Preliminary programme

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Italian Society of Human Nutrition

Food science
Sport | Health

CONVEGNO
SCIENZA DELL'ALIMENTAZIONE, SPORT E SALUTE

per Genova Capitale Europea dello Sport 2024

GENOVA, 21-22-23 NOVEMBER 2024
Palazzo della Borsa

un evento organizzato da | BioMedia
La condivisione del sapere

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Università di Genova

Camera di Commercio Genova

24 GENOVA
CAPITALE EUROPEA DELLO SPORT

LILT
LEGA ITALIANA PER LA LOTTA CONTRO I TUMORI
prevenire è vivere

ASSOCIAZIONE PROVINCIALE DI GENOVA

Genova Gourmet
Liguria Gourmet

CONVEGNO SCIENZA DELL'ALIMENTAZIONE, SPORT E SALUTE
GENOVA, 21-23 NOVEMBRE

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Genoa, European Capital of Sport, constitutes an opportunity for the economic and tourist development of Genoa, linked to the city's ability to host major sporting events.
Genoa European Capital of Sport 2024 represents a recognition in line with the relocation
strategic position of the City, an international showcase and an opportunity for development and growth for all the entities that they animate it.

The Genoa European Capital of Sport 2024 project, in addition to strictly sporting events, will also include various cultural and motor-sports initiatives for all ages, aimed at spreading awareness that regular sporting activity facilitates people's psychophysical well-being and promotes a style of eco-sustainable life.
With this event, the Municipality of Genoa confirms itself as the ideal partner for international events acquiring strong visibility; an important showcase for all sporting, cultural and sporting realities and excellences economies of our territory.

In addition to strictly sporting events, various dissemination and promotion proposals are planned
such as conferences, seminars, thematic events and various initiatives which will see the involvement of schools Genoese.

With these objectives, the Italian Society of Human Nutrition (SINU) in collaboration with the Chamber of Commerce, the Ligurian Center for Productivity and the University of Genoa, proposes the following high-level training event, which combines the culture of sport, scientific culture and the promotion of the territory, entitled: FOOD SCIENCE, SPORT and HEALTH which will be held in Genoa at the Palazzo della Borsa – Via XX Settembre 44 (Sala delle Grida), on the dates 21-22-23 November 2024.
The conference draws its inspiration from the principles of the World Health Organization, respectively the "GLOBAL ACTION PLAN ON PHYSICAL ACTIVITY 2018-2030" (WHO 2018) which aims to reduce the prevalence of sedentary lifestyle in adults and adolescents by 15% by 2030.
Fighting a sedentary lifestyle and promoting sport are actions that have value for both the individual and society, considering that approximately 1-3% of health spending is related to physical inactivity (WHO 2018).
Nonetheless, according to the results of the ISTAT survey (Aspects of everyday life 2022) approximately one third of Italian population from 3 years onwards is sedentary, even if different territorial distributions are observed (southern Italy has the lowest aptitude for practicing sports) and influences of the economic and cultural status of the family and age (the 15-24 group emerges as the most assiduous).
The importance of understanding the link between nutrition and athletic performance is universally recognized, but often overlooked by both able-bodied athletes and athletes with disabilities.

The promotion of the culture of physical activity and the creation of sporting events, which will be
some of the initiatives developed for "Genoa capital of sport 2024" are included in the Actions envisaged by the World Health Organization (WHO 2018) and in particular in action 1 - "Create active societies" and action 3 - "Create active people".
During the conference, the crucial roles that adequate nutrition plays in maximize the performance and well-being of athletes.
In particular, topics such as the bioenergetic classification of sports with references will be addressed to the guidelines in sports nutrition, body composition in normal and hypo-endowed athletes, nutrition in optimizing the performance of athletes according to the types of activities carried out and the context that the athlete is experiencing: training, competition and/or recovery.

