredini, A. Storari

AULA 12

09.00-10.30 **Oral presentation** Biomechanics and motor control

Moderatori: *Riccardo Di Giminiani, Giuseppe Musumeci*

OC17 Jumping at high altitude
D. Bondi, M. D'Attilio, V. Verratti

OC18 Biomechanical alterations in single-leg hop for distance jumps following an individualized fatiguing protocol suggest increased risk of ACL injury
C. Alessandro, M. Nardon, M. Zanoni, M. Bartesaghi, A. Zaza, C. Perin

OC19 An accelerometer-based test for the assessment of the sensorimotor control of the shoulder
P. Picerno, M. Bravi, F. Santacaterina, E. Iuliano

OC20 Estimation of the neural drive to muscle after isometric and dynamic fatiguing contractions
G. Valli, A. Rizzardi, A. Cudicio, A. Souza Oliveira, F. Negro

OC21 The acute effect of whole-body vibration exercise on postural control in subjects with ACL reconstruction and healthy physically active young people
S. La Greca, S. Marinelli, F. Farina, R. Di Giminiani

SC19 Proprioception and balance control in ankle osteoarthritis and after total ankle replacement: a prospective assessment
G. Barone, E. Pinelli, S. Caravelli, E. Vocale, G. Vara, S. Di Paolo, C.I. De Girolamo, P. De Blasiis, M. G. Benedetti, M. Mosca, R. Zinno, L. Bragonzoni

SC20 Evaluation of lower limb power and reliability of the My Jump2® application in individuals with Parkinson's disease: a pilot study
V. Baia da Silva, H.E. Souza Machado, G. Azzali, S. Melani, J.L. Srtorniolo Júnior, E. Macedo Penna, L.A. Peyré-Tartaruga, E. Passos-Monteiro

SC21 Evaluation of postural stability in children aged 6-11 years old: the role of anthropometry and fat mass on postural control
C. Cavallo, V. Carnevale Pellino, V. Calcaterra, A. Gatti, S. Balconi, A.A. Bella, L. Marin, D. Lucini, G. Zuccotti, A. De Nunzio, M. Vandoni

SC22 Reference data of double and single-leg postural stability measured with an inertial sensor: preliminary results
L. Russo, L. Poli, M. Ponti, L. Molinaro, C. Centrone, F. Fischetti

SC23 Comparison of knee joint kinematics between generic and sport-specific agility tests in youth basketball players
R. Zinno, S. Pinelli, S. Di Paolo, A. Jòdar-Portas, A. Prats-Puig, L. Bragonzoni

SC24 Eyes-feet/ness and postural engram. Role and effect of proprioception through stabilometric assessment
A. Nart, V. Biancalana

AULA 10A

09.30-10.30 **Workshop** in collaborazione con COSMED
VO2Max Test, critical issues and solutions
Arianna Di Nucci

AREA EXPO

10.30-11.00 Coffee break

AREA EXPO CAMPUS UNIVERSITARIO

11.00-12.00 SISMeS in movimento

AULA A

12.00-13.30 **Simposio** Fair gender, fair play: the gender identity issue in sport

Moderatori: *Andrea Monti, Antonio Tessitore*

Iperandrogenismi e Sport
Francesco Lombardo

Tutela del minore e ordinamento sportivo
Giuseppe Gennari

Le nuove frontiere dello sport, dal paralimpismo all'identità di genere
Claudio Arrigoni

L'identità di genere nello sport business
Gianluca Antonucci

OC22 The volume and spatial logic distribution of recruitment in Italian male youth football: investigating the international division of labour
G. Morganti, A. Grossi, B. Ruscello, P.R. Brustio, F. Strassoldo di Villanova, M. Vitarelli, E. Padua, A.L. Kelly

Discussione

AULA B

12.00-13.30 **Oral presentation** Training, performance and testing in cycling and running

Moderatori: *Christian Doria, Barbara Pellegrini*

OC23 Metabolic and biomechanical differences in response to cadence and road gradient variations during submaximal cycling: a pilot 2×2 factorial study
S. Amatori, S. Dell'Anna, L. Di Noto, G. Liberali, M. Privitera, G. Azzali, D. Sisti, M.B.L. Rocchi, F. Perroni, C. Baldari, C.F. Buzzachera

OC24 The relationship between training load and acute performance decrements following different training sessions in well-trained runners
M. D'Alleva, A. Nicolò, F. Bot, M. Rebellato, S. Voltolina, L. Mari, N. Giovanelli, M. Sacchetti, S. Lazzer

OC25 Peak power output, not anaerobic power reserve, determines exercise tolerance within severe and extreme intensity domain in trained cyclists
S. Di Gennaro, M. Panascì, L. Filipas, P. Ruggeri, E. Faelli

OC26 Substrate utilization and lactate concentration in highly competitive runners of different levels
L. Budel, N. Merante, M. Collarin, F. Schena, C. Tarperi

OC27 Trail running: performance models and sex differences
M. Mattivi, A. Callovini, A. Fornasiero, A. Savoldelli, B. Pellegrini, L. Bortolan, F. Schena

SC25 Effects of an eight-week short-interval training with passive or active recovery and combined whole-body and running high-intensity exercises on body composition and physical performance in trained younger adults
M. Mauro, P. Maietta Latessa, S. Marini, S. Toselli

SC26 Effect of familiarization on critical speed determination during treadmill running
L. Micheli, T. Grossi, S. Pogliaghi, D.A. Keir, M. Imperio, V. Shoaei, C. Ferri Marini, F. Lucertini

SC27 Validity of a garmin device measuring respiratory frequency during cycling exercise
L. Innocenti, G. Greco, A. Nicolò, M. Sacchetti

SC28 The interplay between vitamin D levels and immune system response in runners
M. Gervasi, F. Pegreffi, S. Donati Zeppa, E. Fernández-Peña, G. Annibalini, A. Patti, E. Formiglio, C. Barbato, P. Sestili, R.G. Bellomo, A. Bartolacci

SC29 Athletes' performance level affects exercise load but not the physiological intensity profile in a 26km trail race
A. Callovini, G.C. Cuniberti, M. Palumbo, M. Mattivi, T. Forrer, S. Bettega, C. Zoppirolli, A. Fornasiero, B. Pellegrini, L. Bortolan, F. Schena

SC30 Force expression application in cycling. Preliminary data
D. Pompa, G. Bernardi, A. Caporale, L. Bovolon, G. di Pinto, M. Bertollo

AULA 9B

12.00-13.30 **Oral presentation** Health, wellbeing and physical activity promotion

Moderatori: *Pascal Izzicupo, Tatiana Moro*

OC28 Is handgrip strength truly reflective of lower body function in community-dwelling older women?
V. Muollo, S. D'Emanuele, L. Ghiotto, D. Rudi, F. Schena, C. Tarperi

OC29 Is postural stability associated with personality traits in healthy subjects? A preliminary study
C. Centrone, I. Pepe, S. Cataldi, F. Fischetti, G. Greco

OC30 AI-powered training application a personalized approach for performance enhancement and outcome optimization
C. della Valle, G. Di Martino, G. Fiorilli, A. Buonsenso, M. Centorbi, G. Calcagno, A. di Cagno

OC31 Impact of digital device utilization on early childhood: an analysis through parent-reported questionnaire
I. Prestanti, F. Di Rocco, A. Fusco, S. Serafini, G. Condello, M. Bellafiore, G. Gobbi, V. Presta, P. Mirandola, L. Capranica, A. Di Baldassarre, A. Bianco, E. Thomas, C. Cortis, P. Izzicupo

SC31 Cathepsin B: a new potential marker for the assessment of judo activities
S. Ciaccioni, A. Di Credico, D. Conte, S. De Marie, L. Capranica, A. Di Baldassarre

SC32 Do workers want to be physically active? Adherence to who guidance and promotion of health and physical activity in the workplace: an observational study
E. Moretti, E. Grazioli, C. Cerulli, E. Tranchita, G. Emerenziani, A. Di Cagno, A. Parisi

SC33 A field study on the assessment of the physical workload of door-to-door waste collectors
V. Zerbini, A. Raisi, T. Piva, A. Pagani, E. Menegatti, G. Mazzoni, G. Grazzi, S. Mandini

SC34 Estimation of metabolic equivalent of task when riding an electric assisted bicycle
A. Bonardi, A. Cudicio, F. Negro, C. Orizio

SC35 Translation and cross-cultural adaptation of the Italian version of pregnancy physical activity questionnaire
C. Mennitti, A. Gentile, M. Calvanese, F. Di Fusco, C. De Luca, A. Angelino, G. Orlandi, C. Fulgione, A.L. Tramontano, P. Borrelli, M. Guida, L. Sarno, O. Scudiero

SC36 Relationship between preschoolers' non-digital habits and parents' socioeconomic aspects: results from IISSAAR project
A. Scardina, G.A. Navarra, E. Thomas, G. Condello, P. Izzicupo, C. Cortis, G. Gobbi, P. Mirandola, V. Presta, A. Di Baldassarre, L. Capranica, A. Bianco, M. Bellafiore

AULA 11

12.00-13.30 **Oral presentation** Exercise interventions for cardiometabolic and endocrine diseases

Moderatori: *Anna Maria Rigoni, Massimo Sacchetti*

OC32 Effects of 12-months of physical activity program and an 18-months follow-up study on body composition, physical capacities and physical activity levels in adults with obesity
L. Mari, M. D'Alleva, F. Graniero, V. Azzini, F. Fiori, M. Marinoni, M. De Martino, M. Isola, M. Parpinel, S. Lazzer

OC33 Investigating the association between body composition and all-cause mortality in cardiac outpatients involved in an exercise-based secondary prevention program
A. Raisi, T. Piva, V. Zerbini, A. Pasini, A. Pagani, E. Menegatti, G. Mazzoni, G. Grazzi, S. Mandini

OC34 Exercise ventilatory response in acromegaly patients: unveiling a potential limitation. Preliminary results
G. Dorelli, M. Cominacini, M.V. Davì, L. Dalle Carbonare, F. Schena, M. Venturelli, E. Crisafulli

OC35 Effectiveness of a structured home-based walking program on blood pressure in patients with peripheral artery disease and resistant hypertension: a cohort study
E. Pettenuzzo, N. Lamberti, M. Tavani, G. Piva, L. Traina, F. Manfredini

OC36 The influence of type 1 diabetes on lower limb muscular performance
L.F. Cosco, F. Greco, F. Quinzi, M. Cacia, A. Cutruzzolà, C. Irace, C. Mauri, A. Gnasso, G.P. Emerenziani

SC37 Metabolic improvement after exercise training in children with obesity: utility of the six-minute walking test
L. Giovanelli, G. Bernardelli, S. Facchetti, M. Malacarne, M. Vandoni, V. Carnevale Pellino, G. Zuccotti, V. Calcaterra, D. Lucini

