

Masterclass

**SPORT NUTRITION
NUTRACEUTICALS TRAINING AND
SPORT MEDICINE IN
ENDURANCE ATHLETES**

**TURIN
2023**

March 3rd - 4th

J hotel

Via Traves, 40

PATRONAGE



INFO

<https://www.sinseb.it/>

EVE-LAB Formazione s.r.l.

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CHAIR MASTERCLASS

Fabrizio Angelini

SCIENTIFIC CHAIRMEN

Fabrizio Angelini
Arrigo F. G. Cicero
Luca Stefanini

SCIENTIFIC SECRETARIAT

Luca Belli



Società Italiana di Nutraceutica

FACULTY MEMBERS

Fabrizio Angelini

Luca Belli

Alessandro Bonuccelli

Louise Burke

Roberto Cannataro

Paolo Cavallo

Arrigo F. G. Cicero

Paolo Cigni

Alessandro Colletti

Michele Di Stefano

Maurizio Fadda

Federica Fogacci

Marco Freschi

Livia Galletti

Matteo Gallo

Luca Gatteschi

Alberto Ghidella

Annalisa Maghetti

Massimo Magistrali

Andrea Marchini

Massimo Massarini

Fulvio Massini

Inigo Mujika

Stefano Righetti

Luca Semperboni

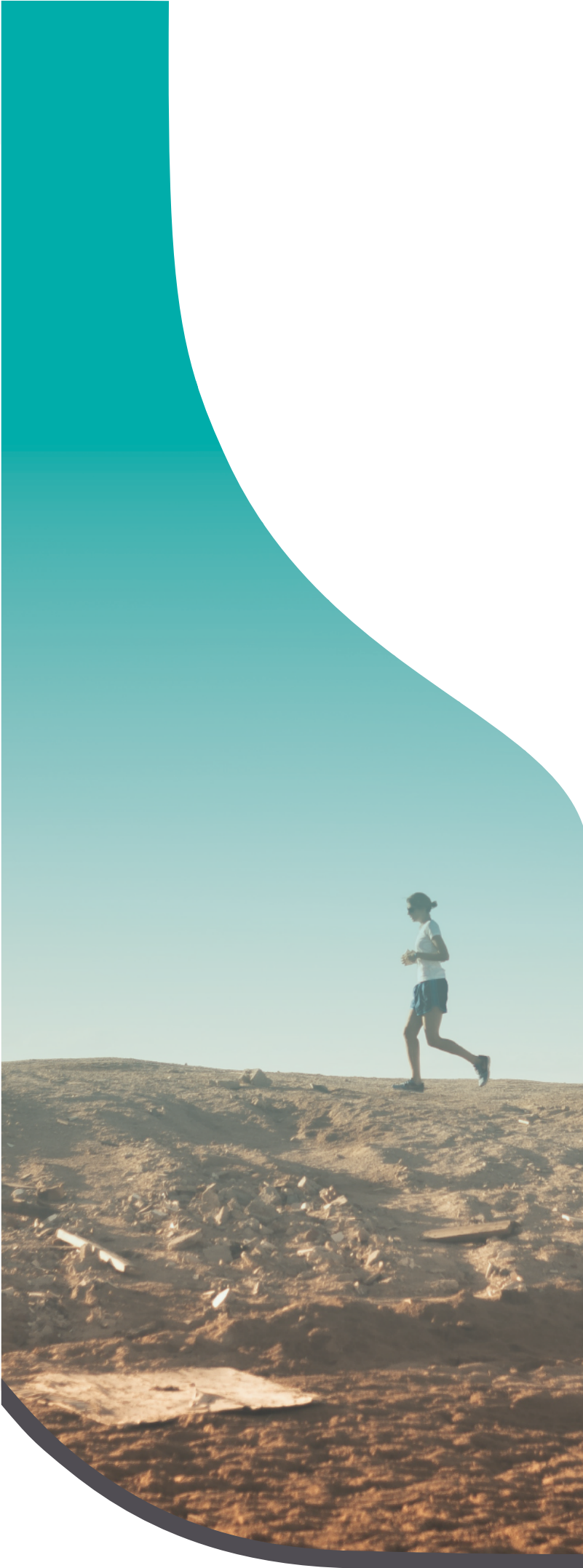
Luca Stefanini

Jacopo Talluri

Nikos Tzouroudis

Daniele Vecchioni

Emanuele Veronese



Friday, March 3rd

02.00 pm Introduction
Fabrizio Angelini, Arrigo F. G. Cicero, Luca Stefanini

BODY COMPOSITION IN ENDURANCE ATHLETES

Chairmen: Nikos Tzouroudis, Luca Stefanini

02.30 pm Assessment Techniques of body composition and Hydratation Status
Alessandro Bonuccelli

