



**SISMES**  
SOCIETÀ ITALIANA DELLE SCIENZE MOTORIE E SPORTIVE

## VIII Congresso Nazionale

Ricerca e Formazione applicate alle Scienze Motorie e Sportive



**Roma 7-9 Ottobre 2016**  
Università degli Studi di Roma "Foro Italico"






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## Organigramma

	<p><b>Presidente Onorario</b>          Il Magnifico Rettore dell'Università degli Studi di Roma "Foro Italico"          Prof. Fabio Pigozzi</p>
	<p><b>Comitato Scientifico Locale</b></p>
	<p>Presidente          Prof. Carlo Baldari</p>
	<p>Componenti:          Prof. Laura Guidetti          Prof. Emanuele Isidori          Prof. Andrea Macaluso          Prof. Massimo Sacchetti          Prof. Giuseppe Vannozi</p>
	<p>Segreteria:          Prof. Maria Chiara Gallotta</p>
	<p><b>Comitato Scientifico</b></p>
	<p><i>Presidente:</i>          Prof. Pasqualina Buono</p>
	<p>Componenti:          Prof. Dario Colella          Prof. Massimo Lanza          Prof. Antonio La Torre          Prof. Antonio Paoli          Prof. Alberto Rainoldi</p>

## Informazioni Generali

### Come arrivare.

Dalla Stazione Termini: prendere la metro A (direzione Battistini) fino alla fermata Ottaviano, uscita Via Barletta. Da qui prendete l'autobus n° 32 (direzione Tor di Quinto) o il n° 271 (direzione Volpi) fino alla fermata De Bosis/Stadio Tennis.

Dalla Stazione Tiburtina: prendere la metro B (direzione Laurentina) fino a Termini. Da Termini prendete la metro A (direzione Battistini), scendete alla fermata Ottaviano, uscita Via Barletta. Da qui prendete l'autobus n° 32 (direzione Tor di Quinto) o il n° 271 (direzione Volpi) fino alla fermata De Bosis/Stadio Tennis.

Dall'Aeroporto di Roma-Fiumicino: prendere i treni per Termini o Tiburtina. Se arrivate a Termini prendete la metro A (direzione Battistini) fino alla fermata Ottaviano, uscita Via Barletta. Da qui prendete l'autobus n° 32 (direzione Tor di Quinto) o il n° 271 (direzione Volpi) fino alla fermata De Bosis/Stadio Tennis.

Se arrivate a Tiburtina prendere la metro B (direzione Laurentina) fino a Termini. Da Termini prendete la metro A (direzione Battistini), scendete alla fermata Ottaviano, uscita Via Barletta. Da qui prendete l'autobus n° 32 (direzione Tor di Quinto) o il n° 271 (direzione Volpi) fino alla fermata De Bosis/Stadio Tennis.

Dall'Aeroporto di Roma-Ciampino: prendere gli autobus (Terravision) per Termini all'uscita del terminal arrivi. Una volta a Termini prendete la metro A (direzione Battistini) fino alla fermata Ottaviano, uscita Via Barletta. Da qui prendere l'autobus n° 32 (direzione Tor di Quinto) o il n° 271 (direzione Volpi) fino alla fermata De Bosis/Stadio Tennis.

Con la macchina: prendere il Grande Raccordo Anulare in direzione Flaminia e svoltate all'uscita n° 6 (Flaminia). Da lì seguite le indicazioni per lo stadio (Foro Italico).

### Indicazioni per le Presentazioni Orali (OP)

Si ricorda ai relatori che ciascuna presentazione keynote avrà una durata di 12 minuti più 3 minuti di discussione, mentre ciascuna presentazione orale avrà una durata di 8 minuti più 2 minuti di discussione.

Il formato della presentazione potrà essere: Power Point (.ppt; .pptx) o pdf. Avvisiamo che non sarà possibile collegare il proprio computer personale e invitiamo chi utilizza il sistema operativo OS (Mac) a salvare una versione compatibile con Windows. Sarà comunque a disposizione dei relatori un computer per verificare la compatibilità della propria presentazione.

I relatori dovranno provvedere a caricare le proprie presentazioni sui computer nelle rispettive aule dalle 7:50 alle 8:10 oppure durante la pausa pranzo per la sessione pomeridiana.

Si pregano i relatori di consegnare le diapositive almeno 30 minuti prima dell'inizio della sessione nei luoghi di raccolta.

### Indicazioni per le Presentazioni degli e-posters

Novità del Congresso SISMES 2016 è la possibilità di presentare il proprio lavoro attraverso il formato elettronico e-poster così da garantire maggiore rispetto dell'ambiente, evitando la stampa della convenzionale carta di presentazione, ed evitando lo scomodo trasporto dello stesso.

Ricordiamo inoltre che gli e-posters potranno essere visionati durante i coffee break e la pausa pranzo. Le 6 sessioni e-poster, saranno coordinate ciascuna da un moderatore e prevederanno una presentazione di 2 minuti seguita da 1 minuto di discussione.



## Attestati di partecipazione

A conclusione del Convegno la Segreteria Organizzativa Akesios Group provvederà ad inviare via e-mail a tutti i partecipanti del Convegno l'attestato di partecipazione in formato elettronico.