SC38 Acute changes on myocardial work during an isometric exercise in hypertensive patients with heart failure with preserved ejection fraction
G. Caminiti, M. Volterrani, V. D'Antoni, F. Iellamo, C. Calandri, A. Gismondi, M.A. Perrone

SC39 State of the art on different exercise training protocols in heart transplanted recipients
A. Motalli, M. Borrelli, D. Rizzi, C. Mocchi, C. Doria, N. Toninelli, S. Longo, E. Limonta, E. Cè, F. Esposito, S. Rampichini

SC40 One-week counseling intervention of exercise and therapy management on physical fitness perception to reduce sedentary behavior in people with type 1 diabetes: a pilot study
A. Pirazzi, A. Gatti, M. Giuriato, C. Cavallo, R. Assaloni, B. Brunato, R. Candido, S. Cum, A.A. Bella, V. Carnevale Pellino, M. Vandoni

SC41 Barriers to physical activity, active lifestyles and health-related quality of life: a cross-sectional study among adults aged 50-74 years with type 1 diabetes mellitus
A. Mulasso, S. Cuomo, G. Beccuti, L. Beratto, C. Lupo, E. Rabaglietti, F. Broglio, A. Rainoldi, A. Benso

SC42 Switch from physical activity (PA) to structured exercise (SE) it's not just a matter of the heart! Two cases of success ageing
L. Pomidori, P. Fumarola, A. Sanna, M. Felisatti

12.00-13.30 **Oral presentation** Training, testing and recovery

Moderatori: *Giuseppe Coratella, Corrado Lupo*

OC37 How sleep impact postural learning
S. Ceccanti, R. Spechi, D. Manzoni, P. d' Ascanio, U. Faraguna

OC38 Yoga for recovery and well-being in athletes: a comprehensive overview
S. di Fronso

OC39 Monitoring training load in climbing: a validation of the session RPE method
T. Forrer, R. Modena, B. Pellegrini, A. Savoldelli, M. Fanchini

OC40 Standardized z-score visualization for identifying ventilatory threshold in incremental talk test
A. Fusco, E. Festino, O. Papale, F. Di Rocco, C. Foster, C. Cortis

OC41 The development of a new test to evaluate the response to repeated visual stimuli in table tennis players
A. Guarnieri, V. Presta, F. Laurenti, S. Mazzei, G. Gobbi, G. Condello

SC43 The influence of whole-body-vibration training on the muscle flexibility of young active adults
L. Petrigna, A. Amato, M. Zanghì, B. Trovato, F. Roggio, G. Musumeci

SC44 Mental recovery in competitive sport: a systematic review
P.J. Olivari, J.C. Ponce Bordón, A. Durán Rufaco, A. Rubio Morales, T. García Calvo

SC45 Improving jumping ability in high-level women's volleyball: planning of physical work and evaluating results
G. Altavilla

SC46 Field test for the assessment of swimmers' physical conditions, pro and cons of different methods and protocols
S. Demarie, F. Guidotti, L. Capranica

SC47 Keep calm and increase your performance: a study protocol based on relaxation techniques to improve endurance tasks
G. Di Pinto, S.A. Rosito, D. Pompa, M. Bertollo, S. di Fronso, D. Curzi

SC48 Taopatch®: redefining sports performance with nanotechnology
A. Pagliaro, G. Messina, A. Alioto, D. Nuzzo, A. Sacco, D. Cipolla, D. Guddemi, G. Saladino, S. Cipolla, P. Proia

AULA 10A

12.00-13.00 **Workshop** in collaborazione con MATRIX

Blood flow restriction and adapted motor activity: scientific evidence and new perspectives
Luca Marin

GALLERIA RETTORATO

13.30-14.30 Buffet lunch

AULA A

14.30-16.00 **Simposio** Exercise and nutrition: new perspectives for health and performance

Moderatori: *Elvira Padua, Antonio Palma*

Obesità sarcopenica: basi endocrinologiche e programmi di intervento
Massimiliano Caprio

Dieta chetogenica e sport: dove siamo ora?
Antonio Paoli

Individualità biologica, complessità metabolica e nutrizione sportiva
Gianfranco Peluso

Domande comuni sull'integrazione proteica: cosa mostrano realmente le prove scientifiche?
Maria Grazia Tarsitano

Discussione

AULA B

14.30-16.00 **Oral presentation** Training, performance and testing in soccer and futsal

Moderatori: *Gaetano Raiola, Antonio Tessitore*

OC42 Exploring the relationship between acute: chronic workload ratio and vertical stiffness in elite football athletes
S. Pinelli, M. Mandorino, M. Lacome, S. Fantozzi

OC43 Acute performance decrement and training load in soccer: effects of intensity and duration
A. Nicolò, M. Montini, V. Cotugno, M. Augusto, M. Sacchetti

OC44 Impact of 1 vs. 2 weekly plyometric training sessions on jump performance in young amateur soccer players
M. Trapletti, J. Mastrangelo, F. Esposito, A. Trecroci

OC45 Effects of sledge training on physical efficiency, sprinting and repeated sprint ability in young sub-elite soccer players
F. Abate Daga, M. Laneve, S. Agostino

OC46 Managing or not managing the training load: a practical approach to monitor the player readiness in elite soccer
C. Filetti, G. Briotti, G. Ascenzi, E. Perri, A. Chiari, M. Porta, E. Padua, B. Ruscello

SC49 Men's Serie A football match analysis is strongly characterized by roles, reporting peculiar relationships between performance and technical factors
C. Lupo, R. Perrotta, P.R. Brustio, A. N. Ungureanu

SC50 Relationship between endurance field test and demand of match and small sided games in adolescent female soccer players
M. Panascì, C. Castagna, V. Ferrando, A. Bisio, S. Di Gennaro, P. Ruggeri, E. Faelli

SC51 Ecological-dynamic approach vs. traditional prescriptive approach in improving technical skills of young soccer players
G. Esposito, G. Raiola

SC52 Kicking performance in futsal is visual cues goalkeeper-dependent
R.A. Barbieri, A.M. Baptista, F.A. Barbieri

SC53 Differences in physical performance and body composition between elite and sub-elite female futsal players
K. Folino, F. Greco, M. Spadafora, C.G. Lia, F.P. Oranges, C. Pace, A. Maiolo, G. Guarascio, M.G. Tarsitano, F. Quinzi, G.P. Emerenziani

SC54 Survey on the strength and conditioning practices in the 2023–24 Italian Serie A football league
F. Ripert, B. Abalasei, R.M. Onose, I. Onose, A. Perazzetti, A. Tessitore

AULA 9A

14.30-16.00 **Oral presentation** Exercise physiology

Moderatori: *Piero Ruggeri, Virginia Tancredi*

OC47 Effects of resistance training on muscle force control and motor unit activity in young and older adults
A. Sampieri, F. Gennaro, G. Spinello, A. Paoli, T. Moro, A. Casolo

OC48 Short-term strength training enhances muscle force and motor unit discharge rate in older adults
A. Casolo, S. Del Vecchio, B. Schrader, S. Nuccio, E. Lecce, I. Bazzucchi, J. Schrader, A. Del Vecchio

OC49 The role of the exercise pressor reflex in regulating central hemodynamics and cardiac function during locomotor exercise
F.G. Laginestra, D. Iannetta, J. Alpenglow, H. Wan, L. Knecht, D. Odell, E. Tuday, R. Lord, M. Stembridge, M. Amann

OC50 Energy cost of badminton footwork: a novel experimental approach
L. Pugliese, G. Pavei, A. La Torre, A. Gianfelici, S. Rampichini, F. Esposito

OC51 Neuroplastic modulation via theta burst stimulation has no effect on stimulus-response characteristics in healthy, young individuals
C. Barbi, G. Vernillo, A. Freddo, S. Sidhu, F. Schena, M. Venturelli

SC55 Passive stretching-induced change the spatial distribution of muscle excitation: a step forward in the interpretation of the underlying mechanisms
N. Toninelli, S. Longo, G. Coratella, C. Doria, E. Limonta, F. Esposito, E. Cè

SC56 Analysis of muscle differences in active and inactive elderly subjects: a pilot study on the role of estrogen receptor-related receptors (ERRS)
I. Cariati, R. Bonanni, G. Annino, U. Tarantino, V. Tancredi

SC57 Impact of menstrual disorders on performance in elite female soccer players: an Italian survey
E. Camajani, V. Cernoia, M. Lombardo, S. Gorini, E. Padua, M. Caprio

SC58 Adaptive responses to 8 weeks of resistance training in young and older adults
G. Spinello, A. Sampieri, G. Cerullo, M.V. Franchi, F. Campa, A. Casolo, A. Paoli, T. Moro

SC59 A critical examination of prescribing training intensity based on a fixed fraction of the peak treadmill running velocity (VPEAK)
M. Cotena, A. Gomes Bernardes, S. Dell'Anna, G. Azzali, G. Liberali, M. Privitera, S.G. Da Silva, S. Porcelli, C.F. Buzzachera

SC60 Assessment of extravascular lung water in powerlifters during simulated competition
G. Conigliaro, S. Serafini, S. Gallina, A. Di Baldassarre, F. Ricci, P. Izzicupo

AULA 9B

14.30-16.00 **Oral presentation** Sustainability and technology

Moderatori: *Pietro Picerno, Fabio Trimarchi*

OC52 Young adults' use of mobile apps and wearables for health: a cross-sectional study
G. Leuzzi, M. Job, A. Scafoglieri, M. Testa

OC53 Automated recognition of human movement to support physical performance
E. Troisi Lopez, R. Minino, A. Romano, M. Corsi, P. Sorrentino

OC54 Electrically assisted bicycles: examining their use to meet the intensity targets for physical activity
A. Bonardi, D. Iannetta, F. Negro

OC55 The DigitAl Lifelong pREvention (DARE) project: a meta-analysis of the effectiveness of digital-based interventions on moderate-to-vigorous physical activity increase in children and adolescents
G. Tabacchi, G.A. Navarra, A. Bianco, A. Palma, R. Cottone, W. Mazzucco, M. Bellafiore

OC56 Playing for health: a scoping review on the role of gamified interventions to increase physical activity engagement in older adults
S.A. Rosito, G. Di Pinto, E. Casolino, P. Caserotti, P. Teques, M. López-Flores, D. Pompa, M. Bertollo

SC61 Body fat percentage influence on infrared thermography of the knee region in young population
L. Petrigna, A. Calzone, A. Amato, A. Bianco, D. Di Mauro, F. Trimarchi, G. Musumeci

SC62 Spirotiger and KS brief stimulator: innovative technology for physical activity in post covid
D. Di Corrado, M.C. Parisi, F. Longo, M. Gullotta, O. Mingrino, V.C. Francavilla