ITALIAN SOCIETY OF HUMAN NUTRITION

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RESPONSABILE SCIENTIFICO

Prof.ssa Livia Pisciotta

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COMITATO SCIENTIFICO

Dott.ssa Stefania Acquaro
Prof.ssa Daniela Erba
Prof. Michelangelo Giampietro
Prof. Pasquale Strazzullo
Dott.ssa Elena Formisano

***

COMITATO ORGANIZZATORE

Prof.ssa Matilde Borriello
Dott. Sergio Carozzi
Dott. Maurizio Caviglia
Dott. Luciano Dabove
Dott.ssa Monica Dellepiane
Dott. Nicolò Di Tullio
Dott.ssa Maria Regina Ferrando
Dott.ssa Anna Galleano
Dott.ssa Federica Pascali
Dott.ssa Elisa Proietti

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preliminary programme | 21 november 2024

09.00-9.30 Partecipants arrival

09.30-10.00 **Greetings from the Authorities**

MOTOR ACTIVITY, DIET AND HEALTH
Moderators: Ruggeri Piero (UNIGE Preside Scuola di Scienze Mediche e Farmaceutiche Medicina dello Sport), Alberto Ballestrero (UNIGE DIMI)

10.00-10.30 **Keynote Lecture**
Unhealthy lifestyle and chronic degenerative diseases
Livia Pisciotta (UNIGE-SINU)

10.30-11.00 **Keynote Lecture**
Nutrition for the active and sporty population V LARN revision 2024
Michelangelo Giampietro (SINU)

11.00-11.30 Break

Moderators: Anna Tagliabue, (SINU President), Michelangelo Giampietro (SINU)

11.30-12.00 **Keynote Lecture**
Nutrition "real Life" for humans and planet health
Mauro Serafini (UNITE-SINU)

12.00-12.20 **Motor activity for the developmental stage, how much and when?**
Gianfranco Trapani (UNITO)

12.20-12.40 **Motor activity for the pregnant woman, how much and when?**
Fabio Facchinetti (UNIMORE)

12.40-13.00 **Motor activity for the elderly, how much and when?**
Emanuela Faelli (UNIGE)

13.00-13.15 Discussion

13.15-14.15 Lunch

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NUTRITION IN ATHLETES WITH PARTICULAR EATING STYLES

Moderators: Maurizio Caviglia (CamCom), Livia Pisciotta (SINU-UNIGE)

14.15-14.35 **Nutrition: a life on a diet or a diet for life?**
Elena Formisano (UNIGE- SINU)

14.35-14.55 **Vegan diet and physical performance**
Iacopo Bertini (SINU)

14.55-15.15 **Gluten-free diet, food intolerances and physical performance**
Marco Crocco (IRCCS Giannina Gaslini)

15.15-15.30 Discussion

15.30-15.50 Break

Moderator: Monica Dellepiane (CamCom)

15.50-16.10 **Nutritional and health aspects of the traditional Ligurian diet in the active person**
Federica Pascali (SINU)

16.10-17.45 **Round table**
Application of a sustainable model for a healthy lifestyle and the travelling athlete Food experiences of athletes
Patrizia Fracassi (FAO), Maurizio Caviglia (CamCom), Sergio Carozzi (CLP),
Livia Pisciotta (SINU-UNIGE), Francesca Scazzina (SINU-UNIPR)
Federico Bicelli, Nuoto
Fabio Felline, Ciclismo
Maggie Pescetto, Kite Surf
Lorenzo Tonetto, Lancio del disco

18.00 **Conclusion of work**

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09.00-09.30 **Partecipants arrival**

09.30-10.00 ***Greetings fron the Authorities***
Luca Pancalli, Presidente CIP
Nicolò Di Tullio (Young CIO)
Antonio Micillo (CONI Liguria)
Gaetano Cuozzo (CIP Liguria)

NUTRITION IN OLYMPIC AND PARALYMPIC ATHLETES
Moderators: Livia Pisciotta (SINU-UNIGE), Daniela Erba (SINU-UNIMI)

10.00-10.30 **Lecture**
Bioenergetic classification of sports disciplines
Antonino Bianco (UNIPA)

10.30-11.00 **Lecture**
Dietary strategies in weight management in weight category disciplines
Antonio Paoli (UNIPD)

11.00-11.30 Break

Moderators: Stefania Acquaro (FIN-SINU), Nicolò Di Tullio (Young CIO)