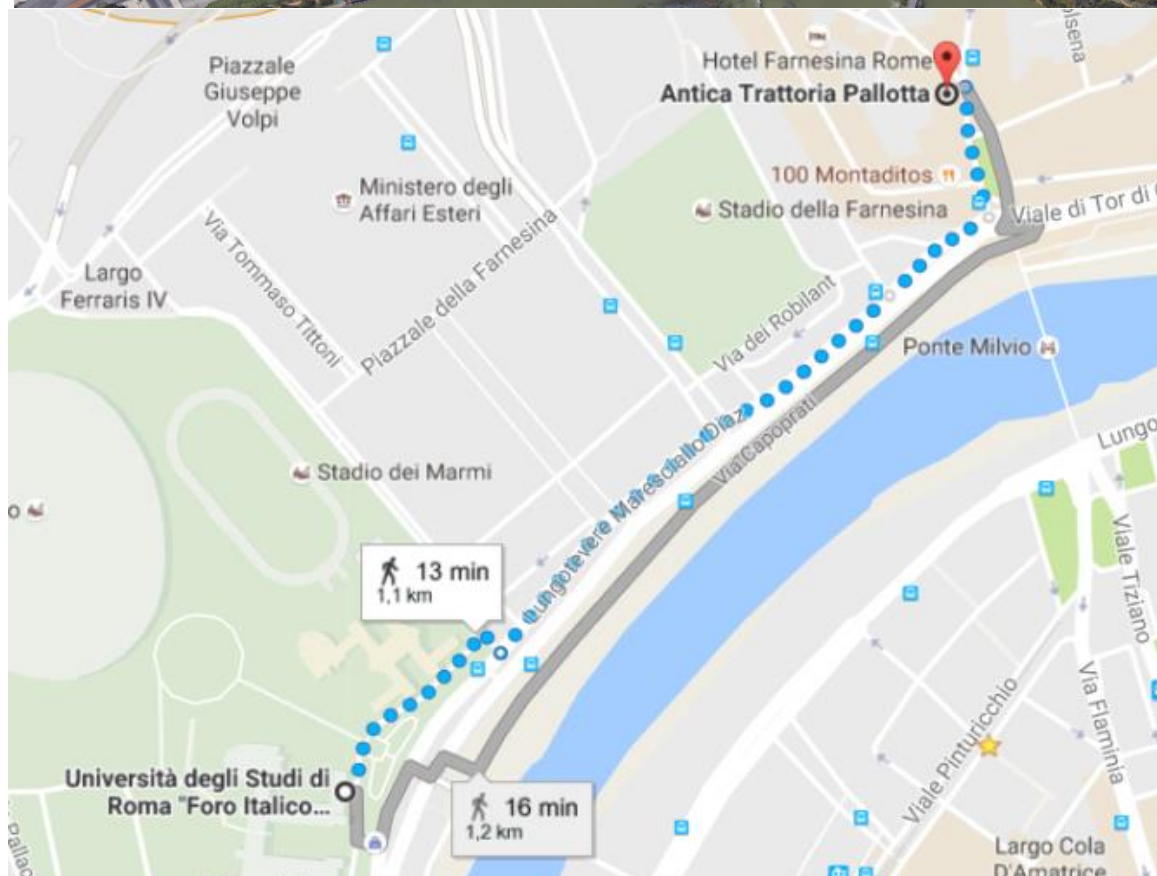
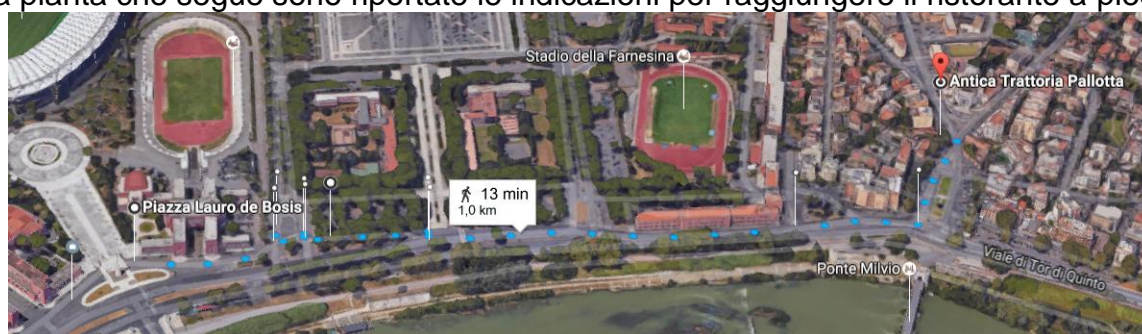
## Cena Sociale

La cena sociale si svolgerà presso il Ristorante "Antica Trattoria Da Pallotta" situato in prossimità dello storico Ponte Milvio, nel Piazzale di Ponte Milvio, 23, 00191 Roma.

Il ritrovo al ristorante è alle ore 20:00. Oppure, l'appuntamento è fissato per le 19:45 in Piazza Lauro de Bosis, 4 (Università degli Studi di Roma "Foro Italico") si andrà in gruppo.

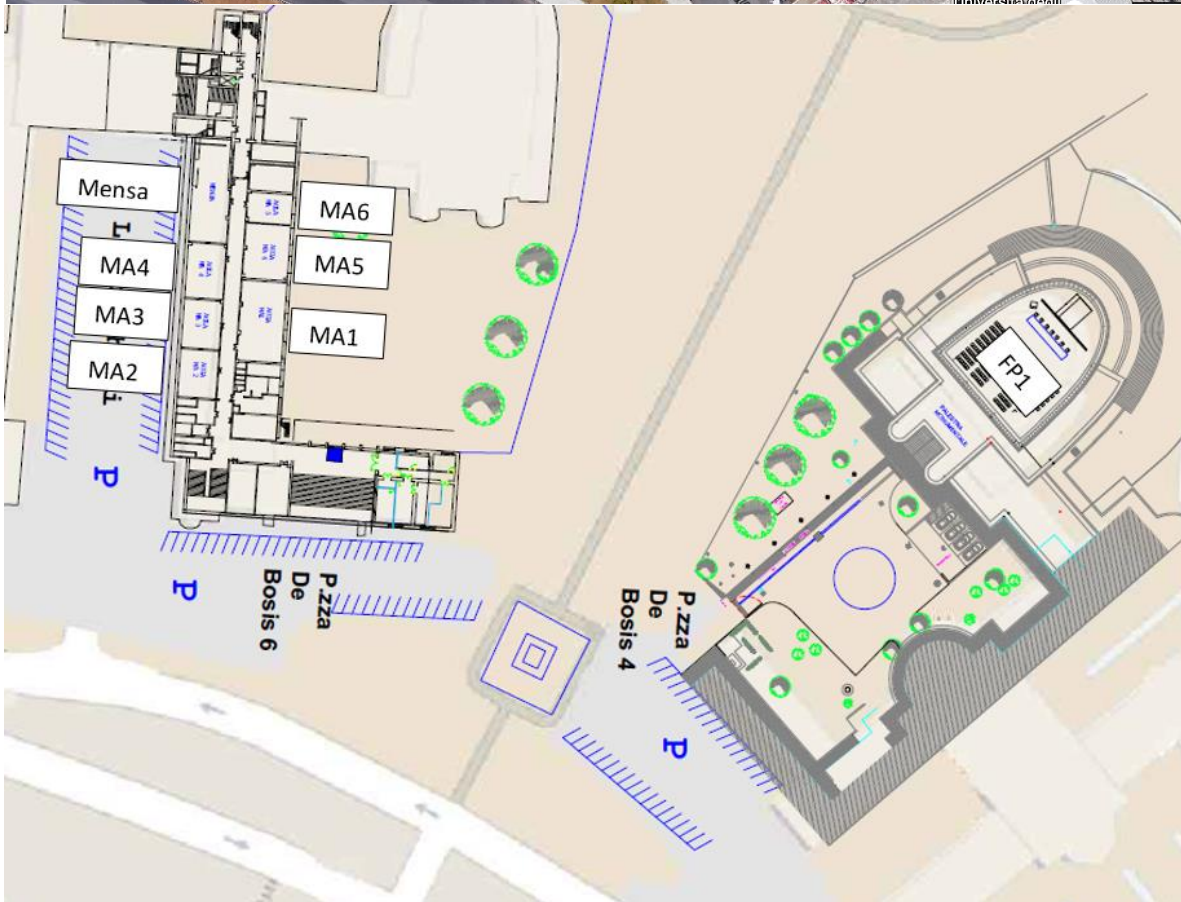


Nella pianta che segue sono riportate le indicazioni per raggiungere il ristorante a piedi.





