

Con il patrocinio di

ANSA

SINut
Società Italiana di Nutraceutica

2nd Annual ISSN Italy Conference

4th Sport Nutrition International Conference

Sport Nutrition From Science To Practice

SINSeB

ROMA, ITALY

HILTON FIUMICINO AIRPORT

November 29th-30th and
December 1st

2019



Organizing Secretariat



Viale dei Mille, 137 Firenze
Tel. 055 0671000 - cristina.unitulli@eve-lab.it

2nd Annual ISSN Italy Conference

4th Sport Nutrition International Conference

Sport Nutrition From Science To Practice
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Congress Chair

Fabrizio Angelini

Scientific Committee

Fabrizio Angelini
Luca Belli
Brucci Adriano
Hellas Cena
Arrigo F.G. Cicero
Paolo Cigni
Cherubino Di Lorenzo
Adriano Di Paco
Michele Di Stefano
Luca Gatteschi
Massimo Labate
Paolo Manetti
Massimo Massarini
Fulvio Massini
Silva Analiza Monica
Carmine Orlandi
Antonio Parri
Luca Stefanini
Tim Ziegenfuss

Organizing Committee

Fabrizio Angelini
Luca Belli
Stefano Beschi
Alessandro Bonuccelli
Luca Gatteschi
Fulvio Massini
Carmine Orlandi
Marco Postacchini
Rapetti Massimo



ROMA

November 29th-30th/ December 1st 2019

Faculty Members

Davide Agnoletti
Valentina Andrulli
Fabrizio Angelini
Shawn Arent
Donatella Ballardini
Luca Belli
Emiliano Benelli
Lorenzo Bergami
Stefano Beschi
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Alessandro Colletti
Giuseppe D'Antona
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Michele Di Stefano
Francesco Saverio Dioguardi
Arni Ferrando
Federica Fogacci
Luca Gatteschi
Antonio Gianfelici
Andrea Goddi
Paolo Godina

Asker Jeukendrup
Massimo Labate
Biancamaria Longoni
Manuel Salvadori
Paolo Manetti
Marco Marchetti
Massimo Massarini
Fulvio Massini
Romain Meeusen
Inigo Mujika
Carmine Orlandi
Antonio Parri
Franco Pittau
Valeria Polzonetti
Marco Postacchini
Massimo Rapetti
Stefano Righetti
Mariangela Rondanelli
Luis Sardinha
Brad Schoenfeld
Analiza Monica Silva
Nicola Silvaggi
Luca Stefanini
Gianluca Stesina
Alberto Vincenzi
Tim Ziegenfuss

2nd Annual ISSN Italy Conference

Friday, November 29th

09.00 ^{am} Participants Registration

MEETING PRESENTATION

10.00 ^{am} **F. Angelini, R. Agricola** (Jmedical), **D. Scarano** (Jmedical),
F. Dragoni (Ecomedica Spa), **G. Braida** (Medipass/Gruppo KOS)

10.30 ^{am} **Opening Lecture: Fabrizio Angelini** (Empoli, IT)
Omega 3 and Sport

SESSION I - SPORT NUTRITION: MITI E EVIDENZE

Chairpersons: **V. Polzonetti, L. Stefanini**

11.00 ^{am} **T. Ziegenfuss**
Sport Nutrition Zombies: Myths that Just Won't Die

11.30 ^{am} **S. Arent**
Sport Vs Physique Nutrition: Are They Contradictory

12.00 ^{am} **L. Gatteschi**
Alcohol and Sport

12.30 ^{pm} Discussion

12.50 ^{pm} *Light Lunch*

WORKSHOP WITH THE EXPERT

1.15 ^{pm} **P. Godina**
Gastrointestinal Distress and Sport
L. Belli
Nutritional properties of legumes
A. Vincenzi
Nutritional management in strength and power sports
F. Pittau
Nutrition and fitness: a difficult combination
E. Benelli
Cross-Fit and Nutrition management
V. Andrulli
Hydration in athletes

*Program and
General
Information*

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2nd Annual ISSN Italy Conference

Friday, November 29th

SESSION II - BODY COMPOSITION

Chairpersons: **P. Manetti, L. Gatteschi**

- 2.00 pm **L. Sardinha**
Assessment of Muscle Mass and function: from the athlete to the sarcopenic patient
- 2.30 pm **A. Silva**
Reliability and usefulness of the assessment of regional body composition
- 3.00 pm **H. Cena**
Body composition and physical fitness in eating disorders
- 3.30 pm Discussion

SESSION III - TRAINING AND NUTRITION IN YOUNG AND OLD INDIVIDUALS

Chairpersons: **F. Angelini, E. Di Prampero**

- 3.50 am **B. Schoenfeld**
Training for muscle hypertrophy in young and old individuals
- 4.20 am **D. Candow**
Creatine and protein interventions on muscle, bone biology and muscle performance
- 4.50 am **A. Ferrando**
EAA (Essential Amino Acid) Control of Protein Metabolism
- 5.20 pm Discussion
- 5.40 pm **Round Table with the ISSN Conference Speakers:
Ask and Solve your Problems**
- 6.00 pm End of works of 2nd ISSN
Workshop supported