11.30-11.50 **Relative energy shortage in the olympic e paralympic athlete**
Simona Fiorini (UNIPV-SINU)

10.50-12.10 **Body composition in the Olympic and Paralympic athlete**
Dario Boschiero (President Open Academy of medicine)

12.10-12.30 **A fragile balance: connections between sports, nutrition and eating disorders**
Pierfrancesco Gambardella (Sports medicine)

12.30-12.45 **Discussion**

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12.45-13.30 **Round table discussion**
Athletes' experience in weight management
Daniela Erba (SINU UNIMI), Stefania Acquaro (FIN-SINU)
Linda Cerruti, nuoto sincronizzato
Amanda Embriaco, canoa
Francesco Bocciardo, nuoto
Gianmarco Nicosia, pallanuoto

13.30-14.30 Lunch

Moderators: Emanuela Faelli (UNIGE), Luciano Dabove (SINU)

14.30-14.50 **Intermittent fasting and sports performance**
Samir Sukkar (Policlinico San Martino)

14.50-15.10 **Chrono-nutrition, circadian rhythms and sleep: what role for recovery** *Sofia Lotti (UNIFI- SINU)*

15.10-15.30 **Discussion**

Moderator: Antonio Paoli (UNIPD)

15.30-16.00 **Keynote Lecture**
Nutritional approaches for post-traumatic rehabilitation
Elena Volpi (USA Texas)

Moderators: Ludovica Mantovani (Presidente Fondazione Torneo Ravano), Michelangelo Giampietro (SINU)

16.00-16.20 **Nutrition in women's football**
Daniela Erba (UNIMI-SINU)

16.20- 16.40 Nutrition in tennis
Tondi Maria Lorena (SINU)

16.40-17.00 **Discussion**

17.30 **Conclusione of works**

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09.30-10.00 Partecipants arrival

NUTRITION IN ATHLETES
Moderators: Pasquale Strazzullo (SINU), Raffaella Boggia (UNIGE)

10.00-10.30 **Keynote Lecture**
LOW-FODMAP diet and gut symptoms in athletes
Dana Lis (University of California, Davis)

10.30-11.00 **Keynote Lecture**
Physical activity and microbiota: a biunivocal relationship
Laura Mancin (UNIPD)

11.00-11.30 Break

Moderators: Consuelo Borgarelli (UNIGE SINU), Elisa Proietti (UNIGE)

11.30-11.50 **Hydration and sports performance**
Ebner Erminia (SINU)

11.50-12.10 **Sports drinks**
Filippo Fortuna (UNIGE)

12.10-12.30 **Sportfood and supplements in sport**
Enrico Adriano (UNIGE)

12.30-12.45 Discussion

Moderators: Federica Pascali (SINU), Livia Pisciotta (UNIGE-SINU)

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12.45-13.05	**Nutrition in water polo "The experience with the national women team"** *Giovanni De Francesco (FIN)*
13.05-13.25	**Nutrition in synchronized swimming "The experience with the national team"** *Stefania Acquaro (FIN-SINU)*
13.25-13.45	**Discussion**
13.45	**Work Conclusion**