# Location



## Programma

VENERDI 7 OTTOBRE 2016

Registrazione Partecipanti (ore 14:00 - 15:30) – Piazza Lauro de Bosis, 4

I) Parallel Oral Presentation Session (ore 14:45 - 15:40)

Palestra Monumentale FP1	Aula MA1	Aula MA5
<p>OP1 PHYSICAL EDUCATION AND SPORT PEDAGOGY 1 (PE1)</p> <p><b>Chairs: D. Colella &amp; A. Carraro</b></p> <p>Keynote: <b>A. Carraro</b>, Padova Toward a position stand of the SISMeS PE&amp;SP Research Group: the role and mission of Physical Education and Sport Pedagogy in Italy</p> <p><b>C. Galvani</b>, Milano Implementation and effectiveness of a physical education intervention in primary school on physical fitness qualities</p> <p><b>F. Vitali</b>, Verona Effects of the “Più Sport @ Scuola” project on fitness, enjoyment, and physical self-efficacy of primary school children: a DEDIPAC study</p> <p><b>M.G. Vinciguerra</b>, L’Aquila Evaluation Model GIADA” for the Physical Activity in the Secondary School of I grade</p> <p><b>R. Codella</b>, Milano Exercise-related cognitive function assessed by means of validated questionnaires in primary school children of north-west Italy</p>	<p>OP2 EXERCISE PHYSIOLOGY 1 (EP1)</p> <p><b>Chairs: A. Macaluso &amp; E. Cè</b></p> <p>Keynote: <b>E. Cè</b>, Milano Central component of muscle activation: new insights from mechanomyography.</p> <p><b>F. Tocco</b>, Cagliari Diving Reflex and Muscle Metaboreflex in Divers and Controls</p> <p><b>L. Rasica</b>, Milano Nitrate infusion does not alter isolated in situ canine muscle oxidative metabolism during hypoxia with normal convective O<sub>2</sub> delivery</p> <p><b>F. Esposito</b> Milano Comparison between HR vs <math>\dot{V}_{O_2}</math> relationship obtained by an incremental test in laboratory and on field in elite Badminton players.</p> <p><b>V. Muollo</b>, Verona Effect of strength training on “excess” VO<sub>2</sub> in Older Adults</p>	<p>OP3 TRAINING, PERFORMANCE AND EVALUATION METHODS 1 (TP1)</p> <p><b>Chairs: M.F. Piacentini &amp; M. Bertollo</b></p> <p>Keynote: <b>M. Bertollo</b>, Chieti Monitoring heart rate variability, session RPE, and psychobiosocial states in female futsal players</p> <p><b>A. Tinto</b>, Torino Rhythmic gymnastics and elastic reuse</p> <p><b>D. Tsopani</b>, Athens (Greece) Cortisol and oxytocin levels after judging a Rhythmic Gymnastics Competition</p> <p><b>R. Baldassarre</b>, Roma Anxiety in swimmers during Italian open-water championships</p> <p><b>L. Festa</b>, Verona Is the Focused Endurance Training the best strategy in Recreational Runners?</p>

Opening Lecture (ore 15:50 – 16:30)

Palestra Monumentale FP1
<p><b>Chair: L. Di Luigi</b></p> <p><b>Josè Alberto Ramos Duarte</b>, Portugal Skeletal muscle aging: underlying mechanisms and benefits of regular physical exercise</p>



### Apertura del Convegno e Saluto delle Autorità (ore 16:30 - 17:00)

#### **Palestra Monumentale FP1**

**Fabio Pigozzi** Magnifico Rettore dell'Università "Foro Italico" Roma  
**Eugenio Gaudio** Magnifico Rettore dell'Università "Sapienza" Roma  
**Giuseppe Novelli** Magnifico Rettore dell'Università "Tor Vergata" Roma  
**Arnaldo Zelli** Direttore Dipartimento dell'Università "Foro Italico"  
**Pasqualina Buono** Presidente SISMeS  
**Rossana Ciuffetti** Direttore Scuola dello Sport (CONI)  
**Carlo Baldari** Presidente del Comitato Scientifico locale

### Omaggio a Marcello Faina (ore 17:00 – 17:15)

#### **Palestra Monumentale FP1**

Chair: **A. dal Monte**  
a cura di **Marco Cardinale**, Qatar  
Scienza e Sport: come si sta evolvendo questo binomio

### Tavola Rotonda (ore 17:15 - 19:00)

#### **Palestra Monumentale FP1**

**Titolo: Il futuro delle Scienze Motorie e Sportive in Italia – Ricerca e Sviluppo**

Chairs:

**Pasqualina Buono** (Presidente SISMeS)

**Arsenio Veicsteinas** (Presidente della Conferenza dei Corsi di Laurea di Scienze Motorie)

Parteciperanno:

**Fabio Pigozzi** (Magnifico Rettore Università "Foro Italico")

**Marco Mancini** (Capo del Dipartimento per la formazione superiore e per la ricerca "MIUR");

**Andrea Lenzi** (Presidente del CUN);

**Federico Schena** (Segretario della Conferenza dei Corsi di Laurea di Scienze Motorie);

**Alberto Rainoldi**; (Segretario SISMeS)

**Attilio Carraro** (Coordinatore Gruppo di studio "Educazione Fisica e Pedagogia dello sport")

**Marco Narici** Past president ECSS

### Cocktail di Benvenuto (ore 19:00 - 20:00)

#### **Palestra Monumentale FP1**

#### **Cocktail Di Benvenuto**

Durante il cocktail di benvenuto, In collaborazione con la Federazione Italiana Danza Sportiva (FIDS), si esibiranno i ballerini di Classe Internazionale Andrea Roccatti e Flaminia Iannone i Maestri Claudio Di Stazio e Armanda Di Stazio.