SC63 Critical realism as a lens for analyzing Beijing 2022 winter sports participation legacy
J. Zhou, S. Pappous, T. Byers

SC64 Innovation and science. A digital framework to measure active mobility and mental health
L. Scrivano

SC65 Between pitch and console: football esports as a key element in the practice of young footballers
R. Ceruso, G. Raiola

SC66 Physical and sporting activities in natural environment, sustainability and protection of the territory: a review on the discipline of plogging
F. Orofino, S. Nicolosi, R. Schembri, M. Lipoma

14.30-16.00 **Oral presentation** Adapted physical activity for musculoskeletal and neurodegenerative disorders

Moderatori: *Giuseppe Annino, Laura Guidetti*

OC57 A creatine kinase-borg scale values-based approach to tailor physical training in a central core myopathy patient
O. Crisafulli, M. Veltroni, J. Lacetera, G. Bottoni, A. Berardinelli, L. Grattarola, M. Fortunati, M. Negro, E. Lavaselli, G. D'Antona

OC58 Physical activity and quality of life in patients with Marfan syndrome
C. Salimei, G. Caminiti, M. Minnucci, D. Garozzo, F. Iellamo, M.A. Perrone

OC59 Sensorimotor training in osteoarthrosis: role of the Gyrokinesis® and Pilates method on pain and functional limitations
C. Mauri, E. Grazioli, C. Cerulli, C. Minganti, E. Tranchita, A. Parisi

OC60 Effectiveness of a telecoaching training program on physical performance and quality of life in people with Charcot-Marie-tooth: a preliminary result
I. Leale, V. Di Stefano, F.T. Orlando, E. La Rosa, C. Rizza, M. Leone, F. Brighina, G. Battaglia

OC61 Effect of a multicomponent exercise protocol on clinical, physical and psychological parameters in fibromyalgia patients
F. Fischetti, C. Centrone, G. Greco, S. Cataldi, L. Clemente, G. Paparella, M. De Tommaso

SC67 From Nordic walking to sprint: responses to the parameters of walking ability and respiratory muscle strength of people with Parkinson's
L. Meireles Matos, L. Ursella, F. Calabresi, L. Correale, F.M. de Araújo Oliveira, R. Santiago Barbosa Rocha, M. Coertjens, L.A. Peyré-Tartaruga, E. Passos-Monteiro

SC68 Effects of an online circuit training program on physical fitness in women with fibromyalgia
V. Bonavolontà, C. Tuccella, E. D'Angelo, L. Pugliese, A. Schiavone, M. Cialone, G. Piccolo, S. Potenziani, M.G. Vinciguerra

SC69 Neuromuscular point of view in Alzheimer's disease: the impact of the disease appears heterogenous between upper and lower limbs
A. Pedrinolla, R. Modena, C. Barbi, M. Venturelli

SC70 Effects of high-intensity exercise training on vascular function in individuals with Alzheimer disease
C. Baschirotto, A. Pedrinolla, R. Modena, M. Venturelli

SC71 Influence of a muscle strength and aerobic training on the functional fitness performance in older women with and without osteoporosis
F. Campoli, A. Scardina, M. Panzarino, G.A. Navarra, G. Annino, G. Alamia, M. Bellafiore, E. Padua

SC72 The impact of adapted physical activity on perception and awareness of the benefits of exercise among the elderly: an observational study
G. Giardullo, G. Raiola

AULA 12

14.30-16.00 **Oral presentation** Training assessment and physiological insights in aquatic and winter sports

Moderatori: *Fabio Esposito, Vittore Verratti*

OC62 Correlation between acceleration and position of center of pressure in giant slalom practice
G.C. Cuniberti, M. Nicolodi, A. Callovini, B. Todesco, L. Bortolan

OC63 The modified 3-minute all-out test to predict 50-,100-, and 200-meter front crawl performance in young trained swimmers
S. Di Gennaro, M. Panascì, M. Bove, M. Fassone, P. Ruggeri, E. Faelli

OC64 The energetics of front crawl swimming: an analysis of best performance time
A. Buglione, P.E. di Prampero, F. De Siati, G.M. Migliaccio

OC65 Advanced application in e-kayak system in kayak and canoe disciplines
C. Romagnoli, S. Edriss, L. Caprioli, F. Campoli, I. Cariati, V. Tancredi, V. Bonaiuto, E. Padua, G. Annino

OC66 Effects of mental fatigue on 400-m front-crawl swimming performance in elite athletes
D. de Lima-Junior, M. Cortesi, G. Caporaso, W. Staiano, S. Marcora

SC73 Effects of different swimming styles on postural assessment in competitive young swimmers
D. Di Corrado, O. Mingrino, M.P. Muzzicato, M. Gullotta, M.C. Parisi, V.C. Francavilla

SC74 Inertial sensors analysis of asymmetries in swimming
S. Demarie, F. Guidotti, D. Conte, S. Ciaccioni, L. Capranica

SC75 Use of ergogenic supplements among the Italian rowing Olympic team: a questionnaire-based study
G. Ficarra, M. Rottura, A. Bitto, D. Ferioli, F. Trimarchi, C. Mannucci

SC76 Correlation between anthropometric data and physical test results in bob and skeleton elite athletes
M. Boni, C. Mennitti, A. Gentile, A. Ruggiero, I. Veneruso, C. Scarano, P. Borrelli, V. D'Argenio, O. Scudiero

SC77 Physiological demands of a biathlon sprint race
M. Palumbo, R. Modena, S. Bettega, G. Viscioni, L. Bortolan, B. Pellegrini, F. Schena, C. Zoppirolli

SC78 Analysis of muscle synergies in paracanoe athletes
R. Vastola, D. Albano, E. Serra

AULA 10A

14.30-15.30 **Workshop** in collaborazione con TECHNOGYM
Chronological, biological, epigenetic, functional age: how many ages are there?
Luca Zoffoli

AUDITORIUM RETTORATO

16.15-17.00 **Main Lecture**

Moderatori: *Samuele Marcora, Antonio Paoli*

Optimal fuel for Endurance
Asker Jeukendrup

17.00-18.00 **Assemblea Generale Soci SISMeS**

20.00 Transfer per la sede della cena sociale con partenza dalla Stazione di Pescara Centrale, con rientro a fine cena

20.30 Cena sociale presso Osteria La Corte

Sabato **21 settembre**

08.30 Apertura Segreteria Congressuale

AULA A

09.00-10.30 **Simposio** "Green Exercise": the health benefits of physical exercise in natural environments

Moderatori: *Attilio Parisi, Michele Tinazzi*

Natura e attività fisica: evidenza scientifica e implicazioni per salute, benessere e prestazione sportiva
Giovanna Calogiuri

Attività motoria e sport in ambiente naturale nei soggetti con malattia di Parkinson: quali benefici?
Lucia Cugusi

Effetti di un allenamento in palestra e all'aperto sul benessere psicofisico in individui over 65
Gian Pietro Emerenziani

Esercizio fisico in ambiente naturale: valore aggiunto per la salute in ambito oncologico
Andrea Di Blasio

SC79 Psychological effects of environmental characteristics, season and volume of exercise in breast cancer survivors trained in nature
L. Ditali, T. Morano, F. Lancia, A. Di Marco, S. Grossi, A. Grassadonia, A. Di Baldassarre, G. Napolitano, A. Di Blasio

SC80 Effect of outdoor cycling, virtual and enhanced reality indoor cycling on heart rate, motivation, enjoyment and intention to perform green exercise in healthy university students
L. Poli, M. Gabriele, G. Greco, S. Cataldi, F. Fischetti

SC81 Can a 3-month exercise program conducted in a green-blue space, improve quality of life and wellbeing in healthy adults? Preliminary findings from the "Parco del Mare" study
S. Marini, G. Senesi, M. Mauro, A. Grigoletto, M. Botteghi, A. Sabattini, G. Belli, D. Danielli, S. Toselli, P. Maietta Latessa

Discussione

09.00-10.30 **Oral presentation** Insights in basketball and volleyball

Moderatori: *Flavia Guidotti, Ferdinando Iellamo*

OC67 Quantifies asymmetries in professional male and amateur female volleyball players: insights into muscle performance and motor control metrics
S. D'Emanuele, G. Boccia, V. Zardo, V. Durigon, F. Schena, C. Tarperi

OC68 Effect of social jetlag on jump skills and balance in female volleyball players
A. Ciorciari, C. Piroli, A. Mulè, L. Galasso, L. Castelli, F. Esposito, E. Roveda, A. Montaruli

OC69 Effects of halftime re warm-up implemented during an official match in u19 basketball players
L. Manunta, C. Galvani, A.P. Amoroso, P. Bruseghini

OC70 Age-related variations in agility performance: comparing generic and sport-specific agility in young elite basketball players
R. Zinno, S. Pinelli, A. Jòdar-Portas, F. Vasileva, R. Font-Lladó, L. Bragonzoni

OC71 Effects of trainings and competitions on the gut microbiome of elite volleyball players
J. Carlone, S. Giampaoli, F. Barni, E. Salata, A. Parisi, A. Tessitore

SC82 Etiology of knee extensor neuromuscular fatigue following a simulated match-play in basketball players
D. Ferioli, T.T. Freitas, D. Di Mauro, L.H. Chung, A. Mombelli, P.E. Alcaraz, N.A. Maffiuletti

SC83 What is the key to success in FIBA women's EuroBasket? A machine learning approach
D. Conte, A. Perazzetti, P. Sansone

SC84 Effects determined by the use of plyometric exercises with the ball and without the ball in the development of explosive strength in volleyball
G. Altavilla

SC85 Perceived and objective assessment of sleep quality in women elite volleyball players
L. Falese, L. Rossini

SC86 The ground reaction force-time profile of drop vertical jumps: the acute effect of verbal instructions dropping from different heights
S. La Greca, S. Marinelli, G. Antonacci, R. Di Giminiani

SC87 Integrating functional fitness and tactical knowledge to identify talent in youth volleyball
F. Sgrò, A.M.V. Quinto, S. Di Sano, M. Barca, D. Stodden

09.00-10.30 **Oral presentation** Biomolecular pathways of physical exercise

Moderatori: *Giuliana Gobbi, Chiara Milanese*

OC72 Comparative analysis of plasma irisin levels post-resistance workouts: a preliminary study
L. Marano, S. Missaglia, C. Tremolada, A. Mordente, D. Tavian, F. Cereda

OC73 Saliva microbiota composition in primary school children: impact of structured exercise
A. Mancini, D. Vitucci, S. Dei, V.A. Lasorsa, C. Lupo, P.R. Brustio, M. Capasso, S. Orrù, P. Buono

OC74 Human breast cancer MCF-7 cell proliferation is regulated by cmiR-1303 expression and lifelong sport training in a gender-dependent manner
A. Mancini, D. Vitucci, F.M. Orlandella, D. Martone, A. Alfieri, G. Ermidis, M.B. Randers, M. Mohr, P. Krustrup, G. Salvatore, S. Orrù, P. Buono