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SPEAKERS

Stefania Acquaro *(FIN-SINU)*
Enrico Adriano *(UNIGE)*
Alberto Ballestrero *(UNIGE DIMI)*
Iacopo Bertini *(SINU)*
Antonino Bianco *(UNIPA)*
Raffaella Boggia *(UNIGE)*
Consuelo Borgarelli *(UNIGE-SINU)*
Dario Boschiero *(Open Academy of Medicine)*
Sergio Carozzi *(CLP)*
Maurizio Caviglia *(CamCom)*
Marco Crocco *(IRCCS Giannina Gaslini)*
Gaetano Cuozzo *(CIP Liguria)*
Luciano Dabove *(SINU)*
Giovanni De Francesco (FIN)
Monica Dellepiane *(CamCom)*
Nicolò Di Tullio *(Young CIO)*
Erminia Ebner *(SINU)*
Daniela Erba *(SINU-UNIMI)*
Fabio Facchinetti *(UNIMORE)*
Emanuela Faelli *(UNIGE)*
Simona Fiorini *(UNIPV- SINU)*
Elena Formisano *(UNIGE- SINU)*
Filippo Fortuna *(prof. AC UNIGE)*
Patrizia Fracassi *(FAO)*
Pierfrancesco Gambardella *(Medicina dello sport)*
Michelangelo Giampietro *(SINU)*
Dana Lis *(University of California, Davis)*
Sofia Lotti *(UNIFI-SINU)*
Laura Mancin *(UNIPD)*
Ludovica Mantovani *(Presidente Fondazione Torneo Ravano)*
Antonio Micillo *(CONI, Liguria)*
Antonio Paoli *(UNIPD)*
Federica Pascali *(SINU)*
Livia Pisciotta *(SINU-UNIGE)*
Piero Ruggeri *(UNIGE Preside Scuola di Scienze Mediche e Farmaceutiche Medicina dello Sport)*
Francesca Scazzina *(SINU-UNIPR)*
Mauro Serafini *(UNITE-SINU)*
Pasquale Strazzullo *(SINU)*
Samir Sukkar *(Policlinico San Martino)*
Anna Tagliabue *(Presidente SINU)*
Gianfranco Trapani *(UNITO)*
Maria Lorena Tondi *(SINU)*
Elena Volpi *(USA Texas)*

TESTIMONIAL DELLO SPORT
Federico Bicelli *(NUOTO)*
Francesco Bocciardo (NUOTO)
Linda Cerruti *(NUOTO SINCRONIZZATO)*
Amanda Embriaco *(CANOA)*
Fabio Felline *(CICLISMO)*
Gianmarco Nicosia *(PALLANUOTO)*
Maggie Pescetto *(KITE SURF)*
Lorenzo Tonetto *(LANCIO DEL DISCO)*

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GENERAL INFORMATION

MEETING VENUE
Palazzo della Borsa Sala delle Grida
Via XX Settembre 44, Genova

REGISTRATION FEES

	by September 30th	from October 1st
SINU Member	100 € + IVA	150 € + IVA
NO SINU Member	150 € + IVA	200 € + IVA

Box lunch 21 Novembre	included in the fee
Box lunch 22 Novembre	additional cost 15 € + IVA

To register you must fill out the form available at the following link: https://bvent.biomedia.net/s/3964

ECM CREDITS
The course is being accredited by Biomedia Provider n. 148 at the National Continuing Medical Education Program of the Ministry of Health.

Accredited disciplines: Biologist, Dietitian, Pharmacist, Physiotherapist, Nurse and Surgeon (Endocrinology, Geriatrics, Food and Nutrition Hygiene, Metabolic Diseases and Diabetology, Physical Medicine and Rehabilitation, General Medicine (Family Doctors), Internal Medicine, Healthcare Medicine Sports, Paediatrics, Free Choice Paediatrics, Food Science and Dietetics).

Training Hours: 14

ECM credits: in the accreditation phase

Training objectives and training area: Guidelines - protocols – procedures

To be entitled to credits you must:
- have signed the incoming and outgoing signature sheet
- having attended at least 90% of the event's training activities
- having completed the learning questionnaire available on the site https://elearning.biomedia.net/

Once you have passed the ECM questionnaire and completed the satisfaction and evaluation questionnaire, you will be able to download your ECM certificate directly on the site. As per the Agenas press release of 23 June 2014, it is also specified that it is possible to complete the verification test only once (and not repeatably) in online mode. For more information http://ape.agenas.it/

The ECM test will be online from 24 to 27 November 2024

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CANCELLATION AND REIMBURSEMENTS
For cancellation up to 30 days before the starting of the meeting, we will reimburse 50% of the fee. No other reimbursements will be made after this deadline. Anyway, it is possible to change the name of the partecipant until the beginning of the Congress. In case of cancellation of the event due to reasons not strictly depending on the Organising Secretariat, Biomedia will reimburse the total fee but not expenses the participant has supported to attend the Meeting.

CERTIFICATE OF ATTENDANCE
All regularly registered participants are entitled to a certificate of participation. The certificate will not be delivered in paper form but must be printed by the participant starting from the day following the event in the area https://elearning.biomedia.net/
To request your login credentials, if you have lost them, please use the "Recover Password" function.

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