# SABATO 8 OTTOBRE 2016

## II) Parallel Oral Presentation Session (ore: 8:15 - 9:50)

Palestra Monumentale FP1	Aula MA1	Aula MA5
<p>OP4 EXERCISE PHYSIOLOGY 2 (EP2)</p> <p><b>Chairs: F. Felici &amp; A. Nicolò</b></p> <p>Keynote: <b>A. Nicolò</b>, Roma Physiological and psychological indicators of variability in endurance performance.</p> <p><b>A.V. Bisconti</b>, Milano Respiratory muscle training improves endothelial function in healthy humans</p> <p><b>A. Fantauzzi</b>, Milano Level of lower limb physical activity may not explain muscle volume reduction in the elderly</p> <p><b>S. Longo</b>, Milano Skeletal muscle and tendon adaptations to single-leg dynamic Kee extension training</p> <p><b>H. Sozen</b>, Ordu (Turkey) Effects of single-leg dynamic Kee extension training on electromechanical delay: an EMG,MMG and F combined approach</p> <p><b>A. Fornasiero</b>, Rovereto Exercise intensity profile and training load during a 65 km Mountain Ultra Marathon</p> <p><b>R. Di Michele</b>, Bologna The metabolic demands of running with the ball in soccer players</p>	<p>OP5 TRAINING, PERFORMANCE AND EVALUATION METHODS 2 (TP2)</p> <p><b>Chairs: A. La Torre &amp; F. Perroni</b></p> <p>Keynote: <b>F. Perroni</b>, Torino Repeated Sprint Ability in Italian youth soccer players</p> <p><b>M. Bonato</b>, Milano Differences effects of a high intensity interval training protocol on autonomic function performed at different time of the day. A randomized crossover study</p> <p><b>A. Riboli</b>, Milano Time-motion analysis in élite soccer players: small-sided games vs. match performance</p> <p><b>R. Modena</b>, Verona Influence of maturation on anthropometric and physiological characteristics: is there an age effect?</p> <p><b>G. Bellistri</b>, Milano Muscle performance impairment after different training modalities in adult soccer players: small-sided games vs interval running</p> <p><b>M. Ponzano</b>, Torino Effects of hard courts and clay courts on athletic performance under conditions of fatigue in competitive tennis: an acute study</p> <p><b>M. Sias</b>, Milano Demands of world cup competitions in elite women road cycling</p>	<p>OP6 MOVEMENT LEARNING AND PSYCHOPHYSIOLOGICAL DEVELOPMENT (ML)</p> <p><b>Chairs: C. Orizio &amp; M.C. Gallotta</b></p> <p>Keynote: <b>C. Orizio</b>, Brescia New method for time domain EMG analysis reflects motor units activation strategy and the changes of electrical activity at fatigue</p> <p><b>R. Belleri</b>, Verona Representational momentum in adolescent dancers</p> <p><b>M. Bove</b>, Genova Investigating the temporal aspects of action observation: evidence from soccer players</p> <p><b>A. di Cagno</b>, Roma Acute effects of Whole Body Vibration on balance in soccer players: a controlled study</p> <p><b>A. Fusco</b>, Roma Age influences on different tasks of Motor Imagery</p> <p><b>E. Limonta</b>, Milano Route finding skills and movement sequence recall during on-sigth and red-point climbing</p> <p><b>E. Faelli</b>, Genova Effect of visual feedback on the technique of the squat</p>

I) Invited Lecture (ore: 9:55 – 10:40) Piazza Lauro de Bosis, 4

<b>Palestra Monumentale FP1</b>
<b>Chair: D. Caporossi</b> <b>Karsten Froberg</b> , School age children, physical activity and fitness and health

Coffee Break (ore: 10:50 - 11:10) Piazza Lauro de Bosis, 6

<b>Aula MA1</b>	<b>Aula MA5</b>
Coffee break	

III) Parallel Oral Presentations Session (ore: 11:15 – 12:30)

<b>Palestra Monumentale FP1</b>	<b>Aula MA1</b>	<b>Aula MA5</b>
<p>OP7 EXERCISE AND SPORT PSYCHOLOGY (SP)</p> <p><b>Chairs: F. Di Russo &amp; C. Robazza</b></p> <p>Keynote: <b>C. Robazza</b>, Chieti Emotion regulation strategies, emotional control, worry, and concentration-disruption in athletes</p> <p><b>M. Berchicci</b>, Roma Neural efficiency in a complex visuo-motor task: juggling</p> <p><b>A. Carraro</b>, Padova Affective response to acute resistance exercise: a comparison of machine and free weights</p> <p><b>M. Aresti</b>, Cassino Therapeutic efficacy indicators in psychosocial rehabilitation to sport address for the mental distress</p> <p><b>L. Iasevoli</b>, Roma Temporal features in static and dynamic imagery and real locomotion. An exploratory trial in obese adults</p> <p><b>P. Iodice</b>, Roma Submaximal aerobic performance influences cost benefit computations in an effort-discount task</p>	<p>OP8 ADAPTED PHYSICAL ACTIVITY (AP)</p> <p><b>Chairs: F. Esposito &amp; M. Lanza</b></p> <p>Keynote: <b>M. Lanza</b>, Verona Physical activity in cancer survivor: a study in Trento and its province</p> <p><b>S. Rampichini</b>, Milano Sport-therapy effects on cardiorespiratory functionality in patients with spinal cord injury</p> <p><b>S. Alessio</b>, Roma Sport training integrating runners with and without intellectual disabilities. Effects across 2 sport-seasons</p> <p><b>L. Beratto</b>, Torino Adapted training effects on multiple sclerosis patients</p> <p><b>V. Cavedon</b>, Verona Gender differences in wheelChairs: basketball performance</p> <p><b>L. Gemello</b>, Urbino Adapted training in breast cancer patients: a longitudinal study</p> <p><b>S. Moffa</b>, Campobasso</p>	<p>OP9 POSTURAL APPROACH TO SPORT AND EXERCISE (PO)</p> <p><b>Chairs: M. Ripani &amp; R. Benis</b></p> <p>Keynote: <b>R. Benis</b>, Milano Neuromuscular training program reduces injuries in elite female basketball players. A randomized controlled trial</p> <p><b>A. Raggi</b>, Verona Acute effects on trunk alignment and joint R.O.M. induced by the use of the postural shirt "Posture+ shirt"</p> <p><b>G. Marcolin</b>, Padova Postural balance control in gymnastic: comparison between two groups of young athletes with different expertise level</p> <p><b>A. Nart</b>, Padova LedPodoLaser: postural foot evaluation on the centre of mass. Reliability study in a group of adults</p> <p><b>A. Patti</b>, Palermo Effects of taekwondo on postural system: comparison of posturographic parameters between young tennis</p>

<p><b>M. Ivaldi</b>, Torino Neuromarketing and fitness: variation of electrocortical activity during the observation of sports commercials in relation to the presence of the brand</p>	<p>Acute effect of Whole Body Vibration on postural control in Torball players. A preliminary study</p>	<p>athletes and young taekwondo athletes</p> <p><b>U. Placentino</b>, Roma Neck pain in EFA pilots: prevalence, associated factors and functional assessment</p> <p><b>M. Quarantelli</b>, Roma Posture and emotions. On the move to find the balance</p>
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[Pausa Pranzo \(ore: 12:35 – 13:35\) P.zza De Bosis 6](#)

