

Con il patrocinio di

ANSSISA

1st Annual ISSN Italy Conference

3rd Sport Nutrition International Conference

Sport Nutrition From Science To Practice
SINSeB



SOCIETÀ ITALIANA
Medicina Sport e Salute

issn

international society of sports nutrition®

The ISSN - Why Go Anywhere Else?™



BOLOGNA

Savoia Hotel Regency

30 November/ 1-2 December 2018



1st Annual ISSN Italy Conference

3rd Sport Nutrition International Conference

Sport Nutrition From Science To Practice
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Presidente del Congresso

Fabrizio Angelini

Comitato Scientifico

Fabrizio Angelini

Tim Ziegenfuss

Luca Gatteschi

Arrigo F.G. Cicero

Carmine Orlandi

Giuseppe D'Antona

Pietro Enrico Di Prampero

Josè Antonio

Asker Jeukendrup

Laurent Bannock

Comitato Organizzativo

Fabrizio Angelini

Carmine Orlandi

Luca Gatteschi

Fulvio Massini

Luca Belli

Alessandro Bonuccelli

Massimo Rapetti



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Faculty Members

Fabrizio Angelini
Laurent Bannock
Ciro Basile Fasolo
Luca Belli
Emiliano Benelli
Lorenzo Bergami
Stefano Beschi
Alessandro Bonuccelli
Adriano Bruci
Bill Campbell
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Andrea Fratter
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Antonio Gianfelici
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Massimo Massarini
Fulvio Massini
Alberto Mazza
Beatrice Molinari
Luca Mondazzi
Carmine Orlandi
Antonio Parri
Christian Petri

Franco Pittau
Valeria Polzonetti
Marco Postacchini
Massimo Rapetti
Stefano Righetti
Claudio Rigo
Scott Robinson
Maurizio Salamone
Luis B. Sardinha
Giovanni Scapagnini
Analiza Silva
Nicola Silvaggi
Luca Stefanini
Gianluca Stesina
Alberto Vincenzi
Jacopo Vitale
Darryn Willoughby
Tim Ziegenfuss

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30 November 2018

Friday, November 30th

08.30^{am} Participants Registration

09.45^{am} **Opening Ceremony**

Fabrizio Angelini

10.00^{am} **Session 1st / Body Composition**

Chairmen: Paolo Manetti, Claudio Rigo

10.00^{am} Endocrinology of Sport

Fabrizio Angelini

10.30^{am} Nutrition and Body Composition: from Science to Practice

Laurent Bannock

11.00^{am} Difference between Body Composition and Functional Body
Composition in Sport Field

Luis B. Sardinha

11.30^{am} Assessment and Body Composition in Elite Football

Scott Robinson

12.00^{pm} Body Composition in Athletes: Methodological Issues

Analiza Silva

12.30^{pm} Discussion

1.00^{pm} Lunch

2.00^{pm} **Session 2nd / Performance & Supplements**

Chairmen: Alberto Mazza, Luca Stefanini

2.00^{pm} Ethic in Sport Nutrition

Luca Gatteschi

2.30^{pm} Supplement Pyramid, from the Evidence-Based Medicine
to the Practice

Tim Ziegenfuss

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Friday, November 30th

3.00 ^{pm} Synergism of Resistance Exercise, Nutrition, and Dietary Supplements
Bill Campbell

3.30 ^{pm} Muscle Damage and Supplementation
Darryn Willoughby

4.00 ^{pm} Supplement for Endurance
Asker Jeukendrup

4.30 ^{pm} Hydration in Sport Nutrition
Luca Mondazzi

5.00 ^{pm} Discussion

5.15 ^{pm} **Session 3rd / Short Communication and
Poster Session**

Chairmen: Alessandro Bonuccelli, Marco Postacchini

5.15 ^{pm} Poster Session

5.45 ^{pm} Evaluation of Body Composition in Elite Soccer Players
Christian Petri

6.00 ^{pm} Sport Nutrition and Supplements in Young Athlete
Stefano Beschi

6.15 ^{pm} Alcohol and Muscle Recovery: Positive or Negative?
Franco Pittau

6.30 ^{pm} Creatine in Endurance Sport
Alberto Vincenzi



BOLOGNA

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General Information

Congress Venue

Savoia Hotel Regency

Via del Pilastro, 2
40127 Bologna

Registration

To register, you must log onto the website: www.planning.it and select the **events page**. Look for the course icon in the events being programmed and, after having selected the title, proceed with the registration by filling in the screen. Once completed the registration process, a confirmation email will be sent to the address indicated. The registrations will be open from July 25th to November 23rd, 2018. For any question or problem, please contact Lucia Offidani: l.offidani@planning.it

Registration Fees (22% VAT included)

Subscription fee	with CME credits (ECM)	no CME credits (no ECM)
SINSeB Member	€ 160,00	€ 150,00
NOT a SINSeB Member	€ 250,00	€ 200,00
Students	€ 100,00	
ANSISA, ENPAB and SINUT	€ 170,00	

Continuing Medical Education (CME)

Planning Congressi s.r.l. is a CME provider - identification code no. 38 - and has assigned to the event no. X no. X 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.

Organizing Secretariat – CME PROVIDER

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Via Guelfa, 9
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Tel. 051300100 int. 150 - Fax 051309477
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A STEP AHEAD
IN BODY COMPOSITION





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Via Guelfa, 9

40138 Bologna

Tel. 051300100 int. 150 - Fax 051309477

l.offidani@planning.it

www.planning.it

Comitato Organizzatore

**Società Italiana di Nutrizione
dello Sport e del Benessere**

Istituto Ricerche Cliniche Ecomedica

Via Cherubini, 1

50053 Empoli (FI)

info@sinseb.it - www.sinseb.it

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