OC75 Effect of physical exercise on the molecular mechanisms involved in intracellular fat reduction
M. Afzal, F. Greco, F. Quinzi, F. Scionti, S. Maurotti, T. Montalcini, A. Pujia, G.P. Emerenziani

OC76 Role of muscle capillarization in enhancing exercise anabolic response in older adults: a comparative study of progressive resistance and combined aerobic training
T. Moro, G. Spinello, A. Sampieri, M. Canato, M. Bondì, A. Casolo, A. Paoli

SC88 Parathyroid hormone dysmetabolism after a marathon race in highly trained competitive endurance athletes with coronary calcifications
M.A. Perrone, G. Caminiti, M. Minnucci, M. Pieri, S. Bernardini, M. Volterrani, A. Parisi, F. Iellamo

SC89 Metabolomic signatures of lifelong sports practice
S. Orrù, M. Caterino, M. Costanzo, D. Martone, D. Vitucci, G. Ermidis, M.B. Randers, M. Mohr, P. Krustrup, M. Ruoppolo, P. Buono, A. Mancini

SC90 Analysis of the salivary microbiota composition in professional athletes
A. Gentile, C. Mennitti, I. Veneruso, C. Scarano, A. Vastola, G. De Fonzo, A. Imperatore, V. Di Martino, G. D'Alicandro, D. Terracciano, R. Pero, B. Lombardo, G. Frisso, V. D'Argenio, O. Scudiero

SC91 The impact of covid-19 infection on the immune system in elite athletes
C. Mennitti, A. Gentile, C. Russo, I. La Monica, M.R. Di Iorio, L. Ingenito, G. D'Alicandro, R. Pero, B. Lombardo, G. Frisso, C. Crescioli, D. Terracciano, P. Borrelli, O. Scudiero

SC92 Evaluation of inflammatory status and coagulation parameters pre- and post-training in professional basketball athletes
C. Mennitti, A. Gentile, R. Amitrano, P. Romano, L. Gentile, L. Manfredi, S. De Simone, S. Capone, R. Liguori, G. Carbone, C. Miele, F. Capasso, G. D'Alicandro, D. Terracciano, B. Lombardo, C. Mazzaccara, P. Borrelli, G. Frisso, O. Scudiero

SC93 Physical activity and neurotrophic factors as potential drivers of neuroplasticity in Parkinson's disease: a systematic review and meta-analysis
R. Rotondo, E. Padua, S. Proietti, F. Campoli, V. Stocchi, F. Stocchi, M.F. De Pandis

AULA 11

09.00-10.30 **Oral presentation** Sport specific performance analysis and methodological development

Moderatori: *Cristina Cortis, Ewan Thomas*

OC77 Reaction time training methods to enhance cognitive- motor performance: a comparative study
A. Cudicio, S. Sangalli, M. Cogliati, V. Agosti

OC78 Three-dimensional reconstruction of indirect and non-contact ACL injuries in professional male football (soccer) players
A. Ranzini, A. Pellegrini, M. Nitri, M. Loddo, F. Della Villa, F. Esposito, M. Zago

OC79 Time-motion analysis of the final matches of the 2023 IBA women's world boxing championships
F. Martusciello, A. Perazzetti, A. Kaçurri, M. Consolati, A. Tessitore

OC80 Gender differences in ankle kinematic during a change of direction in U18 basketball players
L. Bragonzoni, S. Pinelli, S. Di Paolo, A. Jodar, A. Fort-Vanmeerhaeghe, R. Zinno

OC81 Methodological indications to analyze cardiorespiratory and metabolic responses to exhausting sinusoidal protocols
S. Rampichini, S. Shokohyar, M. Borrelli, E. Limonta, C. Doria, E. Cè, A. Motalli, G. Coratella, G. Ferretti, F. Esposito

SC94 Track and field jump performance and bio impedance vector analysis across different specialties: sex and electrode placement differences
G. Mascherini, A. Cebrián-Ponce, C. Politi, E. Bianchi, S. Serafini, P. Izzicupo, M. Levi Micheli

SC95 Enhancing soccer athletes' performance: a kinematic analysis of agility training
S. Pinelli, R. Zinno, M. Verduschi, L. Bragonzoni

SC96 Shoulder isometric force-time curve variables as an early predictor of subacromial impingement syndrome in powerlifters
D. Vespa, M. Angelozzi, L. Magli, M. Venosa, D. Fermo, A. Cacchio

SC97 The power profiles in merged categories of amateur road cyclists trough two anaerobic cycling tests: a pilot study
G. Belmonte, A. Patti, V. Giustino, D.S.S. Vicari, N. Sahin, A. Bianco, E. Thomas

SC98 Kinematic differences of the kicking leg in roundhouse kicks at different heights and distances in ju-jitsu athletes
C. Rossi, D.S.S. Vicari, V. Giustino, A. Patti, J. Brusa, R. Liuzza, L. Mannone, P. Drid, G. Messina, A. Bianco

SC99 A meta-analysis of the relative age effect in rugby union and league: primary results
P.R. Brustio, A.N. Ungureanu, C. Lupo, A.B.T. McAuley, K. Till, A. L. Kelly

AULA 12

09.00-10.30 **Oral presentation** Health, wellbeing and physical activity for adults

Moderatori: *Antonino Bianco, Mariagiulia Vinciguerra*

OC82 Intergenerational judo: a comprehensive study on judo practice across ages
S. Ciaccioni, A. Perazzetti, A. Magnanini, M. Doupona, L. Capranica

OC83 Reasons for dropout from a randomized controlled trial of individuals undergoing total knee and hip replacement
E. Pinelli, R. Zinno, I. Ciobanu, A. Iliescu, M. Scoppolini Massini, G. Barone, M. Berteanu, L. Bragonzoni

OC84 Sustainability and feasibility of an exercise training program to reduce mortality risk in clinical practice: preliminary data from HEBE study
L. Giovanelli, E. Biganzoli, G. Bernardelli, G. Oggionni, M. Malacarne, V. Bollati, D. Lucini

OC85 The interplay between exercise and the gut microbiota in human health and physical performance: an epidemiological study in different age groups
F. Ubaldi, T. Ghaffar, S. Platania, F. Gallè, F. Valeriani, V. Romano Spica

OC86 Can static and dynamic stretching protocols followed by a resistance training improve stair descent in older women?
V. Ferrando, M. Panascì, A. Bisio, P. Ruggeri, E. Faelli

SC100 Preliminary results of a survey assessing employees' attitudes towards active breaks
M. Scoppolini Massini, G. Senesi, G. Signorini, E. Pinelli, A. Masini, R. Zinno, S. Pinelli, G. Barone, L. Dallolio, A. Ceciliani, M. Panella, R. Scurati, P.L. Invernizzi, L. Bragonzoni

SC101 The role of physical exercise in the prevention of musculoskeletal disorders in manual workers: a systematic review and meta-analysis
M. Bergamin, F. Favro, B. Doro, A. Bortoletto, D. Pavan, A. Capuzzo, T. Carrozzo, V. Bullo, S. Gobbo

SC102 Effects of 12-week power training on bone health in mobility-limited older adults: a randomized controlled trial
V. Muollo, L.G. Hvid, V.V. Shanbhoguem, V. Steinhauser, D. Caporossi, I. Dimauro, M. Andersen, C. Fantini, E. Grazioli, E.S. Strotmeyer, P. Caserotti

SC103 Effectiveness of a telecoaching training program combined with supervised exercise on physical functions in elderly people
I. Leale, V. Giustino, J. Brusa, A. Canzone, G. Boca, S. Ciriminna, V. Petralia, C. Iommi, E. Santangelo, S.M. Baio, A. Renda, A. Patti, M. Barbagallo, A. Palma, G. Messina, L. Dominguez, G. Battaglia

SC104 Six minutes walk test: cardiorespiratory fitness levels of adolescents living in the Marche region
R. Roklicer, A. Mule, M. Duina, G. Santi, A. Carraro

SC105 Adapted physical activity prescription and general practitioners: where is the problem?
C. Cerulli, M.G. Tarsitano, J. Carlone, K. Folino, E. Moretti, E. Mocini, F.P. Oranges, Group Rome OMCeO, C.G. Lia, A. Parisi, E. Grazioli

AULA 10A

09.15-10.15 **Workshop** in collaborazione con MICROGATE
Discovering 2024 innovations in our portable Lab Proposal
Marco Daprà, Alessandra Scarton

AREA EXPO

10.30-11.00 Coffee break

FOYER AUDITORIUM RETTORATO

11.00-12.00 **Poster Session**

AULA A

12.00-13.30 **Simposio** Innovative approaches and new trends in strength training
sessione dedicata a Marcello Faina

Moderatori: *Federico Schena, Samuele Marcora*

Allenamento iso-inerziale negli sport di squadra: considerazioni teoriche e applicazioni pratiche
Marco Beato

Percezione della velocità e della perdita di velocità del bilanciere nel VBT: effetti dell'allenamento e della fatica
Maria Francesca Piacentini

OC87 Sport-specific interval training in taekwondo: heart rate response and muscle power performance
G. Apollaro, M. Panascì, I. Ouergui, E. Franchini, P. Ruggeri, E. Faelli

OC88 The sticking point in paralympic bench press: exploring the relationship between 1rm success and barbell kinematics
L. Rum, R. Romagnoli

SC106 5 Recovery response and muscle damage following isometric and variable load resistance exercise in trained men
S. Bartolomei, G. Rosaci, F. Merni

SC107 Master the waves: how core stability training boosts postural control in young dinghy sailors
A.A. Valenzano, R. Marzovillo, A. Spinapolice, S. Eronia, F. Moscatelli, R. Polito, M. Torquato, G. Cibelli

SC108 Essential role of weekly high-frequency plyometric training to enhance physical performance and manage muscle soreness in youth soccer: a preliminary analysis
A. Trecroci, M. Trapletti, G. Merati, F. Esposito, D. Formenti

Discussione

AULA B

12.00-13.30 **Oral presentation** Exercise programs for psychiatric and neurological diseases

Moderatori: *Marco Bernardi, Andrea Di Blasio*

OC89 Investigating the relationships between anthropometric characteristics, physical fitness and sport performance in sitting volleyball athletes
C. Biasiolo, V. Cavedon, C. Milanese, C. Zancanaro

OC90 Exploring the efficacy of tele-coaching: a pilot study for enhancing physical fitness in people with Down syndrome
M. Giuriato, A. Gatti, V. Carnevale Pellino, S. Balconi, G. Asaro, E. Durando, A. Pirazzi, C. Cavallo, A. Gazzarri, G. Zuccotti, V. Calcaterra, M. Vandoni