<b>Aula MA1</b>	<b>Aula MA5</b>
<b>Pausa Pranzo</b>	



**SABATO 8 OTTOBRE 2016**

**I) Parallel E-Poster Sessions (ore: 13:45 – 14:45 P.zza De Bosis 6)**

Aula MA1	Aula MA2	Aula MA3	Aula MA4	Aula MA5	Aula MA6
<p>TP1 Training, Performance and evaluation methods</p> <p><b>Chairs: A. La Torre &amp; A. Nicolò</b></p> <p><b>A.R. Calavalle</b>, Urbino Predictors of Training Load in professional soccer players</p> <p><b>D. Cerasola</b>, Roma Relationship between Wingate test and vertical jump in young female volleyball players</p> <p><b>R. D'Alba</b>, Torino Morpho-functional asymmetries and risk of injury in right-handed basketball players: an acute study</p> <p><b>L. Gubellini</b>, Bologna Relationships between technical/tactical indicators and performance in youth female volleyball</p> <p><b>E. Perri</b>, Milano Physiological and mechanical assessment of an intermittent sub-maximal field-based test in young soccer players.</p> <p><b>F. Perroni</b>, Torino Anthropometrics and fitness differences between Soccer and Futsal Youth Players</p> <p><b>A. Rossi</b>, Milano The importance of GPS features to describe elite football training</p> <p><b>A. Tessitore</b>, Roma A Measure of Coach Leadership in Youth Soccer</p>	<p>BN Biomolecular and Nutritional aspects of exercise and Sport</p> <p><b>Chairs: P. Buono &amp; S. Orrù</b></p> <p><b>P. Calella</b>, Napoli Eating Habits and Body Image Perceptions in Female Competitive Volleyball Players and Swimmers</p> <p><b>S. Contarelli</b>, Urbino Circulating and early muscle adaptive responses to an acute <i>Flywheel</i> isoinertial exercise</p> <p><b>I. Dimauro</b>, Roma The capacity of explosive-moderate resistance training to counteract the age-associated genomic changes</p> <p><b>F.M. Giordano</b>, Urbino Physical exercise in atrophic phenotype prevention: an ultrastructural study</p> <p><b>A. Mancini</b>, Napoli Effects of different-type of training on human LHCN-M2 myogenic differentiation assessed by Fusion Index</p> <p><b>S. Orrù</b>, Napoli Comparative analysis of protein expression profiles in <i>vastus lateralis</i> muscle from Veteran Soccer Players and healthy untrained males</p> <p><b>F. Patrizio</b>, Roma Quercetin supplementation reduces eccentric exercise-induced neuromuscular impairment</p> <p><b>V. Segreto</b>, Pavia Acute effects of a supplementation with essential amino acids on surface electromyography activity of the biceps brachii after exertion of acute resistance training</p> <p><b>P. Vago-M. Narici</b>, Milano-Derby (UK) Medium intensity resistance training and sarcopenia: effects on oxidative stress, muscle size, morphology, strength and power</p>	<p>SB Sport Biomechanics and technology</p> <p><b>Chairs: A. Paoli &amp; G. Marcolin</b></p> <p><b>M. Alessandria</b>, Torino Correlation between spinal curves and body sways in upright posture: an acute study</p> <p><b>M, Arduini</b>, Cassino Do walk-to-school programs and portable devices enhance active lifestyles? A research-intervention</p> <p><b>G.P. Emerenziani</b>, Roma Accuracy and reliability of the K5 portable metabolic system in micro-mixing chamber mode using a gas exchange simulator system</p> <p><b>S. Contemori</b>, Perugia Knee Flexion Flexion With Volitional Enhancement Of Quadriceps Cocontraction: A New Therapeutic Exercise For The Early Stage Of Anterior Cruciate Ligament Rehabilitation</p> <p><b>E. Di Stanislao</b>, Roma A.Dyn.O. - an innovative orthosis for Idiopathic Toe Walking treatment: efficacy evaluation</p> <p><b>F. Dossena</b>, Milano Jump height performance does not contribute to serve efficiency</p> <p><b>M. Gervasi</b>, Urbino Differences in torque parameters on pedaling in cyclists and other sports athlete</p> <p><b>M. Vandoni</b>, Pavia One more course: can reactivity to electronic devices improve swimming performance?</p> <p><b>M.G. Vinciguerra</b>, L'Aquila Reaxing Functional Training Evolution</p>	<p>HF Health and Fitness</p> <p><b>Chairs: A. Rainoldi &amp; T. Moro</b></p> <p><b>F. Campanelli</b>, Torino Voice in trainers of water activities: study on voice parameters</p> <p><b>F. Campoli</b>, Roma The reaction time in elderly. Comparison of short-period training methods</p> <p><b>R. Codella</b>, Milano Indirect estimation of physical activity in primary school children of north-west Italy</p> <p><b>N. Defonte</b>, Bari Physical activity in prevention of musculoskeletal disorders among professional musicians</p> <p><b>F. Gilli</b>, Verona Against obesity through exercise: how can the physical capacity level be increased?</p> <p><b>F. Vitali</b>, Verona The role of the INTREPID Consortium in the European DEDIPAC-KH project</p> <p><b>C. Ferri Marini</b>, Urbino Effects of bench press lifting speed on the rating of perceived exertion</p> <p><b>A. Nart</b>, Urbino XBODY SUIT: muscular controller by electrical stimulation</p> <p><b>E. Padua</b>, Roma The reaction time in elderly. Training methods in short time compared.</p> <p><b>R.A. Rosa</b>, Foggia Effects of core stability training on the motor abilities in a group of seniors</p>	<p>PE Physical Education and Sport Pedagogy</p> <p><b>Chairs: D. Colella &amp; V. Biino</b></p> <p><b>S. Cazzoli</b>, Torino The International Charter for Physical Education, Physical Activity and Sport, UNESCO 2015</p> <p><b>C. Chiari</b>, Verona Health education and active life style: a new perspective for physical education at school</p> <p><b>D. Colella</b>, Foggia Physical education in primary school. Study on motor performances, physical self-efficacy and Body Mass Index for monitoring of the interventions</p> <p><b>R. Gallo</b>, Torino Girls and boys on the move. Gross motor skills in the middle childhood</p> <p><b>G. Guillot</b>, Napoli Motor and dietary literacy against obesity in youngsters</p> <p><b>A. La Torre</b>, Milano Improvement of athletic foot function in school context</p> <p><b>P. Moisè</b>, Torino The project "<i>un km al giorno</i>": implementing 10-minutes of classroom activity breaks directed by teachers on a daily base</p> <p><b>A. Patti</b>, Palermo Aerobics capacity, cognitive functioning and arithmetic calculation capacity: a comparison between dancers children and sedentary children</p> <p><b>A. Pavanetto</b>, Milano Life style and food habits according to BMI categories and rural/urban origin</p> <p><b>M. Vandoni</b>, Pavia Physical activity level, enjoyment and academic self-efficacy in normal weight and overweight children</p> <p><b>S. Epifani</b>, Foggia The perceived self-efficacy and body mass index of children in primary school</p>	<p>SL Movement and sport activity in a Socioeconomic and Legal context SP Exercise and Sport Psychology</p> <p><b>Chairs: M.Lanza &amp; E. Limonta</b></p> <p><b>F.B. Castaldo</b>, Napoli Risk management &amp; sport: ethical achievements with the precautionary principle</p> <p><b>D. Di Corrado</b>, Enna Metabolic, bioenergetic, and psychological profile of an ultra-endurance walker</p> <p><b>S. Donà</b>, Verona Sex differences in the relationships between psychosocial variables, leisure time physical activity and sedentary time in subjects with Type 2 diabetes: correlational and mediational analyses</p> <p><b>G.M. Franceschini</b>, Napoli Economic and social benefits of sports for disabilities: the case of FISDIR 2015</p> <p><b>S. Ottobrini</b>, Pavia "Esercizi in famiglia": a family centered care approach to scoliotic paramorphism</p> <p><b>M. Pagliarella</b>, Cassino The influence of two interventions on people active mobility: an Italian University case study</p> <p><b>B. Palumbo</b>, Cassino Knowledge, attitudes and opinions on cognitive performance enhancers among young elite Bridge players</p> <p><b>A. Tarturo</b>, Bari Body image, anxiety and eating disorders in sprinters athletes</p> <p><b>L. Bortoli</b>, Chieti Girls' perceptions of physical education teachers' feedback: Effects on self-efficacy and psychobiosocial states</p> <p><b>P. Iodice</b>, Roma Can RPE-based training program influence mood state of soccer athletes?</p>