4th Sport Nutrition International Conference

Sport Nutrition From Science To Practice
SINSeB

Saturday, November 30th

- 08.30 am **Opening Ceremony**
F. Angelini, R. Agricola (Jmedical), **D. Scarano** (Jmedical),
F. Dragoni (Ecomedica Spa), **G. Braida** (Medipass/Gruppo KOS)

ENDURANCE

Chairpersons: **M. Massarini, A. Parri**

- 9.00 am **E. Di Prampero**
World records in running: energetic analysis of 5000m and marathon
- 9.30 am **A. Di Paco**
Evaluation of VO2 max
- 9.50 am **I. Mujika**
Periodization for Optimal Performance in endurance Sports
- 10.20 am **A. Jeukendrup**
Nutrition and lipid power: what's fatmax?
- 10.50 am *Coffee Break*
- 11.05 am **F. Massini**
Training tools: which ones?
- 11.25 am **A. Gianfelici**
HRV legends and reality
- 11.45 am **N. Carabba**
Endurance sports and hearth damage (Role of troponin)
- 12.05 pm **G. Stesina**
Treatment of the injured athlete in Endurance
- 12.25 pm **S. Righetti**
Anti-inflammation nutrition in Endurance
- 12.45 pm Discussion
- 1.00 pm *Lunch*

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Saturday, November 30th

WORKSHOP WITH THE EXPERT

- 1.15 pm
- L. Bergami**
Nutritional management in triathlon
- M. Postacchini**
Laboratory analysis in sport
- M. Rapetti**
Ultratrail: nutritional interventions
- A. Goddi**
Nutrition for the travelling athletes
- S. Beschi**
Diet and nutrition in young athletes
- M. Salvadori**
Gender nutrition: how to do?

KETOGENIC

Chairpersons: **F. Angelini, H. Cena**

- 2.00 pm **R. Meeusen**
Nutrition & The Brain
- 2.30 pm **B. Longoni**
Neurogenesis, Physical activities and Sport
- 3.00 pm **G. D'Antona**
Physical activity advance for treatment of Parkinson disease
- 3.30 pm **C. Di Lorenzo**
Ketogenic diet and neuro-protection
- 4.00 pm **A. Brucci**
Kidney function: protein and ketones in sport
- 4.40 pm Discussion

MICROBIOMA E SPORT

Chairpersons: **L. Belli, C. Orlandi**

- 4.50 pm **M. Di Stefano**
Microbiota: composition, functions and interactions
- 5.10 pm **P. Brigidi**
Influence of physical exercise on microbiota
- 5.40 pm **M. Marchetti**
Ketodiet, muscle performance and microbiota
- 6.10 pm **D. Agnoletti**
Microbiota, sport and hearth implications
- 6.40 pm Discussion



Sunday, December 1st

SESSION - SINUT SINSEB

Chairpersons: **F. Angelini, A. F.G. Cicero**

- 8.30 am **A. F.G. Cicero**
Q10 coenzyme: applications in health and sport
- 9.00 am **A. Colletti**
Carnitine: difference, efficacy and safety of prolonged supplementation
- 9.20 am **F. Fogacci**
Nutraceutical for ischemic hearth disease athetes
- 9.40 am **C. Orlandi**
Nitrates, between reports and scientific evidence
- 10.00 am Discussion
- 10.15 am *Coffee Break*

OBESITY and SARCOPENIA - ANSISA SINSEB

Chairpersons: **M. Di Stefano, M. Labate**

- 10.30 am **D. Ballardini**
Sport and Eating Disorders
- 11.00 am **A. Bonuccelli**
Body composition evaluation in sarcopenic, obese and in eating disorders
- 11.20 am **N. Silvaggi**
Strenght evaluations in sarcopenic
- 11.40 am **Lecture: F. S. Dioguardi**
Muscle in athlete and sarcopenic: amino acid as modulators in protein synthesis through epigenetics
- 12.00 am **P. Cigni**
Physiotherapeutic intervention in the sarcopenic subject
- 12.30 am **M. Massarini**
Prescription of physical exercise in the sarcopenic subject
- 12.50 pm **F. Massini**
Strength training in the sarcopenic subject
- 1.10 pm Discussion
- 1.30 pm Conclusion of the event



ROMA

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General Information

Congress Venue

Hilton Fiumicino Airport

Via Arturo Ferrarin, 2
00054 Fiumicino Roma

Registration

To register, you must log onto the website: www.sinseb.it/2019 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 May 25th to November 25th, 2019.

For any question or problem, please contact Cristina Unitulli: cristina.unitulli@eve-lab.it

Registration Fees (22% VAT included)

Subscription fee	with CME credits (ECM)	no CME credits (no ECM)
SINSeB Member regular 30/09/19	€ 160,00	€ 130,00
NOT a SINSeB Member	€ 250,00	€ 200,00
Students	€ 100,00	
ANSISA, ENPAB and SINUT	€ 170,00	

Continuing Medical Education (CME)

Eve-Lab Formazione SRLs is a CME provider - identification code no. 5306 - and has assigned to the event no. TBO no. TBO 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

Congress will be held in English, simultaneous translation service is planned.

Main Sponsor



Sponsor



Organizing Secretariat

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Organizing Committee

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