OC91 Feasibility and effects of a Nordic walking training protocol in people with multiple sclerosis: functional responses, fatigue and quality of life
G. Liberali, L. Martinis, L. Correale, S. Dell'Anna, R. De Icco, E. Tavazzi, R. Bergamaschi, L. A. Peyrè-Tartaruga, C. Buzzachera, C. Montomoli

OC92 Assessing the effects of a novel physical-cognitive training on children with autism spectrum disorder and identification of their neural correlates
G. Di Martino, C. Della Valle, M. Aydin, F. Di Russo, A. Buonsenso, M. Centorbi, G. Fiorilli, G. Calcagno, A. Di Cagno

OC93 Effects of an 8-week Nordic walking intervention on heart rate variability, functional capacity and fatigue symptoms in people with multiple sclerosis
L. Correale, G. Liberali, L. Martinis, S. Dell'Anna, E. Tavazzi, R. De Icco, M. Privitera, J.L. Storniolo, R. Bergamaschi, L.A. Peyré-Tartaruga, C. Montomoli, C.F. Buzzachera

SC109 Adapted training to boost upper body sensorimotor control in visually impaired competitive baseball players
G. Carretti, F. Spano, E. Sgambati, M. Manetti, M. Marini

SC110 Body composition and bone health in female para-athletes
V. Cavedon, C. Biasiolo, C. Milanese

SC111 Acute effects of a mototherapy session on the explosive strength of males living with different abilities. Explorative study
P. Patanè, E. Sturaro, F. Re, L. Cortese, M. Febbi, N. Lo Vecchio, A. Gatti, L. Marin

SC112 An extra-curricular sport-based training program can improve the reaction ability and fine motor coordination in children with autism spectrum disorders: a preliminary study
F. Laurenti, V. Presta, M. Compiani, F. Severini, A. Guarnieri, S. Mazzei, G. Condello, G. Gobbi

SC113 Acute effects of whole-body vibration on gait kinematics in patients with Parkinson's disease
F.P. Oranges, F. Quinzi, K. Folino, F. Greco, M.G. Tarsitano, M. Spadafora, A. Quattrone, A. Quattrone, G.P. Emerenziani

SC114 Increasing sport participation for people with intellectual and developmental disabilities: results from a reflexive thematic analysis
S.A. Rosito, G. Di Pinto, C. Montesano, L. Bovolon, M. Bertollo

12.00-13.30 **Oral presentation** Exercise and sport psychology

Moderatori: *Claudio Robazza, Francesca Vitali*

OC94 Effects of Fitlight training on psychological variables in élite judo athletes
M. Campanella, D. Ferrari, L. Cardinali, F. Silvestri, D. Curzi, M. Bertollo, L. Guidetti, C. Baldari, V. Bonavolontà

OC95 Affective exercise experiences predict physical activity behaviour in cardiac outpatients within a home-based cardiac rehabilitation program
T. Piva, M. Belvederi Murri, A. Raisi, V. Zerbini, A. Pagani, E. Menegatti, S. Mandini, G. Grazzi, G. Mazzoni

OC96 Cognitive-motor development in open and closed-skills sports in preadolescent female athletes
F. Silvestri, L. Marcelli, D. Ferrari, M. Campanella, M.C. Gallotta, M. Bertollo, C. Baldari, L. Guidetti, D. Curzi

OC97 Skill transfer ability: the ability to transfer skills from sport to studies. A qualitative investigation on dual career
G. Santi, I. Lardschneider, R. Wadey, A. Carraro

OC98 EEG-hyperscanning of cooperative and competitive dynamics in table tennis: a proof-of-concept pilot study
A. De Fano, G. Tamburro, R. Bruña, P. Fiedler, K. Raeisi, M. Khazaei, F. Zappasodi, M. Bertollo, S. Comani

SC115 Yoga practice to recover: can online weekly sessions improve eating disorders treatment?
F. Strassoldo di Villanova, M. Quarantelli

SC116 Motor imagery training to improve forehand tennis performance: a pilot study
R. Muller Bottura, V. Ferrando, F. Placidilli, P. Ruggeri, E. Faelli, A. Bisio

SC117 Sport psychology intervention for the Italian women's rugby national team: rationale and intake protocol for a feasibility study
A. Pecchini, C. Robazza, D. Pacini, F. Vitali

SC118 Observational analysis of physical tests in elite footballers
G. Malizia

SC119 Investigating the mediating role of job satisfaction on the relationship between leisure-time physical activity and emotional state of healthcare workers
F. Fischetti, I. Pepe, G. Greco, M. Ranieri, L. Poli, S. Cataldi, L. Vimercati

SC120 Comparison of cardiopulmonary responses in concentric and eccentric incremental testing
L. Ghiotto, L. Budel, S. D'Emanuele, V. Muollo, E. C. Inglis, S. Pogliaghi, F. Schena, C. Tarperi

AULA 9B

12.00-13.30 **Oral presentation** Sport pedagogy and physical education

Moderatori: *Marianna Bellafiore, Francesco Casolo*

OC99 Influence of basic motor competencies on change of direction ability in children aged 6-11
M. Giuriato, A. Pirazzi, A. Gatti, A.A. Bella, V. Carnevale Pellino, R. Codella, N. Lovecchio, M. Vandoni

OC100 Impact of scientific production of Italian scientists in the subfield of sport sciences using some topic-specific keywords
G. Esposito, G. Raiola

OC101 Motor performance and perceived physical self-efficacy through the interaction of teaching styles and practice variability in primary school
S. Annoscia, D. Monacis, D. Colella

OC102 Hand to the shape: the assessment of graphomotor skills in school context
F. D'Elia

OC103 Physical education in Italy: scenarios, challenges, perspectives
M. Lanza, E. Gobbi, C. D'Anna, A. Iannacone, M. Bertollo, S. Digennaro, A. Carraro

SC121 Perceptions and opinions about new professional profile of kinesiologist
R. Ceruso, G. Raiola

SC122 Evaluating the scientific, educational, and cultural significance of "physical exercise and sport sciences" group and reclassification of academic disciplines
G. Raiola

SC123 Social networks and body image among preadolescents: new challenges for physical education teachers. A cross- sectional study
A. Iannaccone, S. Digennaro

SC124 Internal stakeholders' opinion of primary school to teach physical education
T. D'Isanto

SC125 Introduction to the practice of Biodanza SRT; an innovative method of physical and emotional integration in the scholar education
S. Barlassina, F. Passera, F. Casolo

SC126 The educational potential of motor-sports activities. An exploratory investigation on self-efficacy, study strategies and attribution style
V. Minghelli, L. Pallonetto, R. Perrone, S. Coppola

AULA 10A

12.00-13.30 **Oral presentation** Gait and motion analysis

Moderatori: *Giuseppe Battaglia, Maurizio Bertollo*

OC104 In-ear music effects on running biomechanics: a cross-over study comparing running speeds and surfaces in young women and men
L. Ventura, G. Martinez, R. Rossanigo, M. Morrone, M. Meloni, A. Boi, A. Melis, L.M. De Luca, F. Bussu, A. Uccula, D.G. Behm, A. Cereatti, F. Deriu, A. Manca

OC105 Altered center of mass kinematics while walking using rebound shoes in young healthy females
F. Quinzi, L.F. Cosco, M. Spadafora, A. Murri, E. Moretti, C. Pace, F. Greco, C.G. Lia, F.P. Oranges, K. Folino, G.P. Emerenziani

OC106 Comparative analysis of movement fluidity indexes for range of motion evaluation using inertial measurement units
A. Montelaghi, A. Scarton, S. D'Alessandro, M. Daprà, F. Gori

OC107 Exploring auditory stimulation effects on gait variability in healthy older adults: a network theory approach
R. Minino, M. Liparoti, A. Romano, E. Troisi Lopez, G. Sorrentino

OC108 Gait spatiotemporal and joint kinematics responses during dual-task and uphill conditions
N.R. Palma, L. Masseroni, E.F. de Borba, L.D.L. Alves, G. Cusella, C. Buzzachera, A.C. Kanitz, A.N. Haas, F.G. Martinez, A.K. Gonçalves, T. Malysz, L.A. Peyré-Tartaruga

SC127 How does the optimal interaction between medial gastrocnemius and Achilles tendon during walking work?
F. Cenni, F. Negro, N. Alexander, M. Sukanen, T. Finni

SC128 Influence of performance level and fatigue on kinematic parameters during uphill and downhill trail running
S. Bettega, G. Viscioni, B. Pellegrini, L. Bortolan, F. Schena, C. Zoppirolli

SC129 Influence of human gait speed on kinematics and spatiotemporal variability during treadmill and overground walking
F. Roggio, B. Trovato, M. Sortino, M. Zanghì, M. Alleruzzo, L. Petrigna, A. Amato, G. Musumeci

SC130 Differences between quad and inline skates in amateur roller skating. preliminary results of video analysis
L. Russo, S. Billeci

SC131 The impact of toe walking on pendular mechanism and external work in children and young adults
E. Gatti, A. Madama, G. Liberali, S. Dell'Anna, A. Ivaniski-Mello, L.A. Peyré-Tartaruga

SC132 Muscular engagement, metabolic responses and subjective perception with different types of Nordic walking poles
G. Viscioni, B. Pellegrini, F. Schena, L. Bortolan

AULA 11

12.00-13.30 **Oral presentation** Exercise nutrition

Moderatori: *Giuseppe Calcagno, Annamaria Mancini*

OC109 Effects of Pyrroloquinoline Quinone (PQQ) supplementation on aerobic exercise performance in non- endurance-trained athletes
D. Charrier, L. Simoni, A. Alfier, G. Slanzi, T. Moro, A. Paoli

OC110 Can the use of multi-strain probiotics improve the human response to hypoxic exposure?
M. Marzola, M. Marazzato, G. Bosco, C. Santangelo, D. Bondi, V. Verratti

OC111 High-intensity training, dark chocolate and vitamin-e against muscle mass and strength loss in elderly people with dementia
R. Modena, A. Pedrinolla, C. Barbi, C. Baschirotto, V. Cavedon, G. Giuriato, M. Venturelli

OC112 Effect of a single meal and a long-term mediterranean diet with varying carbohydrate levels on physical performance and biochemical indicators in amateur strength athletes
C. Doria, S. Perna, M. Tucci, D. Martini, C. Del Bo, E. Bianchi, M. Borrelli, A. Leone, S. Mambrini, S. Bertoli, E. Cè, A. Battezzati, M. Porrini, P. Riso, F. Esposito

OC113 A new bioelectrical equation to predict skeletal muscle mass using a magnetic resonance imaging-based approach for dual-energy x-ray absorptiometry
F. Campa, A. Sampieri, G. Spinello, T. Moro, A. Paoli