IV) Parallel Oral Presentations Session (ore: 14:50 – 16:05)

Palestra Monumentale FP1	Aula MA1	Aula MA5
<p>OP10 EXERCISE, DISEASES AND SPORT MEDICINE (SM)</p> <p>Chairs: <b>A. Parisi &amp; G.P. Emerenziani</b></p> <p>Keynote: <b>G.P. Emerenziani</b>, Roma Unsupervised aerobic training in obese adults: OMNI-RPE and aerobic threshold</p> <p><b>I. Fracca</b>, Vicenza Benefits of Adapted Physical Activity in women after treatment for breast cancer</p> <p><b>C. Carlin</b>, Milano Traumatic events in kitesurfing: an experimental epidemiological study</p> <p><b>S. Contemori</b>, Perugia Sensorimotor control of the shoulder in professional volleyball players with isolated infraspinatus muscle atrophy</p> <p><b>L. Galasso</b>, Milano Physical activity effect on subjects with Binge Eating Disorder: a group therapy program</p> <p><b>G. Orlando</b>, Roma Impact of diabetes and its complications on muscle fatigability</p> <p><b>V. Totti</b>, Bologna Effects of supervised concurrent training in solid organ transplant recipients</p>	<p>OP11 PHYSICAL EDUCATION AND SPORT PEDAGOGY 2 (PE2)</p> <p>Chairs: <b>C. Pesce &amp; F. Casolo</b></p> <p>Keynote: <b>F. Casolo</b>, Milano. “Lombardia in gioco: a scuola di sport” Advocacy project 2015-2016</p> <p><b>M. Bellafiore</b>, Palermo Effects of a physical education program on the development of early literacy abilities in preschool children</p> <p><b>E. Gobbi</b>, Padova Effects of inclusive physical education on empathy and implicit attitude toward disability in students of middle school</p> <p><b>M. Marino</b>, Padova Values-based education through physical education: the effects of a program implementation in middle-school</p> <p><b>F. D’Aliesio</b>, Cassino Training and education of schoolteachers for the development of didactic work promoting active lifestyles within pupils.</p> <p><b>R. Di Battista</b>, Chieti Motivation and emotional states in physical education: the impact on leisure-time physical activity</p> <p><b>S. Cazzoli</b>, Torino The Physical Education based on evidence to improve the quality of teacher training</p>	<p>OP12 HEALTH AND FITNESS (HF)</p> <p>Chairs: <b>M. Sacchetti &amp; M. Bernardi</b></p> <p>Keynote: <b>M. Bernardi</b>, Roma Aerobic Fitness protects from Atherosclerotic Cardiovascular Risk Paralympic Athletes with a Locomotor Impairment</p> <p><b>G. Battaglia</b>, Palermo Effectiveness of a physical activity intervention on spinal posture and quality of life in elderly people</p> <p><b>M. Coco</b>, Catania Is yoga a discipline suitable for all?</p> <p><b>F. Fischetti</b>, Bari The promotion of physical activity and sports in preventing overweight and obesity in young Italian students</p> <p><b>F. Gilli</b>, Verona Efficacy of a three-weeks multidisciplinary intervention program on the physical capacity in severe obese people</p> <p><b>G. Greco</b>, Bari Effect of an 8-wk mixed-training program on physical efficiency in policemen</p> <p><b>L. Russo</b>, L’Aquila Effects of two different gluteal muscles training protocols on women</p>

Coffee Break (ore: 16:10 – 16:30) P.zza De Bosis 6

<b>Aula MA1</b>	<b>Aula MA5</b>
Coffee break	

II) Invited Lecture (ore: 16:35 – 17:20) P.zza De Bosis 4

<b>Palestra Monumentale FP1</b>
<b>Chair: F. Schena</b> <i>Joao Paulo Vilas-Boas</i> , Portugal Hydrodynamic forces: consequences for the understanding of aquatic sport's training, evaluation and product development

Springer Workshop (ore: 17:25 – 18:25) P.zza De Bosis 4

<b>Palestra Monumentale FP1</b>
<b>Chair: F. Esposito</b> a cura di Patrizia Bianchi, Peer-review: la revisione tra pari

Assemblea Dei Soci SISMeS (ore: 18:30 - 19:30) P.zza De Bosis 4

<b>Palestra Monumentale FP1</b>
<b>Assemblea soci SISMeS</b>

Cena Sociale ore: 20:00

Ristorante "Antica Trattoria Da Pallotta" sita in Piazzale di Ponte Milvio, 23, 00191 Roma

## DOMENICA 9 OTTOBRE 2016

V) Parallel Oral Presentations Session (ore 08:30 - 09:45)

<b>Palestra Monumentale FP1</b>	<b>Aula MA1</b>	<b>Aula MA5</b>
<p>OP13 BIOMOLECULAR AND NUTRITIONAL ASPECTS OF EXERCISE AND SPORT (BN)</p> <p><b>Chairs: P. Buono &amp; M.V. Narici</b></p> <p>Keynote: <b>M.V. Narici</b>, Nottingham (GB) Dancing in old age affords neuromuscular protection</p> <p><b>A. Antonioni</b>, Roma <math>\alpha</math>B-crystallin modulation after acute exercise in skeletal muscle: the role of oxidative stress and fiber composition</p> <p><b>A. Mancini</b>, Napoli Comparative analysis of gene expression profiles in vastus lateralis muscle from Veteran Soccer Players and healthy untrained male</p> <p><b>P. Calella</b>, Napoli Sources of nutrition information and Kidmed score in young athletes</p> <p><b>A. Cicchella</b>, Bologna Sclerostin as a marker of bone remodeling induced by high impact activity</p> <p><b>M. Ivaldi</b>, Torino Effects of protracted chlorophyll intake in</p>	<p>OP14 TRANSLATIONAL APPROACH IN MOVEMENT SCIENCE (TR)</p> <p><b>Chairs: P. Sbriccoli &amp; M. Venturelli</b></p> <p>Keynote: <b>M. Venturelli</b>, Verona Is vascular function correlated with the progression of Alzheimer's disease?</p> <p><b>F. Abate Daga</b>, Torino Manipulation of playing field's length/width ratio and neutral players' positioning: activity profile and motor behavior demands during positional possession soccer small sided games in young elite soccer players</p> <p><b>S. Amatori</b>, Urbino Muscle tone and viscoelastic characteristics of athletes participating at European Master Athletics Indoor Championship 2016</p> <p><b>A. Casolo</b>, Roma Relations between maximal aerobic power, total haemoglobin mass and blood volume in 12 yrs. old cross-country skiers. A cross-sectional approach</p> <p><b>A. Notarnicola</b>, Bari Top level professional soccer players: association between gene polymorphisms and mtDNA copy number as potential factors in modulating exercise-related phenotypes</p>	<p>OP15 MOVEMENT AND SPORT ACTIVITY IN A SOCIOECONOMIC AND LEGAL CONTEXT (SL)</p> <p><b>Chairs: C. Buscarini &amp; D. Di Palma</b></p> <p>Keynote: <b>D. Di Palma</b>, Napoli A risk opportunity approach of the economic impact of a Mega sport event: the Athens 2004 case</p> <p><b>A. Borgogni</b>, Cassino Improving infrastructures for Leisure Time Physical Activity: a policy-making perspective</p> <p><b>M. Cimmino</b>, Napoli Sport tourism: considerations in the light of the private law</p> <p><b>S. Digennaro</b>, Cassino Unearthing the main features of the sport labour market in Europe: a focus on the sport administration area</p> <p><b>V. Raiola</b>, Napoli Social Network &amp; Sport: communication and growth tool for Italian basketball</p> <p><b>M. Tabouras</b>, Napoli Social media in Mega and Major Sporting events: An</p>