03.00 pm Bioelectrical impedance analysis
Jacopo Talluri

03.30 pm Hydration
Luca Gatteschi

04.00 pm Coffee Break

ENDURANCE TRAINING

Chairmen: Massimo Massarini, Fulvio Massini

04.30 pm Endurance success for the modern humans: the essential steps
Daniele Vecchioni

05.00 pm Strenght training in Endurance Athletes
Roberto Cannataro

05.30 pm Endurance Training in Elite Athletes
Inigo Mujika

ENDURANCE: NUTRITION

Chairmen: Luca Semperboni, Marco Freschi

06.00 pm Carbohydrates
Stefano Righetti

06.30 pm Proteins and Amino Acids
Luca Belli

07.00 pm Conclusion

TURIN

March 3rd - 4th 2023

Saturday, March 4th

ENDURANCE: NUTRITION

Chairmen: Arrigo F. G. Cicero, Livia Galletti

09.00 am Low Carbs Diet
Fabrizio Angelini

09.30 am Gender Nutrition
Louise Burke

10.00 am Eating disorder
Annalisa Maghetti

10.30 am Coffee Break

ENDURANCE: SUPPLEMENTS

Chairmen: Maurizio Fadda, Federica Fogacci

11.00 am Hypercholesterolemia and cardiovascular risk in Endurance Athletes
Arrigo F. G. Cicero

11.30 am Injuries Tendons, Joints and Muscles Injuries: nutraceutical Approach
Alessandro Colletti

12.00 pm Endurance: The role of Nutraceuticals and Supplements
Fabrizio Angelini

12.30 pm Round Table

13.00 pm Lunch

ENDURANCE NUTRITION: PRACTICAL APPLICATION

Chairmen: Luca Belli, Fabrizio Angelini

02.00 pm Endurance: Gastrointestinal Distress
Michele Di Stefano

02.30 pm Triathlon: nutrition and supplements for 3 different endurance sports
Emanuele Veronese

03.00 pm Round Table

SPORTS MEDICINE: MEDICAL-PHYSIOTHERAPY SUPPORT FOR ENDURANCE ATHLETES

Chairmen: Andrea Marchini, Massimo Magistrali

03.30 pm Epidemiology and management of the most frequent injuries
Paolo Cavallo

04.00 pm The WADA Prohibited List
Alberto Ghidella

04.30 pm Functional tests for the endurance athlete
Matteo Gallo

05.00 pm Isometric test Lower limb Strength in orthostatism
Paolo Cigni

05.30 pm Final Round Table

06.30 pm Conclusion



General Information

Masterclass Venue

J hotel

Via Traves, 40
10151 Turin IT

How to reach the Masterclass Venue

From the Airport: bus n. 268 till “Veronese” stop, then bus n. 62 from Piazzale Caio Mario till “Cirene” stop and bus n.59

From the city center: bus n. 59

From the railway station: metro line 1 “Fermi” and bus n. 59

By car: from A1/E35 enter in A55 till “Venaria Reale” exit, direction to Turin/Juventus Stadium

Registration

In order to register to the event please go to: <https://eve-lab.com/iscrizioni/evento/masterclass-sport-nutrition-nutraceuticals-training-and-sport-medicine-in-endurance-athletes/>

Once completed the registration process, a confirmation email will be sent to the address indicated.

For any question or problem, please contact Costanza Calamai:
costanza.calamai@eve-lab.it

Continuing Medical Education (CME)

EVE-LAB s.r.l.s. is a CME provider - identification code no. 5306

Credits: 12

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

The official language will be Italian.

Major Sponsor



Sponsor



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Organizing Secretariat CME Provider



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