SC133 Enhancing effects: are resistance training and time-restricted eating more beneficial together?
V. Stircu, A. Sampieri, A. Paoli, T. Moro

SC134 Regional bioelectrical impedance changes following self-myofascial release with foam roller: a randomized controlled trial
S. Serafini, E. Thomas, G. Mascherini, A. Di Baldassarre, F. Campa, P. Izzicupo

SC135 Five weeks of high-calorie ketogenic diet program and strength training: performance, body composition, biochemistry and hormone evaluation
R. Cannataro, M. Levi, A. Grimaldi, A. Scala, D.M. Abrego Guandique, D. Zottola, M. Gulisano, E. Cione

SC136 Unlocking the metabolic enigma: decoding exercise, nutrition and sleep's influence on leptin, ghrelin, irisin, asprosin and subfatin in obese women
G.M. Migliaccio, T. Akbulut, L. Russo

SC137 The impact of ketogenic diet on resistance exercise training–induced muscle hypertrophy
G. Cerullo, D. Charrier, M. Canato, T. Moro, A. Paoli

SC138 Effect of acute L-citrulline supplementation on pulmonary oxygen uptake and exercise tolerance to severe-intensity constant work-rate exercise in healthy adults
A. Gomes Bernardes, J. M. Gabardo, C. F. Buzzachera, C. Baldari, A. De Giorgio

AULA 12

12.00-13.30 **Oral presentation** Health, wellbeing and physical activity for young

Moderatori: *Andrea Fusco, Stefania Orrù*

OC114 Exploring the relationship between physical activity, chronotype and sleep quality among Italian sport science students
L. Galasso, L. Castelli, A. Ciorciari, M. Borrelli, F. Esposito, A. Montaruli, E. Roveda

OC115 Strength in decline? BMI-PHV-adjusted secular trends of strength performance in Italian schoolchildren: new perspectives for public health interventions
A. Gatti, M. Giuriato, A. Pirazzi, C. Cavallo, S. Balconi, G. Asaro, N. Lovecchio, V. Carnevale Pellino, M. Vandoni

OC116 Effects of cigarette smoking on the cardiometabolic kinetics onset phases in young, physically active males
A. Motalli, M. Borrelli, C. Doria, N. Toninelli, S. Longo, E. Limonta, E. Cè, S. Rampichini, F. Esposito

OC117 Evaluating the influence of mediterranean diet adherence on body image among team sport athletes
E. Festino, O. Papale, F. Di Rocco, C. Cortis, A. Fusco

OC118 Influence of living settings on physical activity levels and attitudes towards human sexual expression in male and female university students
A. Maiolo, F. Greco, F. Quinzi, E. Grazioli, L.F. Cosco, C.G. Lia, C. Cerulli, A. Murri, F.P. Oranges, G. Guarascio, G.P. Emerenziani, M.G. Tarsitano

SC139 Influence of age and practice duration on breathing control, underwater orientation and water autonomy in children aged 4 months to 5 years using a structured aquatic training method
M. Bertollo, V. Biino

SC140 Motor performance and physical activity levels in relation to BMI in youth
G. Pascali, S. Annoscia, D. Colella

SC141 Mediating role of body image and self-efficacy between BMI and physical fitness in practitioners and non-practitioners children: a cross-sectional study
D. Monacis, G. Pascali, D. Colella

SC142 Sport participation in Val Badia students: an exploration of children's dreams and desires for their adulthood
M. Kaneider, M. Duina, G. Santi, A. Carraro

SC143 The validity of the Italian version of the simple physical activity questionnaire (SIMPAQ) in measuring sedentary and active behaviours in university students
M. Duina, G. Santi, A. Carraro

SC144 The role of parents as activators of physical activity as perceived by children. A pilot study (PAP-C) in South Tyrol
P. Tortella, A. Runggaldier, J. Gruber, A. Piva, R. Videsott, G. Fumagalli

AULA A

Ore 13.30-14.00 **Premiazioni e Cerimonia di Chiusura**



Tag: @sismes_scienzemotorie

Link: https://www.instagram.com/sismes_scienzemotorie/



Tag: @SISMESsocial

Link: https://twitter.com/SISMESsocial



Tag: @SISMES (Società Italiana delle Scienze Motorie e Sportive)

Link: https://www.facebook.com/SocietaItalianaScienzeMotorieSportiveSISMES



Tag: @sismes_scienzemotorie

Link: https://www.youtube.com/@sismes_scienzemotorie

Informazioni generali

Sede

Scuola di Medicina e Scienza della Salute
Università degli Studi di Chieti-Pescara "G. D'Annunzio"
Entrata da Via dei Vestini, 31 oppure da Arco Blu in Via Pescara 94 – Chieti

Piano terra: Segreteria, Aula A, Aula B, area expo 1, area coffee break
Primo piano: Aule 9A, 9B, 10A, 11, 12, area expo 2, area coffee break
Rettorato: Auditorium, Foyer (poster session), Galleria (area lunch)

Quote d'iscrizione (iva 22% inclusa)

Soci SISMeS Ordinario e Professionista*	€ 320,00
Soci SISMeS Junior*	€ 100,00
Non soci	€ 420,00
Studenti non soci / Dottorandi	€ 200,00

*in regola con la quota associativa 2024

Le suddette quote comprendono:
- Accesso all'area congressuale ed espositiva per le 3 giornate
- Kit congressuale
- Attestato di partecipazione
- Cocktail di Benvenuto e Get-together party del 19 settembre
- Lunch del 20 settembre
- Coffee break del 20 e del 21 settembre

Attestato di partecipazione

I partecipanti troveranno l'attestato di partecipazione caricato entro 7 gg dal termine del congresso, nell'area personale della piattaforma di iscrizione DeskOnline.

Coffee break e lunch

I coffee break, previsti come da programma, si svolgeranno nelle aree expo mentre il lunch presso la Galleria del Rettorato.

Eventi sociali

Cerimonia Inaugurale, Cocktail di Benvenuto e Get-together party

La Cerimonia Inaugurale si terrà giovedì 19 settembre alle ore 18.00 presso l'Auditorium del Rettorato. A seguire Cocktail di Benvenuto e Get-together party con dj set nei giardini del Campus.

Cena sociale

La cena sociale si terrà venerdì 20 settembre, alle ore 20.30, presso l'Osteria La Corte (Via Montani snc - Spoltore).
La cena non è cedibile a terzi.

Previa disponibilità di posti rimasti, sarà possibile acquistare ulteriori ticket direttamente in sede. Costo: € 65,00 per persona.
È previsto un servizio transfer con partenza/ritorno dalla Stazione di Pescara Centrale per tutti i partecipanti alla cena che hanno fatto opportuna prenotazione, con partenza alle ore 20.00. Non sarà possibile confermare in loco ulteriori posti sul pullman.

Desk Segreteria Congressuale

Il Desk della Segreteria Congressuale è a disposizione, al piano terra, il 18 settembre dalle ore 09.30 alle ore 17.30, il 20 settembre dalle ore 08.30 alle ore 16.00 ed il 20 settembre dalle ore 08.30 alle ore 14.00.

Desk Segreteria SISMeS

Il Desk della Segreteria SISMeS è a disposizione, al primo piano, il 18 settembre dalle ore 12.00 alle ore 17.30 ed il 20 settembre dalle ore 08.30 alle ore 15.30.

Sarà possibile rinnovare in sede la quota sociale al fine di partecipare alle votazioni online per il rinnovo della cariche statutarie previste per venerdì 20 settembre, dalle ore 10.30 alle ore 16.00.

SESSIONE POSTER 1

La Sessione Poster 1 si terrà giovedì **19 settembre** dalle **ore 16.00** alle **ore 17.00**

P01A The "red diamonds" blind baseball match: female adapted sport to counteract gender and disability discrimination
G. Carretti, P. Russo, M. Manetti, M. Marini

P02A Pulsed electromagnetic fields intervention via PAPIMI device for improved joint health and autonomic function in physically active populations
V. Sorgente, A. Viti, M. Mondonico, S. Garfagnini, S. Guarducci, G. Panconi, D. Minciacchi, R. Bravi

P03A Positive effects of physical exercise in neuroinflammation: the role of irisin
F. Zoila, F.M. Filannino, M. Ruggiero, M. A. Panaro, D.D. Lofrumento, T. Benameur, T. Trotta, A. Cianciulli, R. Calvello, C. Porro

P04A Managers' attitudes to active breaks in the work environment: a survey
G. Senesi, M. Scoppolini Massini, E. Pinelli, S. Pinelli, A. Masini, G. Signorini, R. Zinno, G. Barone, M. Panella, R. Scurati, P. L. Invernizzi, L. Dallolio, A. Ceciliani, L. Bragonzoni

P05A The effect of an active breaks intervention in healthcare workers in terms of improving physical and psychological wellbeing: a systematic review
G. Senesi, M. Scoppolini Massini, E. Pinelli, A. Masini, G. Russo, G. Barone, R. Zinno, L. Romano, L. Dallolio, A. Ceciliani, L. Bragonzoni

P06A Impact of enjoyment and level of physical activity on self-efficacy in activities of the daily living among older adults
A. Cudicio, A. Rizzardi, M. Cogliati, M. Rossi, F. Negro, A. Marengoni, A. Borgogni, V. Agosti

P07A Stand up university, break sedentary behaviour: Unifit study
M. Scoppolini Massini, E. Pinelli, A. Masini, L. Dallolio, L. Bragonzoni

P08A Internal load management as injury prevention in male and female rugby players
P. Giuliano, L. Barachetti

P09A Gender medicine and telemedicine: new approaches for the promotion of individuals psycho-physical well-being
D. Mayol, C. Vetrani, M. Di Padova, R. Di Fuccio, A. Caiazzo, F. Amatrudo, F. Moscatelli

P10A The impact of a passive exoskeleton on maximal isometric strength, perceived workload and comfort in workers involved in manual material handling
V. Bullo, F. Favro, B. Doro, A. Bortoletto, D. Pavan, A. Capuzzo, T. Carrozzo, M. Bergamin, S. Gobbo

P11A AttivaMens: a pilot study on the effectiveness of active breaks in improving the quality of life (QoL) of university students
M. Miraglia, R.A. Fabio, V. De Blasi, E. Lauretta, D. Di Mauro

P12A Effect of physical activity maintenance on cardiovascular risk in a sedentary elderly rural community
S. Masotti, S. Mandini, E. Menegatti, T. Piva, A. Raisi, V. Zerbini, A. Pagani, G. Grazzi, G. Mazzoni

P13A Feasibility of an online teacher training intervention focused on physical education pedagogical approaches to improve motor competence and motivation in primary school children
M. Crotti, M. Duncan, L.A. Woodfield, N. Lovecchio, A. Borgogni

P14A Empowering youth mental health: the Icehearts Europe implementation guide
P. Faella, G. Capelli, I. Cascavilla, D. Del Re, S. Digennaro, A. Gigantesco, A. Iannaccone, I. Luzi, M. Valli

P15A Changing the working routines through active breaks: perception vs experience
G. Signorini, R. Scurati, M. Scoppolini Massini, G. Senesi, E. Pinelli, R. Zinno, S. Pinelli, G. Barone, A. Masini, L. Dallolio, A. Ceciliani, M. Panella, L. Bragonzoni, P.L. Invernizzi

P16A The principles of non-linear pedagogy applied to aerobic gymnastics: a preliminary study
E. Pugliese, P. Forte, M. Bashir, E. Catuogno, C. D'Anna

P17A Effects of acupuncture on pain, specific symptoms, functionality and quality of life in people with physically active and sedentary fibromyalgia
K. Brum Martins Barreto, P. Piovezana dos Santos, M. Privitera, C. Montomoli, R. da Silva

P18A The effect of a physical activity program on body composition and quality of life in women in menopause
G. My, S. Marsigliante, L. Giannotta, A. Muscella

P19A Effects of a physical activity program in assisted living communities for older adults
G. My, S. Marsigliante, A. Muscella

P20A Effects of physical activity programs on knee osteoarthritis progression: a systematic review
A. Canzone, F. Roggio, A. Patti, D. Di Mauro, F. Trimarchi, G. Musumeci, A. Bianco

P21A Associations between weight status, inactivity, diet, sleep and screen time in a sample of junior high school students
E. Gobbi, L. Matteoli, F. Velluzzi

P22A Physical activity levels and quality of life among Italian young adult cancer survivors: preliminary results of an observational study within the OACCUs project
L. Di Bartolo, D. Maric, S. Ficarra, D. Seminara, M. Galioto, S. Vivirito, E. Iannitto, D. Jiménez-Pavón, P. Tavares, A. Vantarakis, S. Pusa, C. Gonçalves, A. Bianco

P23A StaiBene3.0! Plus project (StaiBene3.0): exercise training program during and after treatment in pediatric cancer population
E. Baldo, T. Moro, A. Biffi, B. Rossi, L. Sainati, A. Martinuzzi, A. Martellato, M. Tonellato

P24A Effect of the variability of aquatic practice on the motor and cognitive skills of 5- and 6-years old boys and girls: a pilot study
A. Troiani, V. Biino

P25A Can 10-minute physical activity breaks improve attention and executive functions in university students?
A. Petrelli, I. Pepe, S. Cataldi, F. Fischetti, G. Greco

P26A Postural control and fear of falling following two different exercise training programs in older adults
G.A. Navarra, V. Giustino, A. Scardina, G. Tabacchi, R. Cottone, F. Lo Dico, G. Battaglia, G. Messina, A. Palma, M. Bellafiore

P27A The impact of circulating mtDNA on the health of professional rugby players subjected to repeated TBI
V. Selleri, M. Malerba, R. D'Alisera, C. Seidenari, G. Sinigaglia, G. Zanini, G. Micheloni, G. Savino, A. V. Mattioli, M. Pinti, M. Nasi

P28A Monitoring physical activity in middle-schoolchildren among three years, a longitudinally observation
A. Pagani, R. Andrea, V. Zerbini, T. Piva, E. Menegatti, G. Mazzoni, S. Mandini

P29A Impact of pre-competitive emotional states on dancesport performance
S. Aliberti, D. Cherubini

P30A The impact of frequent physical activity on long covid recovery in adults over 40
G. Calcagno, A. di Cagno, G. Fiorilli, B. Andrea, G. di Martino, C. della Valle, E. Iuliano, M. Centorbiù

P31A Correlation between levels of physical activity and quality of life in a cohort on sport science students from Campania region: online questionnaires design
S. Dei, L.F. Cosco, D. Vitucci, S. Orrù, P. Buono, A. Mancini

P32A Embodied cognition, emotions and postural personality: a pilot study
A. Nart, S. Scarpa, V. Biancalana

P33A Survey of exercise in the workplace
G. Giardullo, G. Raiola

P34A Digital media habits in early childhood: an Italian study on parents and children
F. Di Rocco, A. Fusco, O. Papale, E. Festino, G. Condello, M. Bellafiore, G. Gobbi, V. Presta, I. Prestanti, P. Mirandola, L. Capranica, A. Di Baldassarre, A. Bianco, E. Thomas, P. Izzicupo, C. Cortis

P35A Exploring sedentary behaviours and socio-economic factors role in young soccer players
I. Prestanti, P. La Malva, S. Serafini, R. Palumbo, P. Liberati, E. Sabatini, A. Di Baldassarre, P. Izzicupo

P36A Approaches to motor learning and physical performance
F. Di Domenico, F. D'Elia, G. Raiola

P37A Influence of teachers' professional experience on self-perception, psycho-physical well-being and quality of life
A. Alfieri, D. Martone, S. Dei, L.F. Cosco, A. Mancini, P. Buono, F. Lo Presti

P38A Physical activity and motor creativity in young students: a dynamic ecological perspective
C. Matrisciano, S. Coppola, R. Vastola

P39A Le scelte genitoriali nella pratica sportiva dei figli: limite o opportunità?
R. Schembri, G. Diquattro, C. Branciforte, S. Pinto, S. Nicolosi

P40A The gaps between sport policy planning and actual implementation. a case study upon sport reforms in Italy
L. Barbacani, G. Spera, G. Antonucci

P41A Postural effects of the use of touchscreen devices in a sample of young footballers: investigation and evaluation of an educational intervention
S. Marini, B. Vaccari, M. Mauro, P. Maietta Latessa, S. Toselli, G. Belli

P42A School health promotion. motor performance, physical activity level in adolescent
S. Ladiana, M. Bibba, D. Monacis

P43A Community gym facility "Palestra della Salute" helps to optimize the use of structured exercise (SE)/physical activity (PA) both as a preventive medicine and as a therapeutic agent: 12 years kinesiological experience upon medical prescription
L. Pomidori, P. Fumarola, A. Benazzi, M. Felisatti

P44A Effects of a specific sports activity program compared to a physical education program on gross motor coordination in primary school children: preliminary results
V. Giustino, D.S.S. Vicari, A. Canzone, G. Belmonte, C. Rossi, S. Damjanović, P. Drid, R. Bondì, G. Sugamiele, S. Pajaujiene, A. Patti, A. Bianco

P45A Active break at school: effects on physical activity levels and selective attention in primary school pupils
F. Battisti, A. Mulè, A. Carraro

P46A Influence of physical activity environments on motor skill acquisition in young students
S. Coppola, E. Serra, L. Pallonetto, V. Minghelli

P47A Well-being of freshman students: differences in psychological and physical variables according by level of physical activity
F. Tufo, A. Mulasso, A. Moroni, F. Sguaizer, A. De Lorenzo, M. Micheletti Cremasco, E. Rabaglietti, P.R. Brustio, A. Rainoldi

P48A Adiposity and active commuting: a mediational analysis
G. Battaglia, S. M. Marcora

P49A Gender diversity in the football industry: state of art and organizational practices
F. Mazzeo, G.G. Tedeschi, L. Varriale

SESSIONE POSTER 2

La Sessione Poster 2 si terrà sabato **21 settembre** dalle **ore 11.00** alle **ore 12.00**

P01B A systematic review of mobile applications effectiveness in improving healthy adults' health variables
G. Leuzzi, M. Job, C. Cosentino, R. Testa, A. Scafoglieri, M. Testa

P02B The artistic component of rhythmic gymnastics, analysis and comparison of the latest code of points
A. Tinto, A. Leva, C. Carello

P03B Special coordination skills: comparing three disciplines
C. Carello, A. Tinto

P04B Assessing test-retest and inter-rater reliability of wearable IMU for postural stability: insights into reliability and comparisons with force platform
F. Garau, S. D'Emanuele, F. Nardello, D. Campaci, F. Schena, C. Tarperi

P05B Bioelectrical impedance vector analysis and somatotype of CrossFit® practitioners
G. Mascherini, S. Serafini, Á. Cebrián-Ponce, C. Petri, P. Izzicupo

P06B Effects of different interventions on psychophysical health and self-reported physical activity and sleep of breast cancer survivors
L. Ditali, T. Morano, F. Lancia, A. Di Marco, S. Grossi, A. Grassadonia, A. Di Baldassarre, G. Napolitano, A. Di Blasio

P07B Do upper inner thigh compression garments produce beneficial effects on the biomechanical performance of runner athletes?
V. Belluscio, S. Spadaro, G. Rosso, M. Testa

P08B Nutritional management of athletes with type 1 diabetes: a narrative review
R. Pippi, M. Cavallo, M. De Fano, L. Barana, I. Dozzani, E. Bianchini, M. Pellegrino, L. Cisternino, S. Migliarelli, C. Giulietti, C. G. Fanelli

P09B Skeletal muscle contractile characteristics in ICU survivors: a post-ICU follow-up study
M. Cogliati, M. Benedini, A. Cudicio, S. Piva, N. Latronico, C. Orizio, F. Negro

P10B Evaluation of the feasibility and acceptability of a home-based supervised exercise program in individuals with spinal cord injuries: study protocol
E. Pinelli, M. Scoppolini Massini, I. Baroncini, F. Serafino, P. Rucci, G. Lullini, L. Simoncini, L. Bragonzoni

P11B Metabolic adaptations and physiological responses in elite swimmers: insights from salivary adiponectin and resistin levels
F. Argentino, M. Mallardo, R. Spagnuolo, P. Pecoraro, A. Daniele, E. Nigro

P12B Association of high molecular weight adiponectin oligomers with exercise metrics post acute exercise
F. Argentino, M. Mallardo, E. Tommasini, S. Missaglia, L. Marano, E. Rampinini, A. Bosio, A. Morelli, C. Pecci, D. Tavian, E. Nigro, A. Daniele

P13B Effects of a 12-week workplace physical activity intervention on the physical fitness of an academic community
C. Tuccella, E. D'Angelo, L. Pugliese, G. Maisto, V. Bonavolontà, M. G. Vinciguerra

P14B Application of wearable inertial sensors in patients with knee osteoarthritis: a state of the art
D. Di Mauro, A. Canzone, L. Petrigna, A. Patti, G. Musumeci, C. Mannucci, F. Trimarchi

P15B Bioimpedance analysis of fat free mass and its subcomponents and relative associations with maximal oxygen consumption in facioscapulohumeral dystrophy
O. Crisafulli, G. Bottoni, J. Lacetera, L. Grattarola, E. Lavaselli, M. Fortunati, R. Tupler, M. Negro, G. D'Antona

P16B Evaluation of orexin-A salivary levels and its correlation with attention after repetitive transcranial magnetic stimulation in athletes
F. Moscatelli, G. Messina, M. Di Padova, A. Valenzano, G. Cibelli, N. Mancini, S. Mancini, A. Basta, R. Polito

P17B High-density electromyography excitation in different pulley variations
R. Padovan, A. Scandale, N. Toninelli, S. Longo, G. Tornatore, F. Esposito, E. Cè, G. Coratella

P18B Tendons thickness adaptations to oral supplementation with "CHONDROVITA FIT" in roller skaters
G.S. Musicco, D. Sisti, M. Battistelli, M. Vetrano, V. Rocco, M.B.L. Rocchi, S. Amatori, S. Giannini, F. Perroni

P19B Effects of chemotherapy and endocrine therapy on vascular function and arterial stiffness in women with stage I-III breast cancer
M. Borrelli, J. S. Kofoed, A. V. Bisconti, I. B. Wilcox, J. Porretta, A. Beck, S. Colonna, S. Buys, C. Vaklavas, M. Wei, S. Kimani, N. Lynn Henry, B.A. Haaland, F. Esposito, R.S. Richardson, R.M. Broxterman

P20B Effects of 3-months of physical activity program on physical capacities in elderly cardiopathic subjects
J. Stafuzza, M. D'Alleva, E. Rejc, F. Graniero, V. Azzini, G. Ursella, L. Mari, S. Lazzer

P21B Motor reserve impact on motor severity and quality of life in Parkinson's disease patients
A. Rizzardi, A. Galli, A. Pilotto, A. Cudicio, W. Maetzler, R. Rojminders, A. Padovani

P22B Effects of different imagery interventions on static postural control in arabesque position in ballet dancers
C. Befani, S. Guarducci, G. Panconi, V. Sorgente, D. Minciacchi, R. Bravi

P23B Workplace injuries, balance and core strength: is there a correlation between the urban waste collection workers? Observational study
P. Patanè, G. Le Caldare, F. Re, L. Cortese, A. Romelli, M. Del Bianco, A. Gatti, L. Marin

P24B Optimizing coordinating in fencing biomechanical analysis through MediaPipe and video processing
S. Edriss, C. Romagnoli, F. Campoli, L. Caprioli, V. Bonaiuto, G. Annino

P25B Evaluation of the effects of physical activity as a lifestyle modification in patients with type 2 diabetes and metabolic syndrome. A pilot study
M. Zanghì, S. Scebba, G. Musumeci

P26B Assessment of running dynamics during regular training sessions in well trained runners
R. Bado, P. Bruseghini, G. Merati, H. Rossi

P27B Designing compression garments for sports: finite element simulations approach
M. Cogliati, A. Bonardi, M. Benedini, G. Rizzi, A. Cudicio

P28B Comparing the effects of locomotor muscle fatigue and mental fatigue on endurance performance: a randomized cross-over study
T. Senatore, L. Elipanni, S.M. Marcora

P29B Bariatric surgery on the move: synergies for health promotion and the role of adapted physical activity before and after surgery in patients attending the Arzignano hospital AULSS 8 Berica
I. Fracca, V. Cavedon, M. Lanza, S. Gecchele, A. Centanini, L. Giaretta, V. Rigoni, D. Boscaro, C. Finco, A. Donfrancesco, M. Fontana, F. Tona, G. Schiavo, M.T. Padovani

P30B Acute non-local effects of static thigh muscles stretching on drop jumping performance
A. Scardina, G.A. Navarra, M. Nakamura, A. Bianco, M. Bellafiore, E. Thomas

P31B Effects of age-adapted taekwondo training on handgrip and lower limbs strength in olders
D. Martone, L. F. Cosco, S. Dei, A. Mancini, G.P. Emerenziani, P. Buono

P32B Adapted taekwondo training improves visual reaction times in older adults
D. Martone, L.F. Cosco, F. Quinzi, P. Buono, G.P. Emernziani

P33B Body composition in the elderly: changes over three decades
F. Campoli, V. Bonaiuto, L. Caprioli, S. Edriss, M. Lombardo, M. Panzarino, C. Romagnoli, G. Annino, E. Padua

P34B Agreement of my jump 2 app lateral videos for assessing jump performance: a comparison with OptoJump instrument
S. Serafini, O. Papale, C. Cortis, A. Di Credico, D. Perpetuini, G. Mascherini, A. Di Baldassarre, A. Fusco, P. Izzicupo

P35B Eye dominance, hand laterality and high-level sport: a comparison between elite and sub-elite volleyball players
C. Aruffo, V. Bonavolontá, E. D'Angelo, C. Tuccella, M.G. Vinciguerra

P36B Differences in static and dynamic balance and jumping ability of female gymnasts with down syndrome and their typically developing peers
D. Formenti, C. Magro, A. Trecroci, L. Casalini, P. Castiglioni, G. Merati, L. Cavaggioni

P37B Application of video analysis to judo: a pilot study on the O-Goshi technique
L. Zaccagni, E. Perissutti, N. Rinaldo, F. De Luca, L. Ercolin

P38B Taekwondo training improves balance in elderly athletes
A.A. Valenzano, R. Marzovillo, F. Moscatelli, R. Polito, M. Torquato, L. Capranica, G. Cibelli

P39B The effects of pedalling cadence on 3D pelvis movements and saddle pressures in young off-road cyclists
D.S.S. Vicari, V. Giustino, A. Canzone, P. Drid, A. Patti, A. Bianco

P40B Effect of a 16-week combined exercise program in fibromyalgia female patients with or without irritable bowel syndrome
A. Bianco, F. Russo, G. Laselva, I. Franco, R. Curci, C.B. Bagnato, N. Verrelli, G. Riezzo, L. Prospero

P41B Relationship between external and internal load indicators for injury prediction using machine learning in professional soccer: a systematic review and meta- analysis
G. Pillitteri, M. Petrucci, I. Leale, F.M. Clemente, A. Rossi, A. Bianco, A. Palma, G. Battaglia

P42B Improvement of the jump with countermovement through different teaching methodologies
F. Di Domenico, G. Altavilla

P43B Biomechanics and energy expenditure in running: a preliminary investigation in muster athletes
A. Alioto, G. Messina, A. Pagliaro, S. Alessia, D. Girgenti, G. Randazzo, V. Mulè, D. Nuzzo, P. Proia

P44B The impact of the severity of amputation and strength parameters on ball velocity in shooting on goal in elite amputee soccer players
R. De Donato, C. Biasiolo, E. Padoan, C. Milanese, V. Cavedon

P45B Impact of step ramp and fixed load cycling protocols on squat jump performance
G. Di Pinto, S.A. Rosito, D. Pompa, A.S. Caporale, M. Bertollo, S. di Fronso, D. Curzi

P46B Performance analysis in rhythmic gymnastics: assessing variability of the split leap using the gold standard motion analysis system
C. Costa, S. Coppola, R. Vastola

P47B Effects of cadence, levels of assistance and their interaction on muscular activation while riding an e- bike. A pilot study.
B. Todesco, M. Decet, P. Barbare, B. Lorenzo, F. Schena

P48B Sprint and jump tests for the young T&F athlete: a lab-to-field approach
N. Merante, L. Tesini, L. Budel, M. Collarin, F. Schena, C. Tarperi

P49B Effects of compression garments on perceived exertion during maximal isometric exercises
M.T. Benincasa, E. Serra, D. Albano, R. Vastola

P50B Impact of contextual factors on running and cardiovascular performance of elite female soccer athletes during a sport season
L. Marcelli, F. Silvestri, G. Di Pinto, D. Curzi

P51B Evaluating training load and intensity in U19 futsal matches using wearable technology
G. Briotti, C. Filetti, G. Ascenzi, E. Perri, A. Chiari, M. Porta, E. Padua, B. Ruscello

P52B The short-term effects of HIIT combined with resistance training on physical fitness, fatigue and frailty in people with multiple sclerosis: a pilot study
L. Beratto, S. Cuomo, E. Turiano, F. Tarditi, F. Borrelli, A. Luciano, L. Bressy, S. Truglio, F. Guglierminotti, A. Rainoldi, A. Benso, A. Mulasso

P53B Offshore sailing: optimizing performance through sleep management, a systematic review
S. Ceccanti, S. Bruno, A. Bazzani, U. Faraguna

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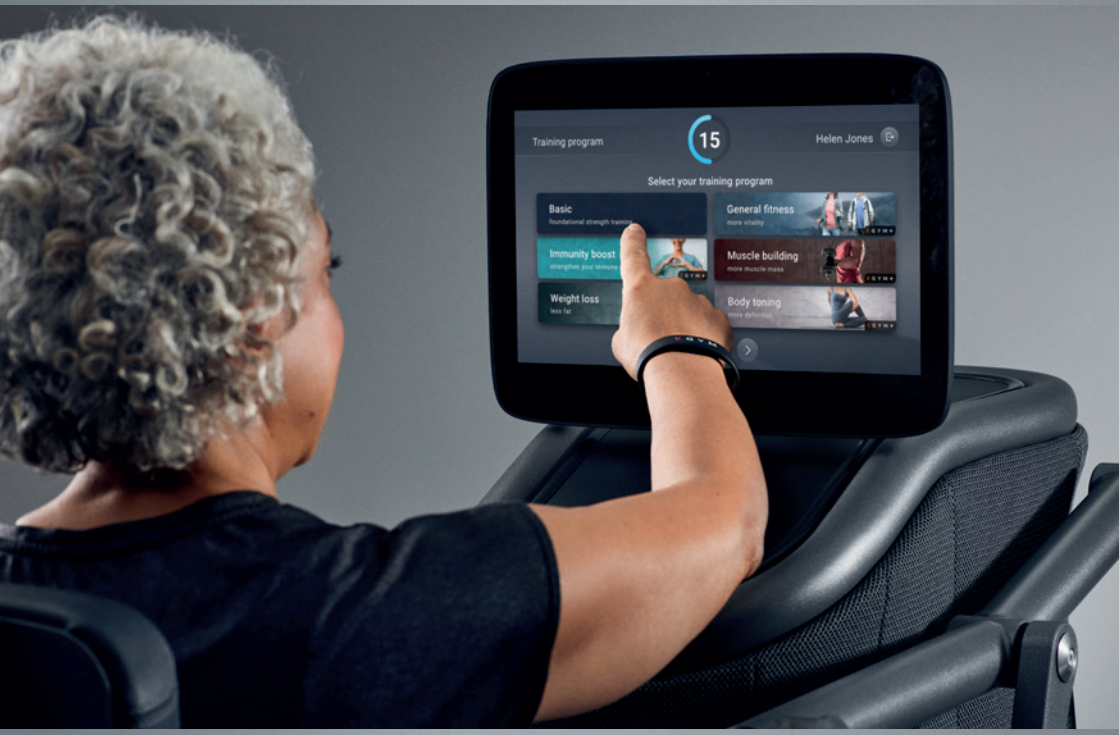

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