<p>endurance athletes, a randomized clinical trial</p> <p><b>T. Moro</b>, Texas, USA Effect of 12 week of resistance exercise training on muscular protein anabolic resistance in older adults</p>	<p><b>G. Boccia</b>, Torino The use of intermittent voluntary contractions to detect fatigue-induced impairment in explosive and maximum strength capacities</p> <p><b>S. Cè</b>, Milano Effects of autogenic inhibition reflex after digitopressure on neuromuscular activation and force output of target and opponent muscles</p>	<p>experience enhancement tool?</p> <p><b>L. Tallarita</b>, Enna Physical Activity, rehabilitation and Social Capital in Chronic Heart Failure. Socio-cultural impact of Family Caregiver</p>
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**DOMENICA 9 OTTOBRE 2016**

**II) Parallel e-poster Sessions (ore 9:50 – 10:50) P.zza De Bosis 6**

Aula MA1	Aula MA2	Aula MA3	Aula MA4	Aula MA5	Aula MA6
<p>SM Exercise, disease and Sport Medicine (fino a 162 SM P)</p> <p><b>Chairs: A. Paoli &amp; E. Cè</b></p> <p><b>E. Bruno</b>, Milano METformin, MEditerranean diet and active lifestyle intervention in subjects with MEtabolic syndrome: the MeMeMe study</p> <p><b>D. Curzi</b>, Urbino Load-dependent articular cartilage damage in patients affected by osteoarthritis and chondrocalcinosis.</p> <p><b>S. Donà</b>, Verona Acute effects of 21 km walking on blood cells in type 2 diabetes patients</p> <p><b>L. Galasso</b>, Molano Assessment of motor skills in elderly with Chronic Kidney Disease</p> <p><b>M. Quarantelli</b>, Roma Rheumatoid arthritis: physical exercise as an adjuvant in non-pharmacologic therapy. A case study.</p> <p><b>R. Ricchiuti</b>, Napoli An integrated program of exercise and psychological-nutritional support as a therapeutic intervention in obese patients undergoing bariatric surgery</p> <p><b>C. Silvestri</b>, Torino The normocapnic training of respiratory muscles: a preliminary study on a COPD sample</p> <p><b>M. Villa</b>, L'Aquila Thermal sulphurous water treatment effects to the osteoarthritis disease</p>	<p>SM Exercise, disease and Sport Medicine (da 163 a 166) EP Exercise Physiology</p> <p><b>Chairs: M. Lanza &amp; M. Vetrano</b></p> <p><b>M. Bonato</b>, Milano Anterior cruciate ligament injury profile in female elite Italian basketball league</p> <p><b>G. Bosco</b>, Padova Respiratory system mechanics and exercise in warm water after scuba and rebreather diving</p> <p><b>N.L. Bragazzi</b>, Genova A systematic review of table tennis-related injuries</p> <p><b>F. Devetag</b>, Pavia Anterior cruciate ligament injury profile in Italian Serie A1-A2 women's volleyball league</p> <p><b>E. Limonta</b>, Milano Effect of self-adapted oral devices on high intensity, constant load aerobic exercise</p> <p><b>S. Longo</b>, Milano Neuromuscular activation and force output in athletes performing calisthenic exercises</p> <p><b>P. Picerno</b>, Como The hamstrings injury mechanism debate</p> <p><b>L. Pizzigalli</b>, Torino Static training in microgravity: a preventive approach to sarcopenia and osteopenia for astronauts</p> <p><b>M. Venturelli</b>, Milano Peripheral and systemic hemodynamic response to passive static stretching</p>	<p>ML Movement Learning and Psychophysiological development</p> <p><b>Chairs: D. Colella &amp; M.C. Gallotta</b></p> <p><b>P.R. Brustio</b>, Torino Dual-task performance in childhood: the role of sport activities</p> <p><b>M. Campanella</b>, Torino The evaluation of rhythm and control skills: comparison of two different methods of investigation</p> <p><b>A. Codazzo</b>, Lecce Reaction times and movement times. Difference between black belt vs novice taekwondo athletes</p> <p><b>P.L. Invernizzi</b>, Milano Correlation between attentive outcome and motor skills coordination in children with different cognitive level</p> <p><b>N. Mancini</b>, Foggia Motor development and execution times of the anterior kick of young Taekwondo athletes</p> <p><b>G. Mannarino</b>, Torino Longitudinal study about the development of the gross-motor skill in young gymnasts</p> <p><b>G. Mannarino</b>, Torino The movement involution in children: the role of movement expert in school</p> <p><b>S. Montuori</b>, Napoli The cognitive effects of physical activity</p> <p><b>F. Quinzi</b>, Roma Different motor control strategy between children practicing Tennis and Tae Kwon Do</p> <p><b>A.Tinto</b>, Torino Analysis of a technical element of rhythmic gymnastics</p>	<p>TP3 Training, Performance and evaluation methods</p> <p><b>Chairs: A. Rainoldi &amp; G.P. Emerenziani</b></p> <p><b>F. Alviti</b>, Roma Paralympic classification model for Clay Target shooting</p> <p><b>M. De Nardi</b>, Genova Acute effects of whole-body cryotherapy on maximum hand grip strength</p> <p><b>F. Meduri</b>, Pavia Post-exercise Energy Expenditure (EE) in kettlebell and running protocols: an iso-caloric comparison</p> <p><b>A. Monte</b>, Verona Lower limb muscles activity during sled towing with different loads</p> <p><b>G. Rosellini</b>, Arezzo Bridging the gap between science and practice: Specific Karate Evaluation Protocol (SKEP)</p> <p><b>A. Rossi</b>, Milano Comparison between unilateral and bilateral lower limb strength trainings</p> <p><b>A. Valente</b>, Torino Effects of proprioceptive stimulation on elastic re-use and foot posture balance: an acute study</p>	<p>TP2 Training, Performance and evaluation methods</p> <p><b>Chairs: A. La Torre &amp; F. Perroni</b></p> <p><b>G. Bosco</b>, Padova Spirometric performance improvement after muscular exercise in elite swimmers</p> <p><b>M. Campanella</b>, Torino Postural control: comparison between an open skill sport and a high technical and closed skill sport (Postural control: comparison between sports situation and technical sports)</p> <p><b>F. Cappa</b>, Bari Postural control in Wing Tsun athletes</p> <p><b>G. Garbero</b>, Torino Repeatability of the lunge test for competitive épée fencers</p> <p><b>G. Greco</b>, Bari Non-traditional strength training in young athletes</p> <p><b>P. Invernizzi</b>, Milano Physiological, perceptual and technical aspects of in-line skating at different ages</p> <p><b>C. Milanese</b>, Verona Correlation analysis of anthropometry and sprint start performance in skilled sprinters</p> <p><b>C. Sartore</b>, Torino Relationship between FMS™ and athletic performance</p> <p><b>J.A. Vitale</b>, Milano Star Excursion Balance Test performance varies between elite and non-professional female volleyball players: a comparative study</p>	<p>AP Adapted Physical activity</p> <p><b>Chairs: P. Buono &amp; A. Mancini</b></p> <p><b>L. Beratto</b>, Torino The pilates method and static body balance vs muscle strengthening with elastic bands and dynamic body balance in multiple sclerosis patients: a longitudinal study</p> <p><b>L. Calanni</b>, Pavia Fatigability difference in FSHD subjects and correlation between score of disease and level of fatigue in each patient</p> <p><b>P. Di Leonardo</b>, Torino Core stability and unstable surface training in parkinson's disease: a longitudinal study</p> <p><b>I. Fracca</b>, Vicenza Comparison of an Adapted Physical Activity in Pool and Gym for people with Multiple Sclerosis disease</p> <p><b>R. Gallo</b>, Torino Physical Activity in Long-term care setting: a multidimensional pilot study in residents with Alzheimer's Disease</p> <p><b>A. Miele</b>, Napoli Adapted exercise for obese patients undergoing bariatric surgery: preliminary results of a longitudinal study</p> <p><b>A. Pedrinolla</b>, Verona Exercise induced ameliorations in locomotion of patients with Alzheimer's disease</p> <p><b>L. Perasso</b>, Genova Yoga and Adapted Physical Activity: effects of a six months program on balance and joint mobility in older women</p> <p><b>L. Tucci</b>, Roma A motor neurofeedback study for the rehabilitation of patients with stroke: preliminary results</p>

Workshop Aziende Sponsor (ore 10:50 – 11:00) P.zza De Bosis 6

<b>Aula MA1</b>	<b>Aula MA5</b>
<i>Unibell Human Tecar</i>	<i>Reaxing</i>

Coffee Break (ore 11:00 – 11:15) P.zza De Bosis 6

<b>Aula MA1</b>	<b>Aula MA5</b>
Coffee break	

VI) Parallel Oral Presentations Session (ore 11:20 – 12:35)

<b>Palestra Monumentale FP1</b>	<b>Aula MA1</b>	<b>Aula MA5</b>
<p>OP16 TRAINING, PERFORMANCE AND EVALUATION METHODS 3 (TP3)</p> <p>Chairs: <b>A. Tessitore &amp; A. Paoli</b></p> <p>Keynote: <b>A. Paoli</b>, Padova Adding ten seconds of forced stretch or isometric contraction at the end of each set of exercise affects muscle response to resistance training</p> <p><b>L. Filipas</b>, Milano Achieving Grand Tour success - The progression in cycling's World Tour points</p> <p><b>C. Lupo</b>, Torino Use of session-RPE in beach volley training: effects related to elite and amateur players</p> <p><b>J. Padulo</b>, Roma Ball score test sensitivity to discriminate international vs. national level table tennis players</p> <p><b>E. Thomas</b>, Palermo Physical characteristics of moderately active men after 8 weeks of "calisthenics" training</p>	<p>OP17 PHYSICAL EDUCATION AND SPORT PEDAGOGY 3 (PE3)</p> <p>Chairs: <b>A. Carraro &amp; D. Colella</b></p> <p>Keynote: <b>D. Colella</b>, Foggia Physical activity and physical fitness of the adolescent. Health promotion in school, family and community</p> <p><b>C. Lucchetti</b>, Urbino Physical Education and academic achievement. A study in primary school</p> <p><b>P. Tortella</b>, Verona Perception of competence and implementation of physical activity in kindergarten teachers: a national pilot study</p> <p><b>S. Iazzoni</b>, Roma Influence of living in rural/urban setting and adiposity status on primary school children's motor performance</p> <p><b>P. Tortorelli</b>, Napoli Lifestyle, physical fitness and cardiovascular risk factors in overweight or obese children and adolescents</p>	<p>OP18 SPORT BIOMECHANICS AND TECHNOLOGY (SB)</p> <p>Chairs: <b>A. Rainoldi &amp; V. Camomilla</b></p> <p>Keynote: <b>V. Camomilla</b>, Roma Sport technique analysis via wearable inertial sensors</p> <p><b>M. Ciccarelli</b>, Cassino Promote active ageing through participatory planning: the involvement of elders in the design of technological devices</p> <p><b>A. Monte</b>, Verona The optimal load in sled towing to maximize mechanical power without changes in running technique</p> <p><b>E. Monti</b>, Milano Force output and electromechanical delay components after acute digitopressure: an EMG, MMG and force combined approach.</p> <p><b>A. Zignoli</b>, Trento Modelling acute blood lactate concentration response to cycling exercise</p>

<p><b>D. Cerasola</b>, Roma Race profiles of rowers during the 2014 Youth Olympic Games</p> <p><b>J.A. Vitale</b>, Milano High Intensity Interval Training (HIIT) and actigraphy-based sleep behaviour in soccer players: the chronotype effect</p>	<p><b>M. Giuriato</b>, Verona Comparison of motor skills in children practicing open or closed skills sports</p> <p><b>M. De Nardi</b>, Genova Does whole-body cryotherapy improve well-being parameters in female teachers? A preliminary report</p>	<p><b>G. Pavei</b>, Milano Biomechanical and metabolic aspects of backward running on uphill gradients: another clue towards an almost inelastic rebound</p> <p><b>L. Strassera</b>, Genova Video analysis of the turn in young non-elite swimmers</p>
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**Palestra Monumentale FP1**

Proclamazione vincitori Premio SISMeS Ore: 12:40 - 12:50

Istituzione gruppo di studio “Attività Motoria, Alimentazione e Salute”  
(AMAS) Ore: 12:50 - 13:00

Chiusura dei lavori Ore: 